

Family

Deaths

Lee Ann Taylor

Lee Ann Taylor, 62, Colby, died Friday, Aug. 13, 2010, at Hays Medical Center.

She was born June 4, 1948, in Colby.

Survivors include her mother, Edith L. Taylor, Colby; five brothers, Laurence Allan Taylor, William W. Taylor and Robert N. Taylor, all of Colby; Thomas L. Taylor, Minden, Neb.; and Harry A. Taylor, Salina; and a sister, Lois J. Francis, Wilson.

Memorial services will be at 10:30 a.m. Saturday, Aug. 21, 2010, at the Kersensbrock Funeral Chapel in Colby, with the Rev. James Mardock officiating and interment in Beulah Cemetery.

There will be no visitation; cremation.

The family suggests memorials to the Thomas County Historical Society, in care of the funeral home, 745 S. Country Club Dr., Colby, Kan., 67701.

Extension field day set for Sept. 1 in Colby

The Northwest Research and Extension Center in Colby will hold its 2010 horticulture field day on Wednesday, Sept. 1, featuring research and other information from Kansas State University, including the results of the annual Prairie Star flower trials.

Registration begins at 5:30 p.m. at the center, about 1 1/2 miles south of U.S. 24 on Experiment Farm Road. There is no cost to attend.

The program begins at 6 p.m. and includes information on insect populations and pests from

entomologist Bob Bauernfeind; turfgrass maintenance by Rodney St. John, turfgrass science; the Prairie Star annual flower trials, Alan Stevens, ornamental crops; and tree selection and care, Jim Strine, district forester.

Master gardeners will be available to answer questions about their program

For information, call the center at (785) 462-6281, or e-mail Vicki Brown at vbrown@ksu.edu, or contact Extension agent Diann Gerstner at the Thomas County Office Complex, (785) 460-4582.

Hays field day shows research

The K-State Research and Extension Agricultural Research Center in Hays will hold its annual Fall Field Day starting with registration at 8:30 a.m. next Wednesday.

Bob Gillen, department head for the Western Kansas Agricultural Research Centers, will open the program at 9 a.m., followed by field tours. Tours and seminars will be led by experts from K-State Research and Extension.

Tours will include sorghum breeding for Western Kansas, new herbicides for sorghum, current row-crop diseases and "stacked" corn on dryland acres. Seminars will begin at 11:30 a.m. in the

auditorium on managing key sunflower pests, value of cover crops in wheat and rust issues with the 2010 wheat crop.

Lunch will be provided. The day will conclude by 2:30 p.m. For questions, call (785) 625-3425 or go to www.wkarc.org.

Markets

Quotes as of close of previous business day

Hi-Plains Co-op	
Wheat (bushel)	\$5.27
Corn (bushel)	\$3.60
Milo (hundredweight)	\$5.82
Soybeans (bushel)	\$9.52

Corrections

The Colby Free Press wants to maintain an accurate record of our town. Please report any error or lack of clarity in a news story to us at 462-3963.

Thank You

We would like to take this time to thank everyone for the out pouring of support to our family as we memorialize the life of Sally Jo Owens. Your kindnesses are greatly appreciated.

God Bless You Everyone...

Fawna & Rod McFee
and all of
Sally's Family

Willie Engelhardt Turns 95!

Help him celebrate on August 21st!

Heartland Christian School
1995 W. 4th St.
Colby, KS
2 - 4 p.m.

Cards can be sent to:
Willie Engelhardt
106 Misner Rd.
Colby, KS 67701

Thank You

Rev. Gene & Frieda Jones would like to thank all the folks who helped them celebrate their 50th wedding anniversary. We are still enjoying all the beautiful cards. Special thank you to our children for their thoughtfulness in making our day a time to remember.

God Bless you all.

-Thank You-

Words can not express the thanks and appreciation to our children, grandchildren, friends, extended family, and all who helped prepare for and carry out the celebration of our 60th anniversary. Thank you also for the cards and Spiritual Bouquet sent by many who couldn't attend.

Thank you also to Fa. Mike Elau and Fa. John Lager for saying the Mass in Angelus.

You will all be remembered in our thoughts and prayers.

Bernie & Bonnie
Huelsmann

Our dedicated employee!

Betty Hansen

turns **70** Aug. 19

Join us Aug. 19,20,21 for a Birthday Sale-a-bration

You only pay 70%



1525 S. Range • 462-3375

Strong families manage stress well

By Karen Merryman
Smart Start Northwest Kansas

No family is exempt from stress. It is a fact of life that unexpected crises will arise. Illness, job changes, financial crisis all can occur suddenly, creating stress that often takes its toll on family life.

Research focusing on characteristics of strong families has identified nine traits that supersede racial, ethnic, social and religious background.

These nine traits play a large role in handling stresses that can have devastating effects on families. These traits are: caring and appreciation, time together, encouragement, commitment, communication, cope with change, spirituality, community and family ties, and having clear roles.

When family members feel cared about and appreciated, they have the support they need to feel confident when outside pressures threaten their stability. Strong families express that caring and appreciation by encouraging one another, spending quality time together and communicating openly. In strong families there is

a clear communication of commitment to one another. Establishing specific, age-appropriate family roles and responsibilities encourage a sense of family unity.

Parents often try to hide stressors from their children in an attempt to protect them. According to the Building Strong Families Program, University of Missouri Extension, "It is important for the family unity and each individual within that unit to understand stress and how to deal with it effectively.... If a family is to remain 'strong,' each member needs to recognize stress within the family, its causes, and how to effectively handle it." Children are sensitive to the emotional climate around them. They often blame themselves for family problems. Discussing issues help the child feel part of the solution rather than the cause.

Open lines of communication encourages expression of fears and concerns as well as giving reassurance to younger family members. Parents can model empathy to their children during stressful times. Spending time discussing feelings and practicing techniques to reduce stress help all family members grow through the stressful time.

Maintaining physical activity, using breathing techniques and spending time doing something fun are all stress reducing activities that can be used at any age to learn to cope with difficult situations. Families that spend time together in activities all enjoy are more likely to come through challenging times stronger.

For information on strengthening your family, contact Smart Start Northwest Kansas at (785) 465-9103 or search the Internet for "strong families."

Join and get spruce

Those who join the Arbor Day Foundation in August will receive 10 Colorado blue spruce trees, a book about tree planting, and *Arbor Day*, the Foundation's bimonthly publication.

The trees are part of the nonprofit foundation's Trees for America campaign, helping the environment through planting trees.

To receive the trees, shipped between Oct. 15 and Dec. 10, send \$10 to Ten Blue Spruce, Arbor Day Foundation, 100 Arbor Ave., Nebraska City, Neb., 68410, by Aug. 31, or join online at arborday.org.

NORTHWEST TECH

NORTHWEST KANSAS TECHNICAL COLLEGE

EVENING & ON-LINE CLASSES

Northwest Tech's evening and on-line class listing as follows.

For more information or to register:

Call 1-800-316-4127 or go to www.nwktc.edu.

Register for classes soon!

Evening and Online Class Schedule August 2010

Class Title	Credits	Start Date & Time	Days
PE 120-1 Aerobics	1	August 24th 5:45-6:45am	T/TH
PE 105-1 Weight Lifting	1	August 26th 6:00-7:30pm	TH
HUM 110-1 Stained Glass	3	August 25th 6:00-9:00	W
AL 150-1 Certified Nurses Aid	6	Sept 8th 6:00-10:00pm	M/W
BA 100-1 Intro to Business	3	August 12th 8:00-9:00am	M/W/F
CF 101- Computer Fundamentals	3	August 23rd 7:05-8:25am or 9:05-10:25am or 10:35-11:55am	M/W
ENGL 105- Technical Writing	3	August 23rd 7:05-8:25am or 1:05-2:25pm	M/W
MATH 105- Tech Math	3	August 24th 9:05-10:25am or 10:35-11:55am	T/Th
PSY 176-1 Psychology	3	August 25th 12:00-3:00pm	W
HUM 105- Ethics	3	August 24th 9:05-10:25am or 1:05-2:25pm	T/Th
MATH 70-4 Prep Math	3	August 24th 9:05-10:25am	T/Th
BEH 105-1 Human Relations	3	August 24th 7:05-8:25am	T/Th
BA 120-1 Accounting I	3	10:00-11:30am	T/Th
BA 130-1 Leadership	3	8:00-9:30am	T/Th
MATH 100-1 Beginning Algebra	3	2:30-4:00pm	M/W
MATH 100-2 Beginning Algebra	3	1:05-2:25pm	M/W
BA 110-1 PC Software	3	11:00-12:00pm	M/W/F
ENGL 110-2 English Comp I	3	9:05-10:25am	M/W
COMM 140-1 Social Networking	1		T/Th
AL 212-1 & 213-1 Emergency Medical Technician	12	Oct 18th 6-10 pm	M/W
ENGL 110-1 English Comp I	3	Aug 26th 5-8 pm	Th
SCI 150-1 Earth Science	5	August 23rd 6:00-9:00pm	M/W
COMM 130-1 American Sign Language	3	August 23rd 4:00-5:00pm	M/W/F
MATH 115-10 College Algebra	3	August 23rd	Online
PSY 150-1 Psychology	3	August 23rd	Online
COMM 135-1 Conversational Spanish	3	August 23rd	Online
CF 101-10 Computer Fundamentals	3	August 23rd	Online
TNA 106B-3 Intro to Transmissions in Telecommunications	3	August 23rd	Online
TNA 156-3 Data Communications & LANs	3	August 23rd	Online
TNA 232-3 Voice Communications, A Technical Introduction	3	August 23rd	Online
TNA 162B-3 VoIP	4	August 23rd	Online
TNA 216B-3 SONET	3	August 23rd	Online
TNA 226-3 Code Division Multiple Access 2nd Generation	3	August 23rd	Online
TNA 260-3 IP Networking & VPN's	3	August 23rd	Online
TNA 265-3 CDMA 2000 & High Speed Mobile Internet 3rd Generation	4	August 23rd	Online
TNA 222B-3 Basics of Wireless Communication	4	August 23rd	Online
TNA 235-3 Fundamentals of Network Security	5	August 23rd	Online
TNA 220-4 Cisco Networking Academy I & II	3	August 23rd	Online
TNA 270-3 Cisco Networking Academy III & IV	3	August 23rd	Online
CNT 147B-3 Basics of Telecommunications	3	August 23rd	Online
TNA 280-3 Wireless LAN's	3	August 23rd	Online
CNT 131B-3 Digital Carrier, DSL, ADSL	3	August 23rd	Online
TNA 263-3 GSM	3	August 23rd	Online