

Senior Progress Center

Thursday there will be a domino game Thursday at the Senior Progress Center.

Activities for the week: **Monday:** 10:30 a.m. Rummikub. **Tuesday:** 10 a.m. exercise; 10:30 a.m. pinocle game. **Wednesday:** sweets day. **Thursday:** 10 a.m. exercise; 10:30 a.m. domino game. **Friday:** 10 a.m. exercise; 10:30 a.m. pool game.

Menus for the week: **Monday:** chicken rice casserole, winter mix vegetables, apricots, bread, pudding. **Tuesday:** chili, cook's choice fruit, crackers, cinnamon roll. **Wednesday:** salmon patties or loaf, hash brown casserole,

peas, bread, applesauce. **Thursday:** roast beef, mashed potatoes with gravy, gelatin with mandarin oranges and pineapple, bread, birthday cake. **Friday:** lasagna, tossed salad with carrots and tomatoes, corn, garlic bread, mixed fruit.

The Thomas County Nutrition Center invites anyone 60 and older and guests to lunch Monday through Friday at the senior center. A contribution of \$3 per meal is suggested for seniors, \$5.25 for others. For anyone under 60, home delivery is \$5.75.

Make reservations at (784) 460-2901 by noon the day before.

On the Beat

COLBY POLICE

Tuesday
6:36 p.m. – Provided escort for two pickups from Davis and Range to 405 W. Horton.

7:17 p.m. – Prisoner transport for Sheriff's Office.

10:45 p.m. – FAA called requesting help to locate an airplane overdue at airport. Airplane located.

Wednesday
12:52, 5:23 a.m. – Security checks at Walmart.

7:44 a.m. – Stalled vehicle at 600 S. Range. Vehicle towed to Tubbs & Sons.

8:24 a.m. – Security check at Colby Grade School.

9:48 a.m. – Stalled semi-trailer rig in the 200 block of East Willow. Mechanic from Petro en route.

10:02 a.m. – Possible identity theft issue. Report filed.

2:02 p.m. – Stranded motorist southbound on Range by College. Had help coming; provided traffic control.

3:05 p.m. – Caller reported neighbor's dog out. Left message at the business.

5:21 p.m. – Accident at Range and Fourth.

7:05 p.m. – Assistant manager of business on Willow reported four subjects in vehicle yelling at customers. Stopped vehicle, told stay off lot.

9:38 p.m. – Battery: subject reported being struck while in vehicle going to her home.

THOMAS COUNTY SHERIFF

Monday
10:45 a.m. – Matthew Shepherd arrested on warrant.

2:20 p.m. – Three callers reported motor vehicle collision on east-bound I-70 at mile 53 on-ramp. Turned over to Highway Patrol.

5:09 p.m. – Michael Scott Smiley arrested on warrant.

6:35 p.m. – Semi tractor with flat tire on westbound I-70 at mile 53. OK, subject had help coming.

10:06 p.m. – Vehicle stuck near grain bins on private property in the 600 block of K-25. Not found.

10:26 p.m. – Report filed for narcotics violation.

Tuesday
5:57 p.m. – Caller said subject had been walking through his yard at 405 Main, Levant.

8:26 p.m. – Heather A. Binder arrested on warrant out of Hays.

School Activities and Menus

Colby Public Schools

Activities: Monday: Martin Luther King Junior Day; 4 p.m. junior high scholars bowl, Scott City; 4 p.m. scholars bowl, Great West Activities Conference, Colby; 7 p.m. school board. **Tuesday:** 3:30 dance and cheer junior clinic, middle school cafeteria; 4 p.m. seventh grade boys basketball, Scott City. **Wednesday:** 3:30 dance and cheer junior clinic, middle school cafeteria. **Thursday:** junior cheerleaders and dancers perform; girls basketball, Orange & Black Tournament; 3 p.m. boys basketball, Orange & Black; 4 p.m. eighth grade boys basketball, Scott City; 6 p.m. varsity wrestling, Norton. **Friday:** music, John Philip Sousa at University of Kansas; debate state tournament; 2 p.m. varsity wrestling, Beloit tournament; 3 p.m. varsity basketball Colby Orange & Black tournament. **Saturday:** John Philip Sousa at KU; 9:30 a.m. junior varsity wrestling, Rawlins County tournament; 10 a.m. varsity wrestling, Beloit tournament; Noon varsity basketball, Orange & Black.

Menus: Monday: breakfast: donut, apple half; lunch: chicken and noodles, whipped potatoes, green beans, hot roll, rosemary applesauce. **Tuesday:** breakfast: Belgian waffle sticks, grape juice; lunch: chili Frito pie, corn, cucumbers with dip, hot roll, fresh orange quarters. **Wednesday:** breakfast: breakfast sandwich, orange quarter; lunch: ravioli, mixed veggies, romaine and spinach salad, biscuits with jelly, pineapple chunks, cookie. **Thursday:** breakfast: French toast sticks, grape juice; lunch: wafered ham on whole heat bun, tater tots, celery sticks, green beans, sliced peaches. **Friday:** breakfast: pancakes, sausage patty, cinnamon applesauce; lunch: chicken strips, au gratin potatoes, steamed broccoli, hot roll, apple half.

Sacred Heart
Activities: Monday: 8:15 a.m. school mass. **Wednesday:** no mass. **Menus: Monday:** nachos, broccoli and cauliflower, applesauce, muffins. **Tuesday:** chicken fried steak, masked potatoes with gravy, green beans, apricots. **Wednesday:** French toast, sausage patty, scrambled eggs, hash browns, orange slices. **Thursday:** chicken noodles, mashed potatoes with gravy, corn, roll. **Friday:** pizza, salad, carrots and celery, bread sticks.

Heartland
Activities: Monday: 7 p.m. board meeting. **Wednesday:** school improvement day; school dismisses at noon, staff work all day. **Golden Plains**
Activities: Monday: 7 p.m. board of education; Dane G. Hansen interviews. **Wednesday:** noon, high school scholar's bowl, Western Kansas Liberty League,

Brewster. **Thursday:** middle school basketball vs. Greeley County, Rexford. **Friday:** high school basketball vs. Triplains and Brewster, Winona.

Menus: Rexford: Monday: breakfast: pizza bobs; lunch: corn dogs. **Tuesday:** breakfast: monkey bread; lunch: taco salad. **Wednesday:** breakfast: biscuits and gravy; lunch: surprise pizza. **Thursday:** breakfast: scrambled eggs; lunch: chicken nuggets. **Friday:** breakfast: breakfast pizza; lunch: barbecue beef

Selden: Monday: breakfast: breakfast burrito; lunch: popcorn chicken. **Tuesday:** breakfast: monkey bread; lunch: cheeseburger pocket. **Wednesday:** breakfast: biscuits and gravy; lunch: taco. **Thursday:** breakfast: cinnamon toast; lunch: corn dog. **Friday:** breakfast: scrambled eggs; lunch: meatloaf.

Brewster
Activities: Tuesday: 6:30 p.m. high school basketball, Hitchcock. **Wednesday:** noon high school scholars bowl, Brewster. **Thursday:** 4 p.m. junior high basketball at Brewster vs. Christian Family Educators. **Friday:** 6:30 p.m. high school basketball vs. Rexford, Winona; no school. **Menus: Monday:** breakfast: grilled cheese; lunch: beef and gravy with noodles, peas, cooked carrots, apple half, mixed fruit. **Tuesday:** breakfast: pumpkin chocolate chip muffin; lunch: hot dog on bun, macaroni and cheese, veggie sticks, pears, banana. **Wednesday:** breakfast: waffle sticks, sausage; lunch: baked potato bar, cheesy broccoli, orange slices, pineapple. **Thursday:** breakfast: scrambled eggs, bacon; lunch: lasagna, green beans, applesauce, peaches, garlic bread.

Triplains
Activities: Monday: no school; high school basketball practice, Brewster. **Tuesday:** 6:30 p.m. girls varsity basketball, Hitchcock; 8 p.m. boys varsity basketball, Hitchcock. **Wednesday:** high school basketball practice, Winona; 1 p.m. western Kansas Liberty League administrators meeting, Brewster; noon, high school scholars bowl, Brewster. **Thursday:** high school basketball practice, Winona; junior high basketball, Healy. **Friday:** 6:30 p.m. girls varsity basketball Golden Plains, Winona; 8 p.m. boys varsity basketball Golden Plains, Winona; Itty Bitty Titans at half time of boys game.

Square dance fest offers full schedule

The Shooting Stars Square Dance Club's annual Snowball Square Dance Festival will begin with Rounds at 7 p.m. tonight in the Black and Gold Ballroom at the Fort Hays State University Memorial Union.

The Grand March will start at 7:45 p.m. Squares will be from 8 to 10:30 p.m., including Rounds by Jim and Carol Tucker.

From 1 to 3 p.m. on Saturday, Bob Tucker will teach a Square workshop. He will call a dance

from 3 to 5 p.m. Supper will follow at 5:30 p.m. at the Reed Center, 317 W. 13th. Use the east door. Donations will be accepted.

Bob Tucker will call rounds from 7 to 7:45 p.m. on Saturday evening. The Grand March will be at 7:45. Squares and Rounds will run from 8 to 10:30 p.m., with a party to follow.

Singles and couples are welcome. For information, call Helen Shubert at (785) 625-2864 or Carol Gordon at (785) 625-6846.

Time for hospice care earlier than some say

For people with a life-limiting illness, there comes a point when cure is no longer possible, but that does not mean a patient and family must abandon all hope.

Through hospice care, there is still hope for a peaceful death, to spend final months, weeks or days free of pain and for quality time with loved ones in the familiar surroundings of home.

"While there isn't one specific point in an illness when a person should ask about hospice care, many hospice professionals would suggest that a person think about hospice long before he or she is in a medical crisis," said J. Donald Schumacher, president of the National Hospice and Palliative Care Organization. "In fact, learning about palliative care and hospice as options is something that should happen early in the course of a serious illness and not just in the final days."

Hospices utilize a team of professionals and trained volunteers to provide expert medical care, pain and symptom management and emotional and spiritual support for patients and family. Everything is tailored to the patient's needs and wishes.

Hospice tries to help patients and families focus on living as fully as possible.

"Hospice professionals can be important resources for patients and families," Schumacher said. "They can help a person figure out what goals are important and help them get their arms around the fact that their life may be coming

to a close."

Last year, U.S. hospices cared for more than 1.56 million patients. The national group estimates that 41.6 percent of all deaths were under a hospice program.

Facts about hospice:
• Most hospice care is provided in the home, but can be in nursing homes, assisted living facilities and hospice centers.

• Hospice care is fully covered by Medicare, private insurance and Medicaid in most states.

• Hospice care is not just for people with cancer. Hospices serve those with advanced Alzheimer's, disease and lung disease, HIV/AIDS – anyone who is facing a life-limiting illness.

• The hospice benefit pays for medications and medical equipment related to the illness.

• Hospice care is available as long as a doctor believes the patient is eligible. It can include complementary therapies, such as music and art.

• Hospices offer grief support to the family following a death.

"Ideally, an individual would receive hospice care for the final months of life – not just the final days," Schumacher said. "One of the most common sentiments from families who have been helped by hospice care is that they wish they had known about hospice or been referred to hospice sooner."

For information, contact Hospice Services at (800) 315-5122 or in Phillipsburg at (785) 543-2900, or go to www.hospicenwks.net.

Precision planting boosts yields in strip-tilled fields

Corn growers may increase yields by precisely planting seed in relation to previously established strip-tilled, fertilized rows.

The best location for planting is determined by how soon corn is planted after fertilizer application and the rate and form of fertilizer used, says Keith Janssen, soil management agronomist at the Kansas State East Central Experiment Field near Ottawa.

"Strip-tilled fertilized rows could have air pockets under the row, might be dry or cloddy or could have excessive levels of fertilizer salts or free ammonia," Janssen said. "On the other hand, planting too far away from the strip-tilled fertilized rows might reduce benefits from residue man-

agement, including warmer loosened soil and rapid root-to-fertilizer contact."

Janssen conducted a three-year study in fine-textured soil in eastern Kansas to determine the optimum location for planting corn using strip-till methods. He found that planting seed directly on top of freshly strip-tilled fertilized rows actually reduced yields, in some cases by up to 8 percent.

"Overall, the best location for planting on these fine-textured soils was within 3.75 inches of the strip-till fertilized rows, where the seedbed was firm and moist," he said. "This is most likely to ensure good plant stand establishment and quick contact between corn roots and fertilizer."

Man wrote name on bank robbery note

BOSTON (AP) — A Boston man is being held on attempted bank robbery charges after police said he passed a teller a note with his name on it and demanded cash.

Police said 54-year-old Brian Miller, who was arrested Dec. 9, passed a note to a Meetinghouse Bank teller that read, "I am Brian need \$4,000 I got a gun and a Bomb."

The teller without reading the notes hit the panic

button and walked away and informed her manager. The teller then returned to the window and read the note.

Police said officers arrived on the scene and found Miller standing in front of the teller just as she finished reading.

Miller was charged with attempted bank robbery and stealing by confining or putting in fear.

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