

# Library has cure for fall blues

Did you know that fall officially starts Friday, Sept. 23? That means it is time to get ready for days that are cool and possibly rainy. Remember to come to the library and stock up on books, audio books, magazines, DVDs and video cassettes or get online and download an e-book to your phone, e-reader, or tablet.

A new book we just placed in the nonfiction section is "Doctor, Your Patient Will See You Now: Gaining the Upper Hand in Your Medical Care," by Steven Z. Kussin M.D. This book is filled with provocative subjects that we face when they become patients traversing the halls of medical knowledge, healing and hope.

Kussin is a physician who no longer can participate in a daily practice of seeing patients. A number of years ago he was involved in an automobile accident and found himself for the first time personally walking through the medical profession as a patient.

Kussin does admit that as a physician he had more consideration from medical professionals and doctors, but he still had to navigate himself through a maze of choices which included doctors, treatment plans, surgery, surgeons and specialists, as well as hospitals.

This book is the results of his experience as a patient. He wants to help us, the uninitiated in the medical field, get a better hand at



**Melany Wilks**

• **Library Links**

becoming proactive and co-participants in our own health care. This book also provides online resources as well as notes, bibliography and index.

A second item we have added is for parents and youth beginning to walk through the decision-making process of selecting a career. The book is "Bound-for-Career Guidebook: A Student Guide to Career Exploration, Decision Making, and the Job Search" by Frank Burtnett.

It begins by discussing the myths and facts about careers. It then guides us to examine ways that lead to "achievement and satisfaction" as you create your career goals. The author takes you and your youth through the process of better understanding career development, exploration and learning about themselves.

Throughout this book are exercises to complete or questions to answer that help in the learning and choosing process of career exploration and choice.

The end of the book provides information on obtaining educa-

tional and career information in specific fields. Websites, organizational names and information on career resources as well as colleges are included.

Another new book being put on the shelf is "Every Day a Friday: How to Be Happier 7 Days a Week," by Joel Osteen. This book is written in the tradition that Osteen has made his own, to help his readers choose positive ways to live life so they can get the most out of their circumstances.

There are seven parts to the book, with each part filled to overflowing with methods to look at life and circumstances, which will guide your choices in action and deed. He predicates this book on the fact that studies show that our happiness raises by 10 percent on Fridays. Read it and find approaches to encourage you and others in thought-provoking ways.

Other nonfiction books we are adding are "Living Beyond Your Feelings: Controlling Emotions So They Don't Control You," by Joyce Meyer; "The 7: Seven Wonders That Will Change Your Life," by Glenn Beck and Keith Ablow; "Getting to Heaven: Departing Instructions for Your Life Now," by Don Piper and Cecil Murphey; "The Dukan Diet: 2 Steps to Lose the Weight, 2 Steps to Keep It Off Forever," by Dr. Pierre Dukan; "That Used to Be Us: How America Fell Behind in the World It

Invented and How We Can Come Back," by Thomas L. Friedman and Michael Mandelbaum.

DVDs we are adding are: "Hanna," starring Saoirse Ronan, Eric Bana, Cate Blanchett and Tom Hollander; "Everything Must Go," starring Will Ferrell and Rebecca Hall; "Rio," starring Jesse Eisenberg and Anne Hathaway; and "Madea's Big Happy Family," starring Tyler Perry, Loretta Devine, Natalie Desselle, et al.

September is Library Card Month. To celebrate this the first 100 high school students who personally update their library account or get a new library card will immediately receive a gift certificate for a free dessert item from the Colby McDonald's. (Parents need to sign for any first-time applicants).

This is only for September and to the first 100! So the old saying, the early bird gets the worm will be more true than not. Or at least the early bird gets the dessert! Any other person or child signing up for a new library card or renewing their account will be entered into a drawing for a free special dessert drawn the first of October.

Remember that the library is now open under our longer winter hours. Our schedule is: 9 a.m. to 8 p.m. Monday - Thursday; 9 to 5 p.m. Friday; 9 to 4 p.m. Saturday; and 1 to 4 p.m. Sunday. See you in the library.

## Birthday open house to celebrate 90 years

The children and grandchildren of Elva Livingston are holding an open house to honor her 90th birthday from 2 to 4 p.m. on Saturday, Sept. 24, 2011, at the First Christian Church, 385 West Third St. in Colby. She was born on Sept. 27, 1921.



**E. Livingston**

She is the mother of Carol (Marvin) Lovenstein of Colby and Janet (Larry) Stice of Atwood. She has seven grandchildren and five great-grandchildren.

The family requests no gifts. Those unable to attend may send cards to 820 East Eighth Street, Colby, Kan., 67701.

## Babies

### Elizabeth Ann Bridgeman



**Elizabeth B.**

Elizabeth Ann Bridgeman, daughter of Jeremy and Ashley Bridgeman of Newton, was born Friday, Aug. 12, 2011, at Wesley Medical Center in Wichita. She weighed 6 pounds, 1 ounce and measured 18 inches. Brother Aiden James, age 2, welcomed the baby home.

Grandparents of the baby are Jon and Ann Friesen of Colby and Tammy Bridgeman of Paola.

Elizabeth is the great-granddaughter of Marcia Bettendorf of Garnett and Will Sander of Victoria.

### Amillia Faith Mouser

Amillia Faith Mouser, daughter of Emily Mayfield and Matthew Mouser of Colby, was born Thursday, Sept. 1, 2011, at Citizens Medical Center in Colby. She weighed 5 pounds, 14 ounces and measured 19 inches.

Sister Aletha Mouser welcomed the baby home.

Grandparents are Lesley and Barry Mayfield of Ponca City, Okla., and Dawn Mouser and Lynn Sharpe of Colby.

### Maizie Lucinda Nickel

Maizie Lucinda Nickel, daughter of John Trampis Nickel and Laura Falk Nickel of Manhattan, was born Wednesday, Aug. 31, 2011, in Manhattan. She weighed 6 pounds, 6 ounces and measured 19 inches.

Her 3-year-old brother John Tassen Nickel welcomed her home. Grandparents are Cindy and

Milton Falk of rural Onaga and John Micheal and Karen Nickel of Johnson.

Great-grandparents are the late Elsie and Art Falk of Wheaton, Paul Hartwich and Sylvia Hartwich Galloway of Onaga, Rosie and Alfred Lindsten of Goodland and John Robert and Roma Nickel of Levant.

## Kansans' art show in Topeka

The Topeka Art Guild and Gallery will present its annual Kansans Paint Kansas Art Show and Fundraiser from 5 to 8 p.m. on Friday, Oct. 7 and Friday, Nov. 4 at 5331 Southwest 22nd Place, Fairlawn Plaza in Topeka. The show will feature artists from across the state of Kansas.

The art will be judged by Kansas artist Judith Mackey and music will be by Fred Applehanz. For information, visit [www.topekaartguild.org](http://www.topekaartguild.org), e-mail [topekaartguild@sbcglobal.com](mailto:topekaartguild@sbcglobal.com) or call (785) 273-7646.

topekaartguild.org, e-mail [topekaartguild@sbcglobal.com](mailto:topekaartguild@sbcglobal.com) or call (785) 273-7646.

## Markets

Quotes as of close of previous business day

Hi-Plains Co-op	
Wheat (bushel)	\$7.08
Corn (bushel)	\$7.01
Milo (hundredweight)	\$11.68
Soybeans (bushel)	\$12.52

## Train show has something for everyone

The fourth annual western Kansas model train show and sale is coming on Saturday and Sunday, Sept. 24 and 25, to the Ellis County Fair Grounds in Hays.

Model trains can be a great family hobby. Whether for modelers or collectors, there will be thousands of trains to look at and buy.

Layouts from all across Kansas and Nebraska will be set up in both buildings of the fairgrounds. Steam, diesel, Thomas, passenger trains and of course modern freight trains will all be running on the various layouts.

Dealers from all across the Midwest will be at the show. They will have many scales of trains, from N, HO, O and G.74 tables of trains as of this release.

The railroad museum in Ellis will be open during the show from 10 a.m. to 4 p.m. Saturday.

Exhibits will be open 9 a.m. to 5 p.m. Saturday and 11 a.m. to 4 p.m. Sunday. Admission is \$5 for adults, free for children 12 and under.

## 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.

In Memory  
**CORY RYAN WANG**  
September 15, 1982 -  
September 23, 2005

A page in the book of memory, silently turns today. We remember you in silence, and make no outward show. And what it meant to lose you, no one will ever know.

Nie vergessenen

## College offers community seminars

Four short seminars are being offered by Colby Community College beginning Tuesday, Sept. 27.

The Community Enhancement Seminars include genealogy, basic computer instruction, calligraphy and lifestyle dance. Cost is \$20 per seminar. The fee for participants 65 and older will be paid by the Thomas County Area on Aging Senior Grant.

Genealogy will be held from 6 to 9:30 p.m. Sept. 27 and Tuesday, Oct. 4, in Bedker Memorial Complex, room 704. The seminar, taught by college instructor Tom Moorhouse, will focus on the history of families and the line of descent from their ancestors.

Calligraphy, taught by college art instructor Rebel Jay, offers the opportunity to learn the art of producing beautiful and artistic handwriting. Participants will learn to create unique cards, invitations, flyers and posters. The seminar will meet

from 6:30 to 8:30 p.m. Mondays, Oct. 10, 24, Nov. 7 and 21 in Ferguson Hall, room 503.

Julie Weinmann, faculty development specialist, will teach basic computer instruction from 10 a.m. to noon on Saturdays, Oct. 15, 22, 29 and Nov. 5 in Bedker Memorial Complex, room 704. Participants will learn computer basics including searches, setting up an e-mail account, utilizing e-mail attachments, word processing and Facebook accounts.

Lifestyle Dance will meet from 5:35 to 7:35 p.m. Monday evenings from Oct. 17 through Dec. 5. The seminar, taught by Wayne Williams, will meet in the multipurpose room of the Student Union. Participants will learn ballroom, line, country and modern swing dances.

Preregistration is encouraged for these seminars. For information or to register, contact Penny Cline at 460-5404 or [penny.cline@colbycc.edu](mailto:penny.cline@colbycc.edu).

## Tax preparation volunteers sought by AARP

Yes you can - make a difference, give something back and join a team that cares. Overused clichés? Perhaps, but true.

If you are not afraid of people, computers, tax returns, personal challenges, or learning new things, AARP Tax-Aide, a free volunteer-run tax preparation and assistance service is seeking volunteers across the state to help Kansas taxpayers prepare and file

their tax returns.

Volunteers do not need to be members or retirees to participate. They do need basic computer skills and the personal drive necessary to learn and become proficient with new tax return preparation software.

Volunteers receive free tax training and are reimbursed on a limited basis for expenses. They learn new skills while making a

difference in their communities.

There is a particular need for additional volunteers in Goodland, Hoxie, Jennings, Saint Francis and Sharon Springs.

For information and links to an on-line application, visit the Kansas Tax-Aide web site at [www.KStaxaide.com](http://www.KStaxaide.com).

## General Public Transportation Van

**Hours:** 8 a.m. to 4 p.m.  
**Days:** Monday - Friday  
**Phone:** 785-460-2901 (8 a.m. - 12:30 p.m.)  
785-443-9208 (12:30 - 4 p.m.)

If possible call for Reservations by 11 am the previous business day. Provided to Colby, Brewster, Gem, Menlo, Rexford and a Portion of Oakley as needed.

"This Project Funded in Part by the KDOT Public Transit Program"

2011 **Kansas Book Festival**  
SEPTEMBER 24 **Kansas Museum of History**  
9 a.m. to 4 p.m. Event is free and open to the public. [www.kansasbookfestival.com](http://www.kansasbookfestival.com)

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\*APR and payments are based on a loan of \$100,000. Rates and fees are subject to change.

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WE APPRECIATE THE OPPORTUNITY TO COMPARE OUR INTEREST RATES AND CLOSING COSTS WITH YOU. STOP BY ANY OF OUR BRANCHES TO DISCUSS MONTHLY PAYMENT OPTIONS.

Applications for funding are being accepted for grant opportunities at the Thomas County Community Foundation. Non-profit organizations, schools, and government agencies in Thomas County are encouraged to apply by September 30, 2011.

**THOMAS COUNTY COMMUNITY FOUNDATION**

- Kids Can Do! Fund is a \$200 grant that provides funding for classroom and service-learning projects.
- James & Betty G. Secrest Fund supports fine arts, literacy, education, and the professional development of educators.
- Pierre C. Henry Foundation General Public Health Fund and Seele Foundation Fund grant for general public health projects, \$400 is available this quarter.
- TCCF Endowed Youth Fund and Kansas Health Foundation Children's Fund for youth related projects, \$275 is available this quarter.

785-460-9152 [tccf@st-tel.net](mailto:tccf@st-tel.net)

Go to [www.ThomasCountyCommunityFoundation.com](http://www.ThomasCountyCommunityFoundation.com) for grant applications and guidelines.

**Colby Free Press** and **Colby/Thomas County Chamber of Commerce**

Welcome:  
**WESTERN STATE BANK**

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