

# The One in the know understands

(God said to Moses), "I know their suffering" (Ex. 3:7b). When you visit with someone who is going through pain due to some loss or difficulty, never ever say, "I understand," even if you've dealt with something similar.



## Robert Alexander

### • From the Pulpit

Understand what it is to be tempted to give up" (Hebrews 4:15) because he was in that spot. In conviction he can say, "I understand what it is to lose a loved one" because he always weeps over those who spurn his love.

There's One who understands what it's like to be lonely, having been forsaken by his closest friends in his last hours and by his Father while he suffered crucifixion (Matthew 27:46). With conviction he promises that he will never ever leave you (Isaiah 43:2). He understands what it's like to be weak, having been whipped, beaten and hung, and he assures you with conviction that he can strengthen you when

you're weak (Isaiah 41:10). The One who thoroughly understands what it is to be human with all its pain and challenges is also God who sees all that is in the human heart, soul and mind. While no ordinary human is truly in touch with someone else's feelings, he is extraordinary – the Son of Man and the Son of God – and thus he knows everyone like the back of his cross-scarred hands.

This knowledge goes even to the depths of the womb where, along with the Father and the Holy Spirit, he created every human (Psalm 139:13). Armed with this knowledge Jesus understands everyone inside and out and provides all that's needed.

One need he fulfills is the need for people, especially the church. These saints are far from perfect saints but, they have the perfect Lord. They know pain and know the God who gives healing in his Word, the Bible. They rally

around the cross for encouragement and comfort, knowing that there's hope in the resurrection. They know their sins and know they're forgiven in Christ.

In your corner of the church most of the saints will be casual friends and only a few will be the listening kind. The time may come when God will give you the opportunity to be the latter. When he does you won't be without him to help you bear their burden (Galatians 6:2).

Prayer: Lord Jesus, thank you for knowing me and understanding me so thoroughly that you gave your life to be my Savior, living and breathing to help me in my pain and help me help others who are in pain. Draw me to you and draw others through me to you. Amen.

*The Rev. Bob Alexander is pastor of the Trinity Lutheran Church at Fifth and Country Club in Colby. He may be reached at 462-3497.*

## Deaths

### Stephen Wesley Bell

Stephen Wesley Bell, 62, Topeka, a former *Colby Free Press* sports editor, died on Tuesday, July 16, 2013, at Midland Hospice in Topeka.

He was born Jan. 5, 1951, in Great Bend, to Elmer "Pete" and Bernice (Harding) Bell. He attended Great Bend High School and Fort Hays State University, graduating in 1973 with a degree in English.

Besides the *Free Press*, he worked as a sports writer and editor for the *Hays Daily News*, the *Great Bend Tribune*, and the *Topeka Capital Journal*. He was a member of Westminster Presbyterian Church in Topeka for many years and sang in the church choir. He served in the Kiwanis Club of Colby.

He was preceded in death by his parents.

Survivors include his wife, Tonya Foster-Bell and one son, Shane Bell of Topeka; two broth-

ers, Bill (Andrea) Packard of Wichita and Mike Packard of Winfield; and two sisters, Mary (Steven) Brehm of Pratt and Bonnie (Monte) Hirsh of Kinsley.

Services will be at 10:30 a.m. Monday, July 22, 2013, at the Westminster Presbyterian Church, 1275 S.W. Boswell Ave., Topeka. Graveside services will be at 1 p.m. Tuesday at the Hillside Cemetery in Kinsley.

Visitation will be from 3 to 8 p.m. Sunday at the Penwell-Gabel Mid-Town Chapel in Topeka, with the family receiving friends from 6 to 8 p.m.

Instead of flowers, the family suggests memorials to the Shane A. Bell Memorial Scholarship Fund, in care of the Silver Lake Bank, 2011 S.W. Gage Blvd., Topeka, Kan., 66604.

To leave a message for the family online, go to [www.Penwell-GabelTopeka.com](http://www.Penwell-GabelTopeka.com).



Stephen Bell

# Bilingual sessions to teach healthy eating

Sesame Workshop, creators of Big Bird and other Sesame Street characters, now addresses children's eating habits, bringing the Food for Thought initiative to Colby with two programs at Pioneer Memorial Library on Monday.

Launched in December 2010, *Food for Thought: Eating Healthy on a Budget* is a

bilingual multimedia outreach initiative that supports families who have children between the ages of two and eight cope with limited access to affordable and nutritious food.

A 2011 study found that exposure to the program's kit over a four-week period had a positive impact on participants' knowledge, behav-

iors and attitudes regarding how to maintain healthy habits despite limited access to food.

The program receives money and support from UnitedHealthcare and The Merck Company Foundation.

The program will be held in English at 11 a.m. and in Spanish at 12:30 p.m.

## Colby Rotary Club

Colby Rotary Club met on July 16 at Colby Community College with 31 members and guests Marc Alwin, Brittany Bear, Jackie Flemming and Ian Wagoner.

The Polio Plus collection for July was taken.

Members signed up to run the Plinko game during the Thomas County Fair.

A brief report was given on the installation of District Governor Peggy Cabrinha held July 6 in Atwood. Paul Steele, Wayne and Millie Horlacher, Nancy LePell, Nick Wells, Jeff Horlacher, Marilyn Unger, Sandy and Melany Wilks attended. Jeff Horlacher was recognized as a major donor of Rotary International.

Membership awards were presented. Nick Wells and Gene Rothfuss received awards for 10 year membership; Carolyn Armstrong and Jim Stanley received awards for 20 year membership; and Paul Steele received an award for 45 years of membership.

Rusty Grafel, Colby Community College men's head basketball coach, was inducted as a member. Grafel's sponsor is Jerry Armstrong.

Wagoner and Flemming, from Nex-Tech Wireless, provided the program. Wagoner gave a presentation on a wide variety of applications available for smartphones.

Jim Stanley won Roto-Lotto. The club meets at noon on Tuesdays in Room 106 of the Student Union.

—Relda Galli

# Give blood in August

The American Red Cross has an urgent need for blood donors of all types, especially O negative, A negative and B negative, as fewer donations than expected were given in the first half of summer.

Upcoming blood donation opportunities:

• Noon to 6 p.m. Tuesday, Aug. 6, at the Veterans of Foreign Wars, 317 Center St. in Oakley.

• Noon to 6 p.m. Wednesday, Aug. 7, at the Colby Community

Building, 285 E. Fifth St. Call (800) 733-2767 or go to [redcrossblood.org](http://redcrossblood.org) to make an appointment or for information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age, weigh at least 110 pounds and are in generally good health may be eligible to donate blood.

## Pastor receives award

James Mardock, senior pastor of the Colby United Methodist Church, was awarded the Harry Denman Evangelism Award at the Kansas West Annual Conference May 22 in Hutchinson.

Mardock was chosen to receive the award from a pool of over 600 pastors serving in the Kansas West Conference.

The Denman award was established in 1980 by the Foundation for Evangelism to recognize and honor pastors and lay people who are doing the vital work of responsible evangelism in ways in keeping with the United Methodist history and tradition. Mardock is in his 13th year of service with the Colby church.

## Meadow Lake Bridge Club

Meadow Lake Bridge winners for Tuesday were: first, Margaret Denner; second, Barb Ulmer;

third, Gladys Fischer; fourth, Billie Keck; fifth, Alvin Koenig; sixth, Bob Renner.

## Brewster grad gets law degree

Christi Somers, a 2001 Brewster High School graduate, received her law degree May 11 from Washburn University School of Law in Topeka.

Somers is the daughter of Brian and Carolyn Somers of Brewster.

Her grandparents are Marion and Coleen Crumrine of Brewster and the late Bill and Lenora Somers of Edson.



C. Somers

## Hoxie grad enters Pinnacle

Melissa Vogt, a senior in technology management from Hoxie, is one 77 Kansas State University students recently inducted into the Pinnacle Honor Society.

Pinnacle, a nontraditional student honor society, has members from across the U.S.

Suzanne Lueker, director of nontraditional and veteran student services at the university, said the number of Pinnacle Honor Society inductees has steadily increased each year.

"For the past several years, our nontraditional student popula-

tion has been increasing, as has the number of nontraditional students earning recognition for their academic achievements," Lueker said.

To be eligible to join Pinnacle, students must have a grade average of 3.0 or higher, be at least a junior and have a record of excellence in leadership, scholarship and service.

"Many of our university's non-traditional students have the challenging task of balancing family, career and education. It's very rewarding to have the opportunity to

Information about the honor society can be found at [www.dce.k-state.edu/students/pinnacle/](http://www.dce.k-state.edu/students/pinnacle/).

## 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.

We want your local news: e-mail to [colby.editor@nwkansas.com](mailto:colby.editor@nwkansas.com)

## Atwood student on honor roll

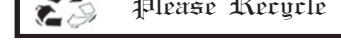
Brett Carroll of Atwood was named to the Cloud County Community College Spring 2013 Academic Honor Roll. To be named to the honor roll, students must be enrolled in a minimum of 12

hours of college coursework and achieve a minimum 3.6 grade average.

Cloud County has two physical campuses in Concordia and Junction City.

## Markets

Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat (bushel)	\$6.92
Corn (bushel)	\$7.12
Milo (hundredweight)	\$11.41
Soybeans (bushel)	\$15.44



## Come enjoy the concerts!

Kit Carson County Fairgrounds, Burlington, CO

### Friday, July 26, 6 p.m.: Kahuna Beach Party

This wildly popular party will bring back the sounds of the Beach Boys. Check out their website at:

[www.reverbnation.com/kahunabeachparty](http://www.reverbnation.com/kahunabeachparty)  
PRCA Rodeo to follow this concert!

### Sunday, July 28, 7 p.m.: HOTEL CALIFORNIA "A Salute to the Eagles"

The band will perform an evening of Eagles music. Enjoy their sound at: [www.hotelcal.com](http://www.hotelcal.com)

Tickets are \$13 presale available at Zimbelman's Jewelry in Burlington, or \$15 day of the show.



Brewster Community Church

# Services Directory

Worship in the church of your choice this weekend.



**FAITH FELLOWSHIP CHURCH**, Pastor Dan Keel, 815 W. 3rd. Sundays at 2 p.m. 785-462-0512.

**CELEBRATION COMMUNITY CHURCH**, 1890 S. Franklin Ave. - Colby Community Building. Pastor Eric Overmiller. Sunday Worship 10:45 a.m. [www.celebratejesus.org](http://www.celebratejesus.org)

**GATEWAY FELLOWSHIP**, 2nd and Sunrise, Oakley. Pastor James Bloom, Sunday Morning Worship and Children's Church 10:15 a.m., Wednesday evening Bible Study and Intercessory Prayer 6:30 p.m. 785-671-4020.

**COLBY INDEPENDENT BAPTIST CHURCH**, 730 E. 3rd (former Jaycee's building), Pastor Bernard Heinz, 785-460-0313, Sunday School 9:30 a.m.; Sunday Morning Worship 10:30 a.m.; Sunday Evening 6:00 p.m.; Wednesday Evening 7:00 p.m.

**ASCENSION-ON-THE-PRAIRIE EPISCOPAL**, Rev. Don Martin, College Drive & Wheatridge Rd., 785-462-3041, Holy Eucharist, 9:00 a.m. every Sunday. Evening Prayer, 5:15 p.m. Wednesday, September through May.

**COLLEGE DRIVE ASSEMBLY OF GOD**, 245 W. College Dr., Colby. Pastor Steve Todd. Sunday School 9 a.m. for all ages. Worship 10:15 a.m. Kid's Church for Kindergarten-5th grade during Worship Service. Nursery available for kids birth - 5 yrs old. Wednesday night: Family night September - May. Meal served 6 - 6:30 p.m. CD Kidz for kids birth - 5th grade, Youth Group for 6th - 12th graders and Adult Bible Study at 7 p.m. 785-462-8234. [cdag@st-tel.net](mailto:cdag@st-tel.net).

**BEREAN BIBLE FELLOWSHIP**, 1000 S. Franklin, 785-460-2763, [www.colbyborean.com](http://www.colbyborean.com); Sunday School 9:30 a.m., Sunday Worship 10:45 a.m. Pastor Mark Carlton, Youth Pastor Ben Phillips. Middle School Group Wednesday 7 p.m. at the Attic and High School Youth Group Sunday 6 p.m. at the Attic. AWANA Wednesdays at 7 p.m. at the church.

**WINONA METHODIST CHURCH**, 501 Bellview Ave. Rev. Sheryl Johnson, Sunday School, 10:30 a.m., Morning Worship 9:15 a.m. (CDT)

**FIRST BAPTIST CHURCH**, (Affiliated with American Baptist Churches USA) Rev. James Bridges, 615 W. Webster, 785-462-2867. Sunday School: 9:15 a.m.; Family Worship: 10:30 a.m.; Bible Study: 6:30 p.m.

**COLLEGE VIEW BAPTIST CHURCH** (Affiliated with Southern Baptist), 1185 Wheatridge Rd. at College Drive, 785-460-7144, Sunday Bible Study 9:30 a.m., Sunday Worship services, 10:45 a.m. Prayer Service at 6:30 p.m. on Wednesday's. Contemporary Evening Service at 4 p.m. through the semester.

**PLEASANT HOME CHURCH**, Pastor, Perry Baird, 785-728-7380, 3190 Road 70, Edson, Worship, 9:00 a.m., Sunday School 10:00 a.m. (MST)

**MINGO BIBLE CHURCH**, 420 Main Mingo, 785-462-2992: An independent community church served by Village Missions Pastor Tom Peyton. Sunday School: 9:30AM - all ages. Worship Services: 10:45AM. Sunday Evenings 6:30. First Sunday of month - carry-in dinner following morning worship.

**SACRED HEART CATHOLIC**, 785-462-2179, Father Dana Clark, Pastor, Saturday Eve. Mass 5:30 p.m., Sunday Masses 8:00 & 10:00 a.m., Confessions will be heard Saturday 4:30-5:05 p.m. and from 7:30-7:45 a.m. and 9:25-9:40 a.m. on Sunday.

**FIRST PRESBYTERIAN CHURCH**, Rev. Carol Rahn, 515 W. 4th, 785-462-6342, Sunday Worship 9:00 a.m. Podcasts of the worship services are available at the church website [colbypres.org](http://colbypres.org).

**THE SHEPHERD'S STAFF, REXFORD**, Joan Dingwerth, Director, 785-687-2565.

**WESLEYAN CHURCH**, 320 W. Pine - 785-462-8391, Sunday School 9:30 a.m., Sunday Worship 10:40 a.m., Sunday Evening Cell groups at 6:00 p.m., Wednesday Youth Ministries, Kids Clubhouse 7 p.m.

**CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS**, 1145 S. Franklin - 785-460-6605, President Andy Rose, 785-460-6807. Sacrament meeting 10 a.m., Sunday School and Primary 11:20 a.m., Priesthood, Relief Society, YM/YW, 12:10 p.m.; Family History Center open by appointment. Call 785-462-3571.

**REDEEMING LOVE MINISTRIES, INC.**, 345 N. Franklin, Dr. W.G. and Rev. Orvella Romine, Equipping Class, Sunday, 9 a.m., Sunday worship, 10 a.m., Wednesday, R.L.M Training Centers (Bible School), 6 p.m. Shop online at: [www.rlmregionalchurch.com](http://www.rlmregionalchurch.com).

**COLBY UNITED METHODIST CHURCH**, Rev. James Mardock, pastor, 950 S. Franklin, 785-460-6521, Sunday Worship Services at 8:30 and 11:00 a.m., Fellowship coffee 9:30 a.m., Sunday School, 9:45 a.m., KXXX broadcasts 11:00 worship. [www.colbyumc.org](http://www.colbyumc.org)

**CHURCH OF CHRIST**, 510 E. 4th, Sunday Bible Study 9:30 a.m., Sunday Worship 10:30 a.m., Wednesday, Bible Study 7:00 p.m. [www.colbychurch.com](http://www.colbychurch.com)

**SUN SAVIORS LUTHERAN CHURCH**, 217 Main St., Brewster, 785-694-2751. Sunday worship 10:00 a.m.

This feature is sponsored by these business firms as a contribution to the religious life of the community.

155 W. Fifth St.  
785-462-3963

**COLBY LUMBER**  
Bud Van Horn and Staff  
1760 W. 4th 462-2181

To become a sponsor call Kathryn or Sharon today at 462-3963.