

Babies

Sawyer Montgomery Moore



Sawyer Montgomery Moore, son of Russ and Abby Moore of Hays, was born Wednesday, May 15, 2013, at the Hays Medical Center. He weighed eight pounds, two ounces and measured 22 inches. Grandparents are Randy and Colleen Blattner of Logan and Monty and Sandy Moore of Monument. Great grandparents are Vern and Peggy Wadsworth, Sedgwick, Ellen Herrman, Ensign, and Ralph and Marcella Albers and Glenita Moore, all of Oakley.

Sawyer Tate Renz

Sawyer Tate Renz, son of Justin and Krista Renz of Colby, was born Saturday, Aug. 10, 2013, at Citizens Medical Center. He weighed 8 pounds, 2 ounces and measured 20 inches. Grandparents are Donna and Steven Renz of Lakin and Fay and Herb Brewer of Smith Center.



Sawyer Renz

Bentley Larrick Tittel



Bentley Larrick Tittel, son of Ashley Simon and Bradley Tittel of Colby, was born Saturday, July 13, 2013, at Citizens Medical Center. He weighed 8 pounds, 4 ounces and measured 21 inches. Grandparents are Paula and Duaine Tittel of Colby, Terri Riedel of Colby and Raymond Simon of Minneapolis. Great-grandparents are Marjorie Roesch-Koenig and Dale Koenig of Colby, Larry and Rita Weber of Grainfield and Mary Frances Flax of Ransom.

Open house will honor 95th birthday Sept. 1

Velma Barnett will celebrate her 95th birthday with an open house from 2 to 4 p.m. Sunday, Sept. 1, at 2654 County Road 27 in Gem. Barnett was born Sept. 15, 1918, on a farm in Gem. She married Ralph Barnett in 1936. The couple raised three sons together: Ron (Norma) Barnett of Tuttle, Okla., Marvin (Alberta) Barnett of Gem, and



Velma Barnett

the late Bill Barnett. She has nine grandchildren, 26 great-grandchildren and four great-great-grandchildren. She was noted for her cooking, especially her pies and cinnamon rolls. Currently, Velma gardens and crochets caps for missions. Cards can be mailed to 2654 County Road 27, Gem, Kan., 67734.

Retreat to be in September

The next retreat at Rachel's Vineyard of the Salina Diocese will be Friday through Sunday, Sept. 27 through 29, in northwestern Kansas. This weekend is for anyone affected by abortion. "Today's culture normalizes abortion," Donetta Robben, retreat coordinator, said. "But abortion always affects a woman, and often the man, psychologically, spiritually and even physically. "Once a woman has an abortion, she pushes it to the back of her mind. But the pain remains, and women pretend everything is OK when they are really falling apart inside." "Rachel's Vineyard provides a nurturing environment where anyone affected by abortion can safely grieve..." she said. The retreat is not only for women who have had abortions, but for men, grandparents, aunts, uncles, siblings, married couples, people who have worked in the abortion industry - anyone affected by the loss of abortion. Rachel's Vineyard Ministries

was founded by psychotherapist Theresa Burke. The weekend meshes faith and psychology into an intense, emotional, supportive and non-judgmental process. Studies by Burke and psychologists David Reardon and Philip Ney show that individuals suffering from an abortion decision often endure life in confusion and silence. Many begin hurting immediately, while others face their grief five to 25 years later. For information, contact Rachel's Vineyard at (877) I-GRIEVE or at rvineyard@rural-tel.net. All correspondence is confidential. Dog tag may make it home GREAT BEND (AP) - A Dutch man who uses a metal detector to search for World War II relics has found the long-buried dog tag of a Kansas soldier. Now, 29-year-old Rico Peters is looking for relatives of Jesse G. Burris. The Great Bend Tribune (is.gd/w3exds) reports that Peters

Stress doesn't need to dominate life

Stress has always been a part of life. In ancient times it might have been caused by a growling bear, while today it's more likely to be a growling, demanding boss. Whatever the cause, stress is something we all experience, but it doesn't have to control our lives. The answer is to learn what things cause us stress, how we respond to stress, and what we can do to better handle that stress. Some stress, of course, is healthy. It motivates us, gets us excited and gets us moving toward positive goals. But when stress causes negative reactions and leaves us feeling scared or physically and emotionally drained, it's time to take action. Start by analyzing what stress does to you. Does it leave you feeling tense, cause a painful headache, or make you jumpy and snappy with others? Perhaps stress makes you quiet and listless? Either way, or anything in between, it's not a good feeling. You can deal with that by taking physical action to take you away from the stress causing issue. If stress gives you energy, try something as simple as taking a walk or bike ride. If stress leaves you tired, try something calming, such as meditating for a few minutes or having a light snack. Such responses sound simple, but the point is to know yourself

and to take action. As you begin to discover how you react to stress, you can also begin to analyze what stresses you. Are you afraid of looking incompetent at work, or of letting down your family or friends? Are you feeling that you've lost control of your environment (traffic jam stress, for example)? As you begin to identify what causes you stress, it's also time to examine your priorities. What things are really important to you? Are there fears you have that lie beneath the situations that cause the most stress? As you begin to understand what causes you stress, you can take positive steps to deal with those issues. Maybe it's an anxiety provoking colleague you want to avoid. Maybe it's learning to say "no" to situations that eat up your time but provide little personal benefit. You can't avoid all stress but it shouldn't be negatively affecting your life. A professional counselor can help you identify what causes your stress, and can help you develop strategies to avoid or better handle it. "Counseling Corner" is provided by the American Counseling Association. Comments and questions to ACAcorner@counseling.org or visit the ACA website at www.counseling.org

Lunch discounts have changed

Colby area kids can fill their tummies at school for free or reduced prices if their families meet income eligibility guidelines. This year, the income levels for free school lunches range from \$14,937 for households with one member to \$51,419 for households with eight members. Kids can receive reduced-price lunches if their family income is under \$21,257 for one-person

households, and the amount increases with family size up to \$73,316 for eight-member households. Application forms and information are available from each school and can be submitted at any time during the year. Households already receiving other food assistance may qualify based upon their eligibility for the other programs.

Study tour goes to Costa Rica

Colby Community College is offering an agriculture study tour to Costa Rica from Tuesday, June 3, to Tuesday, June 10, open to the

public and guided by Equine Program Director Shanda Mattix. An informational meeting will be held at 7 p.m. Monday, Sept. 23, in Room 602 of the Stanley Carr Agricultural Center on campus. For details, contact Mattix at (785) 460-5464 or shanda.mattix@colbycc.edu.

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.

It's the NUMBER ONE cancer killer. NO MORE EXCUSES. NO MORE LUNG CANCER. lungcanceralliance.org

Deaths

Evelyn R. Parks

Evelyn R. Parks, 80, Colby, died Wednesday, Aug. 21, 2013, at Citizens Medical Center in Colby. She was born Feb. 7, 1933, in rural Trego County, the daughter of John and Olinda (Flagler) Berschauer. On May 14, 1955, she married Verlan Parks in WaKeeney. They lived in Hill City, where she was a homemaker and bookkeeper. Preceding her in death were her parents, her husband, and a son, Randy Parks. Survivors include a daughter, Karen Parks of Colby, and a sister, LuEttta Staats of Garden City.

Services will be at 11 a.m. Monday Aug. 26, 2013, at the Stinemetz Funeral Home in Hill City, with the Rev. Larry Brack officiating and burial in the Memorial Lawn Cemetery in Hill City. Visitation will be from 2 to 8 p.m. Sunday at the funeral home, with the family present from 2 to 3 p.m., and from 9 a.m. to service time Monday. The family suggests memorials to the Graham County Hospital, in care of the funeral home, 522 N. Pomeroy, Hill City, Kan., 67642.

Studio Friday to begin with returning artist

Long-time Colby resident and artist Cal Mahin will be featured at the first monthly Studio Friday held by Colby Community College art instructor Rebel Jay. "Studio Fridays are scheduled for the first Friday of each month," said Jay. "We will have a featured artist each month that will be working on his or her projects while participants bring their works in progress to share and work on during that time. It is an opportunity to see other artists' works and share new ideas." The event will be from 9 a.m. to

noon and from 1 to 3 p.m. Friday, Sept. 6, in Ferguson Hall, Rooms 502 and 503. "It is a come and go event," said Jay. "It will be a creative atmosphere, a 'think tank' for art. High school juniors, seniors, college students and area artists are all encouraged to attend. "We were fortunate to receive a grant from the Thomas County Community Foundation to fund the Studio Fridays. The mission of the Foundation is to improve the quality of life for all citizens of Thomas County."

Seek treasure on U.S. 36

Bargain hunters may want to mark their calendars for the Eighth Annual U.S. 36 Highway Treasure Hunt, to be held Friday

through Sunday, Sept. 20 to 22. Towns along U.S. 36 from St. Francis to Elwood will participate in this 400-mile border-to-border yard sale. The sale, coordinated by the U.S. 36 Highway Association, helps promote the communities and businesses along the route.

Markets

Quotes as of close of previous business day
Hi-Plains Co-op

Wheat (bushel)	\$6.84
Corn (bushel)	\$6.27
Milo (hundredweight)	\$9.91
Soybeans (bushel)	\$12.91

We want your local news: e-mail to colby.editor@nwkansas.com

With Thanks

Thank you Mike and Pat Tubbs for donating two processed hogs for the CCC Community Block Party BBQ. We appreciate your support.

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
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-RAIRIE 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.
BEREAN BIBLE FELLOWSHIP, 1000 S. Franklin, 785-460-2763, 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, Reverend Andrew Sonneborn, 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.
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.
COLBY UNITED METHODIST CHURCH, Rev. James Markdock, 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
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
OUR SAVIORS LUTHERAN CHURCH, 217 Main St., Brewster, 785-694-2751. Sunday worship 10:00 a.m.

Berean Bible Fellowship

155 W. Fifth St. 785-462-3963

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