Death

Lawrence R. (Jack) Wark

Lawrence R. ("Jack") Wark, 81, Sheridan County Hospital in Hoxie.

Mr. Wark, born Sept. 22, 1921, was the son of Albert Roscoe and Elsie Mae (Williams) Wark and was born in rural Thomas County and was raised northwest of Rexford. He attended school in Rexford and graduated in 1939.

He was in the Army and served in

While in the army, he was located at various locations and after being discharged, moved back to Rex-

He married Hulda Irene Rall on Nov. 10, 1043 in Elko, Nev. and was a farmer/rancher and a mechanic. He enjoyed fishing, travel, airplanes, woodworking, cars and

He was a member of Trinity Lutheran Church in Colby.

Preceding Mr. Wark in death were his parents, a son Dennis Euof Hoxie, died Jan. 8, 2003 at the gene Wark, son-in-law Bill Barnett and a brother Alvin Wark.

He is survived by his wife, Hulda, and a son, Roger Wark of Rexford; three daughters: Sondra Barnett, Liberal, Gloria Dible, Rogers, Ark., and Tamera Searls, Quinter; a brother Darrel Wark, Colby; a sister Marie Berrie, Green River, Wyo., 15 grandchildren and 18 great-grandchildren.

Visitation is Sunday, 1 to 8 p.m. at Pauls Funeral Home in Selden (the family will receive friends from 6 p.m. to 7 p.m.), and Monday from 9 a.m. until service time at the church in Colby.

Funeral services are scheduled at the Trinity Lutheran Church in Colby on Monday, Jan. 13, 2003 at 2:00 p.m. with the Pastor Ron Rall. Burial will be in the Rexford Cemetery in Rexford.

Clubs

Eastern Star

Colby Chapter #442 Order of the journed. Eastern Star met Monday evening, December 16th for their last meeting of the year.

Mary Molstad, Worthy Matron, presided in the East.

The meeting opened in form and all necessary business was taken care of before the meeting ad- on Tuesday.

Mary read a beautiful porm wishing everyone a Merry Christmas.

The meeting adjourned with everyone going to the kitchen to make exercise. platefuls of cookies to take to their members in the nursing homes and hospital. The plates were delivered

Senior Progress Center holds elections Monday

The Senior Progress Center in Colby will be holding its annual meeting at 1 p.m. on Monday.

As part of the annual event, election of officers is slated with four of the ll board members having served their terms. Those who terms expire include Mary Sonnenfield, Glenn Weber, Bonnie Fleckenstein and Ralph Jones. Don Seyfort has replaced Ralph Jones, but will need to be re-elected. Fleckenstein and Weber said they are both willing to serve again; however, Sonnenfield does not plan to re-run.

If interested in running, call Donna Schielke, director, at 462-2901, during regular center hours from 8 a.m. to 4 p.m.

In addition to the annual event, the following activities have been scheduled for the week of Monday, Jan.13 through Friday, Jan.17. All area residents and visitors, 60 or older are invited to participate.

- Monday- 1 p.m. Election of new board members and board meeting.
- Tuesday 9:30 a.m. Alive with
- Wednesday- 9:45 a.m. Line dance with Deb Koon.
- •Thursday-9:30 a.m. Alive with

their families. That is where the Li-

Many Lions clubs provide assis-

tance with free eye care (exams,

glasses and surgery) for those in

There are approximately 1.4 mil-

lion members in more than 44,600

clubs in 190 countries. Over the

years, the Lions have extended their

service to help with hearing exams,

hearing aids and medical assistance

for diabetics. We work with local

eye-care professionals to help chil-

To get in touch with your local

Senior Savvy

• Friday - 11 a.m. - Solve a puzzle The Senior Progress Center is also available for those wanting to

rent the facility for parties or other activities. People not need to be seniors in order to take advantage of this offer. For questions or information, call 462-2901.

Homestead Nutrition Menu for January 13-17

Monday: Chicken dressing cass., carrots, jiffy ambrosia, bread, pudding.

Tuesday: Swedish meat balls, creamed potatoes, green beans, bread, apricot salad.

Wednesday: Ham, sweet potatoes, broccoli, bread, cranberry apple salad. Thursday: Turkey slice w/gravy,

mashed potatoes, 5 cup salad, roll, Birthday cake. Friday: Hamburgers, potato

pineapple & mandarin oranges. Meal reservations need to be made before noon, 24 hours in ad-

salad, cook's choice, bun, Jell-O w/

vance at 462-2901. as soon as possible. Menus are sub-

Cancellations should be called in ject to change.

org. We are ordinary citizens trying to help needy people in our local areas. We also support youth programs, community development, eyeglass recycling and much more.

Thank you, Abby, for your longtime

support of the Lions clubs through-

out the world. SANDY CARAWAN, GREAT BRIDGE LIONS CLUB, CHESAPEAKE, VA.

DEAR SANDY: You are the people who should be thanked for contributing to your communities in such an important way by helping people who could not otherwise find assistance.

Community Calendar

Sunday Morning Sixth Street Alcoholics Anonymous, 9:30 a.m. Wings Upon the Prairie drop-in center, 485 N. Franklin, 2-8 p.m. Higher Ground, High School Youth Group, Berean Church, 6 p.m. New Hope Narcotics Anonymous, City Hall Basement, 8 p.m.

MONDAY,

Duplicate Bridge, airport, 1 p.m.

Quit smoking support group, 775 E. College Drive, 1 p.m. Monday Afternoon Bridge, Meadowlark Manor, 1 p.m. Take Off Pounds Sensibly, United Methodist Church, 7 p.m.; weigh-in, 6-6:30 p.m.

Rexford Lions, Rexford Cafe, 7 p.m. (2nd & 4th Mondays) Pride of the Prairie Orchestra practice, Colby Community College Band Room, Cultural Arts Center, 7:30-9 p.m.

Downtown Alcoholics Anonymous, City Hall Basement, 8:30 p.m.

Markets

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

Wheat \$3.51 \$2.52 Corn \$4.17 Milo \$5.35 Soybeans

Hospital

Citizens Medical Center Thursday, Jan. 9, 2003 Admissions

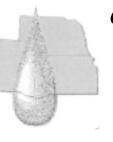
• None

Dismissals

•Kirwin Jones, Colby

•Mathilde Dellere, Colby • Mary Lahman, Colby





Central Plains Irrigation Conference & Exposition

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Wells & Pumping Plants

Wastewater Reuse Water Policy Cost Sharing **Economics** Crop Insurance

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Registration forms available at:

KSU Thomas County Extension Office KSU Northwest Research-Extension Center http://www.oznet.ksu.edu/sdi/REvents/cpia.html or contact Donna Lamm at 785-462-7574 or 7140

L'een unsure how to help her bulimic friend day I see working people who can't sources or visit www.lionsclubs.-Abigail afford insurance for themselves and

ons clubs come in.

DEARABBY: I am a 16-year-old girl. Each day at lunch, my friend, "Lily," runs to the bathroom right after she eats. I'm pretty sure she's throwing up. Lily's other friends agree with me, because one of them heard puking noises coming from a bathroom stall Lily went into. I don't know what the word is for

making yourself throw up, but I do know it can ruin your health and could even kill you. My sister says that Lily needs to understand her behavior is dangerous to her health, but I'm afraid she'll feel betrayed if I tell. What should I do?

ANONYMOUS IN SANTA total knee replacement early last dren and adults. ROSA, CALIF.

DEAR ANONYMOUS: Lily is fortunate to have such a caring friend as you. The name for her correct that it is very serious. Once people get into the habit of vomiting their food after eating, it may take professional intervention and therapy to stop.

what you have written to me. Lily's parents must be told that she has a serious problem. Her health and possibly her life could depend upon it. You should also tell your mother. I'm sure she'll be proud she has such an intelligent and proactive daughter.

DEAR ABBY: I am 52 and have been a widow for nearly 10 years. I am going with a wonderful guy,

ytime

anytime

Van Buren

Dear Abby

"Gus," who had quadruple bypass surgery a year ago. Gus is 53. He takes care of himself by watching his diet and doing aerobics. My mother thinks I should break up with him because of his health problems. I've also had health problems - a blood clot two years ago and

Gus and I love each other and feel Lions club, check community rewe can support each other through our health challenges. Should I listen to my mother and lead a lonely problem is bulimia, and you are life — or make a lifelong commitment to Gus?

> HAPPY AGAIN IN MICHIGAN

DEAR HAPPY AGAIN: Your I urge you to tell a trusted mother means well, but listen to teacher or counselor at school your heart. It's not the length of your years, but how well you live them that counts. Since Gus takes care of himself, you could both live long, happy lives together.

> DEAR ABBY: I appreciated learning about the VISION USA free eye-care program that was recently mentioned in your column, but I want you and your readers to know that there are also other assistance programs available. Every

> > anytime

anytime

anytime

anytime anytime

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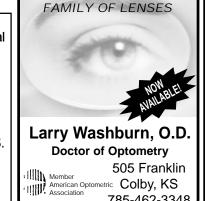
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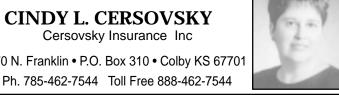
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