

# Family

## Death

**Lawrence R. (Jack) Wark**  
Lawrence R. ("Jack") Wark, 81, of Hoxie, died Jan. 8, 2003 at the 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 WWII. While in the army, he was located at various locations and after being discharged, moved back to Rexford. He married Hulda Irene Rall on Nov. 10, 1943 in Elko, Nev. and was a farmer/rancher and a mechanic. He enjoyed fishing, travel, airplanes, woodworking, cars and camping. He was a member of Trinity Lutheran Church in Colby.

Preceding Mr. Wark in death were his parents, a son Dennis Eugene 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 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-

journed. Mary read a beautiful poem wishing everyone a Merry Christmas. The meeting adjourned with everyone going to the kitchen to make platefuls of cookies to take to their members in the nursing homes and hospital. The plates were delivered on Tuesday.

# Teen unsure how to help her bulimic friend

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?



Abigail 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 total knee replacement early last year.

Gus and I love each other and feel we can support each other through our health challenges. Should I listen to my mother and lead a lonely life — or make a lifelong commitment to Gus?

HAPPY AGAIN IN MICHIGAN  
DEAR HAPPY AGAIN: Your mother means well, but listen to 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

# Senior Progress Center holds elections Monday

## Senior Savvy

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 11 board members having served their terms. Those who terms expire include Mary Sonnenfeld, 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, Sonnenfeld 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 exercise.
- Wednesday - 9:45 a.m. - Line dance with Deb Koon.
- Thursday - 9:30 a.m. - Alive with exercise

- 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 salad, cook's choice, bun, Jell-O w/ pineapple & mandarin oranges. Meal reservations need to be made before noon, 24 hours in advance at 462-2901. Cancellations should be called in as soon as possible. Menus are subject to change.

day I see working people who can't afford insurance for themselves and their families. That is where the Lions clubs come in. Many Lions clubs provide assistance with free eye care (exams, glasses and surgery) for those in need. There are approximately 1.4 million 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 children and adults. To get in touch with your local Lions club, check community re-

sources or visit [www.lionsclubs.org](http://www.lionsclubs.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 throughout 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,**  
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
Corn	\$2.52
Milo	\$4.17
Soybeans	\$5.35

## 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

Sponsored by Central Plains Irrigation Association, Kansas State University, the University of Nebraska, and Colorado State University

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**Cost: \$50 if registered by Jan. 16, \$60 thereafter**

**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

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HAWAII - Air & hotel		\$740		3
LONDON, ENGLAND - Air & hotel		\$700		3
AMTRAK EXPLORE AMERICA		\$359		Max. 45

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