Family

Death

Clyde Charles Cook Jr. Clyde Charles Cook Jr., 66, of San Jose, Calif., and formerly of McAllister, died Sunday, Jan. 19, 2003, at the Robert J. Dole Veterans Administration Regional Medical Center in Wichita from cancer complications.

A memorial mass is planned for Saturday, Feb. 8, at 2 p.m. at St. Joseph's Catholic Church in Oakley with Rev. Roger Meitl officiating. A memorial marker will be placed in the Winona Cemetery in Winona; however his ashes will be scattered in the Pacific Ocean.

Mr. Cook was born Dec. 26, 1936 in Russell Springs to Cylde and Mae (Smith) Cook Sr.

He graduated from Winona High School in 1954 and attended the University of Kansas in Lawrence until entering the United States Navy in 1956. He is survived by his mother, Mae Shackleton, Mc-Allister; five sisters, Sylvia Moore of Wilcox, Ariz., Kay Wegner, Farmington, New Mexico, Nancy Evans, Surpise, Ariz., Cheri Shafer, Jefferson, Iowa, and Tami Bowles, Beloit; two brothers, Bob Cook, Cornwell, Ariz., and Perry Cook, Phoenix, Ariz., along with many nieces, nephews and extended family members.

Hospital

Citizens Medical Center Thursday, Jan. 30, 2003 Admissions

- Ashely Coleman, Rexford
- Mabel Brown, Colby
- Clara Schieferecke, Desden
- Allen Everett, Brewster
- Debra Collins, Sharon Springs • Marlin Musil, Goodland Dismissals
- Richard Barnett, Colby
- Allie Helin, Brewster • Tena Wimer, Colby



Senior Progress Writer The Colby Senior Progress Cen-Friday Feb. 14, said Donna Schielke, director.

be there," she said, "and watch for more details to be printed next week. Along with the party, there are lots of activities scheduled for next week, Schielke added.

Monday, Feb. 3 — Starting at 9

a.m. and continuing until 4 p.m., there will be a paint class.

Also on Monday, there will be an terisplanning a Valentine Party for income tax session sponsored through the AARP Tax Aide program with Alvin Volk coordinating 'Mark your calendar and plan to from 1:30-3 p.m. The tax help will continue each Monday at the center until the tax deadline on April 15. The service will also be available at the Pioneer Memorial Library on Wednesday from 1 to 3 p.m. Tax The following is a list of those help is available for those with events open to area senior citizens: middle to low incomes and for seniors 60 years and older.

Senior Savvy

Senior Progress Center plans Valentine celebration

Tuesday, Feb. 4 — The "Alive With Exercise class will begin at 9:30 a.m.

Wednesday, Feb. 5 — Deb Koon will coordinate line dancing at 10 a.m.Blood pressure checks are planned at 10:30 a.m.

Thursday, Feb. 6—"Alive with Exercise will be held at 9:30 a.m. and a Green Thumb presentation is scheduled for 11:45 a.m.

Friday, Feb. 7—Beginning at 11

a.m. will be "sharing time."

'and the coffee is always on." The Homestead Nutrition Menu for the week of Monday through Friday, Feb. 3 -7 is as follows:

Monday-Macaroni and cheese w/ smokies, peas, apricots, bread, pudding.

Tuesday-Roast beef, mashed potatoes/gravy, carrots, dinner roll, mixed fruit.

green beans, cinnamon apples, bread, peanut butter bars.

Thursday-Turkey, sweet potato 'Come join us," said Schielke, casserole, corn, bread, Ambrosia fruit salad.

Friday-Goulash, Broccoli/ cheese casserole, peaches, rolls, blueberry coffeecake.

Meal reservations need to be made before noon and 24 hours in advance at 462-2901.

Cancellations should be called in as soon as possible. Menus are subject to change. For reservations or Wednesday-Bierock casserole, cancellations and other business call Schielke. For other questions about activities, call the center.

me. He or she will help you to for-

mulate an escape plan. For your

daughter's sake, please don't

Quotes as of close of

previous business day

Hi-Plains Co-op

The Medical Staff of Colby

Medical & Surgical Center

would like to acknowledge

and thank Barry Marshall,

RPT, for his care of our in

and outpatients during his

tenure at Citizens Medical

We greatly regret and are

saddened by his unfortunate

departure from our health

care community as his con-

\$3.37

\$2.46

\$4.05

\$5.24

Markets

wait.

Wheat

Center.

Corn

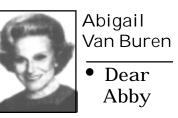
Miscarriage ends pregnancy, but not the relationship

DEARABBY: I am the mother of a 15-year-old daughter, "Brandy," who is a pretty good kid. She has caused me very little trouble - she gets good grades, has well-behaved friends, etc. My problem is she got herself pregnant by her boyfriend of three months. He's a good kid, too. (I'll call him Danny.)

Brandy ended up having a miscarriage, so now we're back to "life as usual," as she and Danny see it. However, I am having a tough time with Danny hanging around. I can no longer look him in the eye. His parents were no help at all during the hellish week we experienced when Brandy was pregnant.

Should I allow Danny to keep dating my daughter or send him packing?Ifeel caught in the middle. As a parent, I feel I should put a stop to the relationship.

However, if I do, I'm afraid Brandy might run away. (I remember well how I felt when I was her age.) Please help, Abbv.



sider this near-miss a wakeup call! You are overdue for a serious talk with Danny and his parents, because had the pregnancy continued, Danny would have been equally responsible for caring for and supporting his child.

It's time to face up to the fact that your children are now sexually active. Worry less that your daughter will run away, and more about what will happen if she and Danny conceive again.

Danny and Brandy must learn that sex carries with it great responsibility — one that can sometimes last 18 years or more. Further, there is the danger of sexually transmitted disease to be con-- TORN MOM IN OHIO sidered. I urge you to schedule a DEAR TORN MOM: Con- doctor's appointment for both of

them. If that's not possible, con- there's a 100-day limit. tact Planned Parenthood. **Brandy and Danny need to learn** everything they can about birth control and self-control.

DEAR ABBY: This Christmas, I received a beautiful gold necklace as a gift from my father. However, the pendant is in the shape of a religious symbol. I understand it may have been unclear to him that I feel reluctant to wear such a necklace, but in good conscience, I cannot because I follow a different faith.

Should I exchange it, or keep it and never wear it?

I do not want to offend my dad, as he is my birth father and we met only recently. Since we are in the beginning of our relationship, I don't VEXED IN VEGAS

DEAR VEXED: Write your father a note. Thank him for his thoughtfulness and generosity. Explain why you want to exchange the necklace. Your reason is a valid one. It's possible that, since you are just getting to know each other, he's unaware your religious beliefs differ from his.

Milo DEAR ABBY: My boyfriend, Soybeans "Ted," beats me up bad. It's not me I'm worried about — it's our 4month-old baby girl. Ted threatens to kill me and the baby if I leave. He hits, slaps and kicks me almost daily. Please help me.

- DESPERATE IN ITHACA, N.Y.

DEAR DESPERATE: Call the toll-free number is 1-800-799-7233. Tell the counselor who an-

The Colby Wellness Committee thanks all who volunteered their time and/or services to make the 2003 Wellness Fair a huge success!!





want to mess it up. On the other hand, it seems a worn — and I'm sure he'd notice. Please help me, Abby. If I exchange the necklace, swers what you have written to

waste to own jewelry that is never Domestic Violence Hotline. The

Thank You!!!