

Family

Deaths

Casey McPheeters

Casey McPheeters, 26, of Colby, died Thursday, Oct. 13, 2005 at his home in Colby.

Services are pending with Kersenbrock Funeral Chapel in Colby.

Water meeting scheduled

Agricultural producers and others with an interest in natural resources in Kansas are encouraged to attend "Make Every Water Drop Count," a workshop addressing soil conservation and water quality in the state.

The workshop will take place Oct. 18 at the Fort Hays State University Memorial Union. Registration is from 9-9:30 a.m. and the program ends at 2:30 p.m.

Demonstrations and topics will include:

- World Water Monitoring Day results.
- Livestock waste trailer.
- Understanding water tests.
- Measuring crop residue.

Vegetable servings can help people stay healthy

MANHATTAN — The National Cancer Institute's nutrition program recommends five to nine servings of fruits and vegetables for each of us every day.

Children ages 2 to 6 need two fruits and three vegetables each day, for a total of five servings, according to Kathy Walsten, nutrition educator with Kansas State University Research and Extension.

Children over age 6, teenage girls and most women need three fruits plus four vegetables - seven servings a day, Walsten said.

Corrections

In the Wednesday, Oct. 12 edition of the *Colby Free Press*, a front page article regarding Dr. Victor Hildyard's hearing included one of

Markets

Quotes as of close of previous business day Hi-Plains Co-op	
Wheat	\$3.56
Corn	\$1.76
Milo	\$2.73
Soybeans	No bid

REMINDER

Harvest Song Fest will take place in Colby on Saturday, Oct. 15 @ 7 p.m. at the Colby Evangelism Center, 815 W. 3rd St., Colby. Featuring Day Wind Southern Gospel artist Robert Cooper and other guest.

RAWLINS SPECIALTY CLINICS

707 GRANT STREET - ATWOOD, KANSAS 67730
(785)626-3211

Bringing Specialized Healthcare To Your Community

October 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18 Dr. Miller Cardiology Clinic	19	20	21	22
23 30	24 Dr. Rubinowitz Hematology/ Oncology 31	25	26 Dr. Frankum General Surgeon	27 Dr. Reeves Podiatry	28 Dr. Reeves Podiatry	29

TO SCHEDULE AN APPOINTMENT, PLEASE CALL (785)626-3211
Cheryl Banister, RN - Specialty Clinic Director
Thank you for allowing us to assist in your healthcare.



Disability seminar scheduled in Colby

A seminar on "Solving the Disability Puzzle" will be held from 9 to 11 a.m. Wednesday, Oct. 19 at the Colby Community Building, 285 E. Fifth in Colby.

The seminar, sponsored by High

Plains Mental Health Center, will help participants better understand the application process for Social Security Disability Insurance and Supplemental Security Income, said Karen Beery with High Plains

Mental Health in Hays.

Discussions will include questions and answers on documentation, policies, claims, appeals and other issues.

The seminar should be of interest to mental health providers, case managers, social workers, social service agencies and anyone serving clients who are in need of or receive the benefits. Consumers, clients or family members who would like to know more about this process are also welcome to attend.

Other seminar dates are: Tuesday, Oct. 18 from 9-11 a.m. at High

Plains Mental Health Center administrative offices board room, 208 E. Seventh in Hays and from 2-4 p.m. at the Phillips County annex meeting room, 784 Sixth St. in Phillipsburg and on Oct. 19 from 2-4 p.m. at High Plains Mental Health Center, administrative offices board room, 208 E. Seventh in Hays.

Choose the time and location that is most convenient and register with Karen Beery, consultation and education department at High Plains Mental Health, (785) 628-2877. There is no charge for the event.

For care packages, think beyond cookies

MANHATTAN — Parents of college students often use care packages containing favorite foods as a way to send their children a little piece of home while they're miles away.

Care packages typically include cookies and breads — probably because these foods don't require refrigeration, said Karen Blakeslee, Kansas State University Research and Extension food scientist. What many people don't realize, however, is that cold foods also can be packaged and shipped.

Blakeslee advised to check with the mailing service about its restrictions of what can or cannot be mailed; use overnight delivery to ship packages containing cold foods; remember to wrap packages well and mail them in a plastic foam

Middle schoolers can meet at library

Every third Tuesday of the month, students in middle school (grades 6-8) will be able to meet at the library once a month for guided activities, games and snacks. The next date is Tuesday, Oct. 18 and will be an "Unfortunate Event."

Other dates are: Nov. 15 - Imagination Chronicles and Dec. 20 - Ho-Ho-Holiday Humbug. Participants meet in the library basement from 3:45-5:15 p.m.

The program is free and no registration is required.

Call 460-4470 or stop by the library at 375 W. Fourth for more information.

Some like it HOT...

and some like to shop the COOL want ad way!!
The Colby Free Press - 462-3963



Thank You

Thank you for making the auction at the Lamb Merc. Building a fun Sunday afternoon. Special thanks to my daughter, Cynthia Seideman, Cindy McNulty, John & Tonya Lamb, Dave Lamb, Daylene Bartell, and Dan Smith and Sam. The 4-H kids are grateful for your support of their concession stand. The store is empty and still--only memories remain.

Jean Lowe

FLU SHOTS

Available in October at...

SLAVENS FAMILY PRACTICE

Dr. Gary Slavens

Vaccination Clinics

Saturday October 8
8:00 - 11:00

Saturday October 15
8:00 - 11:00

WHO SHOULD RECEIVE FLU SHOTS?

- ◆ All Children aged 6 - 23 months
- ◆ Adults aged 65 and older
- ◆ Persons aged 2 - 64 years with underlying chronic medical problems
- ◆ All women who will be pregnant during the flu season
- ◆ Residents of nursing homes and long-term facilities

We welcome you for refreshments and your immunizations as we together prepare your line of defense against winter illness. Questions can be addressed to the staff at:

460-8000

TUBBS & SONS FORD SALES

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800-369-3673 • 460-6746

2003 F250 Crewcab Lariat - Beige w/Tan Leather, 6.0L Diesel, 36K miles. \$33,500	2003 Expedition XLT - 4x4, 3rd Seat, Custom Wheels, Loaded! Only 14K miles. \$23,850	2003 Eddie Bauer Expedition - 4x4, White w/Tan Leather, 5.4L., Quad Seats, 47K miles. \$26,995
1997 Cougar - Green w/Cloth, V-6, 83K Miles. \$4,995	2003 F150 Supercrew Lariat - White w/Graphite Leather, 5.4L V-8, 51K Miles, 1 Owner, Nice! \$23,850	2005 Mountaineer Premier - French Silk w/Tan Leather, 6 Cyl., 7K miles, DVD, Moonroof. \$27,995
2003 Focus - 4 Door, Blue w/Gray Cloth, 4 Cyl., 16K miles. \$8,995	2003 Chevy Crew Cab - 4x4, Black, 6.0L, 35K miles. \$27,500	2003 Impala - White w/Gray Cloth, V-6, 27K miles, Loaded. \$15,850
2005 Taurus SE - Silver w/Cloth, 6 Cyl., 10K miles, CD. \$14,850	1997 F150 Supercab - 4x4, Lariat, White w/Gray Leather, 5.4L. \$5,500	2005 Taurus - 4 Door, White w/Gray Cloth, V-6, Cruise, CD, 17K Miles. \$13,995
2000 Explorer - 4x4, Red w/Gray Leather, 6 Cyl., 64K miles. \$9,995	2003 Quad Cab - 4x4, Red w/Black Cloth, Hemi, 31K miles, 1 owner! \$24,850	2001 F350 XL Cab Chassis - Flatbed, Silver w/Gray Vinyl, Diesel, 95K miles. \$16,850
1999 Explorer XLT - 4x4 Red w/Gray Cloth, 6 Cyl., 56K miles. \$9,575	2004 Ranger Supercab Edge - 4x2, Shadow Gray w/Cloth, 3.0L V-6, PW, PL, CD/Cassette, 5K miles. \$14,995	1990 LeSabre Custom - White w/Blue Cloth, V-6. \$1,495
1994 Caprice Wagon - Tan w/Tan Cloth, V-8. \$2,495	2002 C1500 Reg. Cab - 4x2, Red w/Cloth, 6 Cyl., 62K miles, Bed Cover. \$12,500	2001 Ranger Supercab XLT - Black w/Gray Cloth, 6 Cyl., 42K miles. \$10,850