

Kinderknecht, Ball exchange wedding vows

Kayla Marie Ball and Kyle Joseph Kinderknecht were married on July 9, 2005 at Colby United Methodist Church in Colby. Rev. Jim Mardock officiated the ceremony.

Parents of the couple are Ron and Lynette Ball of Menlo, Terri and Ray Simon of Quinter and T.J. Kinderknecht of Collyer. Grandparents of the couple are Francis and Rita Beckman of Menlo, Ross and Blanche Ball of Hutchinson, Larry and Rita Weber of Grainfield, Tom and Barb Kinderknecht of Park and Joseph and Mary Frances Flax of Ransom.

Great-grandparents of the couple are Adolf and Grace Weber of Salina.

The bride wore a strapless gown by Mori Lee and was escorted by her father. The bride's gown included a brooch worn by the bride's grandmother, Rita Beckman, on her wedding day.

The bride's matron of honor was Kristen Wade, sister of the bride. The maid of honor was Lindsay Moss, friend of the bride. The bride's attendants were Amanda Fruechting, Michelle Meier and Alisha Spears, all friends of the bride. Amber Kinderknecht, sister of the groom, was the flower girl. Emily and Ashley Simon, sisters of the groom, were candlelighters. The bride's personal attendant was Jade Mossier, friend of the bride.

The best man was Trey Look,



Mr. and Mrs. Kyle Kinderknecht

friend of the groom.

The groomsmen were Lance Tilton, Michael Harvey, friends of the groom, and Caleb and Levi Simon, brothers of the groom. Cale McCabe, cousin of the bride, was the ring bearer.

Guests were seated by David Ball, brother of the bride, McCay Tuttle, Garret Press and Michael Beesley, friend of the groom.

Esther Myers, friend of the couple, was the vocalist accompanied by the organist, Shari McCabe, aunt of the bride. Jacque Ball, cousin of

the bride, was the liturgist for the ceremony. Jessica Bruggeman and Ashley Heskett, friends of the bride, were guest book attendants.

The bride graduated from Kansas State University with a degree in elementary education.

She is currently a first grade teacher at Ware Elementary in Fort Riley.

The groom is employed with Construction, Etc. in Manhattan.

Following a honeymoon to Estes Park, Colo., the couple is at home in Keats.

Kuntzsch-Brown exchange vows

Bridget Kuntzsch and Zachary Brown were married on Aug. 6, 2005 at St. Joseph's Catholic Church in Scott City.

Parents of the couple are Fred and Trudi Kuntzsch of Scott City and Jim and Tami Brown of Colby.

Maid of honor was Sheena Kuntzsch, sister of the bride.

Bridesmaids were Jami Tabor, sister of the bride, and Rachelle Kuntz, friend of the bride.

Best man was Joshua Brown, brother of the groom. Groomsmen were Jim Brown, father of the groom, and Craig Weber, friend of the groom. Flower girl was Hadley Jason, cousin of the bride and ring bearer was Hunter Bostwick, cousin of the groom.

Seating the guests were Corbin and Levi Kuntzsch, brothers of the bride, and Jonas Steinbrink and Jared Wenta, friends of the couple.

The bride is a 2002 graduate of Scott City High School, attended Garden City Community College and is currently attending Fort Hays State University.

The groom is a 2001 graduate of Colby High School, attended Garden City Community College and is currently attending Fort Hays State University.

After a Caribbean cruise, they are at home in Hays.



Mr. and Mrs. Zachary Brown

Tips offered on writing wedding vows

(AP) — Of the many important parts of a wedding — the perfect dress, good music, someone who wants to marry you — one stands apart: the vows. Reduce the ceremony to its essentials, and what do you have? A promise, a VOW, with witnesses.

You can dress that promise in expensive pageantry and glamour, or blurt it out in a Vegas drive-thru, but either way, you're hitched.

If you're like a lot of almost-marrieds, you're thinking about writing your own vows.

"Even in traditional ceremonies," says Kathleen Murray, senior editor of the wedding Web site The Knot, "most people are doing their own."

Some tweak old formulas (remember "love, honor, and obey"?) to suit modern tastes. Others compose vows that are entirely new.

Lauren Kingsley, a writer and artist from Dexter, Mich., says she and her husband, Jack Spack, Jr., wrote their own vows because they wanted to say something new that was not "a cliché, schmaltzy or stale."

Still, the prospect of writing and performing the vows was intimidating. Though Kingsley is a professional writer, she wasn't quite sure what the vows were actually supposed to do. As for Spack, who runs a septic company, he was afraid his wife's ease with words would make him look "like an idiot" by comparison.

They found themselves confronted by a common problem: Once you've decided to write your own vows, and received the go-ahead from your wedding officiant, what next? What ingredients make vows perfect and amazing?

First of all, Murray says, keep it brief and simple. "The best vows are short, sweet and from the heart." No doubt you could praise your loved one for hours, expressing

your devotion to his or her every hair follicle. Don't.

"You can write your spouse a letter saying those things," says Murray.



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Medicare prescription drug presentation planned Thursday

The Colby Senior Progress Center is reminding anyone interested in learning more about the new Medicare prescription drug coverage to attend the noon presentation, Thursday.

The guest speaker, Mary Ramey, Senior Health Insurance Counseling of Kansas, will be giving the talk.

Ramey, who is also a volunteer at the Northwest Kansas Area Agency on Aging is inviting everyone interested to attend.

Transit van for Colby residents only

The Thomas County transit van is available to all people in Colby, said Shelly Harms, county clerk. Operating from 8 a.m. to 4 p.m., Monday through Friday, Colby residents needing to use this service can call 460-2901.

Harms said the transit van is not available to make emergency runs to the hospital. "If you are in need of an ambulance," she said, "you need to call 911." The transit van driver, Ed Dean, is not qualified to transport patients to Citizens Medical Center or any other hospital facility. For questions about the tran-

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sit van, either call the service number or the county clerk's office, 460-4500.

County attorney seeks service projects

The Thomas County Attorney's office is looking for community service projects for defendants and juvenile offenders to do as part of their sentence or as a condition of probation or diversion.

For those who are members of the community or a local business and have a project that needs done or have ideas for some community service projects, send a letter to the Thomas County Attorney's Office, Attn: Community Service, 140 W. 4th, Colby, Kan. 67701.

Orchestra continues rehearsals

The Pride of the Prairie Orchestra holds rehearsals from 7:30 to 9 p.m., Mondays in the Colby High School band room. All musicians are invited to join the orchestra, said Sharon Kriss, one of the members. Musicians span a wide range of vocations and ages (middle school to retirees) from communities throughout northwest Kansas and northeast Colorado, she said. For questions, call Kriss at 460-2800 or Mary Shoaff, 462-2391.

Genesis food drive to continue

Colby Veterans of Foreign Wars Post 3882 Auxiliary will continue the Genesis food collection at LeRoy's Printing.

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Retirement Is No Time To Slow Down

When advanced knee or hip pain severely limits your ability to walk, work or enjoy leisure activities, joint replacement should be considered.

In its early stages, joint pain may be relieved with anti-inflammatory medications, injections or arthroscopic surgery. However, as pain progresses, joint replacement surgery may be the best solution for long-term pain relief.

Could you be a candidate for hip, knee, shoulder or other joint surgery?

Hip

- Do you have hip, groin, or thigh pain when walking or standing?
- Have you noticed a loss of motion of your hip?
- Does your hip or leg pain limit what activities you may participate in?
- Do you have difficulty getting up from a chair or going up steps due to hip or leg pain?

Knee

- Does your knee swell or feel "stiff" after activity?
- Do you have knee pain during or after activity?
- Does your knee "pop" or "crunch" when you move it?
- Does knee pain limit what activities you participate in?

Shoulder

- Have you noticed a loss of motion in your shoulder?
- Do you have pain in your shoulder when you lift objects?
- Does shoulder pain limit what activities you participate in?
- Does your shoulder "pop" or make "crunching" noises when you move it?

If you answered "YES" to two or more of these questions, you should consider seeing your physician or orthopedic specialist about whether knee or hip replacement may be right for you.

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