

Family

Two-day reunion held

The descendants of Adam and Louise (Theye) Germeroth held a two-day reunion recently at the community building in Colby.

Those in attendance were:

Clarence's family: Darrel and Lavonne Germeroth of Hollenberg; Donald and Louise Germeroth of Dohlonego, Ga.; Edith Plaughter of Manassas, Va.; Marlene, Brittany, Brook and Madison Lacy of Manassas, Va.

Mabel Berndt's family: Mabel Berndt of Monument; Alvin and Marilyn Berndt of Dighton; Phil and Sherri Berndt of Monument; Cory, Tammy and April Swartz of Colby; Chris, Vicki, Rebecca, Clayton and Hanna Bange of Rexford.

Edwin Germeroth family: Edwin and Myrtle Germeroth of Hanover; Dale and Connie Germeroth of Moundridge; Darla Germeroth of Scranton, Pa.; Sheila Weld and son Ryan of Olathe.

Myrtle Kropp family: Myrtle Kropp of Colby; Ray and Kase Kropp of Hammon, Okla.; Marilyn Thummel of Granfield; Trisha Thummel of Grainfield; Donna and Mark Colin of Salina; Charles and Rhonda Kropp of Colby; Jessica Kropp of Hays; Tarren Cloyd of Salina; Kade Juenemann of Hays; Roger Bransen of Hays; Justine Kropp of Colby; Bryan Higerd of Colby.

Arnold Germeroth family: Arnold and Linda Germeroth of Frederick, Md.

Alice Mizer family: Alice and Larry Mizer of Jennings; Gary Foster of Berryville, Va.; Cassie Foster and son Austin of Berryville, Va.; Max and Red Mizer of Jennings.

Cousins also attending were Willis and Carol Bleich of Omaha, Neb.; Florence Dux of Fairbury, Neb.; Patty Gastor of Lincoln, Neb.; Kathy Dux of Lincoln, Neb.; Richard and Cleo Dux of Gladstone, Neb.; Lila Thomas of Fairbury, Neb.; Lora Rhinehart of Arapahoe, Neb.; Heather Rhinehart of Kearney, Neb.

The potluck meals were super with the addition of several barbecued meats prepared and catered by Willis and Carol Bleich along with many side dishes. The highlight was a burnt sugar cake made from our mother's recipe. If there was any kind of a family dinner at the folks' you can bet there was a burnt sugar cake.

After dinner the fourth generation children sang some special songs.

Darla Germeroth had made a video of the Germeroth and Wasserman families. What a lot of memories.

On display was the baptismal dress all nine of the Germeroth children were baptized in, with Clarence being first in April, 1916.

A game of ice-breaker bingo was enjoyed by all.

Much fun and outbidding went on at the white elephant table.

Edwin Germeroth was surprised with a beautiful decorated cake in celebration of his upcoming 80th birthday Aug. 25.

Near the closing of the day on Sunday came the drawing of the family quilt, finally.

All the blocks were made by the families and was set together by Mabel, Myrtle and Alice. The winning ticket went to Wendi Blodgett of Goldvein, Va.

Gary Foster won the afghan donated by Mabel and the pillow donated by Rhonda went to Arnold Germeroth.

After many hugs and see-you-in one years, all departed for home hoping to see all again in 2008.

Best-Sellers

- PUBLISHERS WEEKLY BEST-SELLERS HARDCOVER FICTION
1. "The Thirteenth Tale" by Diane Setterfield (Atria)
 2. "The Mission Song" by John Le Carre (Little, Brown)
 3. "The Book of Fate" by Brad Meltzer (Warner)
 4. "Rise and Shine" by Anna Quindlen (Random House)
 5. "The Guy Not Taken: Stories" by Jennifer Weiner (Atria)
 6. "Judge & Jury" by James Patterson and Andrew Gross (Little, Brown)
 7. "The Mephisto Club" by Tess Gerritsen (Ballantine)
 8. "The Right Attitude to Rain:

Card Shower

Hazel Koons will celebrate her 100th birthday Oct. 10. Help celebrate by sending cards to her at: Infinia of Colby, 105 E. College Drive, Colby, Kan., 67701.

- An Isabel Dalhousie Novel" by Alexander McCall Smith (Pantheon)
9. "Imperium: A Novel of Ancient Rome" by Robert Harris (Simon & Schuster)
 10. "World War Z" by Max Brooks (Crown)

Bridal Registry

Ashley Leavitt
and
Brandon Hille

Wedding: Oct. 7, 2006



185 W. 4th • 462-7136

Annual potato bar fundraiser planned

By Emma Rogers

Senior Center

Senior Center

The Senior Progress Center, 165 Fike Park, will hold its annual fall potato bar from 5 to 8 p.m. Wednesday. This is open to the public and a chance for you to help support the local senior center. Money received this year will be used for building improvements. Suggested donation is \$3 per person.

There are plenty of activities scheduled at the center for the week of Oct. 9-13, including Muffin Monday. Tuesday exercise is at 9:30

a.m. Don't forge the potato bar from 5 to 8 p.m. Wednesday. Exercise is at 9:30 a.m. Thursday. Friday exercise is at 9:30 a.m. It's also Denim and Orange Day, wear your denim duds and orange.

The Thomas County Nutrition Center in Colby wishes to invite those 60 and older and their guests to attend daily luncheons in Colby Monday through Friday. Reservations may be made by calling (785) 460-2901 the day before. Home

delivery is also available for those unable to attend due to social or physical disabilities. Those who work are also invited to come to pick up a meal. Those meals are available at noon to be picked up. For individuals 60 and over a contribution of \$2.50 per meal is requested. Anyone under 60 years of age is invited to attend or pick up a meal at a cost of \$4.50 per meal.

The menu for the next week includes: Monday - hamburger patty, Mexicali corn, hash brown casserole, bun, apricots. Tuesday - pasta, beef and tomato casserole, broccoli

salad, peaches, bread, cookie. Wednesday - baked chicken quarters, mashed potatoes and gravy, mixed veggies, roll, cook's choice fruit. Thursday - chef salad, mixed fruit with cherries, crackers, bread pudding with sauce. Friday - Polish sausage with kraut, mashed potatoes, seasoned carrots, bread, applesauce.

The building is also available for rental for events. For information or lunch reservations, call 460-2901.

The Thomas County Public Van is owned by the county but is scheduled and dispatched by the Senior Progress Center. The van is not a taxi service. It will be scheduled on a first-come, first-served basis.

It must be scheduled at least 24 hours in advance of its use and be ready at least 30 minutes in advance of appointment.

Sometimes there are four to six calls per time frame.

Calls for the van need to be made between the hours of 8 a.m. and noon, Monday through Friday.

To contact the public transportation van after 12:30 p.m., call (785) 443-9208.

Illness' stigma is still undeserved

The first week in October is Mental Illness Awareness Week and although great strides have been made in recent years in the fight against mental illness, the stigma still remains. Those who do not understand mental illness often think that conditions such as severe anxiety or depression are "all in your head", and that "you should just get over it". Some people believe that a person with a mental illness is dangerous and unpredictable, a perception that is often fueled by movies, TV shows, and media reports about criminal behavior.

The term "mental" illness itself implies something DIFFERENT from "physical" illness. In recent

Plain Sense

years, however, research and studies of the brain show that physical changes in the brain are associated with mental disorders, indicating a biological basis. Some mental health advocates propose the use of less stigmatized terms such as behavioral health, or brain illnesses.

As a consequence of this stigma some people with mental illness suffer in silence and don't seek treatment that is available. Many are afraid that if their family and friends find out, they will be ridiculed. Some become socially isolated as a result, feeling uncomfort-

able in their community as a result of the stigma.

Fortunately more people are speaking out regarding their condition, including celebrities and well-recognized public figures, thus helping to increase public awareness of this topic. The stigma is slowly decreasing as a greater understanding is gained about mental disorders and the biological basis that many include. In addition, medications for severe mental illness continue to be developed and improved. With proper treatment, most people with mental illness can recover and remain in their own community with family and friends.

Contributed by Karen Schueler, LCPC, Manager, Consultation and Education Department. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

Mail questions to: High Plains Mental Health Center, PLAIN SENSE, Consultation and Education Department, 208 East Seventh, Hays, Kan., 67601. (Questions will be formatted and answered in a manner that insures confidentiality.) Visit on the Internet at www.highplainsmentalhealth.com.

Community Calendar

FRIDAY, OCT. 6

NO SCHOOL for Colby School District or Sacred Heart School students, staff development day

Northwest Kansas reading conference, Colby School District, 8 a.m.

Vet Tech conference, Colby Community College, 8 a.m.

CHS junior dance clinic, (grades K-6) Dennen Field, 4-4:45 p.m.

Wings Upon the Prairie drop-in center, 485 N. Franklin, 5-8 p.m.

Narcotics Anonymous, City Hall basement, 8 p.m.

SATURDAY, OCT. 7

Wings Upon the Prairie drop-in center, 485 N. Franklin, 1-5 p.m.

Sixth Street Alcoholics Anonymous, 1275 W. Sixth St., 8:30 p.m.

SUNDAY, OCT. 8

WPAA Ron Radford flamenco performance, Sharon Springs High School

Narcotics Anonymous candlelight meeting, City Hall basement, 8 p.m.

October is National Breast Cancer Awareness Month

EARLY DETECTION IS THE BEST PROTECTION



Health Care For Life
is offering

Mamograms for \$50.00
during the month of October.

(This price does not include the professional reading charge incurred by the radiologist.)

Schedule your appointment for October As Soon As Possible!
An order for your mamogram from you physician is required.

Contact the Diagnostic Imaging
Department at Citizens Medical Center to
schedule your appointment! 460-1250

• Signs Available •

NO
HUNTING

NO
HUNTING

WITHOUT WRITTEN PERMISSION

SIGNED _____ ADDRESS _____

80¢ Each

COLBY
FREE PRESS 155 W. 5th

Coming Soon...

NORTHWEST KANSAS HUNTING GUIDE

Participate in one of the biggest boosts to the tri-state economy.
Hunting seasons brings hundreds of hunters into our community.
This supplement will reach this market.

The Colby Free Press is joining The Goodland Daily News, Saint Francis Herald, Bird City Times

The Norton Telegram & The Oberlin Herald to produce a Hunting Guide.

The Guide will be full of Hunting Maps, Forecasts, Stories and Tips.

The Guide will reach in excess of 30,000 readers. In addition to newspaper insertions, guides will be placed in selected businesses in northwest Kansas as well as the Tourist Center on the state line.

For More Information call Crystal, Jasmine or Joe at (785) 462-3963.

Deadline is Friday, October 6th.

