

Family

Deaths

Deborah A. Foss

Deborah A. (Lampe) Foss, 55, of Colby, died Tuesday, Feb. 27, 2007, in Colby. Mrs. Foss was born June 30, 1951, in St. Francis. She was a area resident for more than 40 years. She was a secretary and a member of the Colby United Methodist Church. Mrs. Foss is survived by her husband, Jerry Foss of Colby; one son, Justin Foss of Colby; two daughters, Tera Edmundson of Colby and Jodi Anderson of Olathe; two brothers, Jim Lampe of Colorado

Spring, Colo., and Steve Lampe of Colby; and six grandchildren. Services will be Saturday at 2 p.m. at the Colby United Methodist Church with Pastor James Mardock officiating. Burial will be at Beulah Cemetery in Colby. Visitation will be Friday 9 a.m. to 8 p.m. at Harrison Chapel, 190 S. Franklin, in Colby. Memorials are suggested to Hospice Services of Thomas County and may be left at any Colby bank or Harrison Chapel.

Dale Nelson

Dale Nelson, 81, of Colby, died Nov. 8, 2006, in Norton County. Mr. Nelson was born July 12, 1925, in Rawlins County. He was a farmer. Mr. Nelson is survived by his wife, Mary A. Nelson of Colby; two sons, Paul T. Nelson of Gem and Marvin D. Nelson of Atwood; one daughter, Marilyn R. Landen of Moore, Okla.; one sister, Maxine Starkey of Brewster; 13 grandchildren and nine great-grandchildren. A memorial service will be at 11

a.m. Saturday at Kersensbrock Funeral Chapel in Colby. Burial will be at Beulah Cemetery in Colby. There will be no visitation. Memorials are suggested to the Rawlins County High School FFA chapter; KGCR Christian radio station and the Thomas County Historical Society. Donations may be sent in care of Kersensbrock Funeral Chapel, 745 S. Country Club Drive, Colby, Kan., 67701.

Community Calendar

FRIDAY, MARCH 2

Colby Community College spring play, "Card Game," 7:30 p.m. at the Frahm Theatre in the Cultural Arts Center
Wings Upon the Prairie drop-in center, 485 N. Franklin, 11 a.m.-8 p.m.
Narcotics Anonymous, City Hall basement, 8 p.m.

SATURDAY, MARCH 3

Colby Community College spring play "Card Game," 3 p.m., Frahm Theatre in the Cultural Arts Center
Pickin' on the Plains mini bluegrass festival, City Limits Convention Center, 7-10 p.m.
Wings Upon the Prairie drop-in center, 485 N. Franklin, 9 a.m.-8 p.m.
Sixth Street Alcoholics Anonymous, 1275 W. Sixth St., 8:30 p.m.

SUNDAY, MARCH 4

WPAA presents Colby Community College drama "Card Game," Goodland High School, 2 p.m. Mountain Time

Markets

Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat	\$4.70
Corn	\$4.19
Milo	\$7.01
Soybeans	\$6.78

NOW SHOWING
Feb. 23rd - Mar. 1st
THIS WEEK ONLY

GHOST RIDER
PG-13 1 hour, 50 min.
Friday 7:00 & 9:00
Saturday 4:00 & 7:00 & 9:00
Sunday 4:00 & 7:00
Monday - Thursday 7:00

NORBIT
PG-13 1 hour, 45 min.
Friday 7:00 & 9:00
Saturday 4:00 & 7:00 & 9:00
Sunday 4:00 & 7:00
Monday - Thursday 7:00


460-9600 • colbycinema.com

Come help decorate center for March

By Emma Rogers
Senior Center

The Senior Progress Center, 165 Fike Park, will be decorated for March at 9:30 a.m. Wednesday. Anyone interested in helping is invited to show up and get involved with the activities at the center. There are plenty of activities scheduled at the center for the week of March 5-9, including Gold Fish Day on Monday. Exercise will be at 9:30 a.m. Tuesday. It will be followed by a board meeting after lunch. Thursday exercise is at 9:30 a.m. There will also be a presentation on the proposed Colby Community College wellness center. Friday ex-

Senior Center

ercise is at 9:30 a.m. and don't forget it's Denim and Orange Day. 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 steak with gravy, mashed potatoes, corn, bread, rosy pears. Tuesday - bierock casserole, winter mix veggies, applesauce gelatin, cookie. Wednesday - sausage gravy, mashed potatoes, cook's choice veggies, biscuits or bread, fluffy fruit dessert. Thursday - sloppy Joes, pasta/vegetable salad, plums, bun, cake. Friday - turkey, green beans, cranberry sauce, bread, sweet potato casserole. 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.

Journaling can help express feelings, ideas

Plain Sense

people, as well as the opportunity to reread and try to make sense of the feelings and issues involved. Journal writing also provides time for self-reflection; an opportunity to note the positive aspects of one's life, to reflect on the little things that make a difference, and to give self-praise. In 1977, at the age of 68, Elizabeth Layton, a woman in Wellsville, began to use drawing and writing as a way to deal with grief and loss. She found these combined activi-

ties to be a means of expressing her innermost thoughts and feelings, and eventually helped her to overcome depression. She continued, until her death at age 83, to use these techniques to examine her own aging issues, as well as many other personal and social issues including women's rights, racism, poverty, homelessness, AIDS, and terminal illness.

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 7th, Hays, Kan. 67601.

Gem Lions Club

Annual Soup Day
VEGGIE - CHILI - POTATO
March 3, 2007 • 11:00 AM - 7:00 PM
Gem Community Building
• Free Will Donation •
Net proceeds will be used for community betterment.

Help Wanted
Circulation Manager

The Colby Free Press, an award-winning daily newspaper, is looking for a Circulation Manager. Main responsibilities include circulation and classified ads. Excellent communication skills and the ability to work well with the public is required. Computer skills helpful. Some benefits.

Call John Van Nostrand, Publisher,
at 462-3963 today to set-up an interview.

**COLBY FREE PRESS**

**Puccini's TOSCA**
Friday, March 9, 2007
7:30 pm Century II
Starring International Superstars Samuel Ramey and Annalisa Raspagliosi

"Samuel Ramey is a national treasure"
-Los Angeles Times

Wichita Grand Opera

artist underwriting provided by
THE FRED C. & MARY R. KOCH FOUNDATION
316-262-8054
selectaseat.com

production sponsored by
Dr. & Mrs. Dennis Ross

The 900 pound Gorilla

is waiting to work for you!

He is biggest and most effective advertising medium in the Tri-State Region

He works for you in
The Country Advocate

Reaching 18,200 households with nearly 57,300 readers across northwest Kansas, eastern Colorado and southwest Nebraska, the Gorilla packs a punch!

Call Crystal, Emily or Kristi today at 462-3963.

GIVE HIM A TRY!

