Healthy lifestyle

Stress strengthens you

Aries (March 21 – April 20) Recent pressures and challenges have not defeated you but made you stronger. A lot is falling into place. You also have your eye on the rear-view mirror, able to make sense of where you've been and spot second chances.

Taurus (April 21 - May 21) You have a chance this week to put things into perspective. Rest and recharging of batteries needing to happen now, as well as time to reflect on where you've been.

Gemini (May 22 - June 21) You're gaining confidence to step out of your comfort zone. Where there were pressures and obstacles before on the social front, there is mutual understanding, as well as hindsight. Networking comes into its own.

Cancer (June 22 - July 22) You're finally able to find the right pace this week with better time management. While you're not out of the woods yet, it's easier. Just as you're finding your professional stride, there are also opportunities to embrace adventure. Staying in a rut won't be an option.

Leo (July 23 – Aug. 22) This is a week for embracing adventure or curiosity for life. Simply going through the motions is going to be outlawed this week. Put systems in place that will keep adventure alive even when life gets busy.

Virgo (Aug. 23 - Sept. 23) Powerful forces in both your fi- most playful part of your chart. For entertainment purposes only.



Weekly Horoscope

nance and income are playing nicely this week, with a chance to regroup on both sides. This gives you a chance to look beyond money to life's other currencies and gain perspective. In the meantime this is an especially good week for relationships. Look beyond where things are to how things could be or to appreciate what you have.

Libra (Sept. 24 - Oct. 23) Across all fronts you're coming into your own. Many things are coming to a head. Stand in your own shoes. Things are falling into place on the work and relationship fronts, with a growing sense of what's possible on both fronts.

Scorpio (Oct. 24 - Nov. 22) If ever finding balance between work and play was possible this is it, with forces on both the work front and on the romantic, playful and creative fronts both finding their stride. You're likely to have more energy and drive and be a lot more efficient. By knowing when to work you'll have access to the best of both worlds.

Sagittarius (Nov. 23 – Dec. 21) Make the most of activity in your romantic and creative sector, the

You're running out of excuses to hide behind and with professional forces waiting in the wings, you're also running out of time. Find and maintain the right balance between work and play.

Capricorn (Dec. 22 – Jan. 20) Don't be surprised if you find it hard to get moving. Get your bearings and enjoy the better balance you're managing to achieve. The things that pushed your buttons and got you moving in the past no longer work, but you're learning not to sweat the small stuff.

Aquarius (Jan. 21 - Feb. 19) Confidence on the income front spreads to all your life. This reveals where your priorities lie. Some things aren't worth the effort. Let some things go, pick your battles wisely and put time, energy and resources into what will give you the rewards you want. The more things go your way the less important money seems.

Pisces (Feb. 20 - March 20) Your confidence on the financial front is returning, giving you the confidence to appreciate that life is full of potential and you're the master of your destiny. Hope and faith in the future give you the freedom and confidence to dream big. What you might not have dared dream or consider a possibility before is now under consid-

On the Beat

COLBY POLICE Thursday

1:06 a.m. - Call about kids alone. Everything OK. 1:42 a.m. - Security check at

Twister's. 10:57 a.m. - Caller reported

male subject threatening bodily harm. Report filed.

11:23 a.m. - Tag lost; report

5:57 p.m. – Caller found drug paraphernalia. Disposed of items. 8:41 p.m. - Report of phone harassment. Spoke to subject; incident was not harassment.

8:57 p.m. – Checked hitchhiker at I-70 and K-25, south side; OK.

THOMAS COUNTY SHERIFF Thursday

11:13 a.m. - Cattle out in the area of U.S. 83 and County Rd. I. Able to get cattle contained.

11:30 a.m. - Holly Ann Oster arrested on warrant.

12:56 p.m. – Criminal summons

served on Corev Reed. 5:49 p.m. - Assisted Highway Patrol with traffic stop at east-

bound I-70 mile 48. 6:25 p.m. - Released Justin Stewart Downs.

7:47 p.m. – Booked Jason P. Ri-

life. Living the lifestyle necessary to prevent disease and taking action needed to detect problems early is the key. Do you have questions about Vern Norwood, Kansas Depart-

aging? About helping your parents, or for yourself? Plan to attend Full Circle ... an Aging Expo from 9:45 to 3:30 on Friday, April 29, at the Huck Boyd Center in Phillipsburg.

The keynote speaker this year is Dr. Joseph Galichia, the founder of Galichia Medical Group in Wichita. Dr. Galichia, a noted medical spokesman, appears on a weekly syndicated radio talk show and served as moderator for the National Lifetime Medical Television Network.

There will be three breakout sessions during the day. You can choose from:

• Put Pain in Your Rearview Mirror, a program on coping with pain in chronic disease presented by Courtney McCarty, registered dietitian, and Jeanene Brown, a registered nurse. Both work at Citizens Medical Center in Colby

focus of Aging Expo Strategies for Living Longer and both are certified trainers in and Better is what we all want in Chronic Disease Self-Manage-

• "This Used to be My Favorite

Meal...," by Taunya Williams, a consulting dietitian. • Caring for the Caregiver, by

ment of Aging. Antiques an Collectibles: Trash or Treasure, by Marvin Mann, AA Antique Appraisal and

 Home Modifications for Aging in Place, by Carol Ann Crouch, Scott County Extension agent.

Discussing Options When Faced with a Life-Threatening Illness, by Sue Noll, hospice supervisor, Hays Medical Center.

• Sharing Your Story, by Kathy Lupfer-Nielsen, Lincoln County Extension agent.

• Defensive Driving for the Aging Driver, by Trooper Tod Hile-

man, Kansas Highway Patrol. · Learn to Laugh with Yoga Laughter, by Jan Moore, activities director, Sheridan County Long

• Estate and Farm Succession Planning, by Stacey Seibel, Seibel Law Office

Term Care

For registration or information, go to www.northwest.ksu.edu and click on "Full Circle Brochure" or contact the Northwest Area Research and Extension Office at (785) 462-6281, or the Thomas

Hays rodeo this week The 45th annual Fort Hays day. State University Rodeo begins

Friday and runs through Sunday at the Doug Phillip Arena on Golf Course Road, just off of the U.S. 183 bypass near Hays.

Tickets are \$8 in advance and \$10 at the gate for adults, \$5 in advance and \$8 at the gate for ages 14 to 18, and free for children 13 and under and for college students with a Tiger Card. They are available at the Student Service Center in the Memorial Union, Orscheln's, and Vanderbilt's.

Events are bareback riding, calf roping, breakaway roping, saddle bronc riding, steer wrestling, goat tying, barrel racing, team roping and bull riding.

Performances will be at 7:30 p.m. Friday and at 1:30 and 7:30 p.m. Saturday, with the short-go at 1:30 p.m. Sunday. Slack will be at 10 a.m. Friday and 9 a.m. Satur-

A costume ribbon roping, which tests the teamwork and athleticism of a cowboy and cowgirl while County Extension office at 460producing laughs, is planned for Friday night. "One has to rope a calf with a

and run across the finish line," said Bronc Rumford, rodeo coach. Teams will do this while wear-

ing costumes.

ribbon on its tail, and the other one

has to get the ribbon off the tail

Saturday's performance will feature the "Wild Ride," in which cowboys ride a bucking horse in costume. The winner is whoever makes the wildest ride.

At 10 a.m. Sunday there will be cowboy church service at the arena. Everyone is welcome.

For information, contact Rumford at (785) 628-4689 or (620) 694-0380 or e-mail cbrumford@ fhsu.edu.



Colby Community College is accepting applications for a full-time Custodian to work evening hours. Application forms are available at the front desk located in the administration area of Thomas Hall. Applications will be accepted until job is filled. Interviews will begin immediately. For more information contact Barry Kaaz at 785-460-5429.

Equal Opportunity Employer

Letter in bottle found 24 years later

By Melissa Eddy

The Associate Press

MOSCOW — Nearly a quarter-century after a German boy tossed a message in a bottle off a ship in the Baltic Sea, he's received an answer.

A 13-year-old Russian, Daniil Korotkikh, was walking with his parents on a beach when he saw something glittering lying in the sand.

"I saw that bottle and it looked interesting," Korotkikh told The Associated Press on Tuesday. "It looked like a German beer bottle with a ceramic

plug, and there was a message inside." His father, who knows schoolboy German, translated the letter, carefully wrapped in cellophane and sealed by a medical bandage.

It said: "My name is Frank, and I'm five years old. My dad and I are traveling on a ship to Denmark. If you find this letter, please write back to me, and I

will write back to you."

The letter, dated 1987, included an address in the town of Coesfeld.

The boy in the letter, Frank Uesbeck, is now 29. His parents still live at the letter's address.

"At first I didn't believe it," Uesbeck told the AP about getting the response from Korotkikh. In fact, he barely remembered the trip at all; his father actually wrote the letter.

The Russian boy and the German man met each other earlier this month via an Internet video link.

Korotkikh showed Uesbeck the bottle where he found the message and the letter he put in a frame.

The Russian boy said he does not believe that the bottle actually spent 24 years in the sea: "It would not have survived in the water all that time," he said.

He believes it had been hidden under the sand where he found it – on the Curonian Spit, a 100-kilometer (60-mile) stretch in Lithuania and Russia.

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