

Deaths

Lesslie Eugene Bennett

Lesslie Eugene Bennett, 57, Colby, died Sunday, Oct. 2, 2011, in Colby. Services are pending with Kersensbrock Funeral Chapel in Colby, 462-7979.

Dinah Katherine Faber

Dinah Katherine Faber, 62, Colby, died Saturday, Oct. 1, 2011, at her home. Her parents preceded her in death.

She was born Jul. 3, 1949, in Colby to John and Artie Faber. She attended school in Brewster, and earned a Bachelor of Science degree in anthropology from Kansas State University and in 1980 a Master of Arts degree in English from the University of Arkansas.

On Oct. 26, 1977, she married Benjamin Knight in Ellicott City, Md.

She was a writer, photographer and historian. In 2009 she received the Archer Fellow Award for her many years of volunteer service in Maryland with the Historical So-

ciety of Harford County.

Survivors include her husband, of the home; a son, Sajid Khan, of Colby; a brother, Jack Faber, of Brewster; and a sister, Kathleen O'Neal, of Colby; five grandchildren; and two great-grandchildren.

There will be a private burial later. The family suggests memorials to Hospice Services, Box 116, Phillipsburg, Kan., 67661; the Kansas Historical Society at www.kshs.org; or The Historical Society of Harford County Inc., 143 N. Main St., Bel Air, Md., 21014.

John Michael Ritter

John Michael Ritter, 54, a Dresden area farmhand, died Monday, Oct. 3, 2011, at his home.

He was born June 15, 1957, in Colby, the son of Vincent and Mary (Reinert) Ritter. Growing up on a rural Dresden farm, he attended Leoville Grade School, Hoxie High School and Northwest Kansas Vocational Technical school in Goodland. After school he lived on a farm near Dresden.

He was preceded in death by a sister, Carol Wilson.

Survivors include his parents, of Phillipsburg; two daughters, Accalia (Billy) Phillippi, Kearney, Neb.; Kalyann (John) Barnett,

Manhattan; five brothers, Charles (Laura) Ritter, Kansas City, Mo.; Joe Ritter, Goodland; Will (Tina) Ritter, Olathe; Rick (Lynette) Ritter, Colby; and Paul (Kalyan) Ritter, Monument; four sisters, Irene (Steve) Whorton, Topeka; Doris (Kevin) Yonke, Holton; Louise (Randy) Phillips, Lawrence; and Jayne (Darryl) Leidig, Phillipsburg; and four grandchildren.

Private family graveside services will be held at the Dresden Cemetery, with Chaplain John Paulson officiating. There will be no visitation.

Pauls Funeral Home in Oberlin is in charge of arrangements.

Loretta E. Sprehe

Loretta E. Sprehe, 92, Oakley, a homemaker and retired owner of the Oakley Coast to Coast store, died Tuesday, Oct. 4, 2011, at the Logan County Manor in Oakley.

She was born in Hudson Aug. 10, 1919, the daughter of Louis Karl and Martha Matilda (Messery) Koch. She attended elementary schools in Stafford, Reno and Finney counties and graduated from Garden City High School and Garden City Junior College.

On Sept. 5, 1945, she married Delbert Sprehe in Great Bend.

They lived in Kankakee, Ill., and Watska, Ill., until 1952, when they bought the Coast to Coast store in Oakley. After selling the store, she was a clerk in the shoe store in Oakley.

She was a member of Immanuel Lutheran Church, of the Lutheran Women's Missionary League, where she served as a zone and district officer, and of the Lutheran Fellowship Club and made quilts for the Lutheran World Relief.

In 1969 she was certified in Braille and transcribed for the Lutheran Braille Workers for the next 20 years.

Julia Marie Thomas

Julia Marie Thomas, 86, Coffeyville, a sister-in-law of Glorvina Golemboski and Cathy Surmeier of Colby, died Sunday, Aug. 28, 2011, at the Windsor Place in Coffeyville.

She was born Sept. 11, 1924, in Levant, the daughter of Joseph and Justina (Bruenn) Golemboski. She attended a country school south of Levant and graduated from Colby High School in 1944.

On Dec. 31, 1948, she married George Thomas at Colby. They lived in Colby before taking up farming in southeast Kansas.

She was a member of the Holy Name Catholic Church in Coffeyville, the Veterans of Foreign Wars Auxiliary of LaHarpe, and a hard-working farm wife.

Preceding her in death were her parents; her husband in 2008; two brothers, Frank Golemboski and Edward Golemboski; a sister, Helen Ribordy; and two grandchildren.

Survivors include four sons, William Thomas, Salina; Fredrick (Phyllis) Thomas, Salina; Gary Thomas, Rhineland, Wis.; and Glenn (Connie) Thomas, Colony; four daughters, Janet (Maurice) Rau, Elk City; Ethel (Bill) mcDaniel, Carbondale; Wanda Rudiger, Chino Valley, Ariz.; and Rose Thomas, Saint Pete Beach, Fla.; a brother, Joe Golemboski, Tulsa, Okla.; four sisters, Marge Sinclair, Jetmore; Dorothy Beckman, Wichita; Victoria Hume, Wichita; and Betty Sherlock, Saint Francis; 16 grandchildren and six great-grandchildren.

Services were Tuesday, Aug. 30, 2011, at the Sacred Heart Catholic Church in Mound City, with burial in the church's cemetery at Mound City.

The family suggests contributions to the Julia Thomas Memorial Fund, in care of the Coffel-Schneider Funeral Home, Pleasanton, Kan., 66075.

Wellness Fair looks at lifestyle

The 2011 Thomas County Wellness Fair that will be from 8 to noon Saturday at Colby Community College will have two new features this year: the Healthy Lifestyle Expo sessions and the Scavenger Hunt.



Diann Gerstner

• Knowledge for Life

Wellness includes – but is much more than – having blood work done. Two major factors affecting wellness are exercise and eating right.

Contradictory nutrition information abounds everywhere – what is a person to believe? A statewide community health survey showed that almost 30 percent of Thomas County residents indicated they had no physical activity in the past month. Other information indicates most people do not meet the national recommendation of exercising a minimum of 30 minutes, five days a week. These facts inspired the wellness committee to start the Healthy Lifestyle Expo to focus on these areas of wellness. All Healthy Lifestyle Expo sessions will be held in the Fireside Lounge in the college's student union.

We want people to know about some exercise classes available, what the classes consist of and give them an opportunity to try them out if they want. Come in comfortable workout clothes and appropriate footwear to try out one or all of the classes. If just watching is what you are comfortable with, come on in and watch the class in action.

On the nutrition side, we wanted people to be able to come and ask the questions they have. If there are limited questions, presenters Courtney McCarty, registered dietitian for Citizens Medical Center, and Diann Gerstner, Thomas County Extension family and consumer science agent, will discuss common nutrition myths and frequently asked questions. The Healthy Lifestyle Expo sessions are:

9 to 9:30 a.m., Zumba, Nicole Weigel, Nicole's School of Dance.

9:30 to 10 a.m., nutrition questions and answers, Courtney McCarty and Diann Gerstner.

10 to 10:30 a.m., yoga, Bethanie Williams, Colby City Recreation. 10:30 to 11 a.m., Bootcamp, Bethanie Williams, Colby City Recreation.

11 to 11:30 a.m., Zumba, Ashly Guy, Ashly's Dance Center.

11:30 to noon, nutrition questions and answers, Courtney McCarty and Diann Gerstner.

The second new element to

this year's fair is the inclusion of a Scavenger Hunt with prizes. At registration participants will be given a "Scavenger Hunt" card. They can obtain a sticker for their card at every session, educational booth or screening that they attend. To be in the drawing for prizes, participants must attend at least one session (blood work or Healthy Lifestyle Expo), ten educational booths or screenings and turn in an event evaluation sheet. Completed cards will be returned to the registration desk.

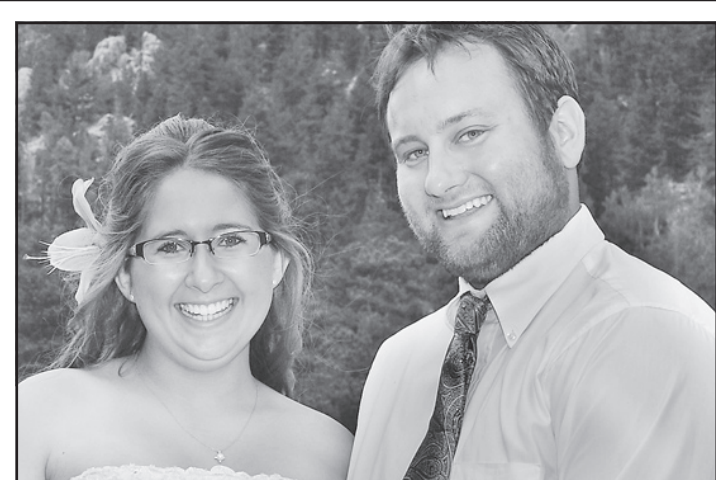
Prizes that can be won include an mp3 player, Chamber bucks, and several varieties of free exercise or dance classed and massages. A big "thank you" to all the businesses and organizations which donating these prizes.

Remember the Wellness Fair will also include many screenings and educational booths. Screenings include: skin cancer (9 a.m. to noon), oral cancer, vision, hearing, respiratory assessment, lifestyle assessment, urinalysis, balance test, posture exam, blood pressure, mini massages, flu shots (\$18), fitness testing and more. My list of educational booths is incomplete but some topics include: integrated listening, foot technology, assisted living, organ and tissue donation, mental health with free depression screen, end of life care and advance directives, child care, building strong families, benefits of arthritis workout, tai chi, infant massage, radon awareness and test kits, My Plate, weight loss/maintenance and stop smoking.

There is a \$5 registration fee that helps us cover our expenses and should there be any left over it is saved and donated for a wellness event or facility in Thomas County.

Come check out the Wellness Fair and Healthy Lifestyle Expo and start or continue your trek to a healthy lifestyle.

Diann Gerstner is the family and consumer sciences agent for the Thomas County Extension office.



Shea and Zach Baird

Newlyweds invite friends to reception

Shea and Zach Baird of Colby will celebrate their recent marriage with a reception from 6 to 10 p.m. Saturday in the lounge at the Meadow Lake Golf Course. Family and friends of the couple are invited to attend. The couple was married on July 15, 2011, at Lily Lake in Estes Park, Colo., with the Rev. Jim Mardock officiating.

The bride is the daughter of Doug and Sally Henderson of Alliance, Neb., and the granddaughter of Barbara and the late Richard Klein of McCook, Neb., and Barbara and the late Bill Henderson of Alliance.

The groom is the son of Jerry and Emily Baird of Colby and

the grandson of Norma and the late Vic Baird of Colby, Harlan and Vera Mayer of Goodland and Eunice Kilmer of Johnston, N.Y.

Henderson is a 2007 graduate of Alliance High School. She received an associate degree from Colby Community College in 2009 and a bachelor's degree in agricultural business from Fort Hays State University in 2010.

Baird graduated from Colby High School in 2003. He earned an associate degree from Colby in 2006 and a bachelor's degree in organizational leadership from Fort Hays in 2009.

They farm in rural Colby.

Markets

Quotes as of close of previous business day

Hi-Plains Co-op	
Wheat (bushel)	\$6.14
Corn (bushel)	\$5.71
Milo (hundredweight)	\$9.45
Soybeans (bushel)	\$10.30

Corrections

The Colby Free Press wants to maintain an accurate record of our town. Please report any error or lack of clarity in a news story to us at 462-3963.



Satisfying Living

We are extremely satisfied living here. The people and staff are friendly, the food is good and the activities are wonderful!

Ervin & Wilma Thiele

Fairview Estates Retirement Community
Independent & Assisted Living
1630 Sewell Ave. • Colby, KS • (785) 462-2154

Partnering To Bring Medical Specialists To Colby

Colby Outreach Clinic Schedule

Citizens Medical Center
100 E. College Drive - Colby

Cardiology - Dr. Christine Fisher
Third Tuesday - (785) 625-4699

Orthopedic - Dr. Robert Bassett
Third Wednesday
(785) 261-7599 or (866) 428-8221

Orthopedic/Spine
Dr. Vivek Sharma

First Wednesday
(785) 261-7599 or (866) 428-8221

Urology - Dr. Wallace Curry
Third Thursday
(877) 312-1619 or (785) 628-6014

Colby Medical Surgical Center
175 S. Range - Colby

Urology - Dr. Darrell Werth
First Thursday
(877) 312-1619 or (785) 628-6014



haysmed.com

Thank You

Very special thank you to everyone who attended our 70th anniversary celebration, and for all the beautiful cards we received.

We miss you all.

Duane & Ethel Jean Woofter & Family

Carolee LaVada Campbell



is turning 80 on October 12!

The family is having a card shower and cards can be sent to:
985 W. 3rd, Colby, KS 67701

On October 8 we will be having a come & go from 2 - 5 for those who would like to stop by in person.



YOUR LEADER FOR HOME LOANS IN NW KANSAS

Farmers & Merchants Bank of Colby

240 W. 4th St., Colby, Kansas
(785) 460-3321



Jacquie Golemboski
Mortgage Loan Officer
NMLS #643818
F&M Bank NMLS #528146



Mortgage interest rates are as low as:

Rates shown assume:

- 15 year loans - 3.625%* (3.713% APR)
- 20 year loans - 4.125%* (4.195% APR)
- 30 year loans - 4.250%* (4.301% APR)

- ★ Excellent Credit ★
- ★ Conventional Loan, 80% Loan to Value ★
- ★ Single Family Residence ★

*Rates may change without notice subject to market conditions. APR based on a loan of \$100,000, actual fees may vary. Mortgage products are subject to change and availability. The actual mortgage product you qualify for will depend upon the verification of the value of your home, your credit score and other considerations.