



Trent Conrad McCain and Jody Elaine Engel

Colby couple plans wedding in Atwood

Jody Elaine Engel and Trent Conrad McCain, both of Colby, plan to marry Saturday, April 7, 2012, at the United Methodist Church in Atwood.

The bride is the daughter of John and the late Sue Jones of Strasburg, Colo. She is the office professional at the Thomas County Extension Office in

Colby. The groom is the son of Skip and Jane McCain of Atwood. He owns and operates McCain Trucking and Harvesting in Colby.

The couple plans to continue living in Colby following their wedding.

Cyprus clears 98-year-old

NICOSIA, Cyprus (AP) - Cyprus' attorney general has dropped gambling charges against about 40 elderly women, including a 98-year-old, whose weekly poker-and-bridge party had been raided by police.

The women, mostly in their 70s, had become a local cause celebre after receiving a court summons this week. Interviews with 98-year-old Eftychia Yiasemidou appeared in several media outlets.

An assistant for Attorney General Petros Clerides said last Friday the official had been unaware of the case and only found out about it through media reports.

Gambling in Cyprus is punishable by up to six months in jail or a €750 (\$1,000) fine. The ladies were playing at home with small amounts of cash during their weekly afternoon get-together in November 2009 when police raided the house.

'Media fast' leads to filed treasure; old reader offers insight on doubt

Last week our youth group challenged the rest of the church to participate in a Media Fast. Specifically, we were challenged to give up all electronic media for 24 hours. This meant no television, radio, Internet or cell phones, including texting.

A number of us accepted the challenge. I did not find it all that difficult. I have lots of books to read, though the ones on my Kindle were unavailable, and a number of non-electronic things to do.

One of the things I decided to do was to clean out my files. You see, my filing case had become a catchall for old articles and clippings that I will never use. Many of them are hopelessly dated. Some of them left me scratching my head, wondering why I ever kept them in the first place. But I have also rediscovered lots of interesting stuff, old items I had forgotten all about.

One of the clippings I came across was an excerpt from the 1854 edition of the McGuffey Reader. According to Wikipedia, the McGuffey Readers "were a series of graded primers that were widely used as textbooks in American schools from the mid-19th century to the mid-20th century.... It is estimated that at least 120



Mark Carlton

• From the Pulpit

million copies of McGuffey's Readers were sold between 1836 and 1960, placing its sales in a category with the Bible and Webster's Dictionary."

It is actually an understatement to say that the McGuffey Readers were "widely used." It would be more accurate to say that they were almost universally used in America's public schools during the 19th century and that they continued to be used well into the 20th century.

The following excerpt from McGuffey's is interesting to me for several reasons. First, it shows you how overtly Christian public education used to be in this country, and second, it has turned out to be somewhat prophetic:

"If you can induce a community to doubt the genuineness and authenticity of Scriptures;

to question the reality and obligations of religion; to hesitate, undecided, whether there be any such thing as virtue or vice; whether there be an eternal state of retribution beyond the grave; or whether there be any such being as God; you have broken down the barriers of moral virtue, and hoisted the flood gates of immorality and crime. I need not say that when a people have once done this, they can no longer exist as a tranquil and happy people.

"Every bond that holds society together would be ruptured, fraud and treachery would take the place of confidence between man and man, the tribunals would be scenes of bribery and injustice; avarice, perjury, ambition, and revenge would walk through the land, and render it more like the dwelling of savage beast than the tranquil abode of civilized and Christianized men."

I know that there were no golden ages, and I know that not everything that is old is gold. But sometimes we would do well to consider the wisdom of an earlier age - especially when we seem to have lost our way.

Mark Carlton is pastor of the Colby Berean Church. You can reach him at pastormark@colbyberean.com or 460-2763.

Diabetes classes aim at disease control

By Christina Beringer

Colby Free Press
colby.society@nwkanas.com

Anyone interested in learning more about diabetes is invited to attend a free series of educational classes at the hospital.

The education department at Citizens Medical Center is sponsoring the classes, which are a series by Healthy Interactions, in collaboration with the American Diabetes Association, said the hospital's education director Jeanene Brown.

All classes will be from 7 to 8:30 p.m. on Tuesdays, in the conference room of the hospital, 100 E. College Dr., Colby.

The first series is Journey for Control and provides information and support from others dealing with diabetes, said Brown. The first class, Tuesday, will focus on the road to managing diabetes.

"Topics to be discussed include identifying what diabetes is and some of the most common myths; explaining what blood glucose

and insulin are; monitoring blood glucose; and, using the results and managing diabetes with healthy eating, physical activity and taking medicine," said Brown.

"Generally, (classes are) focused at persons with either Type 1 or Type 2 diabetes and their support persons," said Brown. "A goal of Healthy Interactions is to improve the quality of healthcare decisions by enabling meaningful conversations among peers."

Brown said experts believe hereditary factors can be involved in both types of diabetes, although it is complex and depends on which type the person has.

"We know that certain factors predispose individuals to Type 2 diabetes and include family history of diabetes, lack of physical activity, being overweight and being over the age of 40," she explained.

She said people who are African American, Native American, Hispanic, Asian American, Asian Indian or Pacific Islander also have an increased risk.

"We are encouraging individuals to attend an entire series, however, each class does stand alone," she said.

She said diabetes is a result of the body having trouble using the sugar glucose. Because of the body's difficulty, glucose levels become too high and over time cause health problems.

"If high blood sugar is not controlled, blood vessels throughout the body become damaged," she explained. "Prolonged high blood sugar affects organs and nerves. As a result, the risks of damage to the heart, kidneys, eyes and limbs increase."

"Diabetes also makes other problems, such as high blood

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pressure and high cholesterol and can become more dangerous. Over time, people with uncontrolled high blood sugar have a high chance of dying of, or being disabled by heart attack or stroke.

"The approach (used to present information) is based on a fundamental belief that sustainable personal change requires a meaningful, fact-focused discussion of issues and a verbal commitment to change."

Brown said the next series will be during November.

Corrections

A photo caption on Page 2 of the Thursday, March 8, Colby Free Press listed the wrong name. Linda Van Horn was incorrectly identified as Linda Taylor. This was a reporting error.

☆☆☆☆
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

Stop and Take a Moment

You Have a...CHOICE

Isn't it great when we realize that we have a choice? I often think we fail to remember in all things, ok most things we do have a choice. We just fail to remember that and exercise that right. I remember when my kids were young and it was time to do Saturday chores, there was often the complaining and whining with the threat that they were not going to do the chores. So I had to remind them it was ok that they had a choice...but here was the deal, as long as they lived with me they had to do the chores, but they had a choice..."you can do them out of FEAR, RESPECT, or LOVE but you will do them." So they did get a choice!

Kristina Hemel reminded me the other day, that often a homebuyer does not realize they have a choice in the real estate market. She stated to me that when it comes to purchasing a car, the buyer goes direct to the car dealer where the car is, and that is the way it works. However, when it comes time to purchase a home, you don't have to go to the real estate agent that has it listed, unless you want to. Again, there is a choice. Most real estate markets have a MLS, which will allow member agents to show all homes on MLS, this allows a buyer the right to work with any agent to see any home...most of the time. There is always an exception to the rule, but 99% of the time a buyer can select what real estate agent and company they want to work with. I thought Kristina brought up a good point, and maybe if I talked about it, in this Week's column it would help clarify and remind home buyers they do have a choice.

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Services Directory

Our Saviors Lutheran Church

Schedule of church services

- GATEWAY FELLOWSHIP**, 2nd and Sunrise, Oakley. Pastor James Bloom, Sunday Morning Worship and Children's Church 10:15 a.m., Wednesday evening Bible Study and Intercessory Prayer 6:30 p.m. 785-671-4020.
- COLBY INDEPENDENT BAPTIST CHURCH**, 730 E. 3rd (former Jaycee's building), Pastor Bernard Heinz, 785-460-0313, Sunday School 9:30 a.m.; Sunday Morning Worship 10:30 a.m.; Sunday Evening 6:00 p.m.; Wednesday Evening 7:00 p.m.
- ASCENSION-ON-THE-PRAIRIE EPISCOPAL**, Rev. Don Martin, College Drive & Wheatridge Rd., 785-462-3041, Holy Eucharist, 9:00 a.m. every Sunday, Evening Prayer, 5:15 p.m. Wednesday, September through May, Christian Education for Youth, 6:30 p.m. Wednesday, September through May.
- COLLEGE DRIVE ASSEMBLY OF GOD**, 245 W. College Dr., Colby. Pastor Steve Todd. Sunday School 9 a.m. for all ages. Worship 10:15 a.m. Kid's Church for Kindergarten-5th grade during Worship Service. Nursery available for kids birth - 5 yrs old. Wednesday night: Family night September - May. Meal served 6 - 6:30 p.m. CD Kidz for kids birth - 5th grade, Youth Group for 6th - 12th graders and Adult Bible Study at 7 p.m. 785-462-8234. cdag@st-tel.net.
- BEREAN CHURCH**, 1000 S. Franklin, 785-460-2763, www.colbyberean.com; Sunday School 9:30 a.m., Sunday Worship 10:45 a.m. and Saturday, 5:30 p.m.. Pastor Mark Carlton, Senior Pastor and Pastor Jason Purdy, Youth Pastor. Middle School Group Wednesday 7 p.m. at the Attic and High School Youth Group Sunday 6 p.m. at the Attic. AWANA Wednesdays at 7 p.m. at the church.
- FIRST BAPTIST CHURCH**, (Affiliated with American Baptist Churches USA) Rev. Craig Crossman, 615 W. Webster, 785-462-2867. Sunday School: 9:15 a.m.; Family Worship: 10:30 a.m.; RC Club 2nd and 4th Sundays at 2 p.m.
- COLLEGE VIEW BAPTIST CHURCH** (Affiliated with Southern Baptist), 1185 Wheatridge Rd. at College Drive, 785-460-7144, Sunday Bible Study 9:30 a.m., Sunday Worship services, 10:45 a.m. Prayer Service at 6:30 p.m. on Wednesday's. Contemporary Evening Service at 4 p.m. through the semester.
- PLEASANT HOME CHURCH**, Pastor, Perry Baird, 785-728-7380, 3190 Road 70, Edson, Worship, 9:00 a.m., Sunday School 10:00 a.m. (MST)
- WINONA METHODIST CHURCH**, 501 Bellview Ave. Rev. Sheryl Johnson, Sunday School, 10:30 a.m., Morning Worship 9:15 a.m. (CDT)
- MINGO BIBLE CHURCH**, 420 Main Mingo, 785-462-2992: An independent community church served by Village Missions Pastor Tom Peyton. Sunday School: 9:30AM - all ages. Worship Services: 10:45AM. Sunday Evenings 6:30. 3rd Sunday informal fellowship - bring a snack to share! First Sunday of month - carry-in dinner following morning worship.
- SACRED HEART CATHOLIC**, 785-462-2179, Father Dana Clark, Pastor, Saturday Eve. Mass 5:30 p.m., Sunday Masses 8:00 & 10:00 a.m., Confessions will be heard Saturday 4:30-5:05 p.m. and from 7:30-7:45 a.m. and 9:25-9:40 a.m. on Sunday.
- FIRST PRESBYTERIAN CHURCH**, Rev. Carol Rahn, 515 W. 4th, 785-462-6342, Sunday Worship 9:00 a.m. Podcasts of the worship services are available at the church website colbypres.org.
- WESLEYAN CHURCH**, 320 W. Pine - 785-462-8391, Sunday School 9:30 a.m., Sunday Worship 10:40 a.m., Sunday Evening Cell groups at 6:00 p.m., Wednesday Youth Ministries, Kids Clubhouse 7 p.m.
- CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS**, 1145 S. Franklin - 785-460-6605, President Andy Rose, 785-460-6807. Sacrament meeting 10 a.m., Sunday School and Primary 11:20 a.m., Priesthood, Relief Society, YM/YW, 12:10 p.m.; Family History Center open by appointment. Call 785-462-3571.
- REDEEMING LOVE MINISTRIES, INC.**, 345 N. Franklin, Dr. W.G. and Rev. Orvella Romine, Equipping Class, Sunday, 9 a.m., Sunday worship, 10 a.m., Wednesday, R.L.M Training Centers (Bible School), 6 p.m. Shoponline at: www.rlmregionalchurch.com.
- COLBY UNITED METHODIST CHURCH**, Rev. James Mardock, pastor, 950 S. Franklin, 785-460-6521, Sunday Worship Services at 8:30 and 11:00 a.m., Fellowship coffee 9:30 a.m., Sunday School, 9:45 a.m., KXXX broadcasts 11:00 worship. www.colbyumc.org
- CHURCH OF CHRIST**, Minister, Jarrod Spencer. 510 E. 4th, Sunday Bible Study 9:30 a.m., Sunday Worship 10:30 a.m., Wednesday, Bible Study 7:00 p.m. www.colbychurch.com
- FIRST CHRISTIAN CHURCH**, (Disciples of Christ), Pastor Lyle Knebel, 385 W. 3rd - 785-460-2718, Sunday Morning Worship and Children's Church at 10:00 a.m.
- OUR SAVIORS LUTHERAN CHURCH**, Brewster, Sunday worship 9:00 a.m.; 2nd Sunday of the month at 8:00 a.m.
- TRINITY LUTHERAN CHURCH**, Rev. Robert Alexander. East 5th & Country Club, 785-462-3497, Services, Sat., 5:30 p.m., Sunday; Sunday School and Adult Bible Class 9:00 a.m.; Services, 10:30 a.m. Visit us at www.trinitycolby.com.
- LEVANT COMMUNITY CHURCH**, 205 1st St., Pastor Charles Taff, 785-586-2376, Sunday School (classes for 3 years & up and 3 adult classes) 9:30 a.m., Morning worship 10:30 a.m.
- BREWSTER UNITED METHODIST CHURCH**, PO Box 250, Brewster. Pastor Mike Baughn, 785-694-2278, Sunday School: 9:45 a.m.; Worship Service, 10:45 a.m.
- THE SHEPHERD'S STAFF, REXFORD**, Joan Dingwerth, Director, 785-687-2565.
- REXFORD COMMUNITY CHURCH**, Rexford, Pastor Lane Purcell, 785-687-3305, Sunday School 9:30 a.m., Worship Service 10:30 a.m.
- BREWSTER COMMUNITY CHURCH**, Mike PINKELMAN, Pastor, Brewster - 785-694-2720, Sunday School (all ages) 9:30 a.m., Worship Service 10:30 a.m., Bible Study 7:00 p.m., Wed. mornings 6:30 a.m. - Men's Bible Study, Wed. 7:00 p.m. - Children's Ministries (Royal Rangers/ Missionettes), Wed. 7:15 p.m. - Intercessory & Prayer, Tue. 5:00 p.m. - Women's Bible Study.

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