

More than 350 participate in Thomas County's Walk Kansas

By Patty Decker

Free Press Editor

Some 354 people on 59 teams participated in this year's Walk Kansas Program, which started in mid-March and ended earlier this week, said Thomas County Extension Agent Diann Gerstner, family and consumer sciences.



D. Gerstner

Sponsored by the extension office, the program is a fitness challenge with the goal of six team members walking collectively a total of 423 miles — the length of Kansas — or more during the eight weeks.

In total, Gerstner said, the 59 teams walked 36,541 miles and more than 100 people attended the wrap-up session last weekend.

"Our youngest team, the Yacky Jacks, were all around 10 or 11 years old, and they were among the top 10 teams," she said.

Along with the walking portion of the event, Gerstner said this year something new was added — fruits and vegetables.

"Sometimes we aren't aware of how few fruits and vegetables we eat," she said.

At the wrap-up, the Thomas County Economic Development team received a basket of fruit and vegetables for coming in at last place. Gerstner also announced the winner of the \$400 treadmill.

"The winner was Diane Gerstner," she said, "but it wasn't me, it was my sister-in-law."

The following includes placement, team members and total miles:

- 1st place — **Holly Rollers**, 1,768 miles — Sherrie Eicher, Stefanie Eicher, Violet Bowman, Brian Eicher, Rhonda Tibbles and Marcus Tibbles.
- 2nd place — **Brewster's Fleet Feet**, 1,589.25 miles — Kathy Baird, Andrie Baird, Melissa Baird, Ben Baird, Michelle Werth, Wyatt

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Diann Gerstner,
family and consumer sciences

Werth, and Layton Werth.

- 3rd place — **5 Gals & A Guy**, 1,512 miles — Suzanne Murdock, Todd Murdock, Mary Schlick, Pat Keiser, Bonnie Dinkel and Deann Shields.

- 4th place — **Step-N-Out**, 1,247.63 miles — Marilyn Heble, Marc Bremenkamp, Elaine Bremenkamp, Diane Schiffner, Al Lowenthal and Bill Dowel.

- 5th place — **Yacky Jacks**, 1,109 miles — Kaylee Keck, Katera Harter, Julia Hutfes, Cynthia Mick, Ariel Severson and Kayla Weber.

- 6th place — **Wicked Walkers**, 991 — Pauline Fishel, Yvonne Wingard, Phyllis Trembley, Hannah Zimmerman, Kris Bishop and Pat Ziegelmeier.

- 7th place — **Kings & Queens**, 954 — Peggy Barton, Jerry Barton, Millie Wiley, Larry Wiley, Darryl Henry and Donna Henry.

- 8th place — **Snowballs Chance**, 951.15 — Vernon Hurd, Rodney Zimmerman, Shawna Elling, Brette Pfeifer, Laura Lorejci, and Jeannie Solko.

- 9th place — **Hallelujah Health**, 946.25 — Jim Mardock, Kim Barnett, Poppy Dean, Becky Peterson, Joyce Hansen and Lynette Ball.

- 10th place — **Healthcare Hustlers**, 829.05 — Carla Sharp, Norma Simonton, Janine Colson, Johnnie Barton, Luann Stephens, and Linda Ladenburger.

- 11th place — **Tot Trots**, 762.5 — Susan Focke, Shawna Guard, Brandi Moore, Dona Kulhanek, Dana Schmid, and Angie Moore.

- 12th place — **Moms on the Lose**, 737 miles — Jennifer Burr, Pam Geihlsler, Jennifer VanEaton, Mindy Currie, Sherrie Wiedeman, and Samantha Miller.

- 13th place — **Old Foggies**,

- 728.5 — Floyd Highland, Barbara Highland, Ruth Hughes, Cynthia Henningsen, John Kern and Bev Kern.

- 14th place — **Farm Credit Flyers**, 705.5 — Kris Lemman, Hal Kistler, Darris DeGood, Lacey Henry, Jessica Vaughn, and Kathy Hawk.

- 15th place — **Walking Warriors**, 673.5 — Edna Hoyt, Leon Hoyt, JoAnne Goetsch, Lyman Goetsch, Doris Mayer, and Eugene Marrs.

- 16th place — **Colby Medical and Surgical II**, 654.9 — Dave Voss, Kathy Tubbs, Kathy Diedrich, Brian Unruh, Cortney Beims, and Renee Faber.

- 17th place — **Walkin' & Talkin'**, 652.75 — Debbie Luckert, Toni Ackerman, Zelma Kinkadee, Colleen Rall, Ceci Allen, Lisa Juenemann.

- 18th place — **CSI-Colby (Can't Stay Inactive)**, 650 — Wally Severson, David Cooper, Marcie Vrbas, Nichole Carpenter, Tammy Morton, and Virginia Carver.

- 19th place — **Return of the Camel Bellies**, 642.5 — Randy Wilson, Mac McPheeters, Mark Winger, Vern Roemer, Kris Harper and Jeanne Tuma.

- 20th place — **K-Walkers**, 629 — Tina Hansen, Jane Hudson, Vicki Sheets, Leisha Carpenter, Cheryl Traub and Pam Bremenkamp.

The remaining teams and participants, along with their total mileage are listed in no particular order. They are:

- Harley Hoofers — 409.5 miles, Jacque Golemboski, Mark Golemboski, Velma Goodheart, Alyssa Goodheart, Elaine Koerperich and Traci Collins.

- Hot Footers — 437.15, Jessica Milton, Tina Harris, Sam Sabatka, Brenda Mattson, Elaine Ptacek and Tish Loker.

- Wellness Walkers — 590.5, Pat Erickson, Trudy Wilderman, Kathy Robert, Wanda Davis, Tina Schrick and Ruth Wolfram.

- Ambulating Bobbleheads — 408 miles, Terrilyn Fleming, Audra Fleming, Brewster Kellogg, Kelli Hankin, Leslie Focke and Joni Shellito.

- Alley-oop — 538.5 miles, Ross Carney, Cathy Carney, Lynn Marker, Kelly Marker, Carie Lilly and Chuck Plumisto.

- Bring up the rear-enders — 475.5 miles, Nancy Arendt, Patti Stephens, Wendy Sander, Tammy, Kathi Wright, and Julia Jennings.

- Downsize with Dr. Phil — 410.75 miles, Lora Volk, Sandy Diederich, Jane Waterman, Carolyn Robben, Melissa Regier and Carol Horinek.

- Fanny Farmers, 406.75 miles, Linda Sowers, Connie Renner, Bruce Bandy, Leatte Bandy, Bette Albers and Marilyn Hockersmith.

- Sole Mates — 424 miles, Mary Smith, Marcy Neff, Randall Neff, Kathleen O'Neal, Bev McCormick, and Virginia Hopper.

- Smooth Operators — 316, Donita Baird, Tracee Mackley, Carolyn Somers, Brenda Cress, Jane Keck, and Colleen Allen.

- Sassy Six — 449.2, Michelle Metten, Jennifer Sorenson, Amanda Wahlmeier, Jody Metcalf, Denita Rodgers, and Jacque Bedore.

- Reluctant Beautiful Moms — 308.5, Melinda Olson, April Dawson-Teeter, Lori Dickman, Sarah Reichart, Mint Culver and Jennifer VanNostrand.

- Prairie Dog Puffers — 561.5 miles, Sharon Steele, Janiece Dowell, Nancy LaPell, Bruce Frahm, Janice Frahm and Joe Leibbrandt.

- PGees — 412 miles, Relda Galli, Tracey Galli, Sally Peterson, Linda Pabst, Marie Skolout and Suzi Duncan.

- Peppy Steppers — 433.75, Judy Kennedy, Jessica Kennedy, Elsie Rietcheck, Alice Ziegler, Sue Draper and Kathy Elliott.

- Overbooked and Under Walked

- 591.35 miles, Amie Kendrick, Mark Kendrick, Jennifer Woofter, Mike Woofter, Anita Powell and Donna Juenemann.

- Live Wires — 406.75 miles, Darla Rice, Cheryl Evert, Jim Cech, Fritz Doke, Dwayne Randolph, and Sue Randolph.

- KLSRP — 455.85 miles, Patsy Evans, Kim Chain, Libby Curry, Leanne Juenemann, Rachel Juenemann and Sara Juenemann.

- Tot Trots — 762.5 miles, Susan Focke, Shawna Guard, Brandi Moore, Dona Kulhanek, Dana Schmid and Angie Moore.

- Tracksters — 197.5 miles, Marvin Pope, Cindy Pope, Rhonda Sabatka, Jordan Finnesy, Janet Myers, and Deanna Sulzman.

- Walk Abouts — 586.2 miles, Carol Diane Gerstner, Chris Gerstner, Diann Gerstner, Ann Siemsen, Al Gerstner and Kalyon Osthoff.

- Wesleyan Walkers — 375.5 miles, Joy Rothfuss, Ron Rodick, Kim Redick, Shari Oren, Janette Stuart and Pam Rundel.

- Trail Blazers — 613 miles, Janet Christiansen, Karen Reed, Doris Reed, Linda Roesch, Mandy Leitner and Kelly Dewey.

- The Shooters — 402 miles, Melinda Fikan, Lisa Stithem, Alicia Siruta, Debbie Applebaugh, Debbie Mariman and Terry Starns.

- The Flutterby's — 464.5 miles, Serena McCurdy, Sid Kamp, Brandi McCurdy, Charlotte McCurdy, Darrin McCurdy and Becky Felloelter.

- Motivators — 620 miles, Joan Ziegler, Marla Crumrine, Marsha Ziegler, Tennele Hankins, Laurie Ziegler and Casy Ziegler.

- One Size Fits All — 429.35 miles, Peg Tole, Larry Brenn, Rebel Jay, Ethan Jay, Katie Wahlmeier and Zach Golemboski.

- Sassy Six II — 457.51 miles, Becky Darling, Sara Ellicott, Jeanne Flak, Dan O'Brien, Lois O'Brien and Sally Patten.

- Spunky Speedsters — 501 miles, Monica Bugbee-Miller, Dee Depe, Dixie Synder, Pat Parker, Cindy Cersovsky and Cathy Callahan.

- Super Troope B — 568.5 miles, Carrie Bredemeier, Mark Bredemeier, Seth Bredemeier, Kortney Bredemeier, Thelma Thacker and Michelle Buffington.

- The Go Getter's — 334 miles, Shelley Barton, Penny Cline, Joni Ketchum, Shanna Cooksey, Andrea Fabrizius and Caitlin Cline.

- Thomas County Economic Development — 439.7 miles, Larry Barrett, Junelle Hills, Paul Steele, Steve Richards, Gerry Fulwider and Lamoreaux Fulwider.

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Restaurant's shareholders reject chicken killing changes in Kansas

OVERLAND PARK (AP) — For the second year in a row, shareholders of restaurant chain Applebee's International Inc. on Thursday rejected a proposal from animal rights groups calling for a more humane way to slaughter chickens.

People for the Ethical Treatment of Animals asked the company to begin providing quarterly reports on its suppliers' development of "controlled atmosphere killing," or CAK, which euthanizes chickens by gradually replacing their oxygen with inert gases.

Most slaughterhouses stun the chickens with electricity, which PETA claims often leaves the birds still aware when their throats are slit and their feathers are removed in boiling water.

The proposal received less than 5 percent of shareholder votes, Applebee's officials said during the company's annual meeting.

Last year, a similar proposal failed with less than 6 percent of the vote.

Applebee's says the technology, which is used in Europe, is still unproven but that the company will continue to monitor its progress.

Matt Prescott, a campaign coordinator for PETA, said the group will likely bring it back again next year.

PETA has proposed the change to numerous restaurant and food processing companies, including Wendy's, Hormel Foods Corp., ConAgra and McDonald's.

"Applebee's shareholders have had a chance to understand the benefits CAK would bring to the company," Prescott said after the meeting.

Shareholders also voted to add Rogelio Rebolledo, president and chief executive of Pepsi Bottling Group Mexico, to the board of di-

rectors. Lloyd Hill, Applebee's chairman and chief executive, told shareholders unhappy with last year's shrinking profits that the chain of 1,839 restaurants worldwide planned to revamp its marketing effort and change its menu more often.

"While we have no control over gas prices ... we are focusing on the

things we can control, which is our food," said Hill, who plans to step down as chief executive this summer, likely to be replaced by Dave Goebel, the company's president.

Shares of Applebee's, which have traded in a 52-week range of \$19.73 to \$28.41, fell 30 cents, or 1.3 percent, to close at \$23.42 on the Nasdaq Stock Market.

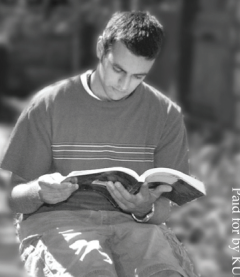
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