

Family

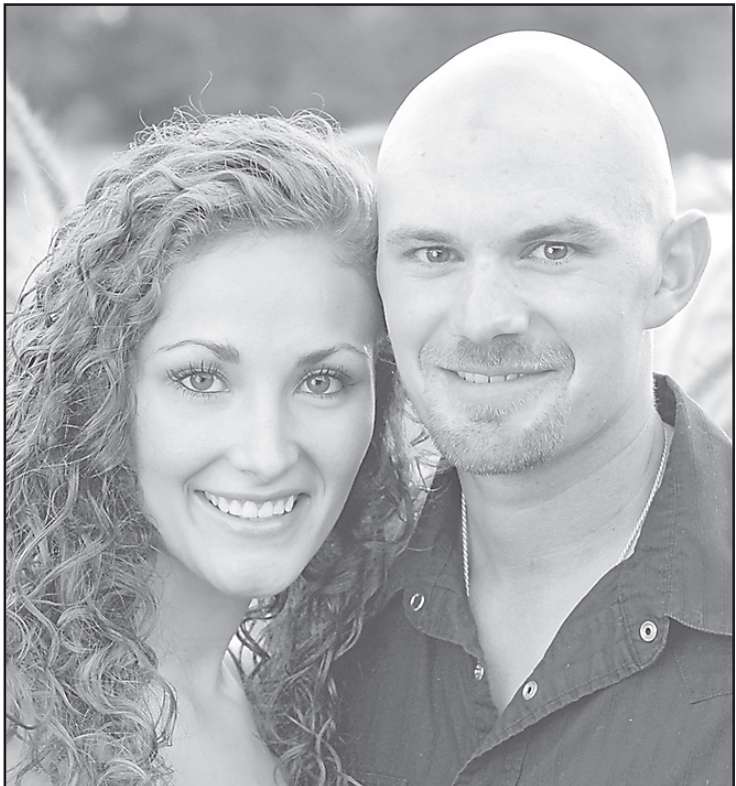
Colby couple planning wedding at Methodist church

Natasha Karah Fromholtz and Austin Thomas Herbel of Topeka plan to be married Saturday, Oct. 18, at the Colby United Methodist Church.

The future bride is a graduate of Colby High School. She earned an Associate of Arts degree in criminal justice from Colby Community College and will graduate in May with a Bachelor of Science degree in criminal justice and a minor in human services at the Washburn University in Topeka. She works at Victoria's Secret in Topeka.

The future groom, a graduate of Colby High School, served in the Marine Corps for four years and is a veteran of the Iraq war. He earned a building technology degree from Kaw Area Technical School and builds custom homes in the Topeka area.

Their parents are Shawn and Lisa Fromholtz and Butch Herbel of Colby, and Tom and Jeanine Hubbell of Lathrop, Mo.



Natasha Fromholtz and Austin Herbel

Obituary

Edith L. Carman

Edith L. (Brainard) Carman, 104, Selden, died Sept. 30, 2008, at the Sheridan County Hospital Long Term Care Unit in Hoxie.

She was born on the family farm northwest of Selden to William E. and Daisy (Dawson) Brainard and moved to Selden after her marriage to Carol Carman in 1920, remaining there until she moved to the nursing home in 1999.

A homemaker, she was a member of the Selden United Methodist Church, the United Methodist

Women and the Rebekah Lodge.

She was preceded in death by her husband; three brothers, Claude, William and Jesse Brainard; a sister, Dolly Wasson; a granddaughter, Candace McKee; two great-grandsons, Brian Walker and Riley Carman; and two sons-in law, Dorman Hill and Don Spurgeon.

She leaves a son, Stephen (Helen) Carman of Selden; three daughters, Barbara Spurgeon, Santee, Calif., Carol Hill, Selden, and

Theda (Fred) McKee of Hoxie; two sisters-in-law, Myrtle Carman of Oberlin and Evelyn Brainard of Goodland.; 17 grandchildren; 37 great-grandchildren; and 16 great-great-grandchildren.

Services will be at 2 p.m. Friday at the church with the Rev. Glenn Patterson officiating. Burial will be in the Selden Cemetery.

Visitation will be from 9 a.m. to 8 p.m. today and 9-11 a.m. Friday at Pauls Funeral Home in Selden and from noon to service time at the church.

Memorials may be made to church or the nursing home in care of the funeral home.

Winona graduate wins med school placement

Kysha Nichols, Winona, a biology student at Sterling College, has been selected for the Scholars in Rural Health Program, which assures her admission into the University of Kansas School of Medicine following graduation.

She is the daughter of Jerry and Rhonda Nichols of Winona.

The program selects only 16 undergraduate candidates each year.

To be eligible, Nichols had to be a Kansas resident with experience living in a rural area, high test scores, show intellectual promise, finish two years of college, and intend to practice medicine in rural Kansas.

She then had to undergo a rigorous application and interview process.

Nichols, a senior at Sterling, is described by Dr. Hong, associate professor of biology at Sterling, as "passionate about medicine." She spent the summer between her junior and senior years shadowing doctors.

To prepare her and to ensure medicine is a field she is truly interested in, the biology program at Sterling required Nichols to research rural medicine, spend time

with rural doctors and participate in a mock interview.

As a member of this program, she will spend a minimum of 40 hours per semester with an assigned rural doctor as her mentor. She will complete a manuscript reviewing a topic related to rural health service or clinical care and present it at the annual meeting of the Scholars in Rural Health.

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Church conference available on satellite

The General Conference of the Church of Jesus Christ of Latter-Day Saints will be Saturday and Sunday in Salt Lake City.

The program will be received via satellite at the Colby chapel, 1145 S. Franklin, from 11 a.m.-1 p.m. and 3-5 p.m. both Saturday and Sunday. Members will have a potluck at noon on Sunday. Everyone is welcome.

The conference will also be broadcast on the DISH network.

Markets

Quotes as of close of previous business day  
**Hi-Plains Co-op**

Wheat	\$3.14
Corn	\$4.47
Milo	\$6.80
Soybeans	\$8.93

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.

Governor's Energy Award goes to Midwest Energy for program

Lt. Gov. Mark Parkinson presented Midwest Energy with a Governor's Energy Award at the Kansas Wind and Renewable Energy Conference Sept. 23 and 24 in Topeka for its work in energy efficiency.

Midwest, a Hays-based cooperative, was the only utility in Kansas among the four category honorees.

The firm was cited for several energy-efficiency programs, including offering energy audits to customers since the 1980s, employing certified energy raters and its newest, the How\$mart program.

This program provides money for energy efficiency improvements such as insulation and high-efficiency heating and cooling systems. A monthly surcharge on the customer's utility bill covers the cost, and the surcharge is always less than the projected savings.

The Kansas Corporation Commission recently approved Midwest's request to offer the plan to all customers.

Four categories of awards given at the conference, including energy efficiency, energy leadership, renewable energy and energy education.

"We are honored to receive this award, which validates the critical role energy efficiency programs like How\$mart will play in reducing customer bills during

this era of rising costs," said Ear-nie Lehman, president and general manager for Midwest. "As a cooperative, we only work for our customers, not for investors. That's why our employees have worked directly with our customers to help them save money and energy long before it became an urgent need."

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FCHS nurses will check your blood pressure.

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**Tuesday, Oct. 7, 5:00 - 7:00 P.M. Dr. Kellogg**  
**Wednesday, Oct. 8, 5:00 - 7:00 P.M. Dr. Matchell**

**Family Center for Health Care**  
"Our Family Taking Care of Your Family."  
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After hours provider cell (785) 443-5171

**Dr. Bruce Kellogg** **Dr. Darren Matchell** **Luetta Flanagan ARNP** **Jenny Niblock ARNP** **Tricia Carney ARNP** **Tina Jallow ARNP**

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