

Family

Deaths

Agnes A. Davis

Agnes A. Davis 97, Newton, formerly of Colby, died Sunday, Jan. 16, 2011, at the Asbury Park Greenhouses in Newton.

She was born Aug. 4, 1913, in Angelus, the daughter of Anthony and Amelia (Ladenburger) Baalman.

On Oct. 29, 1935, she married Roland E. Davis.

She worked at Careful Cleaners in Colby and as a cook at Colby High School and Sacred Heart School in Colby. In 1980, she retired and moved to Newton to be closer to her family.

A member of the St. Mary's Catholic Church in Newton, she was active in the Daughters of Isabella and the altar society. With a love of sewing and crafts, she enjoyed making quilts for family and friends.

She was preceded in death by her husband, her parents, an infant child, a son, Gerald Davis, and three brothers, Gene, Leonard and Dave Baalman.

Survivors include a son, Robert Davis, and a daughter, Darlene

Davis, both of Newton; five sisters, Mathilda Flipsy and Isabel Berry, both of Oregon; Bernadette Hammond, Emporia; Orvella Schreiner, Dodge City; and Betty Vance, Bettendorf, Iowa; a sister-in-law, Janice Baalman, Grinnell; seven grandchildren; 17 great-grandchildren; and two great-great-grandchildren.

Services will be at 10:30 a.m. Thursday, Jan. 20, 2011, at the church in Newton, with the Rev. Jim Mainzer officiating.

Visitation will be from 4 to 9 p.m. Wednesday at the Petersen Funeral Home, 215 N. Main St. in Newton, with a rosary at 7 p.m. The family will be present from 7:30 to 8:30.

Graveside services will be at 1 p.m. Friday, Jan. 21, 2011, at the Sacred Heart Catholic Cemetery in Colby, with the Rev. Dana Clark officiating.

The family suggests memorials to the Newton church's school building fund, in care of the funeral home.

Clinton Lee 'Joe' Gordon

Clinton Lee "Joe" Gordon, 52, Hoxie, a cook, died Friday, Jan. 14, 2011, at the Sheridan County Health Complex in Hoxie.

He was born June 7, 1959, to Melvin and Dortha (James) Gordon in St. Maries, Idaho. His early years were spent in Oregon before he moved to Kansas. A cook by trade, he worked at Trish's Steakhouse in Hoxie until his health declined.

He was preceded in death by his parents and two brothers, Jim and Keith Gordon.

Survivors include five sons, Brandon Gordon and Anthony Chandle of Lawrence; Clinton L.

(Ofelia) Gordon, San Francisco; and Joseph Evans and Tyson Owings of Colby; two daughters, Kimberly Gordon and Shana Chandler, and his ex-wife, Stacy Gordon, all Colby; two brothers, Calvin Gordon, Eugene, Ore., and Lorn Gordon, Boise, Idaho; a sister, Torchy Brown, Las Cruces, N.M.; a brother-in-law and sister-in-law, Brian and Dawn Elliott, Hoxie; and six grandchildren.

No services. The family suggests memorials to the Clinton Gordon Memorial Fund in care of Mickey-Leopold Funeral Home, Box 235, Hoxie, Kan., 67740.

Thomas County Jail

Booked into the Thomas County jail:

- Leroy Yazzie Tallman, 35, Antonito, Colo., Jan. 7, driving under the influence, Thomas County Sheriff's Office, released Jan. 9 for time served.
- Jonathon William Gose, Chico,

Calif., Jan. 7, possession of marijuana with intent to sell/distribute, Kansas Highway Patrol, released same day on recognizance.

• Juan Benitez, 26, Goodland, Jan. 10, driving under the influence, Sheriff's Office, released last Wednesday for time served.

Keep challenging yourself



Diann Gerstner

• Knowledge for Life

This article is a continuation of the Lifestyle Challenge I talked about in my last article. I didn't realize that "Challenge" was going to be the "in" word for 2011.

The Chamber members playing the Harlem Ambassadors last week was the "Chamber Challenge." The new program promoting saving energy and the chance to win for \$100,000 for Colby is the "Colby Take Charge Challenge." Everyone must be up for a challenge!

I'm challenging you to eat healthy and exercise for a healthy life for 2011 and beyond.

I made assignments last time - weigh, measure, schedule exercise and find a partner or team to keep you inspired and accountable. Do you have all that done?

How are you doing on scheduling and actually doing the exercise? Scheduling can be the key - making daily goals and working to attain them. Many of us need to write down goals and make ourselves accountable each day, or the dreaded "tomorrow" may sneak in - and tomorrow never comes.

That is one of the many things I like about the online program "Small Steps to Health and Wealth Challenge" (there it is again!) created by Rutgers University Cooperative Extension. As seen in the title, this program focuses on improving your life by eating better, exercising more, paying off debt and saving money.

Achieving these goals takes daily actions. That's where the challenge can help. Yes, the next step in the Thomas County Healthy Lifestyle Challenge is to challenge you to take another challenge.

This program can be used any time, but if you want to participate in the challenge, it started this week and runs for six weeks to Saturday, Feb. 26. It is free and open to anyone who enrolls. Go to njaes.rutgers.edu/sshw/ to set up a user name and password and download a simple one-page user's guide with instructions. The challenge is based on 10 daily recommended practices - five for health and nutrition and five for financial management. Each is worth 10 points for a maximum of 700 per week.

The five daily health and nutrition practices include:

- Eat at least four cups of fruits and vegetables.
- Get at least 30 minutes of exercise.
- Drink water or unsweetened beverages instead of sugary drinks.
- Walk 10,000 or more steps with a pedometer.
- Learn something new about health and nutrition.

The five daily financial practices include:

- Save a \$1 bill (or more) and/or pocket change.
- Invest \$5 or more per day (including automated retirement savings plan deposits).
- Track money spent throughout the day.
- Eat lunch prepared at home rather than eating out.
- Learn something new about personal finance.

nance.

The last item - learning something new about both health and finance - can be accomplished by visiting websites, attending seminars or by reading, listening to or viewing media reports.

As users enter their data in website, they will see their point totals for each day of the week and for each of the 10 activities. They'll also see a bar graph that compares their personal progress to the average scores of everyone participating in the Challenge.

Doing even a few of the 10 recommended daily practices is a great way to get started on the path to better health and increased financial security. As part of our Thomas County Healthy Lifestyle Challenge, I hope you will join the Small Steps to Health and Wealth Challenge! and at least strive for change with the five daily health and nutrition practices.

I won't be able to dedicate all my articles to this program, so please sign up for the free e-mails with more information and ideas to help you as you strive for a healthy lifestyle. Call the Thomas County Extension Office (785) 460-4582 (we have an answering system, so feel free to call anytime of day or night) or e-mail me at diann@ksu.edu. All I need is your name and the e-mail address. Should you change your mind, all you have to do is call or e-mail that you would like to be removed from "The Challenge" list. Give us a try.

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

Small amounts build emergency fund

Car repairs, broken glasses or an illness may all come at inopportune times.

Life can be unpredictable and costly, said Carol Young, Kansas State University Research and Extension financial management specialist, who advises building an emergency fund to help cover unexpected expenses that often occur when least expected.

While saving the equivalent of several weeks or months wages is the ideal goal to create some financial security, having as little

as a few hundred dollars available may be all that it takes to relieve immediate financial pressures without having to borrow and pay added interest at the bank or run up a balance on a credit card with a high interest rate, Young said.

To get started, Young recommends using gift money, overtime wages or an income tax refund to jump start new emergency savings, or increase an existing fund.

Setting aside a dollar a day will increase savings by \$365 annually, and saving \$10 a week will

generate \$520 for an emergency fund in a year, said Young, who offered key points in building an emergency fund:

- 1) Start today.
 - 2) Make the contribution automatic from checking to a savings account each payday.
 - 3) Keep up contributions to your most important investment - you.
- Knowing some emergency funds are available can help relieve the stress of emergencies and help create a healthy money-saving habit for life, Young said.

Markets

Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat (bushel)	\$7.41
Corn (bushel)	\$5.94
Milo (hundredweight)	\$10.17
Soybeans (bushel)	\$12.88

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.

Welcome

Sukchan Lee, MD Newest Member of the HaysMed Orthopedic and Sports Medicine Team



HaysMed Orthopedic Institute welcomes Dr. Sukchan Lee, orthopedic surgeon. A native of Seoul, South Korea, Dr. Lee was educated in New Zealand and earned his undergraduate and medical degrees from the University of Auckland School of Medicine, Auckland, New Zealand. He is a Fellow of the Royal Australian College of Surgeons (Orthopaedic Surgery). He completed an internship in surgery and served as orthopaedic registrar at Auckland City Hospital prior to coming to the United States. He has held clinical and research fellowships in orthopedic trauma and arthroplasty in Portland, Maine and Boston, Massachusetts. He is a Harvard Fellow and has published clinical research on spine and pediatric orthopedics.

Dr. Lee joins a specialized orthopedic team unparalleled in knowledge and skill in the diagnosis and treatment of conditions affecting the body's muscles, joints and bones:

- Foot and ankle
- Hand and wrist
- Hip
- Knee
- Pain management and rehabilitation
- Shoulder and elbow
- Spine
- Sports Medicine

For more information about HaysMed's orthopedic services, call 785-261-7599 or ask your primary care physician.



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Adoption is when a child grows in its Mommy's heart instead of her tummy. ♥

Congratulations to Jalyn Marie Moore and her family on the finalization of her adoption on January 17, 2011!

Jalyn is the beloved daughter of Lucas and Christin Moore, the granddaughter of Glenn & Christine Griffin and Juanita Singh, and the great-granddaughter of Melda Moore, Dewey & Lola Mae Griffin, and Dean & Carol Steward.



January 29, 2011

Comfort Inn
Convention Center
Colby, Kansas

PHEASANTS
forever

**KANSAS PIONEER CHAPTER
27th ANNUAL BANQUET
PROGRAM**

5:00 - 6:00 p.m. Social Hour & Preview
6:00 p.m. Dinner

Auctions, Drawings & Raffles Follow Dinner

SPECIAL DRAWING

- Stoeger M2000, 12 ga.
- Beretta 3901, 12 ga.
- Henry Golden Boy, 22
- Weatherby 243
- CZ Woodcock, 20 ga.
- Flatscreen TV
- Donated by: F & M Bank
- \$250 Cash
- Donated by: F & M Bank
- Whole Hog -
- Donated by: NW KS Telecom, Colby Livestock and Mike's Locker

Ticket Donations: \$5.00 per ticket,
3 tickets for \$10.00 or 10 tickets for \$20.00.
You need not to be present to win.

DRAWINGS INCLUDE:

- Firearms
- Prints
- Merchandise

Kids' Special Raffle Table

- Youth Gun Drawing & Lifetime Hunting License

For kids under 16 years of age

Ladies' Table

AUCTION ITEMS INCLUDE:

- Guns
- Framed Wildlife Prints
- Knives
- Plus Lots More

For Banquet Tickets, Contact:

Justin Foss at 460-7798 or **Buddy Van Horn** at 460-2181
or write P.O. Box 205 - Colby, Kansas 66701