

# Family

## Sweet lesson goes with walking plan

Well, Walk Kansas is underway! All you very-last-minute people have until Thursday to get your team registered, registrations will not be accepted after 5 p.m. Thursday. This is Walk Kansas' 10th anniversary – let's make it the biggest and best yet. Hope to see you all out walking your way to better health.



**Diann Gerstner**

• Knowledge for Life

of your kids or grandkids. Cooking is a wonderful activity for children. They can learn about ingredients, how to measure, cooking terms and more while enjoying stirring, scraping, kneading and tasting. And of course it is a win for the receiver of your tasty home baked item.

Next I want to let you all know about the sugar lesson I have coming up. I will be presenting a *Knowledge at Noon* lesson, "Sugar: More Than Just a Sweetener" from noon to 1 p.m. on Tuesday, March 29, at the Thomas County Complex Meeting Room, 350 S. Range. Bring your lunch if you like and join us to learn more about sugar and sugar substitutes.

Sugar serves many purposes in foods. In many cases, artificial sweeteners are used to replace sugar. However, artificial sweeteners do not have the ability to replace all the roles of sugar in the chemical reaction in foods. This lesson will cover the functions of sugar and the variety of sugars and artificial sweeteners available. We will look at and taste different products – cake and lemonade – comparing sugar substitutes. Hope to see you all there.

Last but not least, March is Bake and Take month. The Kansas Wheat Commission and the Home Baking Association work together on Bake and Take Month to promote home baked goods and encourage friendly acts whether it is between friends and family, businesses, or individuals and businesses.

It's simple: make your favorite homemade baked good and share it with the person or business of your choice. Attach a label letting them know you appreciate their friendship, support, their mission as a business etc. and that they are receiving the baked item as part of Bake and Take Month, then deliver it.

It can be a win-win situation. You get to enjoy getting in the kitchen and baking up some of your favorite baked items. It can be a stress release time – take your aggressions out on a yeast bread dough. Or make it a family time and make your items with the help

Participants who share their stories of the Bake and Take experience with the Kansas Wheat Commission by Saturday, April 16, can be entered into a random drawing for a Home Baking Association gift basket, plus the popular "Baking with Friends" cookbook by Kansas authors Charlene Patton and Sharon Davis. The Kansas Wheat Commission also will give away its "Kansas Gold" book, a 50-year history of the Kansas Wheat Commission complete with historical recipes. To be eligible for the book bundle prize pack, participants should visit [www.kansaswheat.org](http://www.kansaswheat.org) and under the "Consumers" section, click on Bake and Take Month for a brochure and entry form. For a hard copy of the entry form, write to Kansas Wheat, 217 Southwind Place, Manhattan, Kan., 66503.

Contest participants should include the following information: name, organization (4-H club, church group, etc.), phone number, mailing address and a note describing the Bake and Take activity. Entries must be postmarked by April 16.

Get out there and start walking and enjoy sharing some baked goods.

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

## Jam session this Sunday at Deines Center

The monthly jam session/pot luck regularly held at the Deines Cultural Center will be this Sunday at 820 N. Main in Russell. Musicians start to gather at 3



Daniel Amos Johnson and Lindy Rene Lister

## Wedding planned at Wesleyan Church

Daniel Amos Johnson of Colby and Lindy Rene Lister of Dover plan to marry Saturday, April 30, 2011, at the Colby Wesleyan Church.

The bride is the daughter of Larry and Penny Lister of Dover. She graduated from Wabunsee High School in Alma in 2008 and from Colby Community College in 2010 with an Associates of Applied Science degree in nursing. She works

at Colby Care Center as a nurse and minimum data set coordinator.

The groom is the son of Michael and Evelyn Johnson of Colby. A 2006 graduate of Golden Plains High School in Rexford, he is the father of Emily and Elizabeth Johnson. He works at Oakley Ready Mix and Machine shop and does part-time maintenance at Colby Care Center.

## New orthopedic surgeon joins Hays medical group

HAYS – Dr. Sukchan Lee, an orthopedic surgeon, has joined the staff of the HaysMed Orthopedic Institute.

A native of Seoul, South Korea, Dr. Lee was educated in New Zealand and earned undergraduate and medical degrees from the University of Auckland School of Medicine.

He is a fellow of the Royal Australian College of Surgeons in Orthopaedic Surgery. He completed an internship in surgery and served as orthopedic registrar at Auckland City Hospital prior to

coming to the United States.

Dr. Lee has held clinical and research fellowships in orthopedic trauma and arthroplasty in Portland, Maine, and Boston. He is a Harvard Fellow and has published clinical research on spine and pediatric orthopedics.

He joins a team at Hays Orthopedic Institute that includes Drs. Robert L. Bassett, Alex F. DeCarvalho, Daniel D. Divilbiss, Vivek Sharma and Frederick R. Smith.

For information, call (785) 261-7599.

p.m. A covered dish supper begins at 5 p.m. Music continues into the evening. Anyone wishing to join in the pot luck is asked to bring

food to share.

For information, contact Nancy at the center, (785) 483-3742 or [deinescenter@russellcity.org](mailto:deinescenter@russellcity.org).

## Deaths

### Duane Saddler

Duane Saddler, 78, Colby, died today, March 16, 2011, at Hays Medical Center. Services are pending with the Kersenbrock Funeral Chapel in Colby, 462-7979.

## Check charities first, says Attorney General

In light of last week's tragedy in Japan, Kansas Attorney General Derek Schmidt is advising consumers to use caution when giving to charities.

"Kansans are by nature generous and caring people," Schmidt said. "We know that caring for our neighbors extends far beyond the boundaries of our communities. However, we must also be aware that there are scam artists who would take advantage of this kindness."

Schmidt's office offers tips for giving to charities.

• Ask for written information, including how much of the money raised is actually used for charitable purposes and how much will end up in the hands of the professional fund raiser.

• Be careful with telemarketers requesting contributions – often the telemarketer keeps a substan-

tial portion of the donation.

• Do not be pressured into making a contribution or pledge.

• Do not feel obligated to send a donation to charities that send key chains, greeting cards, mailing labels, etc.

• Make certain the charitable organization actually serves the need it claims to serve.

• Ask for financial statements of the organization to determine who will benefit from the donations.

Kansans can also find information on charitable organizations registered in Kansas by visiting [www.kscharitycheck.org](http://www.kscharitycheck.org) or by calling (785) 296-4564.

If consumers feel they may have been the victim of a scam, they are urged to contact the attorney general's office at (785) 296-3751 or (800) 432-2310. They can also file a complaint online at [www.ksag.org](http://www.ksag.org).

## Golf tourney for charity

The American Legion Auxiliary Department of Kansas invites golfers to a benefit tournament on Saturday, May 7, at the Firekeeper Golf Course in Mayetta.

Proceeds will support outreach efforts, including purchasing comfort items for the Veterans and Soldiers facility in Kansas.

Two flights will be allowed, with "shotgun scramble" starts at 8 a.m. and 1 p.m. Registration is \$85.

For sponsorship or play information, contact Karon Cook at (785) 286-2134 or at [kckkaron01@sbcglobal.net](mailto:kckkaron01@sbcglobal.net). Applications can be downloaded at [www.kslegionaux.org](http://www.kslegionaux.org). Click on golf.

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## Markets

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

Wheat (bushel)	\$6.42
Corn (bushel)	\$5.65
Milo (hundredweight)	\$9.71
Soybeans (bushel)	\$11.40

## 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.



**LOCAL FACT:**  
There are over 200 families living in poverty right here in Thomas County.

*Helping*

**CHS**

*Fight*

**CHS Harvest for Hunger**

March 1-18, 2011

*Hunger*

Donations of Non-perishable food items are accepted at **Colby CHS Inc., Brewster CHS Inc., Colby Public Schools, Sacred Heart School, Dillons, Dollar General, Pioneer Memorial Library, Farm Credit, Brewster School Office & Brewster Grocery.** Please bring all financial contributions to Colby or Brewster CHS Inc.

*Financial contributions are tax deductible.*

For every pound of food or dollar donated, CHS will donate back to our community food shelf. The more we collect the more our community benefits.

**National Quilting Day**  
March 19

**Sale ABRATION**  
March 17, 18, 19  
9 a.m. - 5:30 p.m.

**Interior Connection**  
**Quilt Cabin**

1525 S. Range • 462-3375

**Lenten Seafood Buffet**  
Fridays during Lent

**CITY LIMITS BAR & GRILL**

Featuring a large selection of seafood  
**785-462-6565**

The Oakley Area Chamber of Commerce's  
26th Annual Consumer Extravaganza  
**Home and Garden Show**  
Saturday, March 19, 10 a.m. - 4 p.m.  
Sunday, March 20, Noon - 4 p.m.

**Location:** Logan County 4-H Building, corner of 2nd and Kahler  
**Drawings:** \$300 in chamber cash to be given away (12 - \$25 winners - 1 winner every hour) • Oakley Ambassadors drawing of Grill Zone gas grill, Kids pedal Tractor (choice of John Deere or Case IH), and \$100 in chamber cash.  
**Food:** Weavers BBQ will be there both days

**Exhibitors include**  
City of Oakley, Daylight Donuts, Scentsy, Celebrating Home, Kansas On-Line Learning, Lush Lawn Sprinklers, Discount Siding, Schertz Grazer Sales, The Crafty Nut Hut, Watkins, Osborne Books, Oakley Implement, Hinkle Termite, Farmers State Bank, Viero Wireless, Woodbridge Home Exteriors, Logan County Healthcare Foundation, Cute as a Button, Oakley Redi-Mix, Oakley Implement and Oakley Motors.

This could be the **Opportunity** You've been waiting for...

The Colby Free Press is looking for a **FULL TIME ADVERTISING EXECUTIVE** to sell advertising for Nor'West Newspapers. The work week would be 40 hours with occasional evening and weekend duties. Computer skills with Excel, Photoshop, InDesign, and Acrobat helpful but not necessary. Must have good communication skills, and excellent customer service skills with attention to detail.

Send a letter and resume to Steve Haynes, Publisher, at 155 W. Fifth St., Colby, Kan., 67701 or [s.haynes@nwkansas.com](mailto:s.haynes@nwkansas.com)

**COLBY FREE PRESS** 155 W. Fifth St • 785.462.3963

**Happy St. Patrick's Day**

**Serving Cornbeef and cabbage**

**Thursday**  
All Day, All You Can Eat for just \$6.75!

**Friday**  
Green Beer Live Music

**Come enjoy the St. Patrick's Day Specials!**

**TWISTERS Bar & Grill** 785.460.7888  
735 E. College Dr.