

Deaths

Elwood L. Bailey

Elwood L. Bailey, 86, Norton, a retired Jennings farmer, died Saturday, Jan. 14, 2012, at the Andbe Home in Norton.

He was born Jan. 13, 1926, in Kanona, the son of Elvin and Mabel (Rohan) Bailey, and attended schools in Kanona and Jennings.

During World War II he served in the Army.

On April 9, 1947, he married Norine Fiala in Oberlin. They lived in Jennings until November 2008, when they moved to Norton.

He was a member of the American Legion, the Veterans of Foreign Wars, the Eagles Lodge and the Immaculate Conception Catholic Church in Leoville.

Preceding him in death were his parents and two brothers, Francis Bailey and Elmo in Bailey.

Survivors include his wife, Nor-

ton; a son, Charles Bailey, Beloit; a daughter, Debbie (David) Graham, and a sister, Geraldine Parker, both of Norton; two sisters-in-law, Mary Carper, Jennings, and Marguerite Bailey, Oberlin; five grandchildren; a step-grandson; and eight great-grandchildren.

Services will be at 10:30 a.m. Wednesday, Jan. 18, 2012, at the church in Leoville, with the Rev. Mark Berland officiating and burial in the Jennings Cemetery.

Visitation will be from 8 a.m. to 4 p.m. Tuesday at Pauls Funeral Home in Oberlin and from 5 to 8 p.m. at the church. A vigil service will begin at 7 p.m. at the church.

The family suggests memorials to the Jennings American Legion Post or the nursing home, in care of the funeral home, 121 N. Penn, Oberlin, Kan., 67749.

Help available for heating costs

The Kansas Department of Social and Rehabilitation Services will be accepting applications for the Low Income Energy Assistance Program beginning Wednesday through Friday, March 30.

The program provides an annual benefit to help qualifying households pay winter heating bills. Individuals with disabilities, elderly persons, and families with children are the primary groups assisted. An average benefit of \$262.88 was provided to 62,000 households in 2011.

To qualify, applicants must be responsible for direct payment of their heating bills. Persons with incomes within the following guidelines may receive benefits:

Household size	Monthly income
1	\$1,180
2	\$1,594
3	\$2,008
4	\$2,422
5	\$2,836

Add \$414 for each additional person.

The level of benefit varies according to household income, number of persons living at the address, type of dwelling, type of heating fuel, and utility rates. Applicants must demonstrate they have made payments on their heating utility bill two out of the last three months and those payments must be equal to or exceed \$80 or the total balance due on their energy bills whichever is less.

Applications for the program have been mailed to households who received energy assistance last year, along with other low-income families, including those who received assistance in December.

Applications are available at local offices or can be requested by calling toll-free (800) 432-0043. Visit www.srs.ks.gov to apply online.

Activity has fast benefits

Resolution season is upon us and according to an expert at Baylor College of Medicine, something is better than nothing when it comes to diet and exercise changes.

“Physical activity helps you feel better immediately – it increases your sense of well-being,” said Dr. John Foreyt, professor of medicine and director of the Behavioral Medicine Research Center at Baylor. “You feel great after a brisk walk. That feeling can lift your spirits throughout the day and can help you stay on a healthier diet, get your work done more efficiently and enhance your overall mood. Regular physical activity is one of the most important behaviors we can do to improve our overall physical and mental health.”

According to Foreyt, the benefits of regular physical activity include weight control and reducing the risk of cardiovascular disease, type 2 diabetes, high blood pressure, metabolic syndrome and even some cancers. Exercise also helps strengthen bones and muscles, improves libido, reduces depression and anxiety and aids in getting a good night’s sleep.

For those just starting out, Foreyt recommends starting slowly and gradually increasing the

amount of exercise. Most guidelines say that about 30 minutes of brisk walking five days a week can significantly improve health and well-being.

“But any amount of physical activity is better than none at all,” said Foreyt. “The best exercise is the one you are willing to do. For most, brisk walking is the exercise of choice. It is easy, cheap, convenient and effective in improving our health.”

Foreyt recommends doing as much physical activity as your body lets you, and resting when you need to. He also recommends talking to a doctor before beginning a new exercise routine, especially if you have a chronic health condition such as diabetes, arthritis or heart disease.

Incorporating dietary changes to the routine is the next piece of the puzzle. To lose weight, dietary changes have to go along with physical activity.

“The secret of achieving and maintaining good health is to incorporate small behavioral changes into our lifestyle that we can live with. Take it one day at a time. Regular physical activity is one major key to a long, healthy life,” said Foreyt.

Kansas Day to be honored

The Fort Hays State Historic Site will hold a Kansas Day event Friday, Jan. 27, to mark the 151st anniversary of Kansas statehood, Jan. 29, 1861.

Schools and homeschooling groups are encouraged to attend this free event and may call Fort Hays at (785) 625-6812 for infor-

mation or to reserve a spot. Fort Hays is located four miles south of I-70 exit 157 at Hays.

Rexford kids making the rounds to get 4-H pizza orders signed up



Gwen Griffiths

• Rexford Correspondent



Local Brownie girls created posters for Girl Scout cookies sales.

ership group from Celebration Community Church in Hays spent Friday and Saturday at Shepherd’s Staff. They spent time looking back at the previous year, planning for the upcoming year – and playing paintball. They had a great time out on the paintball field.

A group of about 30 middle school youth also spent Friday evening and part of Saturday at Shepherd’s Staff. They are from Lutheran churches all over western Kansas and came to study the Lord’s Prayer.

The Girl Scouts will be out making sure that we all can get our yearly intake of sugar soon. They will start selling cookies

on Saturday. They kicked off the selling period with a special meeting Sunday. Girls of all ages got to taste this year’s flavors, play games with the cookies, and make posters. People can purchase for themselves, and/or donate some to the troops or local food pantries. If you need a girl to stop by, email selden.girlscouts@yahoo.com.

So that’s what has been happening in Rexford this week. If you have something newsworthy going on, please call me at 687-2076 or e-mail griffithsgang@gmail.com. I’d love to include your news.

Have a great week!

Veterans of Foreign Wars Ladies’ Auxiliary

The Ladies’ Auxiliary to the Veterans of Foreign Wars met Wednesday, Jan. 11, at the Post home, with President Anita Thiel chairing.

Following roll call, opening prayer was offered, followed by reading of patriotic instructions and the flag salute.

The chaplain offered prayers for prisoner of war/missing in action veterans, women veterans and hospitalized veterans.

Minutes were read and approved and bills allowed for payment.

Correspondence included general orders, the president’s message, a thank you from the Leavenworth veterans hospital and a letter from Department President Kelly Brown requesting support for cancer aid and research.

The legislative chairman reported three petitions signed and sent to legislators concerning Social Security legislation. A letter was read about legislation priorities in 2012.

Poppy chairman reported \$53 received for

poppies on Veterans Day.

The chaplain reported the death on Jan. 7 of Helen Hagler.

Fifteen Christmas cards were sent to veterans in local nursing homes, according to the hospital report.

The membership chairman reported that according to the department president’s letter, dues not paid by Jan. 1 for the 2011-2012 year made the member not in good standing and cancelled their cancer insurance. Such members need to reinstate their standing right away by contacting Rosalee Seeman, 462-2133 or at 1855 W. Fifth in Colby.

Publicity reported the previous meeting item in the *Colby Free Press*.

Thiel reported the Ninth District of western Kansas got first place among the Kansas districts in the brief and T-shirt campaign to supply those items for the Leavenworth Veterans Administration hospital.

Thiel researched the Snowball Express program. She reported it was instituted in 2006 to honor deceased veterans and do something for their families. Many businesses have joined in the program and many celebrities support it along with the American Legion, Veterans of Foreign Wars posts and their auxiliaries. Several airlines have joined the effort and freely make planes available to fly families many places.

Discussion was held about bingo night and the need for volunteers to work on Sunday nights at the concession stand since it is the only source of funds for the auxiliary. Members are asked to step forward.

National home prayer was offered and the meeting closed with ritual prayer.

The next meeting will be at 5 p.m. Wednesday, Feb. 8, at the Post home.

— Hazel Duffey

Fort Hays to recognize students in Colby

This year’s edition of Fort Hays State University’s annual 13-city, two-month Student Recognition Program will end in Colby on Monday, March 5. The focus of each event is the recognition of scholarship winners.

High school juniors and seniors and transfer students in Kansas, Nebraska and Colorado have been invited to an event in their area. The Colby event will be at 6:30 p.m. at Colby High School, 1890 S. Franklin. Pizza will be served. The deadline for reservations is Thursday, March 1.

Any student who lives outside the area is welcome to attend the

nearest program, but must make a reservation by calling (800) 628-FHSU (3478) or (785) 628-5666 or at www.fhsu.edu/admissions/srp.

Fort Hays alumni in each town will hold a reception, with a dessert or pizza buffet, provided by the Alumni Association. Students and their parents can mingle with faculty, staff and administrators and area alumni before and after the presentation. Alumni and others who are interested also are invited.

Scholarships to be awarded include the \$1,200 Miller Black and Gold Academic Award and the

\$800 Hays City Silver Academic Award. Both are renewable provided students keep their grades up. Also to be awarded are the \$2,000 Presidential Scholarship, the \$700 Fort Hays Bronze Academic Award and the \$500 Copper Academic Award, all one-time scholarships for incoming freshmen and the \$1,000 Transfer Student Scholarship.

Students can also receive \$500 or \$900 Academic Opportunity Awards, given to scholars by academic departments.

President Edward H. Hammond will give a presentation and there will be two drawings – one for a

\$400 Student Recognition Program Scholarship and another for a laptop computer. Four \$400 scholarships will be awarded at the reception in Hays.

Students from nine Kansas counties, two in Colorado and four in Nebraska are invited to the Colby event: Cheyenne, Decatur, Gove, Logan, Rawlins, Sheridan, Sherman, Thomas and Wallace in Kansas, Cheyenne and Kit Carson in Colorado, and Chase, Dundy, Hayes and Hitchcock in Nebraska.

High school art to be on exhibit in Logan

The Dane G. Hansen Memorial Museum, Logan, will exhibit its 35th Annual High School Art Exhibit from Friday, Feb. 10, to Sunday, March 11, featuring works by students from area schools.

Student contributions will be displayed by category, including watercolor and tempera, ink and scratch board, oil and acrylic, sculpture and 3-D, pencil and drawing, graphic design, jewelry, ceramics, colored pencil, print making, pastel, crayon, charcoal and mixed media.

Schools invited to participate in this year’s exhibit are Norton, Palco, Stockton, Smith Center, Logan, Phillipsburg, Hill City, Grainfield, Ellis, Osborne, Plainville and WaKeeney.

Museum hours are 9 a.m. to noon and 1 to 4 p.m. Monday to Friday, 9 a.m. to noon and 1 to 5 p.m. Saturday and 1 to 5 p.m. Sunday and holidays. Admission is free. For information, call Shirley Henrickson at (785) 689-4846 or go to www.hansenmuseum.org.

Man tried purchase with million-dollar bill

LEXINGTON, N.C. (AP) – Do you have change for a million-dollar bill?

Police say a North Carolina man insisted his million-dollar note was real when he was buying \$476 worth of items at a Walmart.

Investigators told the *Winston-Salem Journal* (<http://bit.ly/u7ZrEN>) that 53-year-old Michael Fuller tried to buy a vacuum cleaner, a microwave oven and other items. Store employees

called police after his insistence that the bill was legit, and Fuller was arrested.

The largest bill in circulation is \$100. The government stopped making bills of up to \$10,000 in

1969.

Fuller was charged with attempting to obtain property by false pretense and uttering a forged instrument.

Markets

Quotes as of close of previous business day		
Hi-Plains Co-op		
Wheat (bushel)		\$6.20
Corn (bushel)		\$5.83
Milo (hundredweight)		\$9.95
Soybeans (bushel)		\$10.15

Corrections

The name of Isabel Rosales was misspelled in the Colby Middle School honor roll on Page 5 of the Friday, Jan. 13, *Colby Free Press*. This was due to incorrect information provided to the newspaper.

☆☆☆☆

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

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