

Babies



Syler Rorric Rhymer

Syler Rorric Rhymer, son of Josh and Cassandra Rhymer of Colby, was born Thursday, Aug. 30, 2012, at Citizens Medical Center in Colby. He weighed 6 pounds, 15 ounces and measured 19 3/4 inches.

He was welcomed home by sisters Makenzi and Cambria and brother Xander.

Grandparents are Butch and Barbara McPhail of Cimarron, Nancy Wicker of Rochester, Ind., and Roger Rhymer of Mooreland, Okla.

Great-grandparents are Rosemary Smith Ashford of Cimarron and Dean and Verna McPhail of Ashland.

Dalton Gauge Weinman

Dalton Gauge Weinman, son of Dan and Lori Weinman of Colby, was born Tuesday, Aug. 7, 2012, at Citizens Medical Center in Colby. He weighed 9 pounds and measured 21 inches.

Brother Ethan Michael Weinman welcomed the baby home.

Grandparents are Wanda and the late Rex Harkness of Scott City and Tom and Bonnie Weinman of Phillipsburg.

Great-grandparents are Lula Russell of Scott City and Elizabeth Weinman of Hays.



Dalton W.

Developmental Services plans awards luncheon

Developmental Services of Northwest Kansas will hold its annual awards luncheon at noon Tuesday at the Ellis County Fairgrounds in Hays.

Awards will be given out to employees for years of service. Recognition will also be made for the

achievements made by men and women in the agency's services. Special awards to several businesses and organizations for their support and the employment opportunities they provide for persons with disabilities will also be a part of the afternoon activities.

Fall courses to range from coupons to riding

Four short seminars are being offered by Colby Community College beginning Tuesday, Oct. 2.

The community enhancement seminars include Horsemanship, Basic Computer, Couponing 101 and Tribal Belly Dancing. Cost is \$20 each. The fee for participants 65 and older will be paid by the Thomas County Area on Aging Senior Grant.

Horsemanship, taught by equestrian team Assistant Coach Elizabeth Kinnally, will be held from 5:30 to 7:30 p.m. on Tuesdays and Thursdays from Oct. 2 through Oct. 30 at the college farm. The sessions are for beginners who want to learn to ride or experienced riders who want to improve their skills. The college farm is located at 2000 County Road 23, east of Colby on U.S. 24 and then north.

Tribal Belly Dancing will be offered from 6 to 7:30 p.m. each Thursday beginning Oct. 4 through Nov. 29 (no class on Nov. 22). The seminar, taught by Heidi Bulfer, will be held on the Cultural Arts Center stage. Tribal belly dancing is an improvisational, group-based dance that celebrates people of

all shapes and sizes. This course will teach students the core slow and fast moves that make up the foundation of the dance. Students will use these skills to create fun and improvised dances in small groups.

Basic Computer Skills will be offered from 10 a.m. to noon on Saturdays beginning Oct. 13 through Nov. 17 in Bedker Memorial Complex, room 706. Taught by Julie Rieke, this seminar offers the opportunity to learn the basics of using a computer including searches, setting up an email account, email attachments, word processing and Facebook.

Couponing 101 will be offered from 7 to 8:30 p.m. Mondays Oct. 22 and 29 in Bedker Memorial Complex, rooms 704 and 705. This seminar, taught by Linda Nelson, will explore realistic methods to save money utilizing newspaper as well as digital coupons. Participants will learn about print-at-home coupons and shopping online.

For information or to register, call Penny Cline at 460-5404 or e-mail penny.cline@colbycc.edu.

Grand Canyon deaths down

PHOENIX (AP) - As the summer season wraps up, deaths are down at Grand Canyon National Park in northern Arizona in 2012, with officials reporting that eight people have died at the park so far this year.

That compares to 21 fatalities last year, the highest number in a decade. The 10-year average from 2002 to 2011 is 13 deaths.

The Arizona Republic (bit.ly/S2C2x2v) says most Grand Canyon deaths are accidental, including falls, drownings and heatstroke. Suicides are recorded every year.

Dr. Tom Myers worked full time at the Grand Canyon Clinic for 22 years and is co-author of a book that looked at almost 700 deaths at the natural wonder.

Ninety percent of the deaths result from people "who overestimate their own ability and underestimate the Canyon," Myers said.

He said these victims "are ignorant by choice," paying no attention to warnings about the difficulties of hiking the Canyon and the dangers of getting too close to the edge.

"Desert canyoneering is brutal," Myers said. "It's not like jogging on the beach in San Diego."

TAKE A SMALL STEP TO GET HEALTHY www.smallstep.gov



Focus on stone fruit shows health values

One of the major health goals for America is to improve the American diet.

The new "My Plate" stresses that half of the plate should be fruits and vegetables. In addition to the fiber and many wonderful vitamins, minerals and antioxidants found in fruits and vegetables, most are also low in fat and calories. By filling up on them you may be less likely to have room to overeat the other high calorie and high fat foods.

Speaking of fruits, I want to encourage you to take advantage of the peaches, plums and other "stone" fruits that are still available for a good price, but reaching the end of their season. Current research indicates there are more reasons to love these stone fruits.

Not that most of us need convincing to indulge in plums, nectarines and peaches, but new Texas A&M research suggests compounds in these delicious fruits may fight metabolic syndrome, a cluster of symptoms such as obesity and hypertension that can lead to heart disease and diabetes.

Scientists found four major types of antioxidant phenols in the fruits that attack the syndrome on different fronts, including fat cells, arterial health and inflammation. Another great reason to make sure you include peaches or other stone fruit in your diet. Too bad I didn't see this information sooner. The Catholic Youth Organization could have used it to promote the sales of their peaches. I guess they can use it next year.

Back on topic, since there is new emphasis on fresh fruits and vegetables, I'm sometimes asked if it is still considered OK to eat frozen or canned fruits and vegetables. The short answer is "Sure." The long answer follows. While fresh fruits and vegetables are great, frozen and canned ones add convenience, because they allow us to have access to produce even when it is not in season.

Additionally, frozen and canned produce has the benefit of be-



Diann Gerstner

Knowledge for Life

ing preserved soon after harvesting. This means that frozen and canned produce can have higher vitamin and mineral content than fresh produce that sits in the refrigerator for a week or two before it is consumed. Canned and frozen produce can be cheaper than the fresh alternatives and can be shelf stable for a much longer period of time.

When choosing canned produce, there are a few things to look out for.

First, try to find vegetables without added salt. Read the food label. If a vegetable you chose is high in salt, consider rinsing the vegetables in a colander under cold water.

Second, canned fruits should be packed in fruit juice or water. Avoiding fruits packed in syrup can decrease extra sugar calories.

Canned produce is safest when the cans are in good physical condition and they are consumed by the expiration date. Canned foods may bring up the issue of BPA (Bisphenol A), which is a chemical that has been found in the plastic used to coat the inside of metal cans and hard plastic bottles. Currently the Food and Drug Administration is taking steps toward limiting possible exposures to the chemical. The agency says the benefits of canned foods, such as a stable and affordable food supply, currently outweigh the risks.

The overall goal is to incorporate more fruits and vegetables into your diet - making up half of the food you eat. Eating canned or frozen produce, especially during the winter months, can be an economical option to help you work toward that goal.

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

Deaths

David Lawrence Posson

David Lawrence Posson, 70, died unexpectedly in his home in Norton on Saturday, Sept. 15, 2012.

He was born Oct. 12, 1941, in North Kansas City, Mo., the son of Harold L. and Ailene (Peterson) Posson.

His childhood was spent in Parkville, Mo. He moved to Norton when he was 15 to live with and work with his uncle, Earl Posson, as a sheet metal apprentice. He graduated from Norton High School.

On Feb. 18, 1961, he married Beverly Ann Applegate at the Maple Grove Church of the Brethren in Norton County. They recently celebrated their 51st anniversary.

The family lived in Norton, where he worked for Kn Energy for five years before returning to his sheet metal work when he and his cousin, Charles "Bud" Posson, purchased Norton Sheet Metal. They were business partners for over 25 years. He worked an extended semi-retirement period at Norton Manor and Norton County Hospital.

He was involved in the community through Boy Scouts, Jaycees and the shooting education program, volunteer fire department, Prairie Powder Packer Muzzle Loaders, Northwest Kansas Cruisers and the Norton Classic Cruis-

ers.

Over 55 years he restored and customized dozens of vehicles for himself and for others, working side by side with his wife in the work as well as attending car shows and traveling to rod runs. His talents as a car builder were recognized both locally and through national awards, and his cars appeared on the pages of popular automobile magazines.

Preceding him in death were his parents, his step-mother, Myrtle Jenkins Posson, and a sister, Mary Elizabeth Lay.

Survivors include his wife, of the home; three sons, Michael Posson, Edmonton, Alberta, Canada; Donald (Heidi) Posson, Alexandria, Va.; and Mark (LuAnne) Posson, Wichita; and five grandchildren.

Services were to be at 10:30 a.m. today, Wednesday, Sept. 19, 2012, at the Enfield Funeral Home, 215 W. Main in Norton, with burial in the Norton Cemetery.

Visitation was Tuesday at the funeral home.

The family suggests memorials to the Norton Theater Modernization Project, in care of the funeral home, 215 W. Main, Norton, Kan., 67654.

Condolences for the family may be left at www.enfieldfh.com.

Demonstration planned of tree planting in Hays

The Kansas State University Agricultural Research Center at Hays will hold a tree planting demonstration at 6:30 p.m. Tuesday, Oct. 9.

The event, to be held at the research center at 1232 240th Ave. in Hays, will highlight the tree-line planting program, which focuses on trees recommended for growing in utility line areas. Ten varieties of crab apple trees will be planted during the demonstration.

"The purpose of the tree-line program is to show the public small tree varieties that can be planted near utility lines with-

out requiring any major pruning upon reaching mature size," said Joe Becker, grounds maintenance supervisor at the center. "Many large trees have succumbed to unsightly pruning or removal because of branch interference into the lines."

K-State Research and Extension horticulture agent, Holly Dickman, and Kansas Forestry Service forester, Jim Strine will show proper tree planting techniques.

Information about the tree planting demonstration is available by calling Joe Becker at (785) 625-3425 Ext. 222.

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.

Veterans of Foreign Wars Ladies' Auxiliary

The Ladies' Auxiliary to the Veterans of Foreign Wars met last Wednesday with President Anita Thiel as chair.

Following routine business, a thank you note was read from the Laurent family for the funeral dinner. There were also notes of thanks from Relay for Life and the girls' Sweet Thunder Softball team.

The poppy chairman reported that the poppy design is being changed.

Twenty-two decorated treat sacks have been made for the Topeka Veterans Administration hospital, as reported by the hospital and veteran support chairman.

Publicity reported the August meeting item in the

Colby Free Press.

Donations were allowed for the Veterans Writing Program, Tightly Whitey project, items for Christmas Sack stuffing and the Pfeifer project for the Topeka hospital. The president's growing dollar project was allowed \$25.

The president noted volunteer times for members at the blood drive Thursday and Friday, Oct. 25 and 26, at the armory.

Semi-annual reports are due at the department by Wednesday, Oct. 10.

The audit will be done at the October meeting.

The next meeting will be at 4:30 p.m. Wednesday, Oct. 10, at the Post home.

Markets

Quotes as of close of previous business day

Hi-Plains Co-op

Wheat (bushel)	\$8.16
Corn (bushel)	\$7.24
Milo (hundredweight)	\$12.50
Soybeans (bushel)	\$15.50

USE THE CLASSIFIEDS! 785-462-3963

Rabies: Simple Steps to Save Lives

World Rabies Day - September 28, 2012

Please call today to schedule a time for your pets free rabies vaccination on 9-28-12.

Appointment spots are limited. 785-460-1078

Swartz Veterinary Hospital

1775 W. 4th St. - Colby, KS 67701

WELCOME RECEPTION

Come Meet Our New City Manager

Welcome Reception for **Tyson McGreer**

Wednesday, September 26, 2012

3:30 - 5:00 p.m.

Law Enforcement Training Center

360 N. Franklin Avenue

Colby, Kansas



YOUTH BOWLING SCHEDULE

Now Thursdays at 4 p.m.

Sign up now through Thurs. Sept. 27th

MINIY MITES (8 & UNDER) COST IS \$2.50

one game with the bumpers

JUNIOR STRAKERS (9 & UP) COST IS \$5.00

two games without bumpers

USBC Youth Membership

Payable at sign up, \$8 or \$17 with Jersey

Ask about the 8 for 8 program and get a **NEW BOWLING BALL**

drilled for your hand and in the color of your choice.


CALL US FOR MORE INFORMATION

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Contact the **Thomas County Learning Center**

for eligibility and enrollment information:

485 N. Chickamauga, Colby, 465-7900



Please Recycle

Fall Festival

Winnona United Methodist Church

501 Bethlev Ave.

Sunday, Sept. 23

Games, Cakewalk

Home-made Ice Cream

Farmer's Market

Country Store

Crafts and Bake Sale

Begins at 4 p.m.

Bar-B-Q with Salad & Dessert Bar from 5 - 6:30 p.m.

Love Offering

Drawing for Gift Basket at 6:30

Everyone Welcome!