

Learn about healthy meals at lunch, plan lifestyle that prevents diabetes

November is National Diabetes month, so I thought a quick overview would be a good way to observe it. A healthy lifestyle that includes a healthy diet and exercise can help you avoid this disease.

On the topic of healthy eating, I will be holding a Knowledge at Noon program "More Plants on the Plate" given by Amy Lorenzen, Golden Prairie Extension District family and consumer science agent, on Thursday, Nov. 13, at the Thomas County Office Complex Meeting Room.

Most of our lives we have lived to eat. Now we must begin to eat to live. The new American plate should have smaller portions of high fat and highly processed foods. By adding more vegetables, fruits, grains and legumes to your daily menu, you will discover the many health benefits gained from eating whole food. The lesson will include some tasty recipes. The lesson will be from 12:05 to 12:55 p.m., so bring your lunch and enjoy the lesson.

On to diabetes. Type 2 diabetes is the most common form. Millions of Americans have been diagnosed with Type 2 diabetes, and many more are unaware they are at high risk. Some groups have a higher risk for developing it than others - African Americans, Latinos, Native Americans and Asian Americans, as well as the aged population.

In Type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin, necessary for the body to be able to use glucose for energy. When you eat food, the body breaks down sugars and starches into glucose, the basic fuel for cells. Insulin takes the sugar from the blood into the cells.

When glucose builds up in the blood instead of going into cells, it can cause two problems:

- Right away, your cells may be starved for energy.
- Over time, high blood glucose levels may hurt your eyes, kidneys, nerves or heart.



Diann Gerstner

• Knowledge for Life

Diabetes increases your risk for serious health problems. The good news? With the correct treatment and lifestyle changes, many people with diabetes are able to prevent or delay the onset of complications. Below are some of the complications that diabetics may experience.

Eye complications. Keep your risk of glaucoma, cataracts and other eye problems low with regular checkups.

Foot complications. Foot problems most often happen when there is nerve damage, also called neuropathy, which results in loss of feeling in your feet. Poor blood flow or changes in the shape of your feet or toes may also cause problems.

Skin complications. Diabetes can affect every part of the body, including the skin. As many as 33 percent of people with diabetes will have a skin disorder caused or affected by diabetes at some time in their lives. In fact, such problems are sometimes the first sign that a person has diabetes. Luckily, most skin conditions can be prevented or easily treated if caught early.

Diabetes and hearing loss are two of America's most widespread health concerns. The numbers are similar, so is there a link? Yes, says the National Institutes of Health. In fact, the agency has found that hearing loss is twice as common in people with diabetes as in those who don't. Also, of the 79 million adults thought to have pre-diabetes, the rate of hearing loss is 30 percent higher than in those with

normal blood sugar.

ABC's of Heart Disease. The ABC's are an easy way to remember some of the most important health issues related to diabetes.

A is for A1C. Your A1C reflects your average blood glucose level for the two- to three-month period before the test. Your healthcare provider uses it to determine how well you are managing your blood sugar. A goal of less than 7 percent is desirable, which corresponds to an average blood glucose level of 150.

B is blood pressure. Persons with diabetes should aim for a blood pressure level below 130/80.

C is for cholesterol (lipids). A complete cholesterol test includes the measurement of four types of fats - lipids - in your blood: low-density lipoprotein (LDL), high-density lipoprotein (HDL) cholesterol, total cholesterol and triglycerides. LDL is sometimes called the "bad" cholesterol. Too much causes the accumulation of fatty deposits - plaques - in your arteries (atherosclerosis), which reduces blood flow.

HDL is sometimes called the "good" cholesterol because it helps carry away LDL cholesterol, thus keeping arteries open and blood flowing more freely. Total cholesterol is the sum of your blood's cholesterol content. Triglycerides are another type of fat in the blood. When you eat, your body converts any calories it doesn't need to use right away into triglycerides, which are stored in fat cells and released later for energy. Now you know your ABCs. Speak with your healthcare provider about ways to keep your ABCs in control.

For information about diabetes and the possible complications, visit the American Diabetes website at www.diabetes.org.

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

Deaths

Frank R. Ruda

Frank R. Ruda, 91, Atwood, died Saturday, Nov. 3, 2012, at the Good Samaritan Society in Atwood.

Services will be at 10 a.m. Friday, Nov. 9, 2012, at the Sacred Heart Catholic Church in Atwood.

day, Nov. 9, 2012, at the Sacred Heart Catholic Church in Atwood.

Rosary will be at 7 p.m. Thursday at the church.

G. Pearl Schrock

G. Pearl (Anderson) Schrock, 90, Emporia, died Tuesday, Nov. 6, 2012, at the Holiday Resort Nursing Home in Emporia.

Services are pending with Pauls Funeral Home in Oberlin, (785) 475-3127.

Nancy Anabel Tinkham

Nancy Anabel Tinkham, 74, Imperial, Neb., mother of Patrick (Angela) Tinkham and Vickie (Dale) Oard of Colby, died Tuesday, Nov. 6, 2012, at the Imperial Manor Nursing Home.

She was born July 17, 1938, in Imperial, the daughter of Leon and Ina Mae (Douglas) Hust. She attended school in Imperial and graduated from Chase County High School.

On Jan. 20, 1957, she married Lawrence Tinkham at the Methodist Church in Imperial. They lived briefly in Milford, Neb., and Grant, Neb., before returning to the farm west of Imperial.

Nancy Tinkham kept busy as a mother and wife at home, but also impacted countless children as a preschool teacher at Rainbow Promise Preschool in Imperial for more than 16 years.

In addition to her work at home and the preschool, she was a 4-H leader, Girl Scout leader and active in both the Imperial United Methodist Church and the Champion Community Church. She also enjoyed working in her yard and garden, growing flowers and planting trees.

Preceding her in death were her

parents; two daughters, Christina Marie Tinkham and Rebecca Lee Tinkham; a son, Steven Paul Tinkham; and a great-grandson, Austin Francescato.

Survivors include her husband, of Imperial; five additional daughters, Nina Sue (Bill) Hagemann, Culbertson, Neb.; Jennifer (Dan) Fosbinder, Dickens, Neb.; Barbara Maddux, Imperial; Jane (Travis) Keith, Culbertson; and Kelsey (Jeff) Ruggles, McCook, Neb.; two sisters, Norma Surber, Imperial; and Laurel Poland, Sargent, Neb.; 25 grandchildren; and numerous great-grandchildren.

Memorial services will be at 11:30 a.m. (Central Time) Friday, Nov. 9, 2012, at the First United Methodist Church of Imperial, with the Rev. Valera Heyenberk and Mr. Kent Swink officiating and inurnment at Chase Cemetery, rural Imperial.

No visitation. The family suggests memorials to the Champion Community Church or the preschool.

Online condolences can be left at liewerfuneralhome.com.

Liewer Funeral Home of Imperial is in charge of arrangements.

Online site supports culture of fellow nerds

By Michael Hartwell

Sentinel & Enterprise

LANCASTER, Mass. (AP) - The nerds have inherited the earth, says local geek-culture enthusiast Emmanuel Ortiz, and he is hoping this online magazine can help push nerdism in a positive direction.

Ortiz, 37, is the founder and editor of NerdCaliber.com, a website that features articles on aspects of nerd culture, such as Japanese animation, video games and "cosplay," where participants create detailed costumes of fictional characters.

The website features lifestyle spins on many of those topics, such as videos asking cosplay performers for dating advice or articles that confront social issues like sexism within nerdy circles.

While he spoke to the *Sentinel & Enterprise* recently, the R2-D2 sound effect from the Star Wars franchise emanated from his pocket. He pulls out an Android smartphone with a textured R2-D2 case. He calls it a "droid-droid."

Nerds are people who get obsessed with things, according to Ortiz, be it comic books, role-playing games or anime, and his website documents how the communities that spring around different groups of nerds are maturing.

For example, a recent piece Ortiz wrote argues that black cosplayers are often criticized for portraying a character of a different race in a way that white, Latino and Asian cosplayers are not.

He said the Internet started as a friendly playground for nerds but as it has become more popular and mainstream, cyberspace has come under siege by trolls, online bullies who mock others for fun. Mocking nerds has become common on the Internet, even from other nerds.

Ortiz, who grew up a nerd in the Bronx in the 1980s, said he hates bullies and hopes to wield Nerd Caliber to hold off the advanc-

ing horde of trolls that have taken over the Internet.

"I defend people's right to be creative," said Ortiz. "We try not make fun of someone for what they love."

He said in one video a Nerd Caliber interviewer was seen poking fun at costumed fans of the Homestuck web comic. He had that interviewer apologize to a group of Homestuck fans at a New York City conference and posted the video.

Most of the writers for Nerd Caliber are paid with in-kind services like promotion or a free copy of the material they are reviewing. Ortiz's wife, Maura Gerrans-Ortiz, 34, is the lead copywriter for the site, and Ortiz occasionally bounces ideas off her.

"I think I'm the family-friendly censor," said Gerrans-Ortiz. She said the page goes for a PG-13 rating. For example, the cosplay photos they share focus on the craft of the costume, not the flesh of the performer.

"There's a place for more skin and we're not it," she said.

She is also in charge of a spin-off website, Pages of Note, which focuses on nerd literature like fantasy novels and comics.

They have a third website, Big Blue Die, that focuses on role-playing games.

Their roommate Paul Stewart, 24, does a lot of odd jobs for Nerd Caliber. When they started 2 1/2 years ago he was in charge of the sci-fi section and landed an interview with Star Trek actor Leonard Nimoy.

Markets

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

Wheat (bushel)	\$8.59
Corn (bushel)	\$7.46
Milo (hundredweight)	\$12.79
Soybeans (bushel)	\$14.26

Trio to play Saturday at Oberlin's Gateway

A North Platte trio will play light rock and pop at The Gateway civic center in Oberlin at 7:30 p.m. Saturday.

Job, Peter and Chuck play hits from the '60s and '70s. Their set list includes songs by the Beatles, the Eagles, Dave Matthews, the Moody Blues, the Mamas and the Papas, Billy Joel, Elton John and John Denver, among others.

Job and Peter both work at *The North Platte Telegraph* newspaper. At a company-sponsored Christmas party, they performed a Peter, Paul and Mary song, "The Marvelous Toy," and they had so much fun they started working on songs and playing at Da Buzz Coffee

House. A year later they asked Chuck to join the group and the three have been together for five years.

For the past four years, they have been the Reader's Choice No. 1 band in North Platte. Before his North Platte days, Chuck performed with musical superstars including Dolly Parton and John Denver. He and his brother, Jim Salestrom, were national recording artists with a group called Timberline.

The concert is an Oberlin Arts and Humanities season ticket event or \$12 for adults and \$7 for students at the door. For information, call Ella Betts at (785) 475-3557 or Mary Henzel at (785) 470-0218.

Corrections

A Briefly item that has run for several days on Page 2 of the *Colby Free Press* has several problems. The caption, "Lutheran church plans soup supper," should refer to lunch instead. Also the time of serving is 11 a.m. to 1 p.m. These

were editing errors.
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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.

Pickin' on the Plains Bluegrass Festival Presents
A Hometown Gospel Show
"A Tribute to Veterans"
Sunday, November 11 • 2 - 4 p.m. • Frahm Theatre
 Performing will be Perry and Terry Baird, Larry Booth, The Bugbee Sisters, Tom Harrison & Jeff Wagoner, The McLemores, Lisa Schroeder & Family, Jay Stewart, Leon Woolfter, and Pat Ziegelmeier.
Tickets at the Door - \$10 adults, under 12 free
 For more information call:
 Colby Convention & Visitors Bureau 785-460-7643
 Sponsored by the Colby Community College Music Department
 Proceeds go to Pickin' on the Plains Festival

a very merry christmas
 Christmas Open House
 Saturday 11.10.12
 10am-7pm

THE LOFT
A Level Above
 Oasis Travel Center
 700 W. Horton Ave. Colby 67701
 785.460.0566

Abilene Hustlers 4-H Club

Members of the Abilene Hustlers 4-H Club enjoyed their annual potluck dinner and club awards in conjunction with the regular monthly meeting Sunday at the 4-H Building on the Thomas County Fairgrounds. President Jory Koon called the meeting to order and Brook Ziegelmeier gave the invocation. Club members, parents, leaders and guests enjoyed a great potluck dinner complete with everyone's favorite dishes.

Jory resumed the meeting with Hunter Vaughn leading members in the flag salute. Seventeen members answered roll call with their favorite book followed by the introduction of Mark and Jackie Bartlett and their daughter Aliza, the newest member of the club.

Secretary Taylor Todd read the minutes from the previous meeting and club officers gave their

reports. It was decided during the business meeting members will set up a nativity scene on Sunday, Nov. 18. The club members voted to have a float in the annual Christmas Parade and participate with Colby Rotary in Coats for Kids by donating \$50.

Brook Ziegelmeier announced the program and members listened to a demonstration by Hallie Vaughn on how to make Duct Tape Flowers. Recreation was led by Lewis and Mac Haines and members played Chicken In the Coop and Lovers Leap. Community leader Brandy Todd handed out the club awards.

Brooke announced the program for December and informed members would begin the meeting with Christmas caroling and a soup supper. Chance Hoeting led members in the 4-H pledge and the meeting adjourned.

American Legion Post 363
 1850 W. 4th St.

Pheasant Hunters Feed
Friday, November 9th
6:00 to 8:00 p.m.
 ALL-YOU-CAN-EAT
BULL FRIES & CHICKEN FRIED STEAKS
 \$15 per person donation

Come and help us kick-off the season!
Christmas Open House
 Saturday, November 10th • 9 a.m. - 5 p.m. C.T.

the craft peddler
www.thecraftpeddler.net
 313 Kansas Avenue, Brewster, KS
 785-694-2817
 craftpeddler@st-tel.net
 Hours: 9 a.m. - 5 p.m. C.T.
 Monday - Saturday
 Free Gift with Purchase
 New Inventory Arriving Daily
 Drawings
 Delicious homemade refreshments
 Enjoy a Make 'n Take Session!
 Save \$ Specials throughout the store!
 Sign up for Fall Classes
 Mark your calendars for this exciting event!

Please join the family of
Elric "Rick" & Patricia "Pat" Tremblay
in celebrating their
60th Wedding Anniversary
Saturday, November 10, 2012
at the Senior Progress Center
located at 165 Fike Park, Colby, KS
from 2-4 p.m.