

Levant, Colby grads in livestock association

Two Thomas County stockmen were among 20 younger members of the Kansas Livestock Association from across the state who graduated from the Young Stockmen's Academy, bringing the total of academy graduates to 139.

Vista from Merck Animal Health partnered with the association to sponsor members in their 20s for a series of four seminars throughout the year. Their last session came at the association's convention Nov. 28 to 30 in Wichita.

The two-day event provided participants the opportunity to gain additional industry knowledge and interact with other members. Academy members, including Shea Baird of Levant and Wyatt Rundel of Colby, got a first-hand look into the inner workings of the association by attending the Chairmen's Circle meeting.

The 2012 class also includes Tyler Breeden, Quinter; Calder Keller, Oakley; and Sam States,

Logan. The group also took part in the policy-making process by attending committee and council meetings where members discussed issues affecting their business interests. Just before the convention, academy members received their Masters of Beef Advocacy degrees following an in-depth "spokesperson training" session with Daren Williams, executive director of communications with the National Cattlemen's Beef Association.

During the first session in February, attendees were exposed to advocacy training, the legislative process and services provided by the state association. The second installment took the group to Kansas City in June, where they learned about the agribusiness and retail beef industries. Members gathered in western Kansas in October to tour beef and dairy operations.



Shea Baird



Wyatt Rundel

Colby woman to sew on TV patchwork show

Lisa Sipes of Colby Sew and Vac will be featured on the television show "It's Sew Easy," which is available now on YouTube and will be on PBS stations beginning Thursday.

Sipes said she did a 10-minute segment for the episode "Modern Patchwork," making a pillow sham that embodies a contemporary design, but also includes basic machine techniques.

In May, Sipes said she was approached by Kathie Stull of KS Inc. Productions at a quilting convention in Kansas City and Stull said she was interested in having Sipes on the show.

"It was the first time I met her that she asked me to be on the show," Sipes said.

After several e-mails and phone calls, Sipes said, she went to the show's production studios in Beachwood, Ohio, in August to film the segment.

One episode of "It's Sew Easy" features two-, five- and 10-minute segments with teachers breaking down sewing into manageable parts and sharing their styles.

Sipes said she found out from a friend on Twitter that her segment is already available on the show's YouTube channel.

'Who's Who' names students

Ryan Baalman of Colby and Caitlyn Moss of Menlo are among the 59 seniors at Fort Hays State University who have been selected as outstanding campus leaders to be included in the 2013 edition of "Who's Who Among Students in American Universities and Colleges."

"Who's Who," one of the most

highly-regarded and long-standing honors programs in the nation, recognizes seniors for outstanding service to their communities and their schools.

The selected seniors will be presented with award certificates and will be included in the 2013 "Who's Who" publication.

Two from Oakley inducted

The nation's oldest, largest and most selective all-discipline honor society, Phi Kappa Phi, has nearly 150 new members from Kansas State University, including Patrick Ahrens, junior in agribusiness,

and Hannah Moorhous, senior in anthropology, both from Oakley.

Juniors initiated are in the upper 7.5 percent of their class and seniors in the upper 10 percent.



Help celebrate Birthdays!

Dorothy Ladenburger will be having an open house Jan. 12 from 2 - 4 at the Oakley Country Club to celebrate her 80 year birthday and her son Randy Ladenburger will all ready have turned 60 years on Jan. 7th will be celebrating too. Help them both celebrate by coming by for cake and punch. They request no gifts.



Jessica Milliman graduated from Northwest Kansas Tech in Cosmetology in December 2012. She loves all aspects of working in the salon from cutting hair to hair color to pedicures. Jessica's emphasis is on nails, including acrylic, gel, polish, and manicures.

Jessica is now taking appointments at Uptown Style in Colby, KS. Schedule with Jessica in the month of January and receive \$5.00 off your services when you mention this ad. To schedule call 785-462-2383 or check us out online at www.uptownstyleonline.com or on Facebook.

505 E. 4th
Colby, KS 67701



When winter weather hits again, make sure you're fully prepared

As I look out my window and see the snow-covered ground and clear streets, I am relieved we have made it through another wintery blast.

A few weeks ago, when I was scrapping my windows in several inches of snow, I began to wish I was more prepared. So I went to a trusted web site, the Centers for Disease Control and Prevention, and found some useful information to pass on to you and use myself.

First, you need know what the winter storm warnings mean.

Winter Weather Advisory. Expect winter weather conditions to cause inconvenience and hazards.

Frost/Freeze Warning. Expect below-freezing temperatures.

Winter Storm Watch. Be alert; a storm is likely.

Winter Storm Warning. Take action; the storm is in or entering the area.

Blizzard Warning. Seek refuge immediately. Expect snow and strong winds, near-zero visibility, deep snow drifts and life-threatening wind chill.

OK, so now that you know what the warnings mean, what are you going to do with the information?

Dress appropriately, with warm clothing, gloves and footwear. Maybe your open-toed dress shoes are not the best choice when you will have to walk through several inches of snow. Unfortunately, that was me during the last snow.

So you pull out of your warm garage, all bundled up and ready for the weather, right? Well let's see what you have in your car. The centers' website offers a Car and Emergency



Kasiah Rothchild

• Healthy Happenings

Checklist to ensure that you have all the items you may need.

- Cell phone, portable charger and extra batteries
- Shovel
- Windshield scraper
- Battery-powered radio (and extra batteries)
- Flashlight (and extra batteries)
- Water
- Snack food
- Extra hats, coats, mittens and blankets
- Chains or rope
- Tire chains
- Canned compressed air with sealant (emergency tire repair)
- Road salt and sand
- Booster cables
- Emergency flares
- Bright colored flag and help signs
- First aid kit
- Tool kit
- Road maps
- Compass
- Waterproof matches and a can to melt snow for water
- Paper towels

Even with all this planning, the unfortunate can happen and you could be stranded in a

storm or exposed to the elements. With exposure, you increase your risk of hypothermia. In adults it has symptoms of shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech and drowsiness. In infants you will notice bright red and cold skin and very low energy.

If you notice any of the above signs, take the person's temperature if possible. If it is below 95 degrees, get immediate medical attention. If medical care is not available the centers recommend that you begin warming the person through the following means.

- Get the victim into a warm room or shelter and remove any wet clothing.
- Warm the center of the body first - chest, neck, head and groin - using an electric blanket, if available. Or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels or sheets.

- Warm beverages can help increase the body temperature, but do not give alcoholic beverages. Do not try to give beverages to an unconscious person.

- After body temperature has increased, keep the person dry and wrapped in a warm blanket, including the head and neck.

- Get medical attention as soon as possible. I know, with this information, I will be better prepared for when the next snow storm hits. Take a little time while the weather is milder to prepare yourself and your family.

Kasiah Rothchild is administrator of the Thomas County Health Department. A native of Thomas County, she is a graduate of Fort Hays State University.

Abilene Hustlers 4-H Club

President Jory Koon called the regular monthly meeting of Abilene Hustlers 4-H Club to order Monday at the Thomas County 4-H building. Eryn Freeman led the pledge of allegiance and roll call was answered by a favorite place to eat. Twenty-one members, along with parents and leaders attended.

Song leader Eryn Freeman led "Twinkle Twinkle Little Star."

Vice President Brook Ziegelmeier gave the parliamentary tip, Cassie Wells gave the reporter's report and Tucker Gerstner gave the treasurer's report. Community Leader Brandy Todd talked about coming 4-H events and pizza sales.

After a short business meeting, Lewis Haines gave a talk about his welding project, Jake Koon gave a demonstration on how to make Strawberry/Brownie Santas and

Taylor Todd demonstrated how to braid a tail wrap into your horse's tail.

Lakin Denny led the members in playing Letter Tag for recreation. Brook Ziegelmeier announced next month's meeting will be parents night. Kailey Shields lead members in the 4-H Pledge and the meeting was adjourned. Refreshments were served by the Vaughn family.

- Cassie Wells, reporter

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.

Markets

Quotes as of close of previous business day

Hi-Plains Co-op	
Wheat (bushel)	\$7.48
Corn (bushel)	\$6.94
Milo (hundredweight)	\$11.75
Soybeans (bushel)	\$13.23

Fake car must go from wall

HOUSTON (AP) - Parking hasn't been a problem for one oddly placed vehicle in traffic-busy Houston.

City officials have ordered a design company to remove a fake Mini Cooper attached to the upper part of an exterior wall near a sidewalk.

Safety concerns have been raised about the shell of the small

auto, complete with tires, above some outer windows at Internum & Design.

Code enforcement officials since late December have cited the business, using warning stickers with notice to immediately remove the car from the building.

A message left Tuesday with Internum was not immediately returned.

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Dr. January Fields
Twice Monthly

Orthopedic - Dr. Robert Bassett
Monthly

Orthopedic/Spine
Dr. Vivek Sharma
Monthly

Urology
Dr. Wallace Curry
Dr. Darrell Werth
Monthly

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