

Deaths

Larry C. Crawford

Larry C. Crawford, 79, Colby, died Wednesday, Jan. 9, 2013, at the Prairie Senior Living Center in Colby.

Crawford, he ran the Crawford Taxi Service in Colby.

Inurnment services are pending with Kersenbrock Funeral Chapel in Colby, 462-7979.

John H. Holmgren

John H. Holmgren, 95, Colby, father of Jo Holmgren (Rod Eisenbise) of Colby, died Friday, Jan. 11, 2013, at the Kansas Soldiers

Home in Fort Dodge.

Inurnment services are pending with Kersenbrock Funeral Chapel of Colby, 462-7979.

Ivy Emma Bell Rolland

Ivy Emma Bell Rolland, 99, Norton, mother of Julia (Mike) Quenzer of Colby, died Friday, Jan. 11, 2013, at the Norton County Hospital.

She was born Feb. 20, 1913, on the family farm south of Clayton, the daughter of Karsten Charlie and Nora Florence (Steele) Thiesen.

Following her graduation from the old Clayton High School, she took a year of normal training in Oberlin. She taught for four years in two rural Decatur County schools.

On June 1, 1935, she married Cleo Earnest Rolland. They lived in Clayton, moving to San Diego during World War II, where she owned a photography and art studio. They returned to Kansas in 1949, and moved to Norton in 1951. In 1964, they bought a furniture store from Gordon Brantley and Esther Scott. After mostly retiring in 1972, she opened an upholstery and drapery shop.

An active member of the Norton Christian Church, she served as president of the women's council, as well as being the cradle roll and beginner's Sunday School

teacher for 15 years and helping with children's church. She was a Girl Scout leader and a member of the Andbe Home's board for more than 16 years. She was a member of the L.D. Club, Avon Federated Study Club and the Prairie Painters Club, where she also served as president. An artist at heart, she enjoyed working in her yard and garden.

Preceding her in death were her parents, her husband in 1984, and three sisters, Violet Frank, Lily Heany and Fern Thiesen.

Survivors also include a son, Gary (Samette) Rolland, Norton; four grandchildren; and three great-grandchildren.

Services will be at 10:30 a.m. Wednesday, Jan. 16, 2013, at the Norton Christian Church, with burial in the Norton Cemetery.

Visitation will be from 3 to 8 p.m. Tuesday at the Enfield Funeral Home in Norton.

The family suggests memorials to the church's youth programs or to the Andbe Home sound system fund, in care of the funeral home, 215 W. Main, Norton, Kan., 67654.

Harold E. Shortridge

Harold E. Shortridge, 81, Jetmore, father of Kathi R. (Ed) Wright of Colby, died Saturday, Jan. 12, 2013, at the Hodgeman County Health Center in Jetmore.

He was born Feb. 12, 1931, in Reynolds, Neb., the son of George M. and Dora Mae (Priefert) Shortridge. He worked for Farmland Industry and had a Standard Oil bulk fuel business in Fairbury, Neb., along with his father, as well as working on the farm.

On Aug. 20, 1950, he married Virginia Foreman in Fairbury.

He was a member of the Jetmore United Methodist Church and Elks Club and the Hodgeman County 4-H Council and was a 4-H leader.

Preceding him in death were his wife, on Nov. 17, 2011, and a great-grandson, Jackson William Whiteside.

Survivors include three other

daughters, Karla J. Whiteside, Topeka; Kari L. Weis, Jetmore; and Krista L. (Boyd) Lindsey, El Dorado; a sister, LaVerna M. Barnhart, Fort Collins, Colo.; eight grandchildren; and 11 great-grandchildren.

Services will be at 10 a.m. Wednesday, Jan. 16, 2013, at the church, with the Rev. Mark Durham officiating and burial in the Brown's Grove Cemetery, Burdett.

Visitation will be from 9 a.m. to 8 p.m. today and Tuesday at the Beckwith Funeral Home in Jetmore.

The family suggests memorials to the cemetery, in care of the funeral home, Box 663, Jetmore, Kan., 67854.

Condolences for the family may be left at www.beckwithfuneral-home.com.

Colby Rotary Club

Colby Rotary Club met Tuesday at Colby Community College with 31 members and guests Alex, Donna and Kevin Juenemann.

Gary Adrian gave a report on the annual soup supper which will be Tuesday, Jan. 22, in conjunction with the Colby vs. Goodland basketball games.

President Melany Wilks announced the district mid-year forum will be Saturday in Colby.

Alex Juenemann was recognized as January Student of the Month. He reviewed his school, community and church activities. An Eagle Scout, he plans to attend the University of Kansas.

New members Jeff Dennis and Tyson McGreer were installed by Mike Tubbs, membership chairman. Dennis is a loan officer at

Sunflower Bank, originally from Oakley. McGreer, the new city manager, was a rotarian in Nebraska.

Marilyn Unger had the program and provided an overview of utilizing the Rotary International website and how to participate in a Rotary E-Club to make up a missed meeting.

Alex Juenemann won Roto-Lotto.

Rotary meets weekly in Room 106 of the Student Union.

—Relda Galli

New program seeks volunteers to honor

Everyday, countless volunteers donate their time and energy to help older adults, persons with disabilities or behavioral health needs in Kansas. To thank those who are making a difference, Kansas Department for Aging and Disability Services is beginning a Volunteer of the Month recognition program. Each monthly winner will receive a check for \$50 and a \$20 Walgreens gift card.

"Although many of the volunteers around Kansas expect nothing in return for their hard work and dedication, we want them to know how much they are appreciated," Secretary Shawn Sullivan said.

Beginning this month, honorees will be chosen from nominations submitted to the department. Volunteers will be considered based on the following criteria:

- Outstanding performance in volunteer duties.
- High level of willingness to help others.
- Strong commitment to the volunteer program.
- Good relationships with those the volunteer helps.

To nominate a volunteer, go to www.kdads.ks.gov. Winners will be notified by phone and e-mail the first week of the following month in which they were nominated.

Cold and exertion combine to stress heart

The American Heart Association says that for most people, shoveling snow may not lead to any health problems, but for some, the risk of a heart attack may increase.

The agency said the combination of colder temperatures and physical exertion increases the workload on the heart. People who are outdoors in cold weather should avoid sudden exertion, like lifting a heavy shovel full of snow, the group says. Even walking through heavy, wet snow or snow drifts can strain a person's heart.

To help make snow removal safer, the association issued a list of practical tips:

- Give yourself a break. Take frequent rest breaks during shoveling so you don't overstress your heart. Pay attention to how your body feels during those breaks.
- Don't eat a heavy meal before or soon after shoveling. Eating a large meal can put an extra load on your heart.
- Use a small shovel or consider a snow thrower. The act of lifting heavy snow can raise blood pressure acutely. It is safer to lift smaller amounts more times. When possible, push the snow.
- Learn the warning signs of a heart attack and listen to your body, but remember this: Even if you're not sure it's a heart attack, have it checked out. Tell a doctor about your symptoms. Minutes matter! Fast action can save lives — maybe your own. Don't wait more than five minutes to call 911.
- Don't drink alcohol before or immediately after shoveling. Alcohol may increase a person's sensation of warmth and cause them to underestimate the extra strain their body is under in the cold.
- Consult a doctor. If you have a medical condition, don't exercise on a regular basis or are middle aged or older, meet with your doctor before the first anticipated snowfall.
- Be aware of the dangers of hypothermia. Heart failure causes most deaths in hypothermia. To prevent hypothermia, dress in layers of warm clothing, which traps air between layers forming a protective insulation. Wear a hat, because much of your body's heat can be lost through your head.

Heart Attack Warning Signs
Some heart attacks are sudden

and intense — the "movie heart attack," where no one doubts what's happening. But most start slowly, with mild pain or discomfort. Often people aren't sure what's wrong and wait too long before getting help. These signs can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some other common symptoms, particularly shortness of breath, nausea or vomiting and back or jaw pain.

Calling 911 is almost always the fastest way to get life-saving treatment. Emergency medical services staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. Ambulance crews are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.

It is best to call an ambulance for rapid transport to the emergency room. If you can't access one, have someone drive you to the hospital right away. If you're having symptoms, don't drive yourself unless you have absolutely no other option.

For information, visit your doctor, call the association at (800) AHA-USA1 or go to www.heart.org.

On the Beat

COLBY POLICE

- Jan. 6**
- 1:52 a.m. — Assisted in looking for an accident on K-25. Located at mile 206.
 - 2:35 a.m. — Caller reported vehicle taken from business parking lot. Report filed for theft of a vehicle.
 - 4:40 a.m. — Security check at Meadow Lake.
 - 4:48 a.m. — Helped motorist at Range and Fifth.
 - 8:44 a.m. — Recovered reported stolen vehicle from 2:35 a.m. at 100 E. Eighth.
 - 9:27 a.m. — Collision at Sunset Drive and Lincoln.
 - 11:23 a.m. — Caller reported injured dog in roadway. Turned over to Colby Animal Clinic.
 - 5:36 p.m. — Caller caught dog at large. Turned over to Colby Animal Clinic.
 - 8:46 p.m. — Report filed on incident concerning suicidal subject.
 - 11:35 p.m. — Removed debris from street in the 900 block of S. Range.

Last Monday

- 3:25 a.m. — Welfare check. Everything OK.
- 6:55 a.m. — Caller reported barking dog. Spoke to owner.
- 9:48 a.m. — All OK with stalled semi in the 1100 block of S. Range.
- 11:05 a.m. — Assisted other agency. Report filed.

Tuesday

- 12:49 a.m. — Caller reported a barking dog. Unable to locate.
- 7:34 a.m. — Caller reported dog at large.
- 7:46 a.m. — Provided directions to motorist.
- 8:03 a.m. — Contacted by Hays Police Department about attempt to locate vehicle and suspect wanted on Russell County warrant. Located, report filed.
- 9 a.m. — Served arrest warrant for Russell County.
- 9:41 a.m. — Spoke to the Colby Community College resident assistants at the Student Union.
- 9:45 a.m. — Assisted Department of Children and Families with interview. Report filed.
- 10:35 a.m. — Assisted sheriff's office in Rexford.
- 12:23 p.m. — Assisted Department of Children and Families

with interview.

1:38 p.m. — Subject came to station to advise of possible identity theft. Report filed.

11:26 p.m. — Narcotics violation report filed.

Wednesday

- 9:43 a.m. — Attempted burglary: caller reported someone trying to get into vehicles. Report filed.
- 2:45 p.m. — Funeral block from Methodist Church to Beulah Cemetery.
- 11:47 p.m. — Helped motorist on Range by college.

THOMAS COUNTY SHERIFF

Tuesday

- 12:24 a.m. — Caller reported hearing a gunshot west of Elm Street in Gem. Unable to locate.
- 8:03 a.m. — Assisted Colby Police at Motel 6.
- 8:24 a.m. — Took inmate to Norton Correctional Facility.
- 8:31 a.m. — Released Daniel Steven Turner.
- 9:28 a.m. — Booked Morgan William Axelson.
- 10:46 a.m. — Transported inmate from Norton Correctional Facility to Rawlins County.
- 12:09 p.m. — Brought three inmates from Rawlins County Sheriff's Office to Colby.
- 1:14 p.m. — Booked Sir Douglas Ratliff Jr.
- 3:13 p.m. — Released Axelson.

Wednesday

- 12:16 a.m. — Booked Zachary A. Keim.
- 12:50 a.m. — Booked Calvin K. Kelley.
- 10:53 a.m. — Booked Richard Crol.
- 11:47 a.m. — Released Richard Krol.
- 1:20 p.m. — Ashley Grafel arrested on warrant.
- 2:06 p.m. — Released Ratliff.
- 3:55 p.m. — Theft report filed.
- 4:25 p.m. — Released Tyler Williams.
- 8 p.m. — Released James Mather.
- 9:34 p.m. — Report filed for minor in consumption in reference to incident at J&J Oil.
- 10:46 p.m. — Booked Jules Clifford Carrillo.

Beer lover brews for dogs

BEND, Ore. (AP) — An Oregon man who loves beer and loves his dog has concocted some hooch for the pooch.

Daniel Keeton works at Bend's Boneyard Brewery tasting room and calls his canine creation Dawg

Grog. KTVZ reports (bit.ly/UB3pFZ) there's no alcohol in the doggie brew. Ingredients include vegetable broth and spent grain.

Keeton says his dog, Lola Jane, usually licks her bowl clean.

EAT HEARTY.....

CHICKEN, STEAK, SHRIMP & FISH

Wednesday - 6:30 p.m.

Your choice of Potato and Salad

COLBY VFW MEMBERS & GUESTS WELCOME!

Want to know what's happening?



Society Editor

The Colby Free Press is looking for a part-time society editor to do social notes, weddings, engagements, obituaries, church and club items, features and other news of interest to the town. This is a great way to be in touch with the pulse of your town and get to know a lot of people. It requires accuracy, speed and attention to detail. Work week would be 10-15 hours. Pay commensurate with experience and ability. Send a letter and resume to Sharon Friedlander, Publisher, at 155 W. Fifth St., Colby, Kan., 67701, sfriedlander@nwkansas.com or apply in person at the address above. No calls please. This could be the job you've been looking for. EOE m/f/h.



Markets

Quotes as of close of previous business day

Hi-Plains Co-op

Wheat (bushel)	\$7.47
Corn (bushel)	\$7.14
Milo (hundredweight)	\$12.11
Soybeans (bushel)	\$13.34

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.

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www.smallstep.gov



Going out of Business Sale

C & M Gun • January 16th - 19th

All Bass Pro, Fishing Products, Hunting Accessories, Knives, Belt Buckles - **50% OFF**

Leather Conchos, Snaps, Sewing and Lacing Supplies, Conditioners and Dyes, Instruction Books - **50% OFF**

Some Ammo Still Available In Store

785-465-2257 or 785-462-5598

Juanita L. Mines

Juanita L. Mines, 89, of Lincoln, NE passed away on Friday, Jan. 4, 2013. Born in 1923, in Norton, KS to Merlin and Lola Taylor. Juanita grew up in Colby, KS, graduated from Colby High School, and attended Colorado Women's College in Denver, CO. She is survived by her son, Steve (Judy) O'Neal of Douglas, WY, and daughter, Michelle (Dan) Walsh of Lincoln, NE. Cremation, no visitation. Memorials to the family for future designation and Celebration of Life Remembrance. Condolences online with full obituary at www.aspenaftercare.com.

