



Thomas Lee Wasson and Danielle Renee Freeman

## Couple plan to marry Saturday in Colby

Danielle Renee Freeman, Colby, and Thomas Lee Wasson, Selden, plan to marry Saturday, March 2, 2013, in Colby. The bride is the daughter of Greg and Carrie Bartlett of Colby and the mother of Eryn and Anastasia Freeman, Colby. She is a graduate of Colby High School, Baker University and Fort Hays State University and works as the regulatory compliance officer and mortgage loan originator for Peoples State Bank in Colby. The groom is the son of Dan and Carol Wasson, Selden, and

Lynn and Jackie Myers, Alliance, Neb., and the father of Gavin Wasson, Cambridge, Neb. He is a graduate of Decatur Community High School and is a farmer and rancher on his family's homestead northwest of Selden. Rather than gifts, the couple suggests donations in their names to the Northwest Kansas Foundation for Hope or the Decatur County Amusement Authority. Following the wedding, the couple and their family will live northwest of Selden.

## Rural areas carry too much obesity

In a recent study conducted by researchers at the University of Kansas Medical Center it was found that residents who live in rural areas are more likely to be obese than their urban counterparts.



### Kasiah Rothchild

#### • Healthy Happenings

I was surprised to see this research, which seemed to go against my perception of rural America. The view I have, and I am sure many of you also do, is the picture of a farmer-rancher working long labor intense hours under the harsh northwest Kansas elements. I remember children being raised in the country with daily chores and farm work that never seemed to be finished.

"The rates of obesity were much higher than previously reported based on self-report," said Christie Befort, an assistant professor at the University of Kansas Medical Center, discussing the results of the survey, "with 39 percent of rural Americans being obese compared to 33 percent of urban Americans."

The conclusion was drawn that with technology changes, manual labor in rural settings has decreased and the new generation is not required to be as physically active as past generations. Other factors the study identified as causes of the higher obesity rate included unhealthy food options and lack of access to gyms.

"Physical activity is now needed to compensate for diet and technology," Befort comments. "That requires cultural change because rural areas don't typically have a culture of physical activity as leisure time."

This study brings home the fact that the obesity epidemic is affecting everyone in America.

"It has been said that obesity

outranks both smoking and drinking now in its effects on health and health costs," said committee chair Rob Merrifield, a Conservative member of Parliament for the Alberta riding of Yellowhead in Canada. "For the first time in recorded history, today's younger generation will live shorter lives than their parents. Yet parents, and this is, I believe, the most alarming statistic that we found, do not recognize the problem."

Through changing eating habits and increasing physical activity a person can decrease their risk of obesity. Community efforts are underway across the nation to increase daily activity and nutrition.

Activities in Thomas County include a community garden, creation of the Active Transportation Group, Thomas County Wellness Challenge and the new walking trail.

For information on obesity and what steps can be taken in your personal life and in your community take a look at the video at [www.youtube.com/watch?v=MfsRQ-PmyrA](http://www.youtube.com/watch?v=MfsRQ-PmyrA). You can also view it from the Thomas County Coalition's Facebook page, take a look and like the page for further health updates as it pertains to Thomas County and you.

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

## Humble cabbages boosted in status today

"The time has come," the Walrus said, "To talk of many things ... Of cabbages - and kings...."

"The Walrus and the Carpenter," from "Through the Looking-Glass," by Lewis Carroll

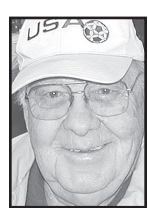
Given the cabbage's humble heritage, it's easy to see why Lewis Carroll coupled cabbages and kings in his nonsensical rhyme. The two have traditionally had nothing to do with each other!

However, fortunes are changing for this useful and tasty vegetable since Mr. Carroll's time, at least in some people's minds, including mine. In the first place, it is impossible for me to hear the word cabbage without very quickly transposing the word to mean "sauerkraut."

Kraut, of course, is nothing more than pickled cabbage, one of the tastiest garden productions of them all. Homemade sauerkraut is one of the crowning achievements of the home gardener.

Unless you detest sauerkraut, because of its odor, its taste or its totally different texture than any other pickled vegetable from your garden. Sauerkraut is definitely one of those "of course I make it" or "don't get it anywhere near me" types of food. Therefore, the cabbage you raise in your garden becomes slaw, or perhaps parboiled and buttered as a side dish, or even stuffed. The English dearly love their Bubble and Squeak cabbage concoction, especially when teamed with Wow-Wow Sauce.

Unfortunately, only about one-fourth of all backyard gardeners mess around with cabbage, and those that do utilize 95 percent of their four or five heads for some



### Kay Melia

#### • The Gardener

form of slaw. It is apparently the aroma that causes most cooks to stay away from the cooking process. Lewis Carroll may have realized that when he was growing up in jolly old England in the middle of the 19th century. Cabbage has, historically, been known as the vegetable of peasants, who grew and ate cabbage in all its forms while their noble counterparts ate a diet consisting largely of meat.

I enjoy growing about a dozen cabbages each year, and if the harvest is good, about 95 percent of it becomes sauerkraut. Cabbage plants should be set out into the garden in early spring, so that they can get good early growth before summer's heat takes over. Like broccoli, cabbage can withstand light to medium frost.

Cabbage worms and loopers are a serious concern in most Midwest gardens, and we must keep an eye peeled for them. There are products that will take care of them, so consult your trusty garden center to help you with this problem.

My favorite variety of cabbage is one called Megaton, available in most garden catalogs but seldom seen at the store. The old Stonehead or Jersey Wakefield names also come to mind.

I love cabbage, especially when it is transformed into sauerkraut. I'm not so sure about Lewis Carroll.

## 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.

*Thank You*

To everyone who has supported us following the death of Shirley Wilson we would like to express our sincere thanks and appreciation. Your many acts of kindness and sympathy continue to be a great comfort to us in our time of sorrow. A special thanks to Logan County Manor, Kennedy-Koster Funeral Home and Pastor Bob Kelly.

**Dennis Wilson & Family**

## Markets

Quotes as of close of previous business day

Wheat (bushel)	\$6.87
Corn (bushel)	\$7.11
Milo (hundredweight)	\$12.05
Soybeans (bushel)	\$13.57

**Hi-Plains Co-op**

*Thank You*

We would like to thank our families and friends, who helped us celebrate our 50th anniversary. All the cards, phone calls, visits and flowers made our day very special.

**Thank You Love  
Floyd & Barbara  
Highland**

## Personal safety course set Saturday at college

"Refuse to Be a Victim" is a nationally recognized program providing personal safety tips and techniques to avoid dangerous situations and becoming a victim.

Colby Community College will offer the National Rifle Association-certified training session from 9 a.m. to 2 p.m. Saturday in the Student Union, Room 108.

Topics to be covered include physical, school, campus, home, automobile, technological and work place security.

## Prepare for severe weather

Jamie Rathbun and a team of her colleagues are on a mission to help individuals and families become as prepared as possible for severe weather that might come their way. And there's no better time, she said, than March 3 to 9, declared Kansas Severe Weather Awareness Week this year by Kansas Gov. Sam Brownback.

By assembling an emergency kit, taking inventory of household possessions, reviewing insurance policies and other steps, the process of recovering from tornadoes, flooding and other severe weather can be eased, said Rathbun, who is a family and consumer sciences agent with K-State Research and Extension in Ellsworth County.

She, along with other extension agents and specialists around the state, produced, "Get Financially Prepared - Take Steps Ahead of Disaster" available online at [www.ksre.ksu.edu/bookstore](http://www.ksre.ksu.edu/bookstore)

This training is focused on personal safety strategies and self-defense skills that can enable participants to avoid, resist and survive situations ranging from low levels of aggression to violent assault.

The course will be taught by certified trainer Tashia Kuper. Cost is \$15, \$10 for college students and staff. Lunch is included. Class size is limited and pre-registration is encouraged.

For information, call Kuper at 460-5413.

(Search for MF 3055).

"Last year (Kansas) had a fairly quiet year by severe weather standards, except the deadly tornado that struck Feb. 28 in Harveyville," said Kansas climatologist Mary Knapp. "That storm was still active into Feb. 29 when it spawned a number of lethal tornadoes in states to the east."

Knapp, who is in charge of the state's Weather Data Library based at K-State, said it's difficult to predict storms more than seven to 10 days in advance, but one place citizens can check is the Storm Prediction Center [www.spc.noaa.gov/](http://www.spc.noaa.gov/), a part of the National Oceanic and Atmospheric Administration.

Information on emergency preparedness is available at [www.ksready.gov](http://www.ksready.gov), [www.redcross.org](http://www.redcross.org), [www.eden.lsu.edu](http://www.eden.lsu.edu) or [www.fema.gov](http://www.fema.gov).

## Deaths

### Lawrence William Tiedeman

Lawrence William Tiedeman, 70, Brewster, died Thursday, Feb. 21, 2013, at Citizens Medical Center in Colby.

He was born Oct. 12, 1942, in Springfield, Mo., the son of Robert John and Cora Frances (Ford) Tiedeman.

He served three tours with the Navy in Vietnam, then pursued a career in law enforcement, serving as chief of police in Southwest City, Mo., and a deputy sheriff for McDonald County, Mo., before moving to Brewster 11 years ago.

Preceding him in death were his

grandparents and parents, a sister, Naomi Jane Tiedeman, and his first wife, Pat Tiedeman.

Survivors include his wife, Gloria Tiedeman, of the home; two sons, Michael L. Tiedeman, Ontario, Canada, and Robert L. Tiedeman, Stafford, Ariz.; a daughter, Michelle Blevins, Jay, Okla.; three stepchildren, Dale Flanagan and Patty Spitzer, Cabool, Mo., and Leslie Ballmann, Jay; a sister, Frances Roberta Tyrone, Sulphur Springs, Ark.; and his grandchildren and great-grandchildren.

### Margene M. Griffin

Margene M. Griffin, 85, a retired nurse from Colby, died Tuesday, Feb. 26, 2013, at Citizens Medical Center in Colby.

She was born March 20, 1927, to Frank and Carrie (Henke) Gradig in rural Osborne County.

On May 2, 1949, she married Jay E. Griffin.

She worked for 42 years as a registered nurse in the Colby hospitals, was a member of Sacred Heart Parish, the Ladies' Auxiliary of the Veterans of Foreign Wars and the Retired Senior Volunteer Program and was involved with Heartland Share.

Preceding her in death were her husband in 2008; two brothers, Ray Gradig and Marvin Gradig; a sister, Joan Hellmer; a grandson, Eric Griffin; and a great-granddaughter, Kailee Clapp.

Survivors include six daughters, Janette Clapp and fiancé Dave Schissler, McCook, Neb.; Janice (Leo) Bjurstrom, Leoti; Jane (Kerry) Maddy, Altus, Okla.; JoAnn (Mark) Linnell, Goddard;

Jerri Griffin, Hutchinson; and Janell Griffin, Colby; two sons, Jim (Kacy) Griffin and Jeff (Jennifer) Griffin, all of Colby; two sisters, Della Kubicki, Columbus, Ohio; and Carol Ann (Ed) Grealish, Winder, Ga.; a brother, Dick (Rose) Gradig, Downs; 27 grandchildren, 33 great-grandchildren and two great-great-grandchildren.

Services will be at 10:30 a.m. Saturday, March 2, 2013, at the Sacred Heart Catholic Church in Colby, with burial in Sacred Heart Cemetery.

Visitation will be from 4 to 7:30 p.m. Friday at Baalman Mortuary in Colby, with a vigil service at 7 p.m.

The family suggests memorials to the church, Pioneer Memorial Library or the Prairie Museum of Art and History, in care of the mortuary, Box 391, Colby, Kan., 67701.

Condolences may be left for the family at [www.baalmanmortuary.com](http://www.baalmanmortuary.com).

## Three of Clubs

The Three of Clubs met at the Pioneer Memorial Library on Feb. 8 to hear a presentation from Diann Gerstner, Thomas County Extension agent.

Gerstner related the experiences of her daughter, Kelly, who became an intern for Kellogg's after receiving a degree in food development. She now works for Pepperidge Farms. Gerstner brought samples for the attendees of granola bars her daughter helped create.

Gerstner also updated the group

on the progress of the Frahm Walking Trail. Except for three bridges, the portion of the trail near the pool is complete, she said. Donations are needed to complete the remainder of the 2.2 mile trail.

The Sunflower Foundation made a \$35,000 grant for this project, according to Gerstner, but the community must match that by March 31 to receive the money. Tax-deductible contributions may be made to the Thomas County Community Foundation.

## 911 call leads directly to arrest

GRANBURY, Texas (AP) - A Texas woman wanted to make sheriff's deputies the butt of a joke, but she picked the wrong audience when she called 911 to have cigarettes delivered to her home.

Hood County sheriff's Lt. Kathy Jividen says the 48-year-old wom-

an was "very intoxicated" when she requested the special delivery.

Jividen says the caller instead received a visit from two deputies and was arrested. She was charged with a misdemeanor count of abuse of 911. She was later released from the Hood County jail on a \$1,000 bond.

## Gem Lions Club

### SOUP DAY

VEGGIE • CHILI • POTATO

**March 2, 2013 • 11 a.m. - 7 p.m.**

*Gem Community Building*  
**Free Will Donation**

## COLBY COMMUNITY COLLEGE

AGRICULTURAL CENTER

VISITORS WELCOME

### Important Notice for Agriculture Producers

Colby Community College needs your input to better serve the ag community. As agriculture changes, CCC is working to ensure that the college meets producers' needs. To accomplish this goal, the college is conducting an "Agriculture Needs Assessment." Your assistance will enable CCC to offer ag programs, courses, workshops and speakers that are relevant and useful. Please complete the short survey at the following website: <http://www.biturl.com/jbXN5>. The results will be posted on the college web site at [www.colbycc.edu](http://www.colbycc.edu).

For additional information, call Barry Kaaz at (785) 460-5429, toll free (888) 634-9350 or [barry.kaaz@colbycc.edu](mailto:barry.kaaz@colbycc.edu)

The mission of Colby Community College is engaging others in learning and service opportunities to positively affect their world.

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