

# Full Circle Expo: 'the best is yet to be'

The best is yet to be. Many of us, as we age, may have trouble believing this as we deal with all of life's challenges. That is why "The Best is Yet to Be" is the theme for the 2013 Full Circle Aging Expo. This regional event is scheduled from 9:15 a.m. to 3:30 p.m. Friday, April 26, at the Gateway Fellowship Church Impact Center in Oakley.



**Diann Gerstner**

• Knowledge for Life

Expo topics focus on key issues in aging and offer strategies for managing challenges successfully along with recognizing and taking advantage of opportunities to enhance life for older adults.

The Full Circle Expo will be held in conjunction with the Logan County Health Fair. Whether you are aging yourself, dealing with aging family members or a professional working with aging individuals, this workshop is for you.

The Northwest Kansas Area Agency on Aging and the Department of Health and Human Performance at Fort Hays State University are joining K-State Research and Extension in sponsoring and planning the conference. Cost to attend is \$25 per person, or \$40 for two family members. Registration is due by Friday, April 19, and includes conference materials, refreshment breaks and lunch.

The featured speakers include: • Keynote speaker, Karen Rider, Kansas Humanities Council, who will speak on "Bucket Lists and Looking Back: What Was Worth the Work." Bucket lists are wish lists of accomplishments people hope to have before they "kick the bucket." What life goals will you look back on and believe were the best work for your life?

• Closing speaker, Debra Sellers, K-State Research and Extension aging specialist, on "Adapting to Life's Challenges." Groucho Marx once remarked that anyone can get old - all you have to do is live long enough. Examine your beliefs about aging and its opportunities and a way of thinking about aging as another stage in life's journey.

The agenda includes a choice of breakout sessions throughout the day. Breakout sessions include:

• Falling Less in Kansas: Reducing Risks - Teresa Radebaugh, College of Health, Wichita State University. Falls can be devastating for older adults and often result in significant morbidity and mortality. The likelihood of a fall increases with advancing age and can be heightened by other well-documented risk factors. • The Who, When, Where, What and How of Guardianship vs. Con-

servatorship - Randy Clinkscales, Clinkscales Elder Law Practice. Learn what it takes, how they are different and what to expect. The focus is to help families with not only their current needs, but also help them plan for the future.

• Behind Closed Doors: Intimacy and Aging - Gayle Doll, K-State Center on Aging. One of the apparent outcomes of ageism is the assumption that older people are asexual - they just aren't interested. This preconceived notion can lead older people to adopt similar beliefs and repress their sexuality.

• Legal Issues and Farm Succession - Michael Irvin, Kansas Farm Bureau. Irvin is a native of Goodland, where he grew up on a farm and practiced law for over 12 years before he began his work with the Kansas Farm Bureau.

• Getting Financially Prepared: Avoid Disaster - Jamie Rathbun, extension agent. Devastation can occur suddenly and without much warning. We often fail to take steps to prevent a financial catastrophe following a natural disaster. Learn how to ensure records are up to date.

• Mental Health Crisis Intervention: Mental Health First Aid - Ken Loos, High Plains Mental Health. It is sometimes difficult to know what to say and how to help without making promises you cannot keep during a mental health crisis. This presentation will help you gain knowledge and skills to help someone in a health crisis.

This is the second year that Full Circle will also be offering a professional development track, intended to help those who are actively engaged in providing services to older adults earn continuing education credits without adding travel time and expense. This track will provide in-depth and hands on learning sessions. Registration fee for this track is \$75 with the same April 19 deadline.

Information about the 2013 conferences is available online at [www.northwest.ksu.edu](http://www.northwest.ksu.edu) or by calling the Thomas County Extension Office at 460-4582 during regular business hours. Put this date on your calendar and sign up today.

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

## Card shower planned for 98th

The family of Lily Plummer plans a card shower for her 98th birthday on Saturday, April 6, 2013.

Lily is the mother of Anna Dean (Ross) Rodenbeck and Larry

Chambers, both of Colby. She has six grandchildren and 11 great-grandchildren.

Cards may be sent to the Prairie Senior Living Complex, 1625 S. Franklin Ave., Colby, Kan., 67701.

## Aquifer committee to meet

The Ogallala Aquifer Advisory Committee will hold their first meeting of 2013 to continue looking at short and long term options for the aquifer and its stakeholders.

The committee will meet at 10 a.m. Monday at the Scott County Library meeting room, 110 W. Eighth St. in Scott City. Main agenda items include Lo-

cal Enhanced Management Areas implementation updates by each Groundwater Management District and potential future changes to the Multi-Year Flex Account program.

The complete agenda is posted on the Kansas Water Office web site, [www.kwo.org](http://www.kwo.org). For information, call (785) 296-3185 or (888) 526-9283.

## Chocolate stamps Belgian hit

BRUSSELS (AP) - Feel like having chocolate in Belgium? Well, send a letter and really lick that chocolate-flavored postal stamp.

The Belgian post office released 538,000 stamps March 25 that have pictures of chocolate on

the front but the essence of cacao oil in the glue at the back for taste and in the ink for smell.

Belgian stamp collector Marie-Claire Verstichel said while the taste was a bit disappointing, "they smell good."



**Jim Salestrom**

## Guitarist and vocalist to perform in St. Francis

It is a rare privilege to find an artist who touches the hearts of all who hear his music, who brings to his audiences songs which carry the listener to a place of memories or to a place of dreams.

Jim Salestrom is just such an artist.

At 3 p.m. Sunday, Salestrom will perform many of his original songs, as well as some of John Denver, his longtime friend. This concert is part of the Western Plains Arts Association 43rd Season schedule of events, and will take place in the St. Francis High School Auditorium.

An Emmy Award-winning songwriter, a gifted guitarist and a seasoned performer, Salestrom has been writing and recording music since he was 13. His music crosses generational boundaries and is enjoyed by fans of all ages.

During a career spanning 35 years, he has recorded and per-

formed with such stellar artists as John Denver, Kenny Rogers and Dolly Parton, and has appeared on the Tonight Show with Johnny Carson, the Academy Awards show and two HBO specials, all with Dolly Parton. He has performed for four United States presidents at the White House and at the U.S. Supreme Court for his friend Justice Sandra Day O'Connor.

Salestrom has toured and performed in Brazil, Argentina, Cuba, Canada, Scotland, Ireland, England, France, Italy, Holland, Norway, Germany, Greece, Spain, Monaco, Corsica, Singapore, Japan, Hong Kong, Australia, New Zealand, Malaysia, and Bali, and has built a loyal following in the Rocky Mountains where he has kept a home for over 30 years.

Admission for this event is with season ticket or at the door: adults \$20, students \$10.

## Babies

### Alexa Taylor Feldt

Alexa Taylor Feldt, daughter of Shelly Feldt of Colby, was born Wednesday, March 20, 2013, at Citizens Medical Center in Colby. She weighed 6 pounds, 14 ounces and measured 18 1/4 inches.

Grandparents are Tina Hayes and Matt Hayes, both of Colby, Randy and Shana Carson of Burlington, Colo., and Roy and Unda Feldt of Rowlett, Texas.



**Braxtin R.**

### Braxtin James Roeder

Braxtin James Roeder, son of James Roeder and Samantha Robertson of Goodland, was born Monday, March 18, 2013, at Citizens Medical Center in Colby. He weighed 7 pounds, 7 ounces and measured 19 inches.

Grandparents are Norman and Katina Robertson of Benkelman, Neb., and Michelle Johnson and David Roeder of Goodland.

### Peyton Eva-Layne Woods

Peyton Eva-Layne Woods, daughter of Aaron J. Woods and Heather R. Duncan, was born Friday, March 15, 2013, at Citizens Medical Center in Colby. She weighed 6 pounds, 12 ounces and measured 20 1/2 inches.

Sister Lindsey and brother Brayden welcomed her home.

Grandparents are Rob and Serena McCurdy of Rexford, James Lockhart and Ron Woods, both of Elkhart, Ind.

## Goblin-proof book wins title

By Jill Lawless

Associated Press

LONDON (AP) - A super-naturally tinged barnyard manual has won Britain's quirkiest literary award, the Diagram Prize for year's oddest book title.

"Goblinproofing One's Chicken Coop" by Reginald Bakeley was awarded the prize Friday by trade magazine *The Bookseller*.

The book took 38 percent of the votes in a public ballot, beating finalists including "How Tea Cosies Changed the World," "Was Hitler III?" and "God's Doodle: The Life and Times of the Penis."

"Goblinproofing One's Chicken Coop" is subtitled "and other practical advice in our campaign against the fairy kingdom." It is described by its based publisher, Conari Press, as "the essential primer for banishing the dark

fairy creatures that are lurking in the dark corners ... of your life."

Diagram Prize overseer Horace Bent said it was no coincidence "in these austere times that a book aimed to assist members of the public frugally farming their own produce proved the most popular title."


The book's editor, Clint Marsh, said he and the author were honored to receive a prize that "celebrates the playfulness that is at the heart of much of the world's best book publishing."

## Markets

Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat (bushel)	\$6.76
Corn (bushel)	\$6.45
Milo (hundredweight)	\$10.98
Soybeans (bushel)	\$13.04

# Thank You

## FOR YOUR VOTES



**Edward "Bill" Mariman**

Paid for by Edward "Bill" Mariman, Candidate  
Photo by Keesa Photography

## Deaths

### Lynn Dale Hagler

Lynn Dale Hagler, 80, died Monday, April 1, 2013, at his home in Colby.

He was born on May 15, 1932, in Chardon to John Albert and Zillah Letitia (Winter) Hagler. He attended country school in Rawlins County and graduated from Colby High School.

On Nov. 16, 1952, he married Helen Talbott. On Dec. 9, 1952, he was drafted into the Army and was stationed in Korea, where he was a sergeant in Company A, 7th Infantry Regiment, 3rd Division. He returned home in 1954.

For a short time in the mid-1950s, the family lived in Colorado Springs, where he worked for Meadow Gold Milk. In 1957, they moved back to the family farm southwest of Atwood after his parents retired and moved into Colby.

He loved the farm and all the hard work that went with it. At one point in his farming career, he raised turkeys - thousands at a time. For many years he raised hogs. He was always busy on the farm. Even in the winter when the field work would slow down, he could be found in his shop tinkering on some kind of project. He would always find something to do on the farm and could easily figure out the mechanics of how things worked - if it didn't work, he could fix it.

In 1980, the couple moved to Mingo and then later to Colby. Though still active in farming, they headed south to Texas during the cold months, where they made many new friends and collected some great fishing stories.

He was a member of the Berean Church, served on the board and was treasurer for years. He belonged to Gideons International and was a member of the Veterans of Foreign Wars.

Preceding him in death were his wife, his parents, a sister, Twila (Hagler) Roesch and a brother, Roland Hagler.

Survivors include two children, Harlan D. (Margaret) Hagler, Atwood, and Sherry L. (Larry) Ummel, Colby; a brother, Ross Hagler, Myrtle Beach, S.C.; a sister, Ferma Nissen, Lakewood, Colo.; five grandchildren; and three great-grandchildren.

Services will be at 2 p.m. Friday, April 5, 2013, at the Baalmann Mortuary in Colby.

Visitation will be from 2 to 7 p.m. Thursday and from 10 a.m. to service time Friday at the mortuary.

The family suggests memorials to Gideons International in care of the mortuary, Box 391, Colby, Kan., 67701.

Online condolences may be left at [www.baalmannmortuary.com](http://www.baalmannmortuary.com).

## VFW Auxiliary

President Anita Thiel conducted the meeting of the Ladies' Auxiliary to the Veterans of Foreign Wars March 22 at the post.

Correspondence included several thank you notes, one from Genesis-Thomas County. Another was from the Topeka Veterans' Administration hospital for the lap robes, walker and wheel chair caddies, cards and men's briefs. There were also thanks from the Incirlik Air Base in Turkey for the vendor coupons.

Northwest Kansas Technical College sent an e-mail about free American Traditions scholarships for active duty military to attend on-campus technical programs - especially to benefit the National Guard and Reserves.

The legislative report was an item about the Veterans of Foreign Wars' reaction to an article in *Time* magazine.

The chaplain reported the death of three Auxiliary members, Eunice Pabst, Margene Griffin and Ramona Lyon. Memorials of \$5 each were allowed to cancer aid and research.

The cancer chairman reported donations of \$145 for cancer lu-

minaries and \$105 received for quilt tickets for the cancer drawing.

Twelve students from the Brewster school participated in the Patriotic Art contest; their art was on display and the group voted on winners. Participants were Brock Butts, Tanner Abbott, Dylan Burkholder, Justin Culwell, Amber Barrie, Logan Rall, T-Aera Abbott, Sabrina Foster, Dan Brown, Alicia Barrie, Benjamin Baird and Shane Rice. An award ceremony is planned for Thursday at the Brewster school.

The Auxiliary will participate with the post for Memorial Day services Monday, May 27, at Beulah Cemetery.

Delegates were elected for the spring convention Sunday, April 29, in Goodland.

Members who had been reporting volunteer service hours to Margene Griffin were and to report those to Secretary Hazel Duffey promptly, since the department report is due by next Wednesday.

The quarterly audit will be done at 4:30 p.m. next Wednesday, immediately before the April meeting, at the post.

## Colby Rotary Club

Colby Rotary Club met March 26 with 25 members in attendance.

The club held assembly. Melany Wilks, the club president, gave a presentation highlighting the four avenues of Rotary service: club, vocational, community and

international. Members discussed goals and tasks for various service projects as well as the membership, public relations and international committees.

Tom Peyton won Roto-Lotto.

- Relda Gall

## Corrections

The story "College supports violence prevention," on Page 1 of the Monday, April 1, *Colby Free Press*, contained an inaccurate statement. Penny Cline is the administrative assistant to the Dean of Academic Affairs. This was a

reporting error.

☆☆☆☆

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.

# Lets Get Growing!!

- JUST ARRIVED -

Seed Potatoes      Onion Sets  
Burpee Seeds      Weeks Seeds

Come see all the "New" iron planters. Buy them now and we can plant them up for spring

## IT'S TIME TO APPLY

Pre Emergent Fertilizer  
Ultimate with Dimension

Come See Whats New For Spring!

We don't just sell plants, we grow them!

## Golden Plains Garden Center

9-5, Mon. - Sat.      &      1140 Plains Ave. - Colby  
Cell:      785-462-0243      Greenhouse      785-462-7528

**D&R PUMP SERVICE, LLC**  
Domestic, Stock, Windmill,  
Lorentz Solar Pumps, Submersible,  
Irrigation, Repair and Sales.  
With over 30 years of experience!

Ron Shipley - (785) 675-1422  
Devan Castle (785) 657-7217

state licensed  
Kansas and Nebraska  
member of the Kansas  
Groundwater Association