

# Small 'packets' of data useful

I like short and to the point information bursts. To make a complete column I have packaged three of these "bursts" together. I hope you find this information useful.



## Diann Gerstner

### • Knowledge for Life

#### Social Security statements

Remember receiving a Social Security statement around the time of your birthday? Wondering where those are now? Social Security no longer mails these statements, but you can access them online by creating an account at [www.socialsecurity.gov/myaccount/](http://www.socialsecurity.gov/myaccount/).

To create an account, go to the above address and select "create an account." You must provide some personal information about yourself and give answers to some questions that only you are likely to know. Next, you create a username and password you will use to access your online account. This protects you and keeps your personal Social Security information private.

If you don't currently receive Social Security benefits, you can use the mySocialSecurity account to get your statement. This statement provides estimates of your retirement, disability and survivors benefits; your earnings record; and the estimated Social Security and Medicare taxes you've paid. We recommend checking your earnings record annually to make sure it is accurate. To print or save your statement, scroll down to "Print/Save Your Full Statement." Click on it to print it or save it for later use.

If you receive benefits, you can check your benefit verification letter, your benefit and payment information, and your earnings record. You can even change your address and phone number and start or change direct deposit of your benefit payment online.

#### Electric roasters

Summer time usually means family reunions, and other large social gatherings. And of course at these events we have to eat and electric roasters are often the answer to cooking these large quantities. Following are some

guidelines for using electric roasters.

Always preheat the roaster before putting in a plastic liner (and/or food). This is because the roaster (especially a newer one) will spike to its highest temperature and then regulate itself down to the temperature that you had set. The excessive heat is likely to melt a plastic liner or even burn the food.

350 degrees F. is the maximum temperature you should ever need to heat your roaster to. Rarely will you need a temperature above that. A roaster temperature above 350 F is more likely to melt or weaken a plastic liner increasing the risk of tearing.

A small amount of water between the plastic liner and the metal roaster liner may reduce the likelihood of the plastic sticking to the hot metal. But it also increases the likelihood of steam or hot water burns, so be cautious.

If the plastic liner does melt onto the metal liner, either soak it in highly concentrated detergent water for a very long time and then scrape off or put the metal liner into a freezer and chip the cold plastic off.

Do not put water between the metal roaster liner and the roaster heating unit.

Do not tuck the plastic liner into the roaster heating unit.

Always check the internal temperature of the food product being cooked to assure it is cooked to a safe internal temperature.

#### Single-load liquid laundry packets

You may have noticed commercials about the new single-load liquid laundry packets. These are another innovation to save time and

mess. First, before using these, be sure to read the label for proper use and the safety tips below.

Like all other cleaning products, keep single-load liquid laundry packets out of the reach of children and pets.

Store products away from food, as you would with other laundry products. There have been some reports of children ingesting the small brightly colored packets believing they were a gummy candy.

If you think a child has been exposed to single-load liquid laundry packets, call the poison center at (800) 222-1222 immediately.

Add the packets to the bottom, also known as the drum - of the washing machine, both for top-loader and high-efficiency front-loader machines, before adding clothes, for best results. Do not put this product in your machine's dispenser drawer.

Do not cut or tear the packets. They are designed to dissolve completely in the machine, even in cold water.

Read the product label to determine how much you should use.

Do not use the single-load liquid laundry packets for washing laundry by hand or to pre-treat fabric.

If the packets stick together, throw them away.

Handle this product with dry hands only, and remember to close the product container completely after each use to keep out moisture. The film that encases the laundry detergent is designed to dissolve quickly, even in small amounts of water. Store this product away from water.

Always ensure re-closable bag or container is tightly sealed during storage.

As with other laundry products, keep product in its original container with intact labels.

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

## High Plains Art Club

The High Plains Art Club met June 11 at the Methodist Church with 14 members present. President Marlene Carpenter officiated.

Barb Highland reported that she visited with Randy Jones about the Art Club displaying their work at the Law Enforcement Training Center on Franklin next year during the Art Walk.

The club received a card of recognition for donating to the Walking Trail.

The Art Show set up will begin at 8 a.m. Friday, Oct 18. A sign-up sheet for working before, during and after the show was passed.

Alice Wolf told of an Art Walk being held in St. Francis Friday during the 125th anniversary celebration and suggested a car pool.

Carpenter asked members to bring something to work on during the afternoon portion of meetings.

Ruthie Hughes introduced Rebel Jay who told of the programs she is trying to implement at the college, a little about classes that

are offered and upcoming structural and visual changes being made in the Cultural Arts Center. She also announced that Arizona will be the destination of the college's art trip this year. All of the particulars are not finalized, but anyone wanting to join the group is welcome.

Jay said the next Art Walk in downtown Colby is Friday, April 18. Since her sights are set on making it bigger and better every year, she is asking for more food vendors, organizational booths and any type of artist in the area to step forward and set up a display. Anyone wanting to be on the map of who is displaying where should make sure Jay knows about your plans and location.

Following adjournment and lunch, several members visited the student art display at the Prairie Museum of Art and History.

The next meeting will be at 10 a.m. Tuesday, July 9, at the Colby United Methodist Church. Anyone interested in joining is welcome to attend.

- Alice Wolf, secretary

## Colby man graduates

Patrick A. Martin of Colby graduated with an Associate of Applied Science degree in electrical technology at the May 10 ceremony of North Central Kansas Technical College in Beloit.

Martin was recognized as being on the Dean's Honor Roll at the ceremony, which is for students achieving a 3.5 to 4.0 grade average.

## Lightning aware means more safety

Summer is the peak season for lightning, one of weather's most deadly occurrences.

Over the past 50 years, at least one Kansan has died from a lightning each year. Lightning Safety Awareness Week (June 23 to 29) sponsored by the Kansas Division of Emergency Management, the National Weather Service, and the American Red Cross, is a nationwide effort to encourage individuals, families and communities to avoid the dangers of lightning.

Since the campaign began 13 years ago, the average number of lightning deaths in the U.S. has decreased from 73 to 54 but lightning continues to be one of the top three storm-related killers in the U.S. In addition, lightning injures more people than it kills and leaves some victims with life-long health problems.

"Just remember when you hear thunder, lightning is close enough to strike you," said Angee Morgan, deputy director of Kansas Emergency Management. "When you hear thunder, take shelter and remain sheltered for 30 minutes after the last sound of thunder."

Each year, more than 400 people in the U.S. are struck by lightning while working outside, at sports events, on the beach, out at the lake, mowing the lawn or during other outdoor activities. There have been seven lightning fatalities in 2013.

Survivors may have memory loss, attention deficits, sleep disorders, numbness, dizziness, stiffness, irritability, fatigue, weakness, muscle spasms, seizures, depression and inability to sit for

long periods of time. These effects are often long-term or permanent.

Many deaths from lightning occur because people wait too long before seeking shelter. If you can hear thunder, lightning is close enough that it could strike your location at any moment, and often strikes as far away as 10 miles from any rainfall. Every flash of lightning is dangerous because lightning can travel sideways from the storm. At least 10 percent of lightning occurs without visible clouds overhead in the sky. Look for dark cloud bases and increasing winds, and head to safety before the first flash of lightning.

The most dangerous place to be in a storm is outside. Seek shelter in a sturdy, closed building with a way to conduct electrical current to the ground. Avoid sheds, picnic shelters, dugouts, bleachers, open carports, garages and covered patios, which are not safe. If no building is accessible, get inside a hard-topped, all-metal vehicle.

If you can't get to a shelter, crouch down in an open area. Stay at least twice as far away from trees as they are tall. Since water is an excellent conductor of electricity, avoid standing in or near puddles. Also, remember to avoid holding anything that will conduct or attract lightning, like golf clubs, fishing poles or tennis racquets.

For information, go to the National Weather Service's page, [www.lightningsafety.noaa.gov](http://www.lightningsafety.noaa.gov).

## Clarification

Dylan Coryell, found guilty of second-degree, non premeditated murder and aggravated battery on March 27, was sentenced last Monday in Decatur County District Court to 17 years in prison, with a minimum of 15 years to be served. A story on Page 1 of the Wednesday, June 19, Colby Free Press reported in one place that Coryell had been sentenced to 15 years. Judge Preston Pratt's original

sentence was 17 years with a 15 percent good time credit, meaning Coryell can be released as early as 15 years with good behavior.

☆☆☆☆

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.

## Deaths

### James Sheldon Roopchan

James Sheldon Roopchan, 42, Hartford, Ky., son of Lena Roopchan of Colby, died Wednesday, June 19, 2013, at the Ohio County Hospital following an illness.

He was born Jan. 19, 1971, in San Fernando, Trinidad, to Lena Roopchan.

He was a member of the Church of God of Prophecy in Island, Ky., and worked at Daicel Safety Systems America in Beaver Dam, Ky.

His grandparents, Joseph and Esther Roopchan, preceded him in death.

Survivors include his wife, Sandra Denise (Wells) Roopchan, of the home; his mother; a brother, Peter Roopchan, Colby; his father-in-law William Wells, Hartford; and three sisters-in-law, Teresa Wells, Hartford, and Margery Wells and Anita J. Wells, both of Madisonville, Ky.

Services were to be at 1 p.m. today, Wednesday, June 26, 2013, at the Miller-Schapmire Funeral Home in Hartford, with Sister E. Carolyn Erwin officiating and burial in the Oakwood Cemetery.

### Daniel J. Snyder

Daniel J. Snyder, 82, Dodge City, died Sunday, June 23, 2013, at his home.

He was born Feb. 15, 1931, at Herington, the son of Ben R. and Merle (Donmyer) Snyder. He graduated from Colby High School in 1949 and later attended the Garden City Community College.

During the Korean War, he served in the Navy.

After college he worked with AT&T in Dodge City for 33 years, where he became a supervisor. He later worked for the Pony Express Company in Dodge City.

On June 22, 1957, he married Benita Seib in Garden City. They celebrated their 56th anniversary a day before his death.

He was a member of the Cathedral of Our Lady of Guadalupe, Dodge City, the Knights of Columbus in Garden City, where he received both third and fourth degrees, and in Dodge City, and a former member of the American Legion and the Lions Club of Dodge City.

He was preceded in death by his parents and a brother, Harry Snyder.

Survivors include his wife, of the home; three sons, Stephen (Nancy) Snyder, Dodge City; Daniel J. (Karen) Snyder Jr., Glendale, Ariz.; and Kenneth Snyder, Anthem, Ariz.; three daughters, Sharon (Tim) Tompkins and Karen Snyder, all of Dodge City; and Patricia (Anthony) Pieschl, Brookville; a sister, JoAnn Dimmitt, Salina; and 12 grandchildren.

Services will be at 10 a.m. Friday, June 28, 2013, at the old Sacred Heart Cathedral in Dodge City, with the Rev. Ted Skalsky officiating and burial at 2 p.m. at the Sacred Heart Cemetery in Ness City.

Visitation will be from noon to 5 p.m. Thursday at the Swaim Funeral Home in Dodge City. Vigil Service will be at 7 p.m. Thursday at the old cathedral.

The family suggests memorials to the Hospice of the Prairie in Dodge City, in care of the funeral home, 1901 Sixth Ave., Dodge City, Kan., 67801.

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

## 4-Hers win state awards

Two 4-H members from Oakley have been named 2013 State 4-H Project winners by the Kansas 4-H Youth Development Program, Leigh Ann Maurath in communications and Breanna Temaatt in health and wellness.

"The 2013 state 4-H project winners feature the Kansas 4-H Program Youth Development at its best," said Barbara Stone, assistant director, K-State Research and Extension, and state leader for Kansas 4-H. "The young people who earn the distinction of state project winner have achieved this by setting goals, working towards accomplishments and mastering skills of leading and serving their communities."

The awards were presented at the 4-H Emerald Circle Banquet in Manhattan on May 30. Thirty-two 4-H members were selected

for this year's awards, based on work completed in 2012. Other area recipients included Allison Grice of St. Francis, visual arts, and Callahan Grund, Wallace, swine.

Each of the state award recipients earn a commemorative medallion and an invitation to National 4-H Congress in Atlanta Nov. 29 to Dec. 3. Winners also receive a \$400 travel scholarship from the Kansas 4-H Foundation.

To qualify for a state project award, a 4-H member must earn the top award in their project at the local level. Winners' project books are evaluated by the four K-State Research and Extension areas to determine the state finalists. Finalists create a 5-minute video for the state competition.



The Colby Free Press will be



to observe Independence Day  
(there will be no paper on this day)

We will reopen for normal business hours Friday, July 5th.



USE THE CLASSIFIEDS! 785-462-3963

## The Colby Free Press is looking for Carriers!

Afternoons Monday - Friday • About 1 hour per day

Bonus after three months!!



A great part-time job for anyone!

For more information call the Colby Free Press office:  
785-462-3963 or stop in at 155 W. 5th Street