



Kim and Andy Sramek

June wedding joins McDonald couple here

Kim Rohr and Andy Sramek married June 1, 2013, at the Sacred Heart Catholic Church in Colby.

The bride, daughter of Bill and Lisa Rohr of Colby, is a 2001 graduate of Colby High School and a 2005 graduate of Fort Hays State University. Enrolled in the nursing program at Colby Community College, she works at Dillon's and Rawlins County Health Center.

Her grandparents are Marjorie and the late Tom Mowry of Colby and the late Elmer and Irene Rohr.

The groom, son of Mike and the late Carol Sramek of McDonald, is a 1998 graduate of Cheylin High School and a 2002 graduate of Kansas State University. He farms with his dad in McDonald.

His grandparents are Bernita Beasley and the late Ray Beasley of Quinter and the late Alfred Sramek and John "Jack" and Virginia Stewart.

Father Dana Clark and Father Nick Parker officiated at the

wedding. Reception, dinner and dance followed at the American Legion in Colby.

Abigail Rohr was the maid of honor. Bridesmaids were Catherine Rohr, Carrie Bixenman, Lacey Henry, Ashley Weigel and Kristin Eberle.

Matt Micek was the best man. Groomsmen were Will Sramek, Craig Pringle, Matt Schreiner, Eric Seemann and James Miller.

Ginnie Sramek was the flower girl; Ethan Rohr was the ring bearer.

Ushers were Mike Rohr, Chris Rohr, Nick Rohr, Anthony Rohr and Geoffrey Rohr.

Cantors were Jen Sabatka and Matt Micek. Pianist was Virginia Cahoj.

Attendants were: Cassie Seemann and Megan Pringle, guest book; Randa Cooper and Dar Hickertt, cake; Brandon Rohr and Tyler Rohr, program; and Carter Rohr and Tucker Rohr, bubbles.

The couple lives in McDonald.

Walking summit: trail just a beginning

Last week, Oct. 1 to 3, I was fortunate to be able to attend the first National Walking Summit in Washington, D.C. held by Kaiser Permanente and the Every Body Walk! Collaboration.



Diann Gerstner
 • Knowledge for Life

This summit brought together almost 400 community, organizational and business leaders from across the nation to share their thoughts and take aligned action. It featured dialogue sessions, presentations and walking meetings, all centered around a shared agenda to boost the prevalence of walking and to create more walkable cities and communities.

The summit provided a unique opportunity for leaders and advocates to develop effective strategies for increasing walking and walkability, building momentum for the fast-growing walking movement, and showcasing organizational and community best practices.

This is the first time I have attended a conference where I felt like I was hobnobbing with nationally recognized people. I definitely felt like a peon, but was excited to see national leaders supporting walking and exercising for health.

tion that gets them close to their destination where they continue walking.

In rural communities, we take the few steps to our vehicles, drive to the front door of our destination and walk the few steps in. We will even circle the block or in the parking lot to get a closer parking spot.

The result is very little to no exercise occurring in our daily lives unless we purposely plan it. This is an easy step to skip and we end up with days, weeks or even months with very little exercise. For young children, this can be the beginning of a sedentary lifestyle, which can be hard to change later in life.

This time of year I'm making plans for the new year of 2014. My major program focus is Healthy Lifestyles that include increased exercise and nutritious eating. To help the citizens in Thomas County become healthier I would like to see our communities become more walking and biking friendly.

Featured speakers included U.S. Surgeon General Regina Benjamin (2009 to 2013); the mayor of Washington, Vincent Gray; Bipartisan Policy Center fellow Dan Glickman; director of the Washington Office of Planning, Harriet Tregoning; *New York Times* best-selling author, Jonah Berger; and Kaiser Permanente chairman George Halvorson.

We heard the results from a recent survey indicating that Americans are aware of the health benefits of walking, however most do not walk enough to realize these benefits in their own lives. Research also indicates that citizens in communities with built environment (sidewalks, walking and biking trails, bike lanes, etc.) that made walking and biking an easy and safe choice did walk and bike more. And this increase in exercise does produce healthier citizens.

We have always prided ourselves in rural communities as having the better environment for raising children. I would still agree that most of the environment in our rural setting is better.

But current information indicates that children in cities have more exercise and are more fit because walking is part of their everyday lives. They walk to their destination or to public transporta-

We have just completed our first and only two mile recreational walking trail of which we all should be proud. But this is just the beginning. To truly get our community to be walkable and bikeable, we need a master community walking and biking plan that will include not only safe routes to school, but active transportation routes that will connect neighborhoods to business and recreation areas. Again research has shown that these types of routes increase home values as well as business revenue.

Having a master plan not only qualifies our community for grants to help us move forward, but can also help us renovate current sidewalks and streets and to plan new areas to be built incorporating safe, complete streets and sidewalks. As the old saying goes: "Fail to plan, plan to fail."

We are still working on our exact action plan, but I'm sure it will include community surveys and public meetings for community input. So stay tuned and be sure to share your ideas and dreams for a healthy, active community.

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

Preventing food loss part of ending hunger

You go to the grocery store and buy several items to make meals. Your week gets hectic, and you don't have time to cook the meals you had planned. The foods you bought are now either past their peak or obviously spoiled.

Food loss not only spoils your budget, but poses a hindrance on your time, said Mary Meck Higgins, associate professor and extension specialist at Kansas State University. She said when food goes bad, consumers have to spend the time to shop for more food, bring it home, put it away, prepare it and take out the trash. This adds up to more time and money than if the consumers hadn't wasted what they bought the first time.

Making people aware of avoidable food loss and how to prevent it is a goal of World Food Day, a global movement to end hunger that is celebrated today.

It is a day to remember the estimated nearly 870 million of the 7 billion people in the world, or one in eight, who suffer from chronic malnourishment, according to the United Nations Food and Agriculture Organization, which established World Food Day.

While most malnourished people are from developing countries, more than 49 million people in the

U.S. struggle with hunger or food insecurity, and most are children.

Higgins, a registered dietitian, said more than one-third of the food produced in the U.S. is wasted, and on average, U.S. households throw away 14 percent of food purchases. If a person didn't waste food, she said, it would be like eating for free for 51 days, or a little more than seven weeks.

"Realizing that you can get 51 days of free meals makes a little bit of planning worth it," Higgins said. "It makes a big difference not only in your time and your budget on the personal level, but it makes such a big difference in terms of our natural resources."

On the environmental level, Higgins said avoidable food loss is comparable to leaving the faucet running. Wasted food ends up as solid waste in landfills, and as it decomposes, it produces methane that warms the climate.

Higgins said the foods most likely to be wasted are fresh fruits and vegetables, beverages, bread and bakery products, dairy products, eggs, meat and fish. Consumers can follow many tips to prevent food loss: Make smart buying decisions, use what you have at home and prevent produce waste.

Graveside conversations come to Fort Hays Site

The Fort Hays State Historic Site will present "Graveside Conversations" at 7 and 8 p.m. Saturday, Oct. 26.

Through first person portrayals, visitors can learn how the people of Fort Hays lived and died, including local legend Elizabeth Polly, known as the Blue Light Lady.

Tours are available at 7 and 8 p.m. Reservations required. Contact (785) 625-6812 or thefort@kshs.org. Admission is \$3 adults, \$1 students. Kansas Historical Foundation members and children five and younger admitted free.

Fort Hays is at 1472 U.S. 183 Alternate, Hays. For information, go to kshs.org/fort_hays.

Stamp show coming up

The Fort Hays Stamp Club will hold its 23rd annual stamp, postcard and coin show from 9 a.m. to 4 p.m. Saturday, Oct. 26, at the Ramada Inn, 3603 Vine St. in

Hays. Admission and parking are free. For information, call James Thorn at (785) 625-3066 or (785) 628-2949, or e-mail forhaysstampclub@yahoo.com.

Deaths

Tama Unger

Tama Unger, 48, Rexford, died Tuesday, Oct. 15, 2013, at Citizens Medical Center in Colby.

Services are pending with Paul's Funeral Home in Oberlin.

Helen Verneal (Mead) Amos

Helen Verneal (Mead) Amos, 99, Colby, died Sunday, Oct. 13, 2013, at the Prairie Senior Living Complex in Colby.

Preceding her in death were her parents, her husband in 1977, and four siblings, Myrtle Alice "Polly" (Ralph) Brown, Eleanor Lucille (Grant) Freer, Donald Eugene (Marceil) Mead and Joshua Irvin "Jim" Mead.

She was born June 7, 1914, to J. Cyril and Ethel Ione (Sunderland) Mead on a farm near Wymore, Neb.

When she was 4, her family moved to a farm eight miles north of Levant. She attended East Centerview school and went to high school in Levant, graduating from Colby High School in 1932.

From 1932 to 1937 she taught school: two years in Rawlins County and three years in Thomas County at West Centerview northwest of Levant. These were years when dust storms could quickly turn a sunny day dark as night, requiring kerosene lamplight for the students to see their work.

On May 16, 1937, she married Wendell O. "Curly" Amos. They lived six miles north of Colby. In 1975, they retired from the farm, moving into Colby.

She enjoyed farm life, cooking, gardening, attending church and numerous clubs.

Survivors include four children, Sheila Joan (Dennis) Faulkner, Denver; Carol Sue (Richard) Lillard, Denver; Bruce Jay (Betty) Amos, Lindsborg; and Robert Lynn (Lila) Amos, Levant; a sister-in-law, Margaret Mead, Colorado; seven grandchildren; and three great-grandchildren.

Services will be at 11 a.m. Thursday, Oct. 17, 2013, at the Kersbrock Funeral Chapel in Colby, with the Rev. James Markdock officiating and burial in Beulah Cemetery.

No visitation.

The family suggests memorials to the Colby United Methodist Church in care of the funeral chapel, 745 S. Country Club Dr., 67701.

Condolences may be left at www.kersbrockfuneralchapel.com.

Colby Rotary Club

Colby Rotary Club met Tuesday at Colby Community College with 28 members and guest Paul Brigham.

scriptions, rehabilitative services or devices, lab services, preventive and wellness services and pediatric services.

Vernon Hurd, Farm Bureau financial agent, had the program, an interesting and informative presentation on the Affordable Care Act. He noted several changes were already implemented in March 2010, including 100 percent coverage of preventive care (i.e., flu shots), no lifetime maximums and children being allowed to stay on their parents' policy until age 26.

The determining factors for cost include age, tobacco use and geographical location. Hurd noted the maximum out-of-pocket expenses for an individual are set at \$6,350 and for a family at \$12,700.

Beginning Jan. 1, everyone will be required to have health insurance and everyone will be eligible to get health insurance, including standardized essential health benefits. The penalty for not purchasing health insurance is a \$95 fine or 1 percent of a person's taxable adjusted gross income, whichever is greater. The penalty will be 2 percent in 2015 and is slated to rise in following years.

Based on information from the Kaiser Family Foundation, it is estimated that 85 percent of Americans already have health coverage. Of those with coverage, roughly 58 percent have it through their employer, 6 percent purchase it on their own, and the remaining 36 percent are through public programs such as Medicare or Medicaid.

Each insurance policy must now offer the same essential health benefits which include ambulatory patient services, emergency services, hospitalization, maternity and newborn care, mental health and substance use, pre-

Hurd said the three companies who are participating in the health insurance marketplace are Coventry One, Blue Cross Blue Shield of Kansas and Blue Cross Blue Shield of Kansas City.

J.L. Evins won Roto-Lotto and Jerry Arensdorf won the President's Challenge.

The club meets at noon each Tuesday in Room 106 of the Student Union.

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)	\$7.41
Corn (bushel)	\$4.38
Milo (hundredweight)	\$7.38
Soybeans (bushel)	\$11.67



KIWANIS PANCAKE FEED

"Batter made from scratch"

Saturday, October 19th
7 a.m. - 2 p.m. • VFW
220 N. Lake, Colby

Proceeds go towards Christmas Projects, Youth Projects and Other Community Service
 Tickets available from any Kiwanis member.

Teaming up to Fight Cancer

Kirstie Strutt and Karen Pabst will donate 10% of their service fees to the Northwest Kansas Foundation for Hope in the fight for cancer from now until October 31st.



Call today to book your appointment 785-460-7722



1675 W. 4th Colby, KS 67701

Call 785-443-1480 - Kirstie Strutt, Esthetician or 785-443-0846 - Karen Pabst, Master Esthetician

Junktoberfest

McCook's Premier Vintage/Handmade Indoor Market featuring vintage, antique, handmade, upcycled, architectural salvage, seasonal home decor and more!

Saturday, October 26, 9-6

Red Willow 4-H Building
West 5th and O St. McCook Neb.



Interested in being a vendor?
e-mail daisytoad@live.com

Find us on:



"Your Family Matters"

"Parenting with a Purpose" - a one day workshop on issues in parenting.

- Assets Your Child Needs for Success
- Addressing the Primary Influencers in Child's Life
- Discipline for a Difference (for all ages)
- The Gift of En "COURAGE" ment for Parents

Presented by Dr. Thad Warren
Concordia University, Seward, NE

When? **October 26** (Registration at 8:30 a.m.)
9 a.m. to 3 p.m. (4 Sessions)

Where? **Immanuel Lutheran Church**
206 E. 7th St., Oakley, KS 67748

Reserve by email to immoak77@gmail.com
or by telephone (785) 672-3833

Cost for Day: \$10/Individual \$15/Couple
(Lunch is included)