

Deaths

Charles E. Cook

Charles E. Cook, 90, a Colby farmer, died Monday, Dec. 9, 2013, at the Morton County Hospital in Elkhart.

He was born May 19, 1923, in Washington, Kan., to Edward and Bell (Carl) Cook.

A decorated World War II veteran, he served in the Army Air Corps.

He married Dorothy Tubbs.

A long-time farmer, he also owned Mr. C's Steak House and Cook Trucking and was a custom harvester. He was a member of the Grinnell Veterans of Foreign Wars.

Preceding him in death were his wife; a son, Charles David Cook; a sister, Margaret Cook; two brothers, Clarence Cook and Harry Cook; and a grandson, Charles Cook.

Survivors include two children, Terry (Lilly) Cook, Nanakuli, Hawaii and Tom Cook, Colby; companion Bev Appelhans; five grandchildren; nine great-grandchildren and two great-great-grandchildren.

Services will be at 10:30 a.m. Friday, Dec. 13, 2013, at the United Methodist Church in Colby, with burial in Beulah Cemetery.

Visitation will be from 4 to 6 p.m. Thursday at the Baalman Mortuary in Colby.

The family suggests memorials to the Grinnell Veterans of Foreign Wars or the Colby American Legion in care of the mortuary, Box 391, Colby, Kan., 67701.

Condolences for the family may be left at www.baalmannmortuary.com.

Verlin L. Plummer

Verlin L. Plummer 84, Winona, a Logan County farmer, died Saturday, Dec. 7, 2013, at Logan County Manor.

He was born April 17, 1929, to Roy and Meta (Lee) Plummer in Monument.

On June 1, 1947, he married Norma Lee "Noni" Pinkston in Colby. There were married 66 years.

A farmer and rancher, he had worked earlier for the Union Pacific railroad, Sim-Schaffer Welding and the Logan County Road Department.

Preceding him in death were his parents, a brother, Marvin Plummer, and a granddaughter, Grace Lee Plummer.

Survivors include his wife; four children, Sheila Plummer, Bogue; Joan (Paul) Williams and Kevin

(Andrea) Plummer, all of Oakley; and Shawn (Shelly) Plummer, Winona; two sisters, Shirley Holmes, Denver; and Jennifer Torke, Littleton, Colo.; a sister-in-law, Bonnie Plummer, Colby; 16 grandchildren; and 23 great-grandchildren.

Funeral services will be at 11 a.m. Thursday, Dec. 12, 2013, at the United Methodist Church in Winona, with burial in the Winona Cemetery.

Visitation was to be from 5 to 7 p.m. today at the Baalman Mortuary in Oakley.

The family suggests memorials to the church in care of the mortuary, Box 204, Oakley, Kan., 67748.

Condolences for the family may be left at www.baalmannmortuary.com.

Stella Louise Parker

Stella Louise Parker, 73, Larned, mother of Gary J. Parker of Colby, died Saturday, Dec. 7, 2013, at the Wesley Towers Retirement Community in Hutchinson.

She was born Jan. 2, 1940, in Altamont, the daughter of Paul and Nellie (Thompson) Wood.

On June 7, 1959, she married Leland Ray Parker in Hutchinson. A long time Larned area resident, she was food service supervisor at Larned State Hospital.

A Christian, she was a member of the Kansas Consumer Advisory Council for Adult Mental Health, a past president of the Kansas State Firefighters Association Auxiliary, a leader for the Girl Scouts, Boy Scouts and Cub Scouts and a district chairman for the Boy Scouts. She loved going camping, fishing and watching her grandkids play sports.

Preceding her in death were her husband, in 2005; a brother, Otis G. Wood; a sister, Goldie Mae Hanson; two grandsons, James Keith Easter and Timothy Alan

Parker; and a great-granddaughter, Jasmine Marie Chism.

Survivors include two other sons, Kenneth R. Parker, Kanopolis, and Carl Eugene (Julie) Parker, Larned; a daughter, Marilyn Chism, Garfield; a sister Delores (Richard) Nicklaus, Hutchinson; two sisters-in-law, Berla Wood, Hutchinson, and Talma Miller, Great Bend; five grandchildren and nine great-grandchildren.

Services will be at 2 p.m. Friday, Dec. 13, 2013, at the Beckwith Mortuary Chapel with the Rev. Jack Singer officiating and burial in the Larned Cemetery.

Visitation will be from 9 a.m. to 8 p.m. today and Thursday, with family present from 5 to 7 p.m. Thursday.

The family suggests memorials to the Larned Volunteer Fire Department in care of the mortuary, Box 477, Larned, Kan., 67550.

Condolences for the family may be left at www.beckwithmortuary.com.

Wellness Challenge gearing up to help all start New Year right

Mark your calendars. Once again, the Thomas County Coalition Wellness Committee will be offering low cost blood tests, health screenings and a healthy lifestyle program, the Thomas County Wellness Challenge. Read below for more information on both.

Health screenings

Citizens Medical Center, working with the Thomas County Coalition, will offer health screenings from 6 to 9 a.m. Thursday, Friday, Saturday and Monday, Jan. 9, 10, 11 and 13, in the Citizens Medical Center Specialty Clinic Lobby. Screenings include:

- Comprehensive profile, including a lipid profile, glucose and complete blood count. Requires 10 to 12 hours fasting, \$30.
- TSH (thyroid), recommended for baseline or if having symptoms, \$20.
- Hgb A1C, three-month glucose average, for known diabetics or those with significant history, \$20.
- Prostate screening, PSA, males only, \$25.
- EKG, recommended for baseline, \$35.

Thomas County Wellness Challenge

The Thomas County Coalition Wellness Committee, including members from Colby Community College, Thomas County Extension Service, Thomas County Health Department and Citizens Medical Center, are working together to implement this program. The goal is to help individuals develop new attitudes, set goals and learn skills for healthy, pleasurable living.

The Thomas County Wellness Challenge will get under way Monday, Jan. 13. Weekly assignments will be posted on the Thomas County Wellness Website, www.thomascountycoalition.com.

The program will conclude Sunday, May 11, at the end of Walk Kansas which is a portion of the program. Thomas County Wellness Chal-



Diann Gerstner

• Knowledge for Life

lenge participants will have the Walk Kansas fee waived.

This program includes: the Comprehensive Profile blood test; pre and post Bodpod testing for percentage of lean and fat body mass – considered the gold standard for measuring body composition – food diaries, exercise diaries, weekly newsletter and lessons and assignments, Walk Kansas participation and an in person program.

The keynote speaker, Dr. Doug Gruenbacher from Quinter, will be here at 7 p.m. Monday, Jan. 6, in the college Student Union multipurpose room. Everyone is welcome to attend this free event.

In addition to his medical practice, Gruenbacher founded Castle Rock Wellness Center to provide a gym and exercise classes for his small community. He is an avid runner and a 2012 Summer Olympic torch bearer who looks for opportunities to motivate his community to improve their health.

Weekly weigh-ins will be available, but not required for points. Last but not least, there are cash prizes for top point winners. Because the goal of Thomas County Wellness Challenge is to improve lifestyle and not just to lose weight, points are earned by participation in the program. All this for one low price of \$40.

By doing the weekly assignments, participants will learn about setting wise lifestyle goals, realistic weight loss, what healthy body

measurements are, how to improve their fitness, blood test results, choosing correct portions when eating, exercising properly, eating out healthy and emotional eating. Weekly topics are:

- 1: Let's begin, goals and reflection.
- 2: Honor your hunger.
- 3: Food and moods.
- 4: Gentle nutrition.
- 5: Make peace with food.
- 6: Motivators to move.
- 7: Fitness for every body.
- 8: Mind over media.
- 9: You are the best you.
- 10-17: Walk Kansas.

Registration deadline is Monday, Jan. 13. To register, go to the Thomas County Coalition Website, www.thomascountycoalition.com, click on the Thomas County Wellness Challenge tab and fill out the registration form. You will receive a confirmation email after your registration is complete. Payment of \$40 can be made to the Wellness Committee in care of Pat Erickson, 1255 S. Range, Colby, Kan., 67701, or call 460-5445.

Stop by the Thomas County Extension Office or Health Department to pick up a booklet with all the information about the Wellness Challenge. Or you can email me at diann@ksu.edu and I'll email you the booklet.

If you have questions about the health screenings or the wellness challenge, contact:

Citizens Medical Center Education Department, 460-4850, or email jbrown@nwk-healthcare.com; Thomas County Health Department, 460-4596, or email findir@thomas-cohealth.com; or Thomas County Extension Office, 460-4582, or email diann@ksu.edu.

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

Colby Rotary Club

Colby Rotary Club met Tuesday with 43 members, visiting Rotarian John George and guests Abby Friesen, Steve and Marilyn Friesen, Mitchell Gatz and Brette Hankin.

President Marilyn Unger read several thank you notes from third grade students for the dictionaries given by the club. She also extended thanks on behalf of the club to Paul Steele, Pat Sloan, Carolyn Armstrong, Cindy Cersovsky and Terrel Harrison for their work on the Christmas party.

Ron Evans was presented a certificate of appreciation for his years of service in providing the club with "useless knowledge" at the close of each meeting.

Officers for 2014-2015 were elected: president, Eric Griggs; vice president, J.L. Evins; secretary, Vernon Hurd; treasurer, Wayne Horlacher and board members Marla Crumrine, Mike Tubbs, Marilyn Unger and Nick Wells.

Abby Friesen was recognized as the December Student of the Month. She provided an overview of her school and community activities and noted that helping with Catholic Youth Organization and Genesis service projects has made a big impact on her life. Abby plans to attend Kansas State University and major in ag economics with an emphasis in veterinary medicine.

Jerry Arensdorf had the program. His guest was Brette Hankin, the new executive director of the Colby/Thomas County Chamber of Commerce. Hankin was born and raised in McCook, Neb., and moved to Colby from Lawrence in 1997. She gave an overview of upcoming Chamber events and invited members to stop by the Chamber office anytime.

Pat Sloan won Roto-Lotto.

The next meeting will be at the Pioneer Memorial Library.

— Relda Galli

Family gathers for holiday

The Tubbs family, with Dale Deaver as host, gathered Thanksgiving Day at the Veterans of Foreign Wars hall. This year's group, down from last year, included these family members and friends.

Colby: Marty Anderson; Mik, Bonny, Nate and Anna Brown; Gene and Kathy Brown; Chase Cersovsky; Justin, Christie and Bailey Foss; Bettie Hamill; Monty Lewis; Joe Rudell; Deanna Smith, Leroy and Lina Stickle; Luke, Jada, Liv, Guy, Fia and Von Tubbs; Dale Tubbs; and JJ and AJ Tubbs.

Levant: Chris and Leanna Taylor and Libby and Pypier Soehner. Brewster: Jerry Tubbs.

Selden: Ethan and Marci Stickle.

Oakley: Francis and Pam Rudell.

Goodland: Nicole Holub and her children and Charles Ihrig.

Hays: Haley Stickle.

Densmore: Joe Stenger and Marcella Stenger.

Wichita: Jayson Eubank and Stacey Mentlick.

Phillipsburg: Dennis Brown.

Atchinson: Dan Brown.

Seibert: Ethel McCoffrey.

Burlington, Colo: Patricia Spencer.

Bakersfield, Calif.: Joe Meier.

Others attending included Hedy Tubbs and Boston, Angela, Jaden and Mick Tubbs

— Dale Deaver

Markets

Quotes as of close of previous business day

Hi-Plains Co-op	
Wheat (bushel)	\$6.77
Corn (bushel)	\$4.27
Milo (hundredweight)	\$7.29
Soybeans (bushel)	\$12.41

Nebraska's Largest Hot Tub Store



Saunas
2 & 4 Person
Save Up to
\$3000

Special Holiday Price
Your Choice
\$1500

345-6717 McCook
534-2056 North Platte
785-460-0095 Colby KS

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New Location
West 3rd &
C Street in McCook
tristatespas.net

CONGRATULATIONS!

50th Anniversary Card Shower

Monroe (Monte) & Helen Stramel
December 21, 2013

P.O. Box 234
Winona, KS 67764

JUBELLATION HANDBELL CHOIR PRESENTS

RING CHRISTMAS

DECEMBER 14, 2013
7:30 P.M.

TRINITY LUTHERAN CHURCH
5TH & COUNTRY CLUB DR.
COLBY

PLEASE JOIN US FOR AN EVENING OF CHRISTMAS MUSIC FEATURING TRINITY'S JUBELLATION HANDBELL CHOIR AND FRIENDS FROM THE PRIDE OF THE PRAIRIE ORCHESTRA

NO ADMISSION CHARGED
FREE WILL OFFERING

