Family

Death

Edwin L. Dunn, Sr.

Edwin L. Dunn, Sr., 72, of Colby, in Burlingame. died Friday, March 16, 2007, in

Mr. Dunn was born July 26, 1934, in Colby.

Brewster 4-H part of County Club Days

By Layton Werth

Brewster Prairie Gem made preparations for County Club Days and Regional Club Days to be held this month. The Brewster Club is in charge of organizing the county event this year. It is scheduled for Friday, Mar. 16 at the Sacred Heart School. All club members are asked to be at the school by 3:30 to set up for this event. Volunteers are needed to cover the Life Skills Judging area and to assist with tabulating points and preparing ribbons.

Regional Club Days are set for Friday, March 30 from 5 to 9 p.m. at the Brewster School. The Brewster Club will be in charge of watching the door of one room. Volunteers are asked to sign up for a one-hour shift.

There were seven members present at this meeting on March 12. The club will be. hosting its annual Easter Egg Hunt on April 6, 10 a.m. at the football field. On Wednesday, April 4, the club will meet after school in the lunchroom to fill eggs for the event. The annual rabies clinic is being scheduled for mid April. It will be from 4:15-6:30 p.m. and the club schedules and assists the veterinary and city with this clinic. Avery Schultz will make the posters for this clinic.

The club voted to give \$20 and the 4-H council has agreed to give \$15 for any member wishing to participate in a 4-H camp. Camps this summer include Lakeside at Scott Lake, June 21-22 for 7 to 9 years old; the Great Northwest 4-H Camp, June 11-14 at Rock Springs 4-H Center; and The Northwest High Adventure near Idaho Springs, Colo., July 5-8 for youth

Wyatt Werth gave a project talk

Mom was your veggies

ATLANTA(AP) — Fewer than a third of American adults eat the amount of fruits and vegetables the government recommends, a trend that's remained steady for more than a decade, health officials said Thursday.

"well below" the That's government's goal of getting 75 percent of Americans to eat two servings of fruits and three of vegetables each day by 2010, said Dr. Larry Cohen of the U.S. Centers for Disease Control and Prevention.

The telephone survey of more than 305,000 adults in 2005 indicates the country is only about halfway toward meeting the goal three years from now.

"We're really concerned with the lack of success in meeting these national goals," said Cohen, who works in CDC's nutrition and physical activity division.

Although the rate of fruit and vegetable consumption has remained unchanged since 1994, health officials said the goal is still within reach.

"We have more work to do over the next few years," said spokeswoman Rachel Ciccarone.

Senior citizens were more likely than others to follow Mom's advice to eat more veggies, with slightly more than a third of that group eating three or more servings each day. Younger adults, age 18 to 24, ate the fewest vegetables. Nearly fourfifths of that age category scraped the veggies to the side of their plates — if they had vegetables on the plate at all.

Likewise, seniors also ate the most fruit, with nearly 46 percent eating two or more servings of fruit daily. People age 35 to 44 ate fruit the least, with few eating the recommended amount of fruit each day.

Markets

Quotes as of close of previous business day **Hi-Plains Co-op**

\$4.35 Wheat Corn \$3.84 \$6.39 Soybeans \$6.52

Services are pending with Harrison Chapel, 190 S. Franklin,

Brewster. It advanced to the State

Fair where he received a purple rib-

bon and the 4-H Foundation Award.

It was selected to appear in the 2007

Kansas 4-H Foundation Calendar,

Essence of Kansas: Visions. Wyatt

passed the calendar around for

Rose Bear gave a demonstration

on tying knots. She showed the

group how to make six knots. They

included overhand knot, square

knot, quick release and bowline

knots (used for livestock), double

half-hitch knot and a Honda knot.

She is preparing to give this dem-

onstration at county club days. Ben

Baird gave a demonstration on how

The meeting adjourned after the

program for next month's meeting

SUNDAY, MARCH 18

8 p.m.

members to view.

cute cat.

hosts were absent.

Thursday, Feb. 22, Duane and Judy Headley went to Lamar, Colo., to be with their two granddaughters, Bobbi Jo Headley and Melissa Salisbury and families, to help with the funeral of Duane Jr. Friday, Feb. 23rd, Dale Headley of San Antonio, Texas. came home to be with his on photography. He has taken phofamily, and be a pallbearer for his tography for 7 years, every year he has been in 4-H. In 2005 he took a brother. Melda Moore and Dean and Theresa Headley came to photo of a fence line in rural

Today, Tuesday March 13th is

one beautiful day out there, makes

you forget the long winter we had.

I want to get out in the flower beds

and start digging in the dirt.

On Sunday, Dale picked up Chuck Headley of Colby and they all returned to Lamar be with the

Betty Jo Baird

Weather is warming up at Brewster

Brewster Correspondent

family and attend the funeral on Monday, Feb. 26. Other family members from this area who attended was Lori and Kent Moore of Garden City, Melda Moore of Colby and Tammy and Poppy Dean of Colby. On Wednesday Dale returned to San Antonio.

Duane and Judy's for supper and Duane and Judy appreciate the love and caring shown by this community during this time of loss. Thank you ever so much.

day, March 9, after a long illness. find the peace which heals, which We extend our prayers to his fam- strengthens; the peace which surily. The funeral was Thursday in passes understanding. Into the Colby with burial in Brewster.

It is time to register on the "do not call" list again. It must be done every five years. Kansans can dial 1-888-1212 from the number they wish to register with the list.

Nadine Kammer has had her hip surgery and is in the Colby Hospital for awhile. We send our prayers

Also Lawrence Tiedman is in the Hays hospital after having open heart surgery. Hope he will be home soon, and prayers to him.

Dear God, Into the temple of Your peace I enter to meet You; to share sacred moments in Your presence. Mark Flanders passed away Fri- In the sanctuary of Your presence I

womb of Your love, Dear God, I enter, so that You might nourish, protect, and embrace me, for I am Your child. In the shrine of Your abundance I rest my head, wash my hands, cover myself so that You may provide for me all that I need to glorify all that You are.

Into Your home, Dear God, I come once again, to be fed and to rest from the noise of the world. For it is in the sanctuary of Your temple, my heart, that I find You and love You, and understand how much You love me. Thank You, God, Me.

He's Nifty! Vic's still Frisky for 60! The BIG day is



Friends & supporters are requesting a card shower for our Doctor, Vic Hildyard. Please send your card to 1005 W. 7th, ا Colby, KS 67701.

Expert: Beware of Internet cafes

By H. Townsend.

K-State Security Officer

With spring break next week, many travelers will visit an Internet Cafe or other public Internet location to check their e-mail or bank accounts, book their next hotel stay, etc. However, being safety-conscious would be advised.

to draw a cat. This was a simple, but Be aware that Internet cafes are popular targets for criminals want-Music and recreation leaders and ing to steal your personal or financial information.

A typical approach is to install a program called a "keylogger" on a

public computer.

It intercepts every keystroke you type, watching for patterns that look like a password or credit card number, then sends that information to the criminal.

'Shoulder surfing" is also a risk in public places — where someone watches you type your password, account number, or PIN.

There is little you can do to reliably determine if a public computer is safe. Many keylogger programs are very effective at concealing themselves.

You can ask the proprietor of the mation.

rity, but can you trust the proprietor or even speak their language? The only sure way to be safe is to

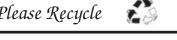
facility about their computers' secu-

not use untrusted computers when entering passwords or financial information.

Use them to check the weather, flight schedules, or things to do in your next destination, but do not enter private information.

Instead, use a computer in a trusted location, like the business office of a reputable hotel, if you absolutely must enter private infor-

Make a Difference - Please Recycle



Plum Creek Ltd.

In our new location at 475 N. Franklin, downtown Colby MEN'S & WOMEN'S (THRU 3X)

Dockers & Enro for him ~ Liz, Erin London & Keren Hart for Her **Tuxedo Rentals for Special Occasions** Little Me Childrenswear

> Mikasa Crystal & China for Bridal Registry **Dry Cleaning Drop-off for Oakley Cleaners**



Community Calendar

Wings Upon the Prairie drop-in center, 485 N. Franklin, 1-6 p.m.

Sixth Street Alcoholics Anonymous, 1275 W. Sixth St., 8:30 p.m.

Wings Upon the Prairie drop-in center, 485 N. Franklin, 1-6 p.m.

Narcotics Anonymous candlelight meeting, City Hall basement,

Gaither video, Colby Wesleyan Church, 320 W. Pine, 6 p.m.

