

Deaths

W. Paul Baird

W. Paul Baird, 80, Colby, died Wednesday, March 7, 2012, at Kersnbrock Funeral Chapel in Citizens Medical Center in Colby.

Services are pending with Kersnbrock Funeral Chapel in Colby, 462-7979.

Rebecca Lena Keller

Rebecca Lena Keller, 89, sister of Esther Bedore and sister-in-law of Elsie Keller, both of Colby, died Saturday, March 3, 2012, at Kindred Hospital in Oklahoma City.



R. Keller

She was born July 12, 1922, on the family farm near Mingo, the daughter of David and Sophia (Busch) Keller.

On July 14, 1946, she married Leo Andrew Keller at St. John's Lutheran Church in Russell. They lived in Oakley for many years. She worked as a secretary for the Keller brothers at Pioneer Feed Yard in Oakley for almost 30 years and for her brother Leo Keller as a bookkeeper. During her lifetime, she traveled to nearly all 50 states, Canada and even to Russia in 1992 to trace her family heritage.

Family and friends knew her for celebrating holidays by making treats, baking with her grandchildren and holding parties.

She was close to her family and for the past several years lived with her daughters and granddaughters in Colorado and Oklahoma.

Preceding her in death were her

parents, her husband, two brothers, Benjamin Keller and Daniel Keller, two sisters, Ruth Keller and Mary Keller, and a great-grandson, Caelan Matthew Wallace.

Survivors also include daughters, Karen Lee (Thomas) Byerley, Edmond, Okla.; and Carol Ann (Galen) Cooper, Colorado Springs, Colo.; two brothers, Leo (Betty) Keller, Oakley; and Leslie (Geraldine) Keller, Windsor, Colo.; four granddaughters; and four great-grandchildren.

Services will be at 10 a.m. Thursday, March 8, 2012, at the Oakley Christian Church, with a private family graveside service following at St. John's Lutheran Cemetery in Russell.

Visitation will be from 4 to 8 p.m. Wednesday at the Kennedy-Koster Funeral Home in Oakley.

The family suggests memorials to the Ronald McDonald House, 1301 N.E. 14th St., Oklahoma City, Okla., 73117.

Condolences may be left at matthewsfuneralhome.com.

Time to sign up to walk Kansas

Yep, we're in Kansas, the past two days were 70 to 80 degrees, now today they are predicting possible snow. We are in the temperature "rollercoaster" season.



Diann Gerstner

• Knowledge for Life

The nice warm days do give us a taste of spring and a bit of spring fever. I can't wait to get out in the garden and to start walking.

Speaking of walking, spring means Walk Kansas. This year Walk Kansas will be Sunday, March 18, through Saturday, May 12. The Thomas County Extension Service invites you to join thousands of others in our state for Walk Kansas 2012. It's easy, inexpensive and lives up to its name.

This is how Walk Kansas works: form a team with six people, one serving as captain. The team captain - or another member - can pick up a team captain packet at the Extension Office, 350 S. Range, Suite 16. (That's the Thomas County Office Complex, just north of the Armory.) Registration materials can also be downloaded from our website at www.thomas.ksu.edu.

Registration for Thomas County Walk Kansas is \$7 a person and includes program packets and weekly newsletters with health and fitness tips, recipes and motivational messages. Optional T-shirts are also available for \$7, more for larger sizes. Register your team by 5 p.m. Friday, March 16 - no late registrations allowed.

From March 18 through May 12, team members will log minutes of moderate and vigorous physical activity each day lasting a minimum of 10 minutes and the amount of fruits and vegetables they eat. Team members report this information weekly to their team captain. If you are curious and want to see how your team is doing compared to other teams, you can check the progress of all teams on the website at www.walkkansas.org.

Walk Kansas ends Saturday, May 12. We will hold the Thomas County Grand Finale at 5:30 p.m. Wednesday, May 16, at the 4-H building. At the finale we have a light refreshment, recognize top teams with receiving prizes and incentives, and hold a drawing for grand prizes, usually a treadmill and elliptical. To be in the drawing for grand prizes, you must have been on a Walk Kansas Team that made it across Kansas and present at the Grand Finale.

There's no need to join a gym or drive to a special place; most past

participants report walking in their neighborhood or near their work-site. Walking at a heart-healthy rate allows some, but not much conversation. Not a walker? Not a problem. Though introduced as a low-cost walk-your-way-to-fitness program, Walk Kansas has been expanded to include other forms of heart-healthy aerobic activities. Fifteen minutes of exercise equals one mile.

Why teams of six and why 423 miles? First, it is 423 miles across Kansas - enough said there. With teams of six for eight weeks, 150 minutes of exercise a week - the national recommendation of 30 minutes, five times a week - adds up to just over the 423 miles. The team concept is also a motivating factor, and the camaraderie - knowing that others are counting on you - can make improving fitness seem less like a chore.

Not currently active? Start slow, and build on it. Walk around the block or up the street to a familiar landmark. Note the time to complete the walk or reach the landmark, and compare it to the previous weeks to note improvement in time and distance.

Don't know others wanting to improve fitness to fill out a team? Let us know and we will do our best to match you up with a team looking to add members.

Participants typically report improvements to health. Examples include better ability to manage stress, improved energy level, more restful sleep, lowering of blood pressure and weight loss. Most also report increasing consumption of health-promoting fruits and vegetables, learning to be more aware of portion size, being more likely to plan and manage meals and snacks and trying new low-calorie-and-fat recipes.

So, get a team together, sign up by March 16 and have an extra excuse to enjoy walking in the upcoming warm weather.

For information, call the Thomas County Extension Office at 460-4582.

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

Gideons gathered for monthly meeting

It looks like spring is making a showing here in north-west Kansas. I'm sure winter will be reluctant to leave, and I would personally be thrilled with another snow shower or two, but it's getting to the time of year where the first sightings of green will be welcome.



Gwen Griffiths

• Rexford Correspondent

The Gideons held their monthly meeting Saturday night at Shepherd's Staff.

School pictures are in, so be sure to check your students' backpacks to see them. I'm looking forward to having updated photos of my children again.

Shepherd's Staff had a busy weekend. We spent Friday setting up for the Christian Workers Conference: taking supplies to Heartland School, setting up booths and workshop rooms, welcoming vendors. We en-

joyed a nice dinner with vendors from Texas, Kansas, Illinois, Nebraska, Wyoming and even further.

On Saturday, there were over 150 people in attendance at the conference from Kansas, Colorado, Texas and Nebraska.

That seems to be the news from Rexford for this week. Don't forget: I'd love to publish news about your happenings and celebrations, or just reasons you like living in a small town. You can leave these in the jar by the door at the Red Barn, call me at (785) 687-2076, or e-mail griffithsgang@gmail.com. See you next week.

Colby senior awarded scholarship from university

Colby High School senior Jennifer Schwanke was awarded Kansas State University's Leadership Scholarship on Wednesday, Feb. 15, during ceremonies on the university's campus. The award was presented to her by Pat Bosco, vice president for student life and dean of students.

Students, prospective students and their parents were guests of the university at a banquet ceremony on their annual Scholarship Day.

Public Notice

IN THE DISTRICT COURT OF THOMAS COUNTY, KANSAS

In the Matter of the Estate of Maurice Gordon Barnhart a/k/a Maurice G. Barnhart a/k/a Maurice Barnhart, Deceased Case No. 12-PR-13 Petition Pursuant to K.S.A. Chapter 59

NOTICE OF HEARING AND NOTICE TO CREDITORS

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are notified that on March 2, 2012, a petition was filed in this Court by Janice C. Barnhart, an heir, devisee and legatee, and executor named in the "Last Will and Testament of Maurice G. Barnhart," deceased, dated August 12, 2008, requesting the will filed with the petition be admitted to probate and record; petitioner be appointed as executor, without bond and petitioner be granted Letters Testamentary. You are required to file your written defenses to the petition on or before March 29, 2012, at 10:00 a.m. in the District Court, Colby, Thomas County, Kansas, at which time and place the cause will be heard. Should you fail to file your written defenses, judgment and decree will be entered in due course upon the petition.

All creditors are notified to exhibit their demands against the Estate within the latter of four months from the date of first publication of notice under K.S.A. 59-2236 and amendments thereto, or if the identity of the creditor is known or reasonably ascertainable, 30 days after actual notice was given as provided by law, and if their demands are not thus exhibited, they shall be forever barred.

/s/ Janice C. Barnhart, Petitioner

BERENS LAW FIRM, LTD. Kevin N. Berens 410 N. Franklin Colby, KS 67701 (785) 462-2266 Attorney for Petitioner

(Published in the Colby Free Press on Wednesday, March 7, 14, 21, 2012)

Found at site: robber's finger

ALBUQUERQUE, N.M. (AP) - Albuquerque police say a robbery suspect may have left a piece of his finger behind at a robbery crime scene.

KRQE-TV reports (bit.ly/yXFEMG) that police arrived to an Albuquerque smoke shop after a report of shots fired at a robbery.

According to authorities, the suspect fled but they believed he left behind his severed finger tip.

Police think the fleeing suspect may have shot off his own finger.

Public Notice

ABANDONED VEHICLE SALE

At Noon, March 31st, 2012 1870 S. Range Ave, Colby, KS 67701

The following vehicles will be sold for charges due.

- 1992 Chevy S-10, VIN No. 1GCCS14Z0N2171798
- 1995 GMC Sierra, VIN No. 2GTEC19H0S1570891
- 1984 Chevy 1/2 Ton, VIN No. 1GCEK14D3EJ135929
- 1987 GMC S-15, VIN No. 1GTCT14R3H8537817
- 1999 Chevy S-10, VIN No. 1GNDT13W6X2114637

(Published in the Colby Free Press on Wednesday, March 7, 14, 21, 2012)

Bread tops list of salt sources

By Mike Stobbe

AP Medical Writer

ATLANTA - Trying to cut down on salt? Health officials have come up with a list of the top 10 sources of salt in the American diet - and bread is No. 1.

The Centers for Disease Control and Prevention says just 10 foods account for 44 percent of the sodium in the American diet. Salt is the main source of sodium, which increases the risk of high blood pressure.

Bread and rolls topped the list. They aren't actually saltier than other foods, but a center official says people tend to eat a lot of bread. Cold cuts, pizza and poultry were also leading sources.

Health officials say salt should be limited to about a teaspoon a day but most Americans eat more.

Markets

Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat (bushel)	\$6.47
Corn (bushel)	\$6.34
Milo (hundredweight)	\$10.88
Soybeans (bushel)	\$11.96



Happy 60th Birthday Grandma Peggy! Love, Kamrie, Kenlie, Kolton, Paxon & Landrie

LeRoy J. Moos

LeRoy J. Moos, 76, a retired teacher from Grinnell, died Sunday, March 4, 2012, at the Logan County Hospital in Oakley.

He was born Nov. 16, 1935, in rural Thomas County to John Peter and Alvina (Schlageck) Moos. In 1953, he graduated from Grinnell Rural High School. He served in the army at Fort Sill.

After two years at the University of Northern Colorado in Greeley, he began his teaching career at Gove Grade School, and then taught in a one-room school house at Missouri Flats. Attending during summers, he completed his bachelor's degree in education and went on to receive a master's in 1970, also at Greeley.

He retired as an elementary school teacher from the Oakley-Monument schools and then taught at St. Joseph's Catholic School in Oakley for a year. He was working at H&R Block in Colby at the time of his death.

He was a member of the Immaculate Conception Catholic Church in Grinnell, the Knights of Columbus, Oakley Lions Club and the Oakley MoFun Card Club.

Preceding him in death was his father.

Survivors include his mother, Quinter; two brothers, Charles (Marj) Moos and Dennis (Charla) Moos, all of Grinnell; two sisters, Denora Holzinger, Moberly, Mo.; and Darlene (Gerald) Schaffer, Hoxie; an aunt, Dorothy (George) Ladenburger, Oakley; 16 nieces and nephews, 28 grand-nieces and nephews, and seven great-grand-nieces and nephews.

Services will be at 10 a.m. Saturday, March 10, 2012, at the church in Grinnell, with Father James Thomas and Father Michael Elan officiating and burial in the church's cemetery with military honors by the Wheatland Veterans of Foreign Wars Post.

Visitation will be from 5 to 9 p.m. Friday at the church parish center, with rosary and wake at 7:30 p.m.

The family suggests memorials to the church, to St. Paul's Catholic Church in Angelus, or to the Lions Club International Sight for the Blind Program, in care of Kennedy-Koster Funeral Home, Box 221, Oakley, Kan., 67748.

Trevor John Ewing

Trevor John Ewing, 18, Eaton, Colo., died Sunday, March 4, 2012, as a result of an automobile accident.

He was born Dec. 29, 1993, in Greeley, Colo., to Keith A. and Janet (Luckert) Ewing. He grew up in Eaton and was a senior at Eaton High School.

He began playing soccer when he was four years old, played football in middle school and was on the track team and in FFA in high school. He



Trevor Ewing

enjoyed bowling, movies, playing X-Box, camping, fishing and his friends and girlfriend. He planned to attend Wyoming Tech in Laramie, Wyo., to become a mechanic. Preceding him in death were his grandparents, Beverly Ewing and Theresa and Charles Luckert.

Survivors include his parents, of the home; a brother, Hunter Benjamin Ewing, of Eaton; a half

brother, Joseph Kelly and fiancée Tamara Prather, of Grand Prairie, Texas; a grandfather, Jessie Ewing, of Iola; and three nieces.

Memorial services will be at 9 a.m. Thursday, March 8, 2012, at the Evangelical Free Church of Eaton, 1325 Third St.

The family suggests memorials in his name to be determined later, in care of Adamson Funeral and Cremation Services, 2000 47th Ave., Greeley, Colo., 80634.

Condolences may be sent to the family at www.adamsonchapels.com.

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.

CLOSE OUT SALE

ALL Whirlpool & Kitchen Aid Appliances and Hoover Vacuum Cleaners

Everything Will Sell at Whole Sale Prices

Full warranty will apply and all items "CASH & CARRY" •• LIMITED TIME OFFER...HURRY IN!!

CALL 785-672-3202

HOMETOWN TIRE & APPLIANCE

221 So. Freeman Ave. • Oakley, KS 67748

Other Misc. Collectable and other items also for sale.