

Walk Kansas strides into sunset for year

Walk Kansas 2012 is in the history books. This eight-week challenge for a healthier lifestyle had another great year.

This program challenges six-member teams to walk and/or exercise to meet the

basic physical activity guidelines of 2 1/2 hours – 150 minutes – of moderate to vigorous activity per person per week. If each member meets the goal the team will, collectively, walk 423 miles or the distance across the state.

Another facet to the program is having participants record their daily fruit and vegetable consumption. Ninety-three percent of Kansans do not consume the recommended 4 to 5 cups of fruits and vegetables a day. Recording intake makes participants aware and can help them strive to reach the recommended amount.

In Thomas County we had 57 teams, that's 342 people, walking and exercising for better health. All 57 teams made their goal – a Thomas County first. Congratulations everyone. The 57 Thomas County teams walked and exercised for a record breaking 58,576 miles – that's 878,640 minutes. To put that in perspective, they walked around the earth two and a third times.

Six of the teams took on the additional challenge of making it around the circumference of Kansas, 1,200 miles. Five of the six teams achieved that goal with the sixth team only missing it by 36 miles. Even though not all of them took that challenge, a total of 13 teams recorded more than 1,200 miles, the circumference of Kansas. The top 25 teams all logged over 1,000 miles. Everyone seemed to "step it up" this year.

The Grand Finale will be at 5:30 tonight at the Thomas County 4-H Building. Walk Kansas team members gathered to share a cup of fresh fruit, some conversation and to recognize the top 30 teams. The top 30 teams all received incentive prizes. The top five teams were:

Epic Feet: Lacey Brott, Corky Bellamy, Tiffany Mader, Jessica Vaughn, Mandy McAtee, Amanda



Diann Gerstner

- Knowledge for Life

Wahlmeier.

Wing Walkers 1: Pam Vandegriffe, Shelly Binder, Joanna Black, Billy Buckel, Tracy Woods, Tammy Woodman.

Dynamic Weight Watchers: Corey Bergsten, Diana Schiffner, Corey Ryan, Jessica Bienhoff, Barb Albers, Rebecca Vyzourek.

Fit and Fabulous: Suzanne Herschberger, Diane Harter, Roxy Wilson, Jessica House, Anita Owens, Stacy Owens.

The Faithfuls: Brenda Mattson, Mary Smith, Bob Alexander, Betty Kruse, David Kruse, Linda Pabst.

All team members that made it across Kansas – everyone this year – and attend the Grand Finale have their names put in the drawing for the two grand prizes, a tread mill and elliptical. The two people you see walking around with a big smile tomorrow may give you a clue as to the winners.

Now that the program is over, it's not time to go back to being a couch potato and forgetting about eating fruits and vegetables. The goal of the program is to change habits toward an ongoing healthier lifestyle.

Many participants report feeling less stress, losing weight and being able to sleep better.

So I challenge all you Walk Kansas participants to keep up your new habits. Resist the temptation to slide back into old unhealthy habits and be primed and ready for the 2013 Walk Kansas program.

Those of you who didn't join us this year, we hope you will join us in 2013. Thanks to those who did participate. I look forward to seeing you all walking around town and on the new walking trail. Happy walking.

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

More Facebook shares to be added to public offering

NEW YORK (AP) – Insiders and early Facebook investors will be unloading more of their shares in the initial public offering, the company said today, as they take advantage of investor demand.

Facebook said in a regulatory filing that 84 million shares, worth up to \$3.2 billion, will be added to the offering.

The entire increase comes from insiders and early investors, so the company won't benefit from the additional sales.

The biggest increases come from investment firms DST Global and Tiger Global. Goldman Sachs is doubling the number of shares it is selling. Facebook board members Peter Thiel and James Breyer are also selling more shares.

Founder Mark Zuckerberg isn't increasing the number of shares he's selling.

The news comes a day after Facebook raised the expected price range for the stock to a range of \$34 to \$38 per share, up from its previous range of \$28 to \$35. Also Tuesday, major advertiser General Motors Co. said it would stop advertising on Facebook.

At the high end of the price range, the IPO would raise \$16 billion without the overallment option reserved to meet extra demand. That would make it the third-largest U.S. IPO in history, ahead of General Motors in 2010, according to Renaissance Capital.

The IPO is the most hotly anticipated in years and would value Facebook overall at more than \$100 billion.

In a filing with the Securities and Exchange Commission, Facebook said current shareholders are now offering approximately 241 million shares, up from about 157 million shares previously.

Even though Zuckerberg isn't increasing the number of shares he is selling, the additional sales will trim his voting control to 55.8 percent from 57.3 percent. That's because he has voting control over some shares now owned by investment firms, which will be sold in the offering.

Facebook has more than 900 million users who log in at least once a month, but it makes only a few dollars per year from each one, chiefly through advertising.



GWEN GRIFFITHS/Colby Free Press

Wark family members shared time together during the auction of the estate of Hulda and Jack Wark on April 28 in Rexford.

Rexford families gather at graduation, auction

It was a busy week in Rexford, with many graduates and their loved ones celebrating the accomplishments of each one and encouraging them as they look to future endeavors.

The estate of Hulda and Jack Wark was auctioned off on April 28 at their metal shop off U.S. 83. Sondra Barnett and many friends ran the concession stand to benefit a mission in Mexico that she, her cousin Cindy Warner and her aunt Velma Rasmussen had visited. The purpose was to raise enough money to buy an air conditioning system for the mission. Those that visited the stand were able to see the poster-story of the work there. The goal was reached and even beyond; everything at the concession stand was sold.

The day before the sale, Sondra learned that a couple of cousins were coming from quite a distance. Word got out and they had an impromptu family reunion that night after the sale. They had supper together at Montana Mike's and then gathered at the Bill and Peggy Miller building in Colby for fellowship. Some of the relatives came to the sale only, some the supper only, but all enjoyed the chance to chat and remember together.

The Goodland Bible Church youth group spent Saturday afternoon playing paintball at the Shepherd's Staff paintball course. They all seemed to have a blast, especially on the last round when their youth pastor tried to "defend" part of the course while the kids advanced. They had a campfire cookout to end their night.

There are two upcoming events to be aware of: Vacation Bible School will be held Monday through Friday, June 4 to 8, at the Rexford Community Church. Children age 2 through sixth grade are invited to attend each morning from 9 a.m. to noon. Kids will be discovering the Rock of Ages through the Gold Rush theme.

The city-wide garage sale will be held Saturday, June 23. This is a great chance to clear out the junk room and reclaim your garage. Those who wish to be listed on the map should call Gwen Griffiths, 687-2076, for information.

That's the news from Rexford this week. As always, I'd love to publish your special events. Just call 687-2076 or e-mail griffiths-



Gwen Griffiths

- Rexford Correspondent

gang@gmail.com. Have a great week.

Descendants gathered of Frank and Irene Rall

Norman Rall's family: Maxine Ross, Rexford; Donald and Colleen Rall, Rexford; Jerry Rall, Selden.

Hulda Wark's family: Sondra Barnett, Rexford; Bryan Barnett and Gabriella, Garden City; Cory Barnett, Tabitha and Corban, Liberal; Gloria and Dave Dible, Rogers, Ark.; Roger Wark, Topoka; Tamera and Ken Searls, Quinter; Vicki Wark and Kalyn Weber, Rexford; Chad and Dez Wark, Morgan, Hayden, Dylan and Lakin, Rexford; Rebecca and Chance Rains, Jaren and Braylon, Sharon Springs; Kristin Wark City, Mo.; and Jami Wark, Hays.

Ethel McKernan's family: Barbara and Alan Scheibmeir, Sherman, Texas.

Dorothy Coon's family: Gary and Clara Gillum, Jennings; Shawn and Dennis Spresser and Kade, Dresden; Katie and Regan Coulter, Colby; Shelly and Chris Nordyke, Casey and Corey, Westcliff, Colo.; Tyler and Camden Gillum, Hadley and Hayden, Palco, Jim and Irene Gillum, Canyon City, Colo.; Angie Gillum, Denver; Deb and Craig Crouch, Goodland; Travis Haines, Trevon and Tori, Hays.

Charlotte Traub's family: Dan and Cheryl Traub, Goodland.

Victory Rall's family: Peggy and Bill Miller, Colby Raynce, Dryce and Wyncee Brott, Colby; Ron and Rhonda Hurtt, Colby; Dalene and Butch Cox, Colby; Jennifer Rall and Sean, Colby.

Velma Rasmussen's family: Velma Rasmussen, Colby; Cindy Warren, Great Bend; Gordon and Karin Rasmussen.

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.

Sons of the American Legion Post 363 2012 Annual Flag Project Contract

For a \$25 donation, a 3x5 American Flag will be placed from morning to evening on the following holidays:

- Memorial Day
- Labor Day
- Flag Day
- Patriots Day (9/11)
- Independence Day
- Veterans Day (weather permitting)

Name: _____

Street Address: _____

Phone: _____

E-Mail: _____

Sprinkler System YES NO

I authorize Sons of the American Legion to place a flag pocket (small piece of pvc pipe and flat washer) in my yard/lawn which will be used to place a flag on the display dates listed. I understand the flag pocket will remain in my yard/lawn and may be replaced as needed.

Signature _____ Date _____

Deadline to participate in 2012 Flag Project: May 19

Remit \$25 Payment to: SAL, PO Box 133, Colby, KS 67701



Deaths

Dennis P. Ryan

Dennis P. Ryan, 79, Colby, died Saturday, May 12, 2012, at the Colby Care Center.

He was born Aug. 22, 1932, in Thomas County, the son of Thomas and Clara (Bremenkamp) Ryan.

A graduate of the high school at Holy Cross Abbey in Canon City, Colo., he was a lifetime farmer and member of the Colby Sacred Heart Catholic Church, the Knights of Columbus and the Veterans of Foreign Wars.

He served in the Army from 1953 to 1955.

On May 15, 1957, he married Frances Albers. They were married almost 55 years.

He was preceded in death by his parents; four brothers, Thomas, Joseph, Ronald and Rodney Ryan; a sister, Mary Margaret Caruso; and a granddaughter, Alexandria Leavitt.

Survivors include his wife,

Colby; nine children, Angie (Jack) Myers; Alan (Sherri) Ryan; Kevin (Elda) Ryan; Cynthia (Frank) DeRee; Monique (Thomas) Leavitt; Maureen (Thomas) Bruggeman; Paula (Butch) Burris; Phillip (Alaina) Ryan; and Sharon Ryan; four sisters, Judy Sears; Ethel Ortiz; Zita Bates; and Katie Steavenson; brother, David Ryan; 25 grandchildren, and nine great-grandchildren.

Services will be at 10 a.m. Thursday, May 17, 2012, at the church, with burial including military honors in the Sacred Heart Cemetery.

Visitation was to be from 4 to 8 p.m. today, with rosary at 7 p.m., at Baalman Mortuary in Colby.

The family suggests memorials to the Sacred Heart Catholic School in Colby, in care of the mortuary, Box 391, Colby, Kan., 67701.

Nancy L. Dahl

Nancy L. Dahl, 66, a Rexford emergency medical technician and certified nursing assistant for L&C Home Health Care, died Monday, May 14, 2012, at her home.

She was born July 3, 1945, in Colby, the daughter of Mahlon and Gladys (Pilkington) Walker. She grew up in the Rexford area, going to school in Selden and Rexford.

On Aug. 20, 1961, she married Jay L. Dahl in Colby.

She was a member of the Rexford Community Church.

Preceding her in death were her parents, two brothers-in-law, John Cheney and Barney Barnett, and two sisters-in-law, Virgie Schielke and Vicki Barnett.

Survivors include her husband, of the home; a son, Tim Dahl, Rexford; two daughters, Tina

(Jon) Anderson, Goodland; and Linda (Robert) Dunn, Lyndon; two brothers, Lawrence Schielke, Columbus, Neb.; and Ellis (Gloria) Walker, Selden; a sister, Louise (Jerry) Latimer, Wichita; two sisters-in-law, Phyllis Cheney and Kay (Mike) Peterson, all of Rexford; 10 grandchildren; and two great-grandchildren.

Memorial services will be at 10 a.m. Monday, May 21, 2012, at the Rexford Community Church, with Pastor Lane Purcell officiating. There will be a private family inurnment in the Rexford Cemetery at a later date. No visitation.

The family suggests memorials to the church or to home health care, in care of Pauls Funeral Home, 121 N. Penn, Oberlin, Kan., 67749.

Abilene Hustlers 4-H Club

May is always the Junior Officers meeting for the Abilene Hustlers 4-H Club and Junior President Kailey Shields called the meeting to order at 7 p.m., May 7 at the 4-H Building at the Thomas County Fairgrounds.

Jenna Crampton lead the Pledge of Allegiance. Guest Denise Springer visited with the club about the community garden and asked if club members would be interested in helping throughout the season. Rebecca Scott led members in singing the "Plowing Song." Junior Secretary Eryn Freeman called roll, answered with members' favorite flavor and read the minutes from the April meeting, which were approved as read.

Reports of officers

Cassie Wells reported the April club report was printed in the Colby Free Press on April 4. Brennan Ziegelmeier gave a parliamentary tip about approval of minutes. Tucker Gerstner gave the treasurer's report and Jory Koon reported on the Thomas County 4-H Council. Community Leader Donna Lamb reported current 4-H happenings and upcoming dates.

After a short business meeting; Junior Vice President Hallie Vaughn announced the program.

Brennan Ziegelmeier gave a demonstration on how to make and decorate a soccer cake. Chance Hoeting talked about his wood-working project making cutting boards. Recreation was lead by Shelby Crampton.

Hallie announced the June meeting before turning the meeting back over to Kailey. Connor Scott announced he was moving and would not be able to complete his year as song leader. Hunter Vaughn volunteered to finish the year. Jory Koon announced he had won first place in the state air pistol competition and will attend the National Air Pistol competition this summer in Grand Island, Neb.

Carter Stanley lead the 4-H Pledge and the meeting was adjourned. Refreshments were provided by the Regier and Freeman families.

– Submitted by Cassie Wells

Markets

Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat (bushel)	\$5.79
Corn (bushel)	\$5.80
Milo (hundredweight)	\$9.95
Soybeans (bushel)	\$12.83

PARADISE CREEK ACTIVITIES

June 8th - 10th 2012

Paradise Creek Festival will be one you will not want to miss out on this year. Activities have been planned for ALL AGES. Some of the activities that have been established are:

Car Show	Pedal Pull	Turtle Races
Mud Volleyball	BBQ @ Park	Fun Run
Parade	Bean Bag Toss	Wall of Fame
Rodeo	Scavenger Hunt	Pancake Breakfast
Milk Carton/Jug Boat Races	Fear Factor	Dog Show/Parade
Craft Show	Vendors	Pie Sale
Apple Amusement Park	Homemade Ice Cream	10,000 Pennies
Trains	Band	

Entries are coming in daily for the parade. We have a patriotic theme for the parade this year. For parade information email laustin@firststatebank.com. Please contact Gail Becker @ Plainville Short Stop or Pam Lewallen @ First National Bank to sponsor an event. Don't miss out on the fun. Start your float and float your boat at the 2012 PARADISE CREEK PARADE. Contact information listed below:

Parade	laustin@firststatebank.com
Mud Volleyball	tylerauto@gmail.com
Fear Factor	jrhrabe@gmail.com
Vendors	shortstop2312@sbcglobal.net
	watt@ruraltel.net
Fun Run	pville2@ruraltel.net
Bean Bag Toss	precisionco@hotmail.com
Scavenger Hunt	clint.lidstrom@gmail.com
Wall of Fame	ryanbecker71@hotmail.com
Milk Jug Boat Races	kwilliam@firststatebank.com
	adam.comeau45@gmail.com
	bayer@dessinfournir.com
	shortstop2312@sbcglobal.net
	bobekdg@ruraltel.net
Turtle Races	wayne@waynevoss.com
Car Show	wedoitall@ruraltel.net
	pamli@fnbhays.com

USD 315 COLBY PUBLIC SCHOOLS

THE BOARD OF EDUCATION & ADMINISTRATION CORDIALLY INVITE YOU TO A RETIREMENT RECEPTION

MONDAY, MAY 21, 2012 • 3:30 – 5:30 PM
COLBY HIGH SCHOOL COMMONS
1890 S FRANKLIN - COLBY, KS 67701

~ HONORING ~

CHARLES BARNETT
Bus Driver—28 years of service

DEANNA HANZLICK
Teacher—21 years of service

DON MARTIN
Custodian—21 years of service

RICHARD SCHROEDER
Custodian—12 years of service

PEGGY SMITH
Teacher—23 years of service

KATHY VAUGHN
Teacher—33 years of service

Card boxes available at the reception. Wishes may be sent to the address above – please note the retiree's name.