

Facebook photos and exercise; opportunities are coming up soon

I want to let you know about a couple of opportunities coming up so you can get them on your calendar.

The first one is a hands-on Knowledge at Noon lesson titled “Fun with Facebook Fotos.” It is a basic “Facebook 101” type class that will be from noon to 1 p.m. Tuesday, March 5, at the Thomas County Office Complex Meeting Room. This free program is provided by the Thomas County Extension Office. The presenter will be Julianne Shoup, Family and Consumer Science Agent for the Twin Creeks Extension District, Hoxie office.

“Fun with Facebook Fotos” is for you if you are new to Facebook and want to learn how to use it to communicate with your family and friends, or if you just have questions on how to use Facebook. Privacy is always a concern with the Internet, so Shoup will show you how to set privacy settings so you know who sees what. Because a picture can say a thousand words and they are a great way to keep loved ones informed, we will have a section on how to upload pictures to Facebook. Then to make sure we don’t miss anyone’s question, there will be a question and answer session at the end.

Come with questions; if you have a laptop bring it along and we will use the wireless connection in the Thomas County Office Complex to get on Facebook, letting you learn by doing. Since it is held over the noon hour, feel free to bring your lunch. Respond to the Extension Office at 460-4582 or e-mail diann@ksu.edu by noon on Monday, March 4.

Communication, especially between friends



Diann Gerstner

- Knowledge for Life

and family, is so important you don’t want to miss out. Mark it on your calendar, let us know and we will see you March 5.

The other program I want you to start thinking about is Walk Kansas. Yes, it’s almost that time again. Walk Kansas starts on St. Patrick’s Day, Sunday, March 17, and concludes Saturday, May 11. Team captain packets will be ready for pick up at the Extension Office on Friday, March 1.

For those of you not familiar with Walk Kansas, it is an eight-week healthy lifestyle program that promotes increased exercise and increased consumption of fruits and vegetables. It’s easy, inexpensive and lives up to its name – if you use walking for your exercise.

This is how it works: Form a team with six people (things are always more fun with friends), 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 (Thomas County Office Complex just north of the Armory) or registration materials can be downloaded from our website at www.thomas.ksu.edu. Registration is \$7 a person and includes program packets and weekly e-newsletters with health and fit-

ness tips, recipes and motivational messages. Register your team by 5 p.m. Friday, March 15 – no late registrations allowed.

From March 17 through May 11, team members will log minutes of moderate and vigorous physical activity each day and the amount of fruits and vegetables they eat. They report this information weekly to their team captain who logs it on the Walk Kansas website. Fifteen minutes of moderate to vigorous activity is equal to one mile. The goal is to have each team member exercise or walk approximately 150 minutes a week, the national recommendation, giving the team a total of 423 miles (distance across Kansas) or more by the end of the eight weeks.

At the end of the program, we hold a Grand Finale at 5:30 p.m. Wednesday, May 15, at the 4-H building. At this event we have a light refreshment, recognize top teams – which receive 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 team that made it across Kansas and be present.

So, start thinking about who you want on your team, talk to them about it, sign up by March 15 and have an extra excuse to enjoy the upcoming warm weather, walking with friends. I’ll give more detail in my next column. But for information sooner, give me a call the Thomas County Extension Office 460-4582.

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

Senator seeking internship applications

U.S. Senator Jerry Moran, R-Kan., is accepting applications for congressional internships in his Washington, D.C., and Kansas offices for summer 2013.

“Congressional internships offer Kansas students a great opportunity to learn about Congress and the legislative process,” Sen. Moran said. “I hope to give Kansans an opportunity similar to the one I had serving in a Congressional

office years ago.”

An internship in the senator’s office provides an opportunity to work with Senate staff on behalf of the state. Interns will gain a better understanding of the legislative process and develop knowledge and professional skills valuable to future career pursuits.

The intern program is open to qualified undergraduate and graduate students who have strong

interest in public service and government and have achieved academic excellence.

The application deadline is Friday, March 1. Application forms can be obtained and completed under the “Services” section of Sen. Moran’s website at www.moran.senate.gov. Applicants should submit a completed application form, resume, academic transcript, two letters of recommenda-

tion and a cover letter explaining the applicant’s interest in public service and goals of serving as an intern to: internships@moran.senate.gov.

For questions, contact the senator’s office at internships@moran.senate.gov or call (202) 224-6521 and ask to speak with the intern coordinator.

For information, contact Dr. Paul Adams at (785) 628-4538 or e-mail padams@fhsu.edu.

Science fair for students from fourth grade up

About 100 students in fourth grade through high school are expected at the fifth annual Regional Science and Engineering Fair held by Fort Hays State University’s Science and Mathematics Education Institute on Saturday, Feb. 23.

The fair provides the students an opportunity to interact with science and mathematics

professionals and foster their interest in science, technology, engineering and mathematics careers.

Fair categories include biochemistry, medicine and health, botany, chemistry, consumer science, earth and space science, engineering and inventions, environmental science, mathematics and computer science, physics and

physical science, social science and behavioral science and zoology.

The exhibits will be open to public viewing from noon to 1 p.m. in the Memorial Union’s Fort Hays Ballroom.

For information, contact Dr. Paul Adams at (785) 628-4538 or e-mail padams@fhsu.edu.

Deaths

Teri L. Morris

Services for Teri L. Morris, 27, Colby, manager of the Colby Walmart meat department and a county emergency medical technician, will be at 2 p.m. today, Wednesday, Feb. 13, 2013, at Pauls Funeral Home in Oberlin, with burial in the Oberlin Cemetery.

Visitation was Tuesday and after 8 a.m. today at the funeral

home.

The family suggests memorials in her name in care of the funeral home, 121 N. Penn, Oberlin, Kan., 67749. Checks may be written to the “Teri Morris Memorial Fund.”

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

For obituary details, see a story on Page 1 of today’s *Colby Free Press*.

Troy D. Butts

Troy D. Butts, 48, El Dorado, brother of Tony (Michelle) Butts of Colby, died Friday, Feb. 8, 2013, as a result of long-term complications from a spinal injury in 1986.

He was born July 29, 1964, in Goodland, the son of Neil and Barbara Butts.

He started working early on his family farm, then at 18 went on to work side by side with his mother and brother Tony, sacking groceries at Boogaart’s in Goodland. He later moved up to become a meat market manager in El Dorado.

He earned an Associate Degree in Applied Science from Butler County Community College, became a design draftsman, and later an instructor at his alma mater.

In 1982, he married his high school sweetheart, Pam Beem.

Preceding him in death were his

father, in 1999, and his grandparents.

Survivors include his wife and a son, Timothy (Sara) Butts, all of El Dorado; his mother, Goodland; two other brothers, Mike (Becky) Butts, Stella, Mo., and Rod (Suzie) Butts, Goodland; and a sister, Patty Mills of Colorado.

Services will be at 3:30 p.m. (Central Time) Saturday, Feb. 16, 2013, at the Koons Chapel in Goodland, with burial in the Goodland Cemetery.

Visitation will be from 2:30 p.m. (Central) Saturday until the service at the chapel.

The family suggests memorials in his name in care of the funeral home, 211 N. Main, Goodland, Kan., 67735.

Condolences may be left at www.koonsfuneralhome.com.

Colby Rotary Club

Colby Rotary Club met Tuesday at Colby Community College with 44 members and guests Cameron McLaughlin, Jim and Rhonda McLaughlin, Brady and Stacy Jasper and members of the college’s women’s basketball team.

Cameron McLaughlin was recognized as the February Student of the Month. She spoke about her high school and community activities with members.

Jeff Horlacher had the program. His guests were Coach Brady Jasper and the basketball team.

The coach introduced his players and gave an overview of the team’s season. He also spoke of the character of his team and how proud he is of their determination to overcome the various adversities they have faced.

The players gave their courses of study and the positions they play.

Jerry Arensdorf won Roto-Lotto.

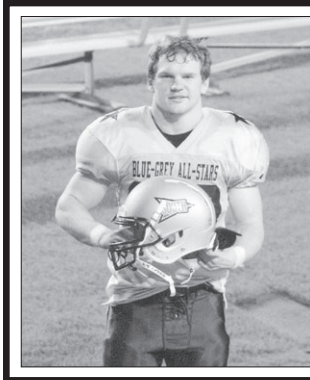
The club meets weekly in Room 106 of the Student Union.

Bridge Club

Meadow Lake bridge winners for Tuesday were: first, Kevan Taylor; second, Barb Ulmer; third, Cookie Koenig; fourth, Elaine Ptacek; fifth, Billie Keck; sixth, Gladys Fischer; seventh, Joy Davis; eighth, Jean Snyder.

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.



Thank you for your support getting to the Blue Grey - it was an awesome experience!

- Beau Brown



‘Earth from Space’ exhibit in Goodland

Beginning today, the High Plains Museum in Goodland is exhibiting “Earth from Space,” provided through the Smithsonian Institute Traveling Exhibition Service in partnership with the U.S. Geological Survey.

The exhibition will be on view through Monday, July 29.

The 20-poster set features detailed satellite images of the planet, from the swirling arms of a massive hurricane and the grid-like pattern of Kansas farmland to the triangular shadows cast by the Great Pyramids and the sinuous channels entering the Arctic Ocean.

“Earth from Space” illustrates how satellite imagery is gathered and used to expand mankind’s understanding of life on Earth. It also explores the remote-sensing technology used to gather the images and describes the individual satellites whose images are on

display.

A companion website, www.earthfromspace.si.edu, has an on-line version of the exhibition, and additional images and information. It also provides numerous educational resources, including lesson plans, classroom activities, website links and available publications.

Throughout the run of the exhibit, the High Plains Museum will be featuring a variety of activities and learning opportunities.

For information go to www.highplainsmuseum.org or call (785) 890-4595.

Dog nabs man

FRENCHTOWN TOWNSHIP, Mich. (AP) – A law enforcement dog in southeastern Michigan is getting to know one man well.

The Monroe Evening News (bit.ly/UncWAD) reports the German shepherd named Ranger and Monroe County sheriff’s Deputy Rob Moody found the man hiding last week in a garbage can in Frenchtown Township after the theft of more than \$300 of liquor and DVDs from a store.

Moody says the man was the same one they tracked a few weeks earlier in January in Bedford Township while seeking burglars.

Moody says he at first “didn’t put two-and-two together,” but later realized it was the same man. He says the double catch is “a first for me.”

Following the first charge for resisting arrest, the 25-year-old man was released from custody. He’s now jailed on charges including shoplifting.

Thank You

Thank you to all my wonderful co-workers at Prairie Senior Living Complex and C.M.C. who donated numerous unselfish services and support they provide with much Love. You’re Awesome Friends.

Ruby Brungardt

Thank you to all My Family, Friends, and Community who donated and/or bought items at the benefit auction that was put on by my son, Dale Brungardt and his girlfriend, Laura Schmid, and my other son, Kevin Brungardt. Thank you, Laura, Dale, and Kevin for all your hard work. Also thank you John Schmidt for all your help with the meal and the company you work for Modern Woodman of America, who pledged to match the first \$2,500 collected. You don’t know the changes in life that you have to make until you fight cancer. I’m so blessed to have such caring family, friends, and community. Not enough words can say how my Heart feels for each and every one of you. God Bless All Of You.

Ruby Brungardt

Teri Chase Morris

Monetary Memorial Donations can be dropped off at:

BANKWEST
295 N. Franklin, Colby

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Walmart
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Outback Roadshow

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Learn about the latest Outback GPS Products and their return on investment.

See our GPS line-up first hand.

You’re personally invited to attend the upcoming Outback Roadshow. Witness first hand the all new Outback MAX™, along with the all-new Outback eDriveX™ with eTurns.

You can also see the Outback MAX + AC110™ that provides auto rate and section control. The all new A320/321™ Dual Frequency GPS/GLONASS RTK system will also be available for demonstration. Don’t miss this opportunity to see the latest GPS products from Outback in your neighborhood.

Friday, February 15, 2013
9 a.m. - 5 p.m.
Golden Plains Ag Tech
650 E. Pine, Colby
785-462-4120

Outback MAX™ GPS Guidance System

Outback AC110 with Auto Rate and Section Control

Outback eDriveX™ with eTurns

Outback A320/321™ Dual Frequency GPS/GLONASS RTK

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