

Preventing bullying at school begins with identifying a problem

Every day thousands of kids wake up afraid to go to school. Yet because bully victims are reluctant to ask for help, parents, teachers, and other adults may not realize what is going on. October is Bullying Prevention Awareness Month.



Diann Gerstner

• Knowledge for Life

with your child so that in the heat of the moment your child can use these skills. Practice at home starting with, "Let's talk about what you can say or do if this happens again."

- If addressing the bully doesn't work, teach your child to ignore the bully and walk away. It's definitely not a coward's response – sometimes it can be harder than losing your temper. Bullies thrive on the reaction they get, and if you walk away or ignore hurtful e-mails or instant messages, you're telling the bully you just don't care. Sooner or later the bully will probably get bored with trying to bother you. Walk tall and hold your head high. Using this body language sends a message that you're not vulnerable.

- Teach your child when and how to ask for help. Your child should not be afraid to ask an adult for help when bullying happens.

- Encourage your child to become friends with other children. Your child can join adult-supervised groups in and out of school. Have your child's friends come to your house. Children who are loners are more likely to get picked on.

- Encourage your child to develop new abilities and interpersonal skills, through such activities as team sports, music groups or social

clubs. When children feel good about how they relate to others, they feel better about themselves and are less likely to be picked on.

- Make sure an adult who knows about the bullying can watch out for your child's safety and well being when you cannot be there.

- Talk with the school principal or guidance counselor, as well as the teachers. Alert them to the problems you see and work with them on solutions. When school officials know about bullying, they can help stop it.

- Write down and report all bullying. By knowing when and where the bullying occurs, you and your child can better plan what to do if it happens again.

- When your child is a bystander:
 - Teach your child how to help without getting hurt. Your child might say, "Cool it! This isn't going to solve anything."

- Tell your child not to cheer on or even quietly watch a conflict-this only encourages the bully who is trying to be the center of attention.

- Encourage your child to tell a trusted adult about the bullying. Talking to an adult is not tattling – it is an act of courage and safety. Suggest going with a friend to make it easier.

- Help your child support others who tend to be victims. Teach your child to try to include these children in activities.

Bullying is never OK. Concerned adults can reduce bullying. Be aware and watch for the signs of bullying and step in to help.

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

Statistics show that bullying is generally on the rise. This is due mainly to the increase in cases of cyber bullying over the past 10 years. CNN reports that 3.2 million students are bullied each year. The statistics show that bullying behaviors begin to appear in grade school, are most prevalent in middle school, and begin to decline in high school.

"Bullying," is defined by the U.S. Center of Mental Health Services as, "repeated acts of physical, emotional, or social behavior that are intentional, controlling and hurtful."

Girls as well as boys can be bullies. The bully will pick on other children by teasing, threatening or attacking them. Bullies can also exclude their victims from activities or start rumors about them. Bullies often pick on children who make them feel powerful by acting emotional or giving in.

When your child is the victim, work with your child on how to stay safe. Do not encourage your child to fight back because a situation can easily escalate and become dangerous.

Tips:

- Teach your child how to look the bully in the eye, stand tall, use a firm voice and stay calm in difficult situations. Just telling your child to do these things is not enough. For many victims, these skills do not come naturally. It is like learning a new language and will probably take a lot of practice. Practice

Colby Middle School honor roll released

Here is the Colby Middle School Honor Roll for the first quarter. To make the Orange & Black Club, students needed a 3.0 (B) grade average. For the Academic Club, they had to have all A's, with no more than one B. Top Academic students are the girl and boy in each grade with the highest average.

Academic Club – Aden Basgall, Brandon Brier, Elizabeth Brown, Michael Carstens, Isabel Dixon, Meghann Elling, Brittany Foss, Emeline Hutton, Kylee Kogler, Bailey Menges, Bryson Metcalf, Laurel Myers, Kaitlyn Nelson, Calvin Stapp, Drew Starbuck, Mandy Summers, April Swartz, Hallie Vaughn, Thane Wildeman.

lette Stapp.

Orange & Black Club – Brooke Alexander, Karen Baca, Taylor Barnett, Maia Cape, Alexis Carney, Macy Catlin, Wendy Chavez, Tommy Cline, Kory Finley, Seth Hutfles, Paeton McCarty, Jayln Mettlen, Makenna Mettlen, Ryanne Meyer, Trey Miller, Kainin O'Malley, Nataly Oliver, Josh Olson, Trinity Pfeifer, Aaron Platt, Austin Reed, Jordan Schippers, Kurt Schroeder, Carter Stanley, Mariah Thompson, Jake Tubbs, Kellyn Wahlmeier, Jessi Weis, Abigail Wetter, Gage Winger, John Tyler Zerr.

Hamel, Zach Hart, Dru Keen, Erin Krannawitter, Madisyn Lemman, Distiny Liest, Shevin Martin, Braylyn Mayer, Carson McLaughlin, Lander Niblock, Stacia Oren, Camille Rager, Alec Ratzlaff, Jaden Reeh, Hanna Rehmer, Elizabeth Sanie, Kora Schindler, Kyler Staab, Lucas Taylor, Rachel VanEaton, Braedon Vogler, Daniel Westerlund.

Academic Club – Austin Brier, Bailey Britton, Bryce Brown, Cassandra Dillinger, Lynnsey Elling, Alexandra Finley, Parker Hamel, Jordan Hartwell, Chloe Imhof, Alexyss Kraft, Abbie Kummer, Kaiser Lopez, Bryce Niemerie, Natalie Oren, Patyn Pfeifer, Sean Rall, Hayden Reinert, Rayanna Schmidt, Karissa Singer, Job Thompson, Caitlin Tinkham, Courtney Tinkham, Morgan Voss, Cassie Wells, Madison Zimmerman.

Sixth Grade

Top Academic – Isabel Dixon, Michael Carstens.

Orange & Black Club – Brielle Bange, Brysen Barton, Faith Brackett, Neo Brown, Jersey Carney, Paige Castigliano, Konnor Griffin, Karson Haggard, Lewis Haines, Zoey Hillis, Ellie Keen, Riley Kraft, Cade Lanning, Nathan Lee, Amanda Leija, Jonathan Ortner, Kelly Palmgren, Shelby Sanguinetti, Kailley Shields, Jadon Sirtua, Ryan Voss, Blaise Vrbas, Mason Wright.

Seventh Grade

Top Academic – Kellyn Wahlmeier, Jordan Schippers.

Orange & Black Club – Taylor Bieberle, Heath Bolyard, Sayde Boutte, Tucker Branum, Kyler Britt, Shaylynn Campbell, Caitlyn Comfort, Marina Conner, Samantha Coulter, Emma Dixon, Alex Ferguson, Joselin Garcia, Kensey Garrett, Nicole Griffin, Jazmine Harper, Jalen Havel-Stephens, Zackary Johnson, Alyssa Kraft, Isaac Rosales, Abby Rose, Paige Schroer, Dalton Schuette, Nico-

Eighth Grade

Top Academic – Alexandra Finley, Hayden Reinert.

Orange & Black Club – Jack Albers, Karmen Barraza, Julian Bixenman, Trista Boehme, Cadyn Dixon, Carriane Farrow, Desiree Foster, Anna Giersch, Austin

General Educational Development test to expire

The current version of the General Educational Development (GED) test will expire at the end of 2013. This version will be replaced with the new test on Thursday, Jan. 2.

The creator of the exam, reports the 2014 test to be released on Jan. 2 will continue to measure high school equivalency and provide detailed information about a test-taker's readiness for college and career training programs.

Over the past five years, approximately 16,600 Kansas adults

have taken the test, with over 95 percent passing the exam.

Kansans who have taken the 2002 test within the last two years, but did not pass all five sub-tests, have until the end of 2013 to complete the current exam. If a test-taker does not complete all five sub-tests by the end of 2013, they will need to start over again in 2014 with the new test in order to receive a Kansas state high school diploma.

"The GED test opens doors to college, better jobs, and the satisfac-

tion of earning a high school credential," said Andy Tompkins, Kansas Board of Regents president.

"So we want to be sure that everyone is aware of this deadline. Therefore, for those GED test-takers who want to take all or complete the current exam, you need to act now before the current test expires."

"Support is available at over 30 Adult Education Centers across the state," said Susan Fish, state director of adult education. "There is help available for all

adult learners to get prepared and take the sub-tests...."

Find information at www.kansasged.org, including a list of testing centers. It is also important to note, all test-takers must pass the Official GED Practice Test prior to registering for the official exam. This link, along with eligibility and fee information, accessibility and language options, and other information, is available at: www.kansasregents.org/ged_faqs.

Contact authorized GED Testing Centers directly for remaining registration and test dates, additional location information, and further comment: www.kansasregents.org/ged_testing_centers.

Daughter of the American Revolution

The John Athey chapter of the Daughters of the American Revolution met last Wednesday at the Midwest Energy Community Room in Hoxie, with seven members, Gayle Bremenkamp, Leona Feldt, Frances Mann, Sharon Maurath, Gladys Rowley, Judy Watkins and Kay Weber and guests Ditta Anderson and Donna Kelley present.

The meeting was called to order by Regent Maurath.

Joanne Emerick of Hoxie presented the program on her 21 year venture in finding members of her father's bomb squadron from World War II. They were stationed

in Hawaii at the time of the bombing of Pearl Harbor in 1941.

Emerick had copies of her book, "Courage," available for sale to the group. The chapter purchased one to present to the Kansas Daughters of the American Revolution Library in Dodge City.

Reports were given, including the President General's, National Defense, American Indian Minute, Conservation Minute and American Heritage.

Feldt was welcomed as a new member as of Oct. 5.

Roll call was answered with each member naming a person who has shown her courage.

Minutes of the September meeting were approved as sent.

Word was received of the death of member Sharee Fromholtz of Colby.

The group enjoyed the noon meal at JD's Restaurant.

The meeting closed with prayer and adjournment to the Hoxie Cemetery for a short memorial service for the late Irene Cressler.

– Kay Weber

Deaths

Leonard James 'Stubby' Oliver

Leonard James "Stubby" Oliver, 99, Colby, retired vice president of the National Equipment Corp., died Tuesday, Oct. 29, 2013, at the Prairie Senior Living Complex in Colby.

He was born Aug. 2, 1914, in Hamilton to Pheanes and Mae (Holland) Oliver. On June 4, 1938, he married Jeanne Beasley.

He worked for National Equipment for over 30 years. He loved music and entertained the residents at the complex with his piano playing. He was a Mason and a Shriner.

Preceding him in death were his wife, his parents and a daughter, Sandra Aspegren.

Survivors include a son, James (Molly) Oliver, Colby; a sister, Lila Pusey, Orlando, Fla.; seven grandchildren; and 14 great-grandchildren.

A private memorial service is planned. Condolences may be left at www.baalmanmortuary.com.

Preceding him in death were his wife, his parents and a daughter, Sandra Aspegren.

Survivors include a son, James (Molly) Oliver, Colby; a sister, Lila Pusey, Orlando, Fla.; seven grandchildren; and 14 great-grandchildren.

A private memorial service is planned. Condolences may be left at www.baalmanmortuary.com.

Dale Frankamp

Dale Frankamp, 77, Belleville, roping and businessman, died Tuesday, Oct. 22, 2013, at the Republic County Hospital in Belleville.

He was born May 8, 1936, in Scottsville, to Ernest and Daisy (Atwater) Frankamp, and graduated from Scottsville High School.

After high school, he married Faye Vollan.

While living in Minnesota he served as the calf-roping director of the Minnesota Rodeo Cowboys Association. He enjoyed calf roping at rodeos all across the Midwest and in later years team roping and in doing so won many trophies, buckles and a saddle.

In the 1950s he came up with the idea of the first metal rope can and went on to sell thousands of them at various rodeos and through Frankamp Manufacturing.

Later they moved to Kansas and Dale's Western Store became a well-known business in Belleville where he repaired saddles and boots.

In 1984 he married Carolyn Ostrom.

He attended the Wesleyan Church in Belleville.

Preceding him in death were his

parents and a granddaughter, Shalyn Morey.

Survivors include his wife, Belleville; five children Dr. Karen Baehler, Hutchinson; Kathy (Tom) Lawless, Mansfield, Texas; Konnie (Kirk) Hall, Saluda, N.C.; Kevin (Ramizah) Frankamp, Tulsa, Okla.; and Kandi (Ken) Rich, Arkansas City; two stepchildren, John (Kelley) Ostrom, Dodge City; and Julie Ostrom-Asch, Clyde; a sister, Consie Bernard, Greenville, S.C.; five brothers, Gene Frankamp, Nicolle, Minn.; Marvin (Rosalie) Frankamp, Wichita; Leon (Ramona) Frankamp, Pine Mountain Club, Calif.; Werner Frankamp, Apple Valley, Minn.; and Paul (Judy) Frankamp, Blue Earth, Minn.; 19 grandchildren; and one great grandson.

Services were Saturday, Oct. 26, 2013, at the church in Belleville, with burial in the Scottsville Cemetery.

The family suggests memorials to the church or the Republic County Hospital, in care of the Tibbetts-Fischer Funeral Home, Box 566, Belleville, Kan., 66935.

Online condolences at www.tibbettsfischerfuneralhome.com

Colby Rotary Club

Colby Rotary Club met Tuesday at Colby Community College with 41 members, visiting Rotarians Dennis Kreutzer, Hays, and Mara Duke, Florida, and guests Andrea Barton, Brice and Amber Barton, Paul Brigham and Mandy McGreer.

Andrea Barton was recognized as the October Student of the Month and shared her high school activities and future plans. Steve Ziegelmeier had the program. His guest was Katera Harter, Miss Rodeo Kansas. Harter has been the Thomas County Rodeo Princess and Rodeo Queen, Miss Teen Rodeo Kansas and Miss Beef Empire Queen before winning the 2014 Miss Rodeo Kansas Queen competition.

The competition was in Dodge City at the Round Up Rodeo. Harter won the horsemanship, speech, written and photogenic categories. She said this was the 50th anniversary of the contest and she had her

picture taken with the winner of the first Miss Rodeo Kansas contest.

Harter said her duties include public relations and promoting rodeo. She will travel around Kansas and the country to attend rodeos, make appearances for sponsors and visit schools. Harter extended an invitation to attend her official coronation on Saturday, Jan. 18. Harter is majoring in agribusiness at the college and a member of the college rodeo team. Following her year as Miss Rodeo Kansas, Harter plans to study agri-business at Kansas State University. She will compete in the December 2014 Miss Rodeo America contest in Las Vegas.

Paul Steele won Roto-Lotto and Mike Tubbs won the President's Challenge.

The club meets at noon each Tuesday in Room 106 of the Student Union.

– Relda Galli

Corrections

In an article "Fatal accident on county road" on Page 2 of the Monday, Oct. 28, *Colby Free Press*, the time of the accident, which happened at 5 a.m., was incorrect. This was a reporting error.

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In a photo caption for "Let's all read a book together" on Page 1 of the Monday *Free Press*, Aeden Gonzales' name was misspelled and Laura Schmid, a paraprofessional with the Head Start program, was misidentified. These were reporting errors.

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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.

Markets

Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat (bushel)	\$7.36
Corn (bushel)	\$4.27
Milo (hundredweight)	\$7.21
Soybeans (bushel)	\$11.79

Thank You

Thank you to "Queen Mary Circle" ladies for the mass given for our 55th wedding anniversary on October 20th. Also for all the calls, cards, flowers and hugs from family and friends. Thank you to our family who joined us for the mass and the dinner afterwards. You are all loved.

Marvin and Carol Lovenstein

2nd Anniversary Open House

November 4th - 7th
8:30 - 12:30 M-Th-F • 2:00 - 5:30 M-Th
Business After 5 • November 6th

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Otto Lynn Duffey



Otto Lynn Duffey, 74, went to be with his Lord and Savior on September 1, 2013. He was born on August 8, 1939 in Menlo, Kansas to James Thomas Duffey and Dulcye Antonia Greene. He graduated from Menlo Consolidated School in 1957 and joined the US Air Force in 1958 where he made a career of 20 years. Otto married Bonna Jean Foes on November 11, 1962 after which they lived in Okinawa for 3 years. After retiring in 1978, he worked as a truck driver, mechanic, security guard and a dispatcher for the Union Pacific Railroad.

Otto enjoyed spending time with family and friends, cruising in his Mini-Cooper and breakfast at Billie's Cafe. He collected trains and classic model cars. Otto was a member of the Destination Church of Ft. Lupton.

Otto is survived by his son, James Duffey of Westminster, CO; daughter, Tracey (Galen) Hockett of Brighton; sisters, Phyllis Freerkson of Lakewood, CO and Dorene Utt of Guymon, OK; two granddaughters, Amanda (Matthew) Dean and Katie (Joseph) Heinz; six great-grandsons and one great-granddaughter. He was preceded in death by his wife, Bonna in 2012, father in 1957, mother in 1960 and brother, John Leo Duffey in 1995.

Visitation was Monday, September 9, 2013 and Funeral Services were on Tuesday, September 10, 2013 both at Tabor-Rice Funeral Home, Brighton, Colorado.

Interment was at Ft. Logan National Cemetery, Denver, Colorado

Memorial Contributions can be made in his memory to: Destination Ministries, 335 Cherokee Place, Lochbuie, CO 80603.

Tabor-Rice Funeral home is in charge of arrangements.

Emerald Edition
Antiques & Interiors
135 West 3rd, Colby, KS 67701
Cell: 785-443-1575

Holiday Open House
Saturday, November 2nd, 10:00 ~ 4:00
Sunday, November 3rd, 1:00 ~ 4:00