



Melvin and Nancy Carpenter

## Colby natives celebrate 50th anniversary

Melvin and Nancy (Berens) Carpenter of Overland Park celebrated their 50th anniversary on Saturday, Dec. 28, 2013. The high school sweethearts, natives of Thomas County, married at the Sacred Heart Catholic Church in Colby on Dec. 28, 1963, after graduating from Colby High School in 1962.

Melvin is the son of the late Merle and Pearl Carpenter of Levant. Nancy is the daughter of Leo and the late Elizabeth Berens of Colby. They have two children, Cary Carpenter of San Francisco and Casandra Ross of Bucyrus, and two grandchildren.

## Travel professionals attend seminar

How many of us have wondered how can 2013 be almost over and 2014 here already? My first trip for 2013 was to Lindsborg for an educational seminar on community branding and a Travel Industry Association of Kansas board meeting. The board met with Linda Craghead, Assistant Secretary of the Kansas Department of Wildlife, Parks and Tourism discussing the search for a new tourism director and future plans for the tourism division. Tourism Day on the Hill will be Wednesday, Feb. 12, when tourism professionals will meet with our legislators advocating for the travel industry in the state of Kansas.

The Youth Leadership Thomas County Class for 2014 has been selected. All class members are sophomores from Thomas County schools. Gabriel Schriener and Michael Maurath are from Heartland School; representing Golden Plains are Maddy Walz, Cole Ziegelmeier, Kami Miller and Kynndra Rush; and Desiree Schippers. Carter Morrison, Chase Cersovsky, Sydney Stephens, Robert "Tanner" Lee, Clae Schmidt, Kalea Robert, Allison Friesen, Brady Holzmeiser and Andrew Shubert were selected from Colby High School.

The first session will be Wednesday, Jan. 15, at the Sunflower Bank. Program directors Cindy Black and myself look forward to working with this group of young people. The quarterly calendar of events for January, February and March is available at the Chamber office, museum, city building, courthouse, library, several banks and the motels. The calendar can be useful in your personal planning. Both Colby Community College and Colby High School will be playing many basketball games during the month of January. The Kiwanis will hold a spaghetti feed at 5 p.m. Friday and Big Brothers Big Sisters will hold a soup supper at 5 p.m. Friday, Jan. 10, both at the Community Building. The annual Orange and Black Basketball Classic will be Thurs-



Leilani Thomas

• On the Road Again!

day through Saturday, Jan. 23 to 25, at both the Community Building and the high school.

Western Kansas Liberty League will hold its tournament Friday and Saturday, Jan. 17 and 18, at the Community Building.

Special events include the Thomas County Wellness Challenge, which kicks off next Monday, when Dr. Thomas Gruenbacher will speak at 7 p.m. at the college Student Union. Citizen Medical Center will be providing lab service beginning at 6 a.m. Thursday to Saturday, Jan. 9 to 11, and Monday, Jan. 13. The challenge will run through the first week of March.

Prairie Museum of Art and History will hold *Food for Thought* at noon on Thursday, Jan. 16. Speaker will be Dan O'Brien discussing "Factors Affecting Farmland Prices Over Time."

*Booked for Lunch* will be Wednesday, Jan. 8, at the Pioneer Memorial Library. Ryan Hale will be reviewing "Happier" and "Being Happy."

The Colby-Thomas County Chamber of Commerce luncheon will be at noon Wednesday, Jan. 29, at the Prairie Museum. City Manager Tyson McGreer will speak on the "State of the City."

A piano clinic will begin at 8 a.m. Saturday, Jan. 25, at the Cultural Arts Center.

Western Plains Arts Association presents "Church Basement Ladies" at 7:30 p.m. Tuesday, Jan. 21, at Oakley High School.

The fifth grade musical will be at 7 p.m. Tuesday, Jan. 28, at the Grade School Auditorium.

A busy and full January. I want to wish everyone a very happy, healthy and prosperous 2014. Hope to see you at some of these events.

*Leilani Thomas is director of the Colby Convention and Visitors Bureau, a long-time civic volunteer and a passionate observer of the tourism industry.*

## Grain dust risks explored

One small spark is all it takes to damage a grain processing facility, bring productivity to a halt or even cause fatal accidents.

To support the grain handling industry's employee training in preventing grain dust explosions, Kansas State University's Department of Grain Science and Industry is offering interactive grain dust explosion training workshops in English and Spanish.

A session in English will be from 8 a.m. to noon Wednesday, Jan. 15, at the Southwest Research-Extension Center, 4500 E. Mary St. in Garden City. There will be a session in Spanish from 4 to 8 p.m. the same day at the Bryan Conference Center, 416 S. Main St. in Scott City.

The grain handling industry is required to train employees how to prevent grain dust explosions. These workshops will create awareness of explosion hazards among workers and supervisors, said project leader and K-State assistant grain science professor, Kingsly Ambrose. The workshops, along with materials, are free to participants.

"It is important to educate supervisors and managers on train-

ing their employees using best practices to curtail the risk of dust explosions," said grain science department head Dirk Maier. "These workshops communicate the practical risk information on dust hazards to mitigate fatalities and loss in grain handling and processing facilities."

Grain dust explosions are caused by powder-fine grain dust, confinement of dust in an enclosed space, dust dispersion, an ignition source and oxygen. While rare, they do happen. Reducing combustible dust, keeping it out of the air and controlling ignition sources reduce the number and extent of grain dust explosions.

Online registration for the workshops is available at [www.grains.k-state.edu/igp/](http://www.grains.k-state.edu/igp/). More information is also available by contacting Ambrose at [graindust@k-state.edu](mailto:graindust@k-state.edu) or (785) 532-4091.

## Deaths

### Bertilla Marie Wilson

Bertilla Marie Wilson, 91, Colby, died Saturday, Dec. 28, 2013, at her home in rural Colby.

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

## Health Center wins award for excellence

Rawlins County Health Center has been recognized by iVantage Health Analytics as a Health-Strong Award winner for Excellence in Outcomes and Efficiency, reflecting top-25-percent performance among all acute-care hospitals in the nation.

"We are very grateful to accept this achievement award, as only seven rural hospitals in the state of Kansas were recognized for Excellence in Outcomes (patient safety indicators, readmissions, deaths) and 24 rural hospitals in the state were recognized for Excellence in Efficiency (Medicare IP and OP costs and charges)," said Heather Fairchild, quality assurance coordinator at the hospital. "This achievement was all made possible by the results of public reporting, meaning we did not submit this data for the award, the company 'found' us."

iVantage announced award winners at the annual meeting of the National Organization of State Offices of Rural Health this October in Asheville, N.C. Awards are based on the Hospital Strength Index, a national ratings program developed by iVantage.

The index ranks all 4,400-plus U.S. general acute-care hospitals, including the 1,300-plus rural Critical Access Hospitals, based on eight performance categories, measuring 56 statistics. The firm says it offers hospital executives and boards an objective way to measure their relative performance.

Small rural hospitals play a critical role in providing efficient and effective health care comparable to their larger urban counterparts, the firm says.

"Rural hospitals have new and difficult demands that can only be managed with better information," said John Morrow, executive vice president of iVantage. "The index reflects the multiple challenges of running a hospital by incorporating the measures on which the industry has worked to gain consensus and standardization."

iVantage, based in Portland, Maine, identifies itself as a privately held company serving more than 500 hospitals across the United States. It provides information to help hospitals and health systems improve performance.

## Thomas County Jail

Booked into the Thomas County jail:

- Jane Elizabeth Guilfoyle, 32, Colby, Dec. 11, driving with license suspended or revoked, Colby Police Department, released same day on notice to appear.
- Raymond Michael Fagan, 20, Oakley, Dec. 12, possession of controlled substance, driving under the influence, Oakley Police Department, released Dec. 16 on recognizance.
- Phillip W. Cook, 59, Nampa Idaho, Dec. 13, battery, disorderly conduct, Thomas County Sheriff's Office/Colby Police, released same day on recognizance.
- Shawn Joseph Beagley, 29, Colby, Dec. 14, criminal threat, harassment by telephone, Colby Police, released Dec. 18 on \$25,000 appearance bond.
- Tyler Jordan Fisher, 19, Goodland, Dec. 14, failure to stop at sign, refusal to take breath test, driving with license suspended or revoked, driving under the influence, forgery, identity theft, Thomas County Sheriff, released Dec. 18 on \$50,000 supervised bond.
- Tommy Dean Stickel, 46, Colby, Dec. 14, disorderly conduct, Colby Police, released same day on recognizance.
- Thomas Henry Felts, 24, Wheatridge, Colo., Dec. 15, possession/distribution of hallucinogenic drugs, Thomas County Sheriff, released Dec. 18 on \$100,000 appearance bond.
- Eduardo D. Martinez, 22, Goodland, Dec. 15, driving under the influence, Colby Police, released same day to responsible party.
- Scott C. Ochs, 22, Hays, Dec. 15, driving under the influence, transport of open containers,

Kansas Highway Patrol, released same day to responsible party.

- Carson Rogers Tingler, 24, Lyons, Colo., Dec. 15, possession/distribution of hallucinogenic drugs, no drug tax stamp, possession of drug paraphernalia, Highway Patrol, released Dec. 18 on \$100,000 appearance bond.
- Matthew Jacob Moro, 34, Melbourne, Fla., Dec. 17, driving with license suspended or revoked, Highway Patrol, released same day on recognizance.
- Christopher Ryan Gatz, 27, Brewster, Dec. 20, stalking, Colby Police, released same day on \$5,000 appearance bond.
- Christine Ryan, 52, Yoder, Colo., Dec. 20, driving with license suspended or revoked, Highway Patrol, released same day on bond.
- Brian Robert Spencer, 23, Colby, Dec. 17, driving under the influence (second offense), Thomas County Sheriff, released Dec. 21 for time served.
- Coney Vongchan, 57, San Jose, Calif., Dec. 18, possession/distribution of hallucinogenic drugs, no drug tax stamp, using communication facility to arrange sales or purchase, Highway Patrol, released Dec. 21 on recognizance.
- Aenoi Rattanasombath, 49, St. Petersburg, Fla., Dec. 18, possession/distribution of hallucinogenic drugs, no drug tax stamp, using communication facility to arrange sales or purchase, Highway Patrol, released Dec. 21 on \$50,000 appearance bond.

## 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

## Farmers and ranchers expect lower payments

The U.S. Farm Service Agency reminds farmers and ranchers who participate in Department of Agriculture programs that, unless Congress acts, they should plan for automatic spending reductions known as sequestration in the current fiscal year.

The Budget Control Act of 2011 requires that federal agencies implement automatic, annual reductions to discretionary and mandatory spending. Mandatory programs will be cut 7.2 percent this year, and the agency plans to implement sequestration for these programs:

Dairy Indemnity, Marketing Assistance Loans, Loan Deficiency Payments, Noninsured Crop Disaster Assistance, Direct and Counter-Cyclical Payments, Average Crop Revenue Election Program, 2011 and 2012 Supplemental Revenue Assistance Program and Storage and handling.

Conservation Reserve payments are specifically exempt by

law from sequestration and will not be reduced.

"These sequester percentages reflect current law estimates," said Administrator Juan M. Garcia, "however with the continuing budget uncertainty, Congress will may adjust the exact percentage reduction.

"Today's announcement intends to help producers plan for the impact of sequestration cuts in Fiscal Year 2014. At this time, FSA is required to implement these sequester reductions. Due to the expiration of the Farm Bill on Sept. 30, (the agency) does not have the flexibility to cover these payment reductions in the same manner is (this year).

"We will provide notification as early as practicable on the specific payment reductions."

For information, stop by the agency's county office at Walnut Street and College Drive, call 462-7671 or go to [www.fsa.usda.gov/](http://www.fsa.usda.gov/).

## Cold weather has risks

Cardiovascular events like sudden cardiac arrest may increase during cold winter months, research shows.

The American Heart Association says that for most people, shoveling snow may not lead to any health problems. However, the association warns that the risk of a heart attack during snow shoveling may increase for some as the combination of colder temperatures and physical exertion increases the workload on the heart.

Here are some tips from the American Heart Association to make snow shoveling safer:

- Give yourself a break. Take frequent rest breaks during shoveling so you don't overstress your heart. Pay attention to how your body feels during those breaks
- Don't eat a heavy meal prior or soon after shoveling. Eating a large meal can put an extra load on your heart.
- Use a smaller shovel or consider a snow thrower. It is safer to lift smaller amounts more times than to lug a few huge shovelfuls. When possible, simply push the snow.
- Learn the heart attack warning signs and listen to your body, but remember this: even if you're not sure it's a heart attack, have it checked out. Minutes matter!
- Don't drink alcoholic beverages before or immediately after shoveling. Alcohol may increase a

person's sensation of warmth and may cause them to underestimate the extra strain their body is under in the cold.

It is also important to understand the heart attack warning signs before heavy lifting. Some heart attacks are sudden and intense, but most start slowly, with mild pain or discomfort. Often people affected aren't sure what's happening and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- Chest discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back.
- Discomfort in other areas of the upper body, such as pain in the arms, back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

Calling 911 is almost always the fastest way to get lifesaving treatment. If you or someone you know begins experiencing any of these symptoms, call 911 immediately.

For information, visit your physician or go online to [www.heart.org/](http://www.heart.org/).

We want your local news: e-mail to [colby.editor@nwkansan.com](mailto:colby.editor@nwkansan.com)

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Annual YEAR-END

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Colby KS

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## Markets

Quotes as of close of previous business day Hi-Plains Co-op	
Wheat (bushel)	\$6.37
Corn (bushel)	\$4.18
Milo (hundredweight)	\$7.13
Soybeans (bushel)	\$12.34



# SALE!

# 50% OFF

December 26, 2013 through January 17, 2014

## PALACE DRUG STORE

460 N. FRANKLIN • COLBY • 785-460-7507  
M-F 8:30 A.M.- 6 P.M. • SAT. 8:30 A.M.- 2 P.M.