

No matter how much you ate Thursday, here are tips to work it off

Thanksgiving is a time every year when mass quantities of food are consumed. Low-fat and/or sugar free recipes were created to ease the conscience of those of us who over-enjoy food.

On the other hand, removing all of the fat and sugar just leaves us less to be thankful for — So, to relieve any guilty consciences out there, here are a few select books on dieting. Take your pick.

Diet option #1. Although Americans have their opinions about the French, most of them are pretty darn skinny. This is probably what led



Jeff Friesen

• **Library Link**

Michel Montignac to write the book *The French Diet*. Montignac prefaces his ideas in this book by analyzing the cultural and psychological differences between the French and Americans.

His explanation then leads into the nuts and bolts of his diet. The fi-

nal 80 pages of the book are dedicated to French recipes. In case you're wondering, French fries are not part of the French diet.

Diet option #2. These days we have been hearing a lot about the connection between genes (no, not jeans) and diets. The relationship between diet and DNA is referred to as nutrigenomics. In his book *Feed Your Genes Right: Eat to Turn Off Disease-Causing Genes and Slow Down Aging*, Jack Challem takes the scientific research and applies it to a suitable diet for you.

According to the book cover,

Challem "gives you a breakthrough nutritional program designed to enhance your DNA function and minimize your risk of common diseases and conditions."

Diet option #3. Have you ever wondered what kind of program celebrities like Julia Roberts, Cindy Crawford, Michelle Pfeiffer, Claudia Schiffer, and Jennifer Aniston use to keep in shape? Kathy Kaehler has worked with all of these superstars and now shares her secrets in the book *Celebrity Workouts*.

Kaehler begins by giving the phi-

losophy behind her workout as well as some simple workout tips that anybody can follow. She then gets deeper into working to develop different parts of the body using the programs and diets she designed for various celebrities. In her book for example, she includes a program designed as a lower body workout for Claudia Schiffer and a "super-sexy upper body-sculpting workout" for Jennifer Aniston.

If these books don't suit your dieting needs, the library also has numerous other books on the topic of diets including books on the

South Beach, Weight Watchers, Atkins, etc.

The library will be open for regular business hours on Saturday, Nov. 26 and Sunday, Nov. 27.

Pioneer Memorial Library is located at 375 W. 4th and open seven days a week.

Winter hours will be as follows: Monday through Thursday, 9 a.m. - 8 p.m.; Friday, 9 a.m. - 5 p.m.; Saturday, 9 a.m. - 4 p.m.; and Sunday, 1 p.m. - 4 p.m. For more information contact the Library at 460-4470. As always, we are here to serve you.



DEBBIE SCHWANKE/Colby Community College

In tune

The Colby Community Choir was rehearsing last week for its concert at 7:30 p.m., Tuesday, Dec. 6 in Frahm Theatre on the college campus. In addition to

the full choir, the Sunflower Singers will also be featured with Dr. Phil Shuman, directing both. Everyone is invited to attend the event.

Disasters increase Habitat homes

AMERICUS, Ga. (AP) — The devastating tsunami and hurricanes of the past year have led to increased visibility for Habitat for Humanity International, resulting in more donations and volunteers.

President Bush, other leaders and countless celebrities — from singer Barbra Streisand to author John Grisham to dozens of professional sports teams — have thrown their high-profile support behind Habitat's efforts to build low-income housing for those left homeless by Hurricanes Katrina and Rita.

"That's visibility that all organizations would like to have," said Tim Seiler, director of the fundraising school at Indiana University's Center for Philanthropy in Indianapolis. "Of all the nonprofits that are out there, when your name is mentioned at a high level, it's helpful."

Habitat has raised more than \$111 million for hurricane and tsunami relief efforts, signed up thousands of new volunteers, and formed new partnerships with various corporations and groups.

"This is an incredible time for Habitat," spokesman Joedy Isert said. "We're working with partners, corporations, churches, leadership that we've never had an opportunity

to work with before."

To speed up the recovery, Habitat volunteers around the country have been building house frames that are being shipped to the Gulf Coast, where they'll eventually become homes for hurricane survivors in Alabama, Mississippi and Louisiana.

In partnership with NBC's "Today" show and Warner Music Group, volunteers in September worked around the clock to frame 65 homes at New York's Rockefeller Plaza. The effort was nationally televised each morning and featured dozens of celebrities.

Week-In-Review

Join **Chad Dawson** and **Doyle Baker** every Friday afternoon at 4:30 for the T-92 Week-In-Review, a weekly news program looking at the top stories of the week.

Just in time for the Holidays!!

Get a Free iPod Mini with a 2006 Polaris Youth Model ATV and RIDE FREE UNTIL 2007!*

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				1 Dr. Reeves Podiatry	2 Dr. Reeves Podiatry	3
4	5 Dr. Rubinowitz Hematology/Oncology	6	7	8	9	10
11	12	13	14 Dr. Frankum General Surgeon	15	16	17
18	19	20	21 Dr. Curtis Cardiology	22	23	24
25	26	27 Dr. Miller Cardiology Clinic	28	29	30	31

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Thank you for allowing us to assist in your healthcare.

WANTED:

Your support for the Lady Trojans!

<p>Suzana Sormaz 5'11" Sophomore Guard Kovin, Serbia Stats: 68 pts., 8 steals, 16 assists, 18 rebounds and 6 free throws.</p>	<p>Jacci Tinkel 5'3" Freshmen Guard Topeka, Kansas Stats: 39 pts., 3 steals, 9 assists, 8 rebounds and 3 free throws.</p>
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Coach's Comments
Coach Tom Stephens

"The upcoming JayHawk Shoot-out is going to provide some tough competition for the Lady Trojans."

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A message from the Kansas Department of Health and Environment, Cancer Information Service, Susan G. Komen Breast Cancer Foundation, and American Cancer Society.

NOW PLAYING:

COLBY CINEMA & ARCADE

NOV. 18 - DEC. 1

PRIME

Fri. & Sat.: 7:00 & 9:00 (PG-13)
Sun. thru Thurs.: 7:00 1:46

CHICKEN LITTLE

Fri. & Sat.: 7:15 & 8:45 (G)
Sun. thru Thurs.: 7:15 1:20

STARTING WED. NOV. 23

YOURS, MINE & OURS

Wed: 7:15 & 9:00 (PG)
Thanksgiving Day: 7:15 1:30
Fri. & Sat.: 7:15 & 9:00
Sun. - Thurs: 7:15

WALK THE LINE

Wed: 7:00 & 9:30 (PG-13)
Thanksgiving Day: 7:00 2:16
Fri. & Sat.: 7:00 & 9:30
Sun. - Thurs: 7:00

COLBY THEATRE

NOV. 23 - DEC. 1

JAR HEAD

Wed.: 7:00 & 9:30 (R)
Thanksgiving Day: 7:00 2:15
Fri. & Sat.: 7:00 & 9:30
Sun. thru Thurs.: 7:00

JUST FRIENDS

Wed.: 7:15 & 9:00 (PG-13)
Thanksgiving Day: 7:15 1:34
Fri. & Sat.: 7:15 & 9:00
Sun. thru Thurs.: 7:15