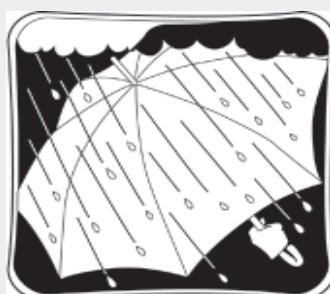


Weather Corner



Rain continues in the forecast

Tonight — Showers and thunderstorms likely. Mostly cloudy with a low around 65. Windy with a south wind 25 to 30 mph decreasing between 15 and 20 mph. Winds could gust as high as 45 mph. **Friday** — A 40 percent chance of showers and thunderstorms. Partly cloudy with a high around 83. North wind between 10 and 15 mph becoming calm. Winds could gust as high as 30 mph. **Friday night** — A 40 percent chance of showers and thunderstorms, mainly before 1 a.m. Partly cloudy with a low near 57. North wind between 5 and 10 mph. **Saturday** — Partly cloudy with a high around 86. North wind around 5 mph. **Saturday night** — Partly cloudy with a low around 57. **Sunday** — Mostly sunny with a high around 90. **Sunday night** — Mostly clear with a low around 60. **Monday** — Sunny with a high near 92.

Temperatures
 Wednesday's high, 102
 Low this morning, 72
 Records for this date, 109 in 1946, 40 in 1981
 Precipitation past 24 hours to 8 a.m. today, 0.00
 June's precipitation, 0.66

Water Use Report
Wednesday, June 14
 • 3,039,700 gallons
 3.5 million = Water Watch.
 4 million = Water Warning
 4.5 million = Water Emergency

Briefly

Waste site collection set June 24

The Thomas County Household Hazardous Waste Site, 190 W. Fourth St., Colby, will be collecting old paints, cleaning products, lawn and garden chemicals and more from 8 a.m. to 1 p.m., Saturday, June 24. "Don't throw those items in the trash," said Sandy Swob, director. Using the household hazardous waste site, she said, is a good, safe alternative to disposing of these items in the landfill. The service is free and open to all county residents. For questions about what is accepted, call Swob at 460-4526.

Voter registration reminder

The Thomas County Clerk is reminding residents that if they move within the county or out of the county, they need to re-register to vote at their local clerk's office. For questions, call 460-4500.

Free trap shoot Sunday

The Colby Trap Club and the Kansas Department of Wild-

life and Parks will have free shoots this summer for youth younger than 18, women and inexperienced shooters. Shoots will be held 2 p.m. June 18, July 16 and Aug. 20 at the Colby Trap Club, five miles west of Colby on U.S. Highway 24. For information, call Benny Young at 462-7602 or the Kansas Department of Wildlife and Parks at 462-3367.

Public transit van available

Thomas County has available to its residents a public transit van. The van is available by calling the Senior Progress Center at (785) 460-2901. To schedule the van after 12:30 p.m., call (785) 443-9208.

College trustees meet Monday

The regular meeting of the Colby Community College board of trustees begins at 5 p.m., Monday, in the board room of Thomas Hall. Items of business on the agenda include a tour facilities and inspection of the bus. In addition, the board will talk about agreements and contracts; approving the Kan-

sas State University and Colby Community College memorandum of understanding; buying a bus; consideration of sick leave request; upgrading the telephone system; and considering a shared secretarial position for the Endowment office. The board will consider retaining legal services and also hear reports from the new president, deans, and trustees.

Animals search for a home

The Colby Animal Clinic has four kittens, one male and three females, ready for adoption. The kittens are about 10 to 12 weeks old. The male is a Siamese mix. The three females vary in coloring with one a calico, and the other two black, white and grey tiger.

In addition to the kittens, the clinic also has a Bassett mix, male, tri-colored, about 2 years old. He was found in the 1000 block of North Garfield. Another animal found was a female, tan and white Guinea pig found outside Beringer Hardware. The only cost for adoption is the price of immunization shots. For questions, call 460-8621 or stop by the facility, 810 E. Fourth St.

Colby women begin health coaching business

By **Patty Decker**

Free Press Editor

Four Colby women started a new business recently by providing nutritional counseling to optimize health.

The team includes Teri Adams, Pat Willoughby, Corky Corder and Kylee Philipp, who consider themselves nutritional coaches, using a plan called the JET Self-Test System.

"Because nutritional needs differ for each person based on genetics, blood type, metabolic rate, stress levels and more," said Philipp, "we identify a person's individual needs and work hard to improve their health."

For example, Adams said, people

with type A blood will require more vegetables than those with Type O blood.

As coaches, the team searches for opportunities to individuals feel healthier.

Adams said the team does not want to take the place of doctors or other health care professionals — that is not their goal.

"Our team tests people who are interested in maintaining good health as well as those struggling with health challenges," Philipp said.

The foursome's new business sees people by appointment and they do work out of some chiropractic offices in Colby.

For those curious or concerned about their health, the team is invit-

ing everyone to attend a presentation at 7 p.m., Friday, at the Quality Inn meeting room.

The guest speakers will include Forest and Dr. Cheryl Townsley, who will offer tips on where to start in identifying health needs; the strategies as it relates to blood type; metabolism and digestion; supplements and solutions.

Her presentation, "The Power of Being Healthy," will offer participants a chance to experience authentic health, which she said is "having the vitality, mental clarity and emotional stability to live the abundant life God created for you."

Eating the right foods and supplementing a person's diet for improved health is a complicated puzzle that leaves many people in

the dark, Philipp said.

"Our team is committed to bringing information to people that will direct them toward improving their understanding of the pieces of this puzzle and how they fit together in order to form a complete picture," she said.

Some of the companies the team is associated with include Mannatech, Jay Robb Protein, and Dr. Loomis Enzyme Solutions.

According to the group, Jay Robb provides quick energy protein powders and bars designed specifically for an individual's blood type and Dr. Loomis Enzyme Solutions ensure the food a person eats is being properly digested.

For questions about this new business or the Friday workshop, call either Adams at 460-6801; Willoughby, 460-0032; Corder, 460-9024; or Philipp, 460-8215.

Many activities available for summer

By **Emma Rogers**

Senior Center

Wednesday is the first day of summer. Come celebrate it with friends and family at the Senior Progress Center, 165 Fike Park. Start summer on the cool side by enjoying lemonade and ice tea.

There are plenty of activities scheduled at the center for the week of June 19-23, including wear blue for Blue Monday. Tuesday exercise is at 9:30 a.m. Don't forget the first day of summer Wednesday. Exercise is at 9:30 a.m. Thursday, and it's also Popcorn Day. Friday exercise is at 9:30 a.m. and it's also Denim Friday, wear those denim duds.

The Thomas County Nutrition Center in Colby wishes to invite those 60 and older and their guests to attend daily luncheons in Colby Monday through Friday. Reservations may be made by calling (785) 460-2901 the day before. Home delivery is also available for those unable to attend due to social or physical disabilities. Those who work are also invited to come to

Senior Center News

pick up a meal. Those meals are available at noon to be picked up. For individuals 60 and over a contribution of \$2.50 per meal is requested. Anyone under 60 years of age is invited to attend or pick up a meal at a cost of \$4.50 per meal.

The menu for the next week includes: Monday - lasagna, green beans, tossed salad, garlic bread, cantaloupe. Tuesday - turkey slice, sweet potatoes, ambrosia fruit salad, roll, cook's choice complement. Wednesday - tuna salad sandwich, sliced tomatoes, plums, bread, mac salad. Thursday - ham and beans, creamy broccoli and cauliflower salad, cornbread, blushing pears. Friday - baked chicken, mashed potatoes and gravy, cook's choice vegetable,

bread, applesauce gelatin.

The building is also available for rental for events. For information or lunch reservations, call 460-2901.

The Thomas County Public Van is owned by the county but is scheduled and dispatched by the Senior Progress Center. The van is not a taxi service. It will be scheduled on a first-come, first-served basis.

It must be scheduled at least 24 hours in advance of its use and be ready at least 30 minutes in advance of appointment. Sometimes there are four to six calls per time frame.

Calls for the van need to be made between the hours of 8 a.m. and noon, Monday through Friday.

To contact the public transportation van after 12:30 p.m., call (785) 443-9208.

Accident sends one to hospital

A accident last week sent an Oberlin woman to the hospital and left a Hoxie man and Selden man uninjured. According to a report filed June 8 by the Kansas Highway Patrol, 46-year-old James Kelly Wigginton of Hoxie was driving southbound on Kansas Highway 223 in a 1996 Ford pickup. He attempted to make a left hand turn onto Kansas Highway 123 about two and one-half miles south of Leoville.

Brenda L. Breth, 43 of Oberlin, was driving on Highway 123 and attempted to avoid colliding with Wigginton while he was turning. Breth traveled off the north edge of the roadway and struck a direction sign. Breth's 2003 Ford van rolled and struck a barbed wire fence and came to rest in a ditch on its top.

An emergency crew extracted Breth from her vehicle.

She was transported to Sheridan County Health Complex in Hoxie and was later transferred to Hays Medical Center in Hays. Breth, Wigginton and his passenger, 57-year-old Steven Charles Skubal of Selden, were all wearing seatbelts.

Faced with a Drinking Problem?
 Perhaps
Alcoholics Anonymous Can Help
 Meetings are Open to the Public
 City Hall Basement
 Mondays & Thursdays - 8:30 p.m.



Even if you don't feel like getting out, you can still "go shopping" in the

A Special Invitation

The Northwest Kansas Military Family Readiness Group invite all current and former military service personnel and their families to a

Military Appreciation Reception and Dance

at Comfort Inn Convention Center
June 16, 2006

Silent Auction: 7-9 p.m.; Reception: 7-9 p.m.
 Dance: 9 p.m. - 12 a.m.

Public Welcome to Attend

COLBY SHALZ FIELD AIRPORT MASTER PLAN UPDATE

to be presented at three separate meetings on Tuesday, June 20, 2006

Call Mark Ostmeyer (460-4438) or City Hall (460-4410) for additional information.

CITY LIMITS

SUPPER SPECIALS
 June 12 - June 17

Evening Buffet
 6-9 PM for \$9.95
 (soup & salad bar included)

Also serving Daily Lunch Buffet: 11-2

| | |
|--|---------|
| MON: Mexican Buffet | |
| TUES: Special: 18 oz. Porterhouse T-Bone Steak served with side & salad No Hot Buffet available. | \$24.95 |
| WED: Homestyle Buffet | |
| THUR: Special: USDA Choice 10 oz Strip Steak with baked potato, salad, and roll No Hot Buffet available. | \$9.95 |
| FRI: Seafood Buffet | |
| SAT: BBQ Buffet | |

462-6565

Thursday, June 15rd, Only

Buy One Get One Free Sale

Trees, Shrubs, Roses, Bedding Plants, Hanging Baskets, Planters and More!

Buy 1st plant at regular price, get 2nd plant of equal or lesser value FREE!

If it's growing, it's on sale!

Sale Hours: 12:00 - 8:00 P.M.

We will open at Noon on Thursday

GOLDEN PLAINS GARDEN CENTER & GREENHOUSE

WE DON'T JUST SELL PLANTS, WE GROW THEM
 1140 Plains Ave. • Colby • 462-7528

Add Garlic & Mushroom Topper \$1.99

Mike's Famous Rib-eye Steak

Includes choice of side, salad, and fresh-baked roll.

\$1249

12 oz

\$1399

16 oz

All day, every day during the month of June.

1855 S. Range • Colby • 462-7178