

Briefly

Wrestling meeting scheduled

A parent/athlete meeting for the upcoming wrestling season at Colby High School will be held at 7 p.m. Monday, Nov. 13, at the high school commons area. For questions, call 460-5300.

Participants wanted for parade

A Veterans Day Parade will be held in downtown Colby at 10 a.m., Saturday, Nov. 11. Area veterans and any other groups or individuals wanting to take part with a float or by walking, bicycle riding, or vehicle are invited, said Jim Vap, VFW and American Legion member. The parade will begin at Fike Park on Franklin Avenue and head south to Second Street. From there, the parade will turn left and continue up to the Thomas County Courthouse. Participants are encouraged to arrive at 9:45 a.m. Once the parade arrives at the courthouse, a memorial service will take place to honor all Thomas County veterans. For questions, call Leland Kindler at (785) 443-2365.

Poppies available at parade

The Abilene Hustler 4-H Club will have poppies available during the Veterans Day parade Saturday, Nov. 11. Donations will be accepted.

Clerk's office open late for hunters

The Thomas County Clerk reminds everyone pheasant season opens Saturday. To assist hunters, the clerk's office

will be open until 7 p.m. today.

Grass clipping collection to end

The city of Colby Sanitation Department will stop picking up grass clippings and leaves Friday, Nov. 10. The city is also reminding residents household trash should be curbside by 8 a.m. on their scheduled pick-up days. For questions call the Public Works Department, 460-4420.

Commissioners meet Monday

The Thomas County Commissioners will meet at 9 a.m., Monday, at the courthouse, 300 N. Court. Agenda items include Joe Leroux of the Kansas Army National Guard asking for permission to use the landfill to train new recruits with Sheriff Mike Baughn; a letter of support for a grant request for the Regional Recycling Center. The meeting is open to the public.

College blood drive Thursday

Colby Community College's blood drive is scheduled from 10 a.m. to 2:30 p.m. Thursday, in the student union on campus. To make an appointment to donate, call the nursing department at 460-4797.

Decorating contest announced

The Colby Promotions committee will again be sponsoring the Christmas decorating contest, which include business and residential categories. Nominations for each category

will be accepted at drop boxes located at Dillons and Wal-Mart. Prizes will be awarded for each category. Residential first place is \$100; second place is \$75. Business first place is \$75 and second place is \$50. Nominations will be judged the evening of Saturday, Dec. 9. Organizers said this is different than in years past because residents will be casting votes for their favorite locations.

Courthouse, landfill close Nov. 10

The Thomas County Courthouse and landfill will be closed Friday, Nov. 10 in honor of Veterans Day. The transit van will also not be running.

Rexford dinner Saturday

Members of the Rexford Lions Club and Royal Neighbors are sponsoring their annual ham and turkey dinner starting at 11 a.m., Saturday, in the Rexford Community Hall.

Square dance lessons Nov. 14

The Golden Buckle Square Dance Club is sponsoring dance lessons starting at 7:30 p.m., Tuesday, Nov. 14, at the Colby Community Building, 285 E. Fifth St. For questions, call Frank Vacca, (785) 462-3465 or 460-2958.

Fundraising tournament Saturday

Big Brothers Big Sisters of Thomas County is hosting a card tournament from 1 to 6 p.m., Saturday, at Twisters, 735 E. College Dr., Colby. For details about the tournament, call 460-9125.

Weather Corner



Partly cloudy lows near 30

Tonight — Partly cloudy with a low around 33. South wind around 5 mph becoming west.

Saturday — Partly cloudy with a high near 63. Northwest wind around 5 mph becoming calm.

Saturday night — Partly cloudy with a low around 37. East wind around 5 mph becoming west.

Sunday — Partly cloudy with a high near 61.

West wind around 5 mph becoming calm. Sunday night — Partly cloudy with a low around 34.

Monday — Partly cloudy with a high near 60. **Monday night** — Partly cloudy with a low around 38. **Tuesday** — Mostly sunny with a high near 67.

Temperatures
Thursday's high, 53
Low this morning, 25
Records for this date, 82 in 1915, 4 in 1899
Precipitation past 24 hours to 8 a.m. today, 0.00
November's precipitation, 0.00 A recorded forecast updated throughout the day is available by calling (785) 899-7119. Current temperatures are available by calling 460-8367.

Kline faces new criticism

TOPEKA (AP) — Attorney General Phill Kline faced new questions Wednesday about his activities at churches, his campaign fundraising and what he plans to do with newly acquired patient records from two abortion clinics.

Bob Stephan, a former attorney general and fellow Republican who broke politically with Kline less than five weeks ago, asked the state ethics commission to examine Kline's activities with churches.

Among Stephan's issues was a \$1,339 donation from a Topeka church to SWT Communications, a company Kline's wife operates. The donation occurred after Kline spoke at the church in July.

The same event led Washington-based Americans United for Separation of Church and State to seek an investigation Tuesday by the Internal Revenue Service.

As a way to inform older readers about ongoing and changing topics, Rosalie Seemann, secretary of the Northwest Kansas Area Agency on Aging, will answer questions or provide information about the agency on a monthly basis.

The Northwest Kansas Area Agency on Aging is part of a national network of agencies created in 1973 by the Older Americans Act. It is a private, nonprofit organization with the responsibility of administering Older American Act programs in the 18 counties of northwest Kansas.

Last month I discussed in the first part of my article how you should keep track of your medications and keep a written list with you at all times.

I prepared a chart you may use for this purpose and have given a sheet to each of the Senior Centers in Thomas County. You may pick one up there or call or e-mail me for one. Each family member should carry his or her own form.

Q. What precautions do senior citizens need to take as winter weather approaches?

A. First, if you live alone make arrangements for family or friends to check up on you every



Rosalie Seemann

• Area on Aging Secretary Chat with Rosalie

day just to make sure you are ok and do not need anything. Keep plenty of groceries on hand. Remember to drink plenty of water. Make sure you stay warm on the coldest days.

Some reports say the utilities will increase and some say they will decrease or stay the same. Hopefully they decrease, but don't bet on it.

You can have a utility check for heat leakage in your home. You can also winterize your own windows and doors by using clear caulking around them. It is a little late now, but there is help for winterization of your home, but there are income guidelines for this program. You can also dress warmer.

Above all, do not go out when it is icy. Call the Area Agency on Aging for more information or more programs that may help you through the winter months.

Q. Are there information sites online or through the mail for seniors which can educate them about winter topics as they relate to seniors?

A. One of my favorite questions! I love the Internet and searching for different topics. There are many places on the Internet for you to find an answer to your questions, whether it is health related or weather related or whatever.

If you are not computer savvy, ask a family member or friend to do computer research for you. Or, the public library can help you. The Area Agency on Aging puts out newsletters, AARP has a magazine and a newspaper and almost all of the newspapers will have an article that can help a senior. But don't be afraid to ask anyone for assistance. I would be glad to research for anyone as

long as I am given a little time for the project and you tell me what you want researched.

I just received the "Keynotes" A News Magazine For Older Kansans And Their Families from the North-Central Flint Hills Area Agency on Aging. It is full of great articles for the elderly. In Western Kansas, the "Senior Times" is a great informative newspaper for senior citizen news and items.

Something that has received very little attention is that Congress Re-Authorizes the Older Americans Act. This was enacted in 1972 as the Older Americans Act, was passed by the House on Sept. 28, as the Older Americans

Act Amendments of 2006, and is awaiting the signature of the President. This Act is reauthorized for another five years. Be sure and tell your Congressmen thanks for their support. Advocates get ready. Your vigilance and focus will be needed to make sure all in Congress know the absolute need for more funding for the cost-effective community services that are essential in seniors lives, made possible by the Older Americans Act.

Editor's note: Readers may submit questions by writing Seemann at: Chat with Rosalie c/o Rosalie Seemann, 426 Hale, Levant, Kan. 67743, or by emailing: rseemann@st-tel.net.



"First name basis with everyone. Security feeling we feel, everything is provided and we don't have to worry. I don't have to cook!"
- Kennie Rogers

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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.

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