

Family

Center kicking off holidays

By Emma Rogers
Senior Center

Senior Center

Monday is “Candy Cane Day” at the Senior Progress Center, 165 Fike Park.

There are plenty of activities scheduled at the center for the week of Dec. 3-8, including exercise at 9:30 a.m. Tuesday. There will also be a board meeting. Wednesday is Popcorn Day. Exercise is at 9:30 a.m. Thursday. Friday exercise is at 9:30 a.m. It’s also Denim and Orange Day.

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 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 - Polish sausage with kraut, mashed potatoes, plums, bread, choice complement. Tuesday - liver and onions in gravy, buttered potatoes, peas, bread, rosy pears. Wednesday - ham, sweet potatoes, coleslaw, roll, fruit cup. Thursday - chicken dressing casserole, mashed potatoes and gravy,

Jell-o with carrots and pineapple, bread, cranberry sauce. Friday - hamburger stew, cinnamon apple slices, biscuits, pudding.

The building is also available for rental forevents. 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.

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.

Expert: Skipping meals a holiday no-no

MANHATTAN — A holiday party scheduled for later in the afternoon or evening is no excuse. The recommendation is still to eat a light lunch or dinner before attending a social gathering that offers food, said Sandy Procter, nutrition specialist with Kansas State University Research and Extension.

“Eating beforehand typically helps you eat less and make healthier food choices at a party,” she said. “In contrast, arriving famished can easily lead to overeating or over-indulging on high-calorie and high-fat foods.”

Procter, who recommends planning regular meals and snacks, acknowledges that hectic holiday schedules can erode family meal-times.

“Still,” she said, “There is value in taking a deep breath and setting aside 15 to 30 minutes to bring the family together to eat. Doing so can calm things down a bit - particularly for children, who have small stomachs and need regular meals and snacks to re-fuel.”

Procter advises keeping healthy foods and snacks on hand to supplement meals and to balance the high-

calorie, high-fat and often sugary foods typically available during the holidays.

Possibilities include fresh fruits and vegetables, low-fat dips, peanut butter and graham crackers, yogurt, whole-grain crackers or small dinner rolls, and low-fat

cheese.

More information on preparing healthful meals and snacks is available at any county or district K-State Research and Extension office, as well as on Kansas Extension’s Web site: www.oz-net.ksu.edu.

Community Calendar

FRIDAY, DEC. 1

Colby High School wrestling with Burlington, high school gym, 4:30 p.m.

Colby Community College wrestling, Colby Community Building, 5 p.m.

Wings Upon the Prairie drop-in center, 485 N. Franklin, 5-8 p.m.

SATURDAY, DEC. 2

Lions Club pancake breakfast, Colby Community Building, 7 a.m.

Wings Upon the Prairie drop-in center, 485 N. Franklin, 1-5 p.m.

Sixth Street Alcoholics Anonymous, 1275 W. Sixth, 8:30 p.m.

SUNDAY, DEC. 3

Santa City open in Fike Park, 1-5 p.m.

Christmas light parade, downtown Colby, 5:30 p.m.

Colby Community College wrestling, Colby Community Building, 2 p.m.



High Plains Lions Club Pancake Feed

Saturday, December 2, 2006

\$3.50 Donation ~ 7am - 2 pm
Colby Community Building

Bring your glasses & hearing aids to be recycled.
\$ goes toward community projects!



Markets

Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat	\$4.81
Corn	\$3.70
Milo	\$6.10
Soybeans	\$5.97

TV LISTINGS

sponsored by the

COLBY FREE PRESS

SATURDAY

DECEMBER 2

	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30
KLBY/ABC (4) (6)	Good Morning Kansas Saturday		Good Morning America (CC)		Good Morning Kansas Saturday		That's-Raven	That's-Raven	Hannah Montana	Zack & Cody	Emperor New	Replacements
KSNK/NBC (8) (8)	Today (CC)				Paid Program	Paid Program	Veggie-Tales (N)	Dragon (EI) (CC)	3 2 1 Pen	Babar (EI) (CC)	Jane-Dragon	Jacob Two Two
KBSL/CBS (12) (11)	Saturday Early Show (CC)				News				Cake (N) (EI) (CC)	Dance Revolut.	College Basketball	
K15CG (2)	Business	Market-Market	Mister Rogers	Thomas-Friends	Jay Jay the Jet	Bob the Builder	Signing Time!	The Snow Queen (CC)			America's Home Cooking: Fam	
ESPN (28)	SportsCenter (CC)		SportsCenter (CC)		SportsCenter (Live) (CC)		College Gameday (Live) (CC)			College Football		
USA (37)	Paid Program	Paid Program	Paid Program	Paid Program	WWE A.M. Raw (N)		MLG Pro Circuit (CC)		Movie: Elf *** (2003) A man leaves Santa's workshop to search for his family.			
TBS (38)	Steve Harvey	Steve Harvey	Movie: Turner & Hooch ***½ (1989, Comedy-Drama) <i>Tom Hanks</i> . (CC)				Home Improve.	Home Improve.	Movie: Snow Day (2000) Students steal a plover in hopes of keeping school closed.			
WGN (39)	Enterprise	Adelante Chicago	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	24 Day 2: 8:00 - 9:00AM (CC)		24 Day 2: 9:00 - 10:00AM (CC)	
TNT (40)	(5:00) Movie: Batman Returns ***½ (1992) <i>Michael Keaton</i> .			Movie: Demolition Man ***½ (1993, Science Fiction) A frozen cop is thawed out to capture an old nemesis.					Movie: Reign of Fire ***½ (2002, Fantasy) <i>Christian Bale</i> . (CC)			
DSC (42)	Paid Program	Paid Program	Paid Program	Paid Program	Myths of Pearl Harbor (CC)				Dirty Jobs Water snakes.		MythBusters Cooling a Six-Pack	
A&E (47)	Murder, She Wrote (CC)		Murder, She Wrote Danse Diabolique		Biography Angela Lansbury (CC)		Biography Carroll O'Connor (CC)		Airline (CC)	Airline (CC)	Caesars 24/7 (CC)	Caesars 24/7 (CC)
HIST (48)	Automobiles Volvo (CC)		Wild West Tech The Gunslingers		Heavy Metal Mosquito Attack		Mail Call (CC)		Mail Call (CC)		Mega Disasters West Coast Tsunami	
NICK (55)	Grown Up	OddParents	Jimmy Neutron	Jimmy Neutron	SpongeBob	SpongeBob	OddParents	Mr. Meaty	Avatar-Last Air	Avatar-Last Air	Danny Phantom	Danny Phantom
DISN (56)	The Wiggles	Higglytown	Einsteins	Einsteins	Mickey Mouse	Mickey Mouse	Handy Manny	Handy Manny	Doodlebops	Charlie & Lola	Lilo & Stitch	Emperor New
FAM (58)	Family Matters	Family Matters	Step by Step	Step by Step	Full House	Movie: To Grandmother's House We Go ** (1992, Comedy) <i>Mary-Kate Olsen</i> . (CC)			Movie: Santa Claus: The Movie ***½ (1985, Fantasy)			
HALL (60)	Little House on the Prairie (CC)		Little House on the Prairie (CC)		Movie: Ernest Saves Christmas ***½ (1988, Comedy) <i>Jim Varney</i> . (CC)				Movie: One Magic Christmas *** (1985, Fantasy) <i>Mary Steenburgen</i> .			

SATURDAY

DECEMBER 2

	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
KLBY/ABC 4 6	College Football: ACC Championship -- Teams TBA. From Jacksonville, Fla. (Live)							College Football: USC at UCLA. (Live)				
KSNK/NBC 8 8	Jeopardy!	Paid Program	Auto Racing: Baja 500. (CC)		World of Adventure Sports (N) (CC)		Golf: Del Webb Father/Son Challenge -- First Day. Orlando, Fla. (CC)		Paid Program	Nightly News		
KBSL/CBS 12 11	(11:00) College Basketball: Kentucky at North Carolina.			College Football: Army vs. Navy. Lincoln Financial Field. (Live) (CC)						College Football: SEC Championship		
K15CG 2	(11:00) America's Home Cooking: Family Favorites (CC)				P. Allen Smith's Garden Home (CC)		Dr. Wayne Dyer: Inspiration -- Your Ultimate Calling Dr. Wayne Dyer talks about inspiration and motivation. (CC)					
ESPN 28	(11:00) College Football: Teams to Be Announced. (Live)				College Basketball: Hall of Fame Challenge -- Gonzaga vs. Texas. Phoenix.			College Basketball: Hall of Fame Challenge -- Arizona vs. Illinois. Phoenix.				
USA 37	Movie: Love Actually *** (2003, Romance-Comedy) Various people deal with relationships in London. <i>Alan Rickman</i> . (CC)				Movie: The Great American Christmas (2006) Narrated by <i>Howie Mandel</i> . (CC)		Movie: Elf *** (2003) <i>Will Ferrell</i> .					
TBS 38	(10:05) Movie: Beethoven ** (1992, Comedy) <i>Charles Grodin, Bonnie Hunt</i> . (CC)				Movie: Road Trip (2000) Four college pals set out to retrieve an incriminating tape.			(Movie: Dumb & Dumber ** (1994, Comedy) <i>Jim Carrey</i> .				
WGN 39	24 Day 2: 10:00 - 11:00 AM (CC)		24 Day 2: 11:00AM - 12:00PM (CC)		24 Day 2: 12:00 - 1:00PM (CC)		24 Day 2: 1:00 - 2:00PM (CC)		24 Day 2:00 - 3:00PM (CC)		24 Day 2: 3:00 - 4:00PM (CC)	
TNT 40	Movie: The Chronicles of Riddick ** (2004) A fugitive fights an invading ruler and his army. (CC)				Movie: Underworld ***½ (2003) A vampire protects a medical student from werewolves. <i>Kate Beckinsale</i> .			Movie: Jurassic Park III ***½ (2001)				
DSC 42	Mega Builders Moving Mountains		Extreme Engineering (CC)		Great White Attack: A True Story (CC)		Tiger Shark Attack: Beyond Fear (CC)		American Shark (CC)		Sharkbite! Surviving	
A&E 47	Driving Force		Driving Force		Driving Force		Intervention Alissa; Brian (CC)		Intervention Crystal meth; crack cocaine.		City Confidential (CC)	
HIST 48	Dogfights Air Ambush (CC)		Dogfights Flying Tigers (CC)		Dogfights Guadalcanal (CC)		Dogfights Hell Over Hanoi (CC)		Modern Marvels (CC)		Modern Marvels (CC)	
NICK 55	Cats-cratch		The X's (CC)		The X's (CC)		Nick-toons TV		Nick-toons TV		Nick-toons TV	
DISN 56	Movie: Mickey's Once Upon a Christmas (1999) (CC)				Emperor New		American Drgn		Kim Possible		Kim Possible	
FAM 58	(10:30) Movie:		Movie: Home Alone 3 (1997) A clever 8-year-old boy defends his home from spies.				Movie: Harry Potter and the Sorcerer's Stone *** (2001, Fantasy) <i>J.K. Rowling's</i> student wizard has his first adventure. <i>Daniel Radcliffe</i> . (CC)					
HALL 60	Movie: The Night They Saved Christmas ***½ (1984, Fantasy) <i>Jaclyn Smith</i> .				Movie: Santa Jr (2002) Santa's fun-loving son learns the true meaning of Christmas.				Movie: Felicity: An American Girl Adventure ***½ (2005) <i>Shallene Woodley</i> .			

SATURDAY

DECEMBER 2

	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
KLBY/ABC 4 6	College Football: USC at UCLA. (Live)		College Football: Big 12 Championship -- Teams TBA. From Kansas City, Mo. (Live)						Post Game	News (CC)	American Idol Rewind (CC)	
KSNK/NBC 8 8	News	Wheel of Fortune	Dateline NBC (CC)				Law & Order: SVU		News	Saturday Night Live (CC)		
KBSL/CBS 12 11	(5:00) College Football: SEC Championship -- Teams TBA. (Live) (CC)				Without a Trace Odds or Evens (CC)		48 Hours Mystery (CC)		News (CC)	Paid Program	Without a Trace (CC)	
K15CG 2	Dr. Wayne Dyer: Inspiration -- Your		Moments to Remember: My Music Number 204 Hits of the late 1950s and early '60s. (CC)				John Fogerty: The Long Road Home John Fogerty performs.			Soundstage (CC)		
ESPN 28	Basketball		College Football: Teams to Be Announced. (Live) (CC)						SportsCenter (Live) (CC)		College Football Final (Live) (CC)	
USA 37	(5:00) Movie: Elf *** (2003) (CC)		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		House Mob Rules (CC)		Law & Order: SVU (CC)	
TBS 38	(4:45) Movie: Dumb & Dumber (1994)		Movie: The School of Rock *** (2003, Comedy) An unemployed guitarist poses as a teacher. Jack Black.				Movie: American Pie Presents: Band Camp (2005, Comedy) Tad Hilgenbrink.			Movie: Stuck		
WGN 39	24 Day 2: 4:00 - 5:00PM (CC)		Bulls Eye (CC)		NBA Basketball: Washington Wizards at Chicago Bulls. United Center. (Live) (CC)				WGN News	24 Day 2: 5:00 - 6:00 PM (CC)		24 (CC)
TNT 40	(5:00) Movie: Jurassic Park III		Movie: Van Helsing ***½ (2004) A monster hunter battles creatures in Transylvania. Hugh Jackman. (CC)				Movie: Van Helsing ***½ (2004) A monster hunter battles creatures in Transylvania. Hugh Jackman. (CC)					
DSC 42	MythBusters Three gun myths.		Dog Show: AKC Eukanuba National Championship 06/07 From Long Beach, Calif. (Live) (Part 1 of 2)						Dog Show: AKC Eukanuba National Championship 06/07 (Part 1 of 2)			
A&E 47	Death Detectives: L.A. Coroner		Cold Case Files (CC)		Cold Case Files (CC)		Red Light Districts Prostitution. (CC)			Cold Case Files (CC)		
HIST 48	Modern Marvels Harvesting. (CC)		Godspeed to Jamestown (CC)		Race to the South Pole (N) (Part 1 of 4)		Race to the South Pole (N) (Part 2 of 4)		Dogfights Hell Over Hanoi (CC)		Godspeed to Jamestown (CC)	
NICK 55	OddParents	SpongeBob	Drake & Josh	Ned's School	Mr. Meaty	Romeo! (CC)	Full House	Fresh Prince	Rose-anne	Rose-anne	Design. Women	Fresh Prince
DISN 56	Hannah Montana	That's-Raven	Replacements	Ameri-can Drgn	Movie: Snow Dogs (2002) A Miami dentist becomes a sled-dog racer in Alaska. (CC)			Zack & Cody	That's-Raven	Hannah Montana	Emperor New	
FAM 58	Movie: Harry Potter and the Chamber of Secrets *** (2002, Fantasy) A malevolent force threatens the students at Hogwarts. Daniel Radcliffe, Rupert Grint. (CC)								Movie: Santa Claus: The Movie ***½ (1985, Fantasy) Dudley Moore.			
HALL 60	Movie: Samantha: An American Girl Holiday ** (2004) AnnaSophia Robb.				Movie: The Christmas Card (2006, Romance) Ed Asner. (Premiere) (CC)				Movie: The Christmas Card (2006, Romance) Ed Asner, John Newton. (CC)			