

Family

Contestants sought for Mrs. Kansas pageant

Candidates are being sought for the Mrs. Kansas America Pageant. Married women who wish to receive the honor of representing their community and county in the 2007 state competition are invited to do so. If no one comes forward to enter, that county will not be represented. Selected applicants will receive an official title and banner and become their community's representative. The state competition will be held March 22-24 at the Scottish Rite Temple in Wichita. "Feelings are strong in promoting Mrs. Kansas with elegance, grace and dignity," said executive director Tracy Crist. Fifty percent of the points to achieve the title of Mrs. Kansas are determined with an interview

with each contestant. There will be an evening gown and fitness competition as well. Husbands are included and acknowledged in the competition, with each contestant escorted by her husband during the evening gown competition. Mrs. pageants allow women who have devoted much of their current lives to family, marriage and career to showcase their accomplishments and reach out to other women like themselves. The woman who is crowned as Mrs. Kansas 2007 will then go on to represent the state of Kansas in the only nationally televised pageant for married women. Anyone interested in the competition should call Crist at (817) 442-8896 or e-mail her at info@MrsKansas.net.

Tips can help prevent obesity in cats and dogs

MANHATTAN — An anti-obesity drug for overweight dogs that recently got approval from the Food and Drug Administration may soon be on its way to your veterinarian's office. But there are plenty of other ways to help your dog shed unwanted — and unhealthy — pounds. Susan Nelson, clinical assistant professor at Kansas State University's Veterinary Medicine Teaching Hospital, has several solutions. • Measure the pet's food and follow guidelines according to the animal's size and weight. Leaving the food bowl accessible and full allows pets to eat what they want, when they want it. Nelson said that with the good taste and nutrition of pet foods on the market today also come unneeded calories. She also said to beware of "diet" or "lite" foods because the recommended feeding amounts can be liberal. • Restrict the amount of treats. Giving your dog a treat feels good,

Nelson said, but it may not be in your pet's best interest. She suggests giving vegetables or splitting treats in half. • Get more exercise — for your pet's health and your own. Nelson said indoor pets in particular are prone to obesity. But having a big backyard for your dog isn't enough. Dog owners can encourage exercise by playing fetch or taking walks, and cat owners can entice their pets to play using toys like those suspended from a handheld pole or something as simple as wadded paper for the cat to bat around, she said. Nelson said you can tell if a cat or dog is too plump by running your hands firmly along its sides. If you can't easily feel its ribs the animal probably is overweight. "The sooner you nip it in the bud, the better," Nelson said. "Addressing the issue when they've gained only a couple of pounds is better than when they've become extremely obese."

New map to help people 'discover' Kansas tourism

Whether it's the scenic Flint Hills, towns filled with Old West fun, metropolitan areas packed with activities or the many other unique places across the state, the new 2007-2008 Official State Transportation Map will help people discover Kansas. "Our state map provides valuable information whether it is used to guide travelers or used as a tool to learn more about the state," said Kansas Secretary of Transportation Deb Miller. "The map is one of the states' promotional items and it gets distributed far and wide, both inside and outside of the state." The Kansas Department of Transportation works with several state agencies to create the map. More than one million copies will be distributed in Kansas and across the United States in the next two years. In addition to the basic state map on one side and city insets on the other are bright photos illustrating various places throughout Kansas and listings of recreation areas, museums, cities, counties, new state safety laws, access to road condition information and other helpful resources. Changes have been made to make

the map easier to read. Cities, points of interest and exit numbers on the state map have a white outline to help separate the text from the background. New hospital and Amtrak symbols were also added. Numerous other updates have been made to the map to make it more user friendly. "We are continuously looking for ways to improve the state map," said Brian Logan, Chief Cartographer for the department. "Our goal is to make it an excellent source of information that can be used by everyone." Maps are available at Kansas Travel Centers, the transportation headquarters and district offices and at various hotels, attractions and other locations across the state.

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.

NOW SHOWING
Jan. 12th - Jan. 18th
THIS WEEK ONLY

ERAGON
PG 1 hour, 45 min.
Friday 7:00 & 9:15
Saturday 4:00 & 7:00 & 9:15
Sunday 4:00 & 7:00
Monday - Thursday 7:00

THE HOLIDAY
PG-13 2 hours, 20 min.
Friday 7:00 & 9:30
Saturday 4:00 & 7:00 & 9:30
Sunday 4:00 & 7:00
Monday - Thursday 7:00

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RECYCLE

Babies

Presley Hope Koberg
Kerry and Kelly Koberg of Denver, Colo., announce the birth of their daughter, Presley Hope. She was born Tuesday, Jan. 2, 2007, at Littleton Hospital in Littleton, Colo. She weighed 7 pounds, 3 ounces and was 20 inches long. Grandparents are Gary and Karen Hibbs of Rexford. Great-grandparents are Irma Hibbs of Salina and the late Lester Hibbs of Rexford.

Markets

Quotes as of close of previous business day
Hi-Plains Co-op

Wheat	\$4.38
Corn	\$3.93
Milo	\$6.51
Soybeans	\$6.37

Singing group to perform at center

By Emma Rogers
Senior Center

The Young at Heart Group will be singing at 11:30 a.m. Friday, Jan. 26 at the Senior Progress Center, 165 Fike Park. We also plan to have our Christmas celebration at this time. Come and join in the festivities. There are plenty of activities scheduled at the center for the week of Jan. 22-26, including Sweatshirt

Day Monday. Tuesday exercise is at 9:30 a.m. Bingo is at 11 a.m. Wednesday. Exercise is at 9:30 a.m. Thursday. The health department will give a presentation on medications at 11:30 a.m. Friday exercise is at 9:30 a.m. don't forget it's Denim and Orange Day; Young at Heart will perform at 11:30 a.m. and

it's the day of the Christmas party. 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 - Sloppy Joes, baked beans, tater tots, bun, banana half. Tuesday - turkey slice with gravy, sweet potatoes, cranberry apple salad, rolls, bread dressing. Wednesday - tuna noodle casserole, pea salad, Jell-o with Mandarin oranges and pineapple, rolls, crispy rice bar. Thursday - chili with beans, apricots, crackers, cinnamon rolls. Friday - barbecue chicken, potato salad, winter mix veggies, bread, mixed fruit with cherries.

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 van after 12:30 p.m., call (785) 443-9208.

Seven spots left for Boy Scout trek

The Coronado Area Council of Boy Scouts is sponsoring a contingent to Philmont Scout Ranch near Cimmaron, N.M. this year. Dates are July 14-28, and include 12 days at Philmont Scout Ranch. Another day may be added for sightseeing. The 2006 trek went whitewater rafting on the Colorado River for a half-day and this may be continued next year. The contingent will consist of two crews of 12 members. Each crew will have three to four leaders (at least 21 years of age). All leaders and youth participants must be registered in a Boy Scout troop.

The minimum youth age is 14 by Jan. 1, 2007, or completed eighth grade and be at least 13 years of age by July 14 and the maximum youth age is not yet 21 years of age by July 28. There are seven vacancies left for 2007. Dates for 2008 are July 20-Aug. 3 for three crews, a total of 36 participants. The Coronado Area Council is guaranteed a Philmont trek every year. Philmont Scout Ranch has 137,493 acres or about 215 square miles of rugged mountain wilderness in the Sangre de Cristo (Blood

of Christ) range of the Rockies. The elevation ranges from 6,500 to 12,441 feet. Philmont has many hiking trails with specific programs to choose from. In February each crew will select a trail itinerary that can include rock climbing, panning for gold, black powder rifles, pack burros, blacksmithing, trout fishing, learning the ways of the mountain man and more. The estimated cost is \$900 and there are seven vacancies for the 2007 trek. This fee covers transportation, pre-trek training, insurance, mailing and meals down and back. The registration fee is \$50. For information, contact Bob Blauer at the Scout Service Center at (785) 827-4461 or 1-866-950-7750 or by e-mail at bblauer@bsaemail.org. Applications are available online at www.coronadoscout.org.

Soldiers overseas to get Valentines from group

The Northwest Kansas Family Readiness Group plans to send Valentines to soldiers, marines and reserves from the area deployed or getting ready to deploy overseas. Eighteen Kansas National Guardsmen from the 731st and 714th Maintenance Companies from Colby, Norton, Goodland and Russell are on the list. The 714th has already been deployed to Iraq and the 731st is now in New Jersey readying to be deployed, said coordinator Lisa Varney. "The theme for the effort is 'Love Your Soldier,'" Varney said. She said the group hopes to get grade school students to make Valentines and is raising money to buy international phone cards to put in

them. Varney's husband Bryan is in Mosul, Iraq, though he was home on leave until Sunday, Dec. 24. Soldiers deployed overseas have to pay for Internet connections and phone calls, she said, adding that it cost them \$7 per minute when her husband calls home collect. Prepaid phone cards can save the families a lot of money, she said. Varney said the group has collected \$500 so far. People can buy the phone cards and donate them or give money which will be used to buy cards. Contact Varney at (785) 890-6939 or 414 W. 13th, Goodland; Melanie Fortin at (785) 460-2995, 315 W. Chickamauga Ave., Colby; or Phyllis Bliss at (785) 852-4570, 119 South Front, Sharon Springs.

Community Calendar

- FRIDAY, JAN. 19**
Colby High School students dismissed at 1 p.m.
Wings Upon the Prairie drop-in center, 485 N. Franklin, 5-8 p.m.
- SATURDAY, JAN. 20**
Fellowship of Christian Athletes breakfast and speaker, Colby Community Building, 9 a.m.
Super Shot Contest, Colby Community Building, 10:30 a.m.
Wings Upon the Prairie drop-in center, 485 N. Franklin, 1-5 p.m.
- SUNDAY, JAN. 21**
WPAA presents Nashville Mandolin Ensemble, Atwood High School, 3 p.m.
Sunday Morning Sixth Street Alcoholics Anonymous, 1275 W. Sixth St., 9:30 a.m.
Narcotics Anonymous, City Hall basement, 8 p.m.

Taste of Home
Cooking School

Savor

Spring

February 20, 2007

6:30 p.m. Mountain Time

Doors open at 5 p.m.

\$8 per person

Max Jones Fieldhouse

13th & Arcade, Goodland, Kan.

Sponsored by: *The Goodland Star-News*

For tickets, please send a self addressed stamp envelope to Goodland Star-News at 1205 Main, Goodland, Kans, 67735.

Number of Tickets x \$8=

Tickets also available at the Saint Francis Herald, Colby Free Press, The Norton Telegram, The Oberlin Herald and Western Times.