

# Family

## Babies

### Phillip Charles Lightner

Charles and Crystal Lightner of Oakley announce the birth of their son, Phillip Charles, born Wednesday, Feb. 27, 2008, at Citizens Medical Center in Colby. He

weighed 6 lbs., 13 oz., and was 19 inches in length.

Grandparent is Phillip Hyslop of Oakley. Phillip was welcomed home by older sister, Sarah Lynn.

## Dog available for adoption



Dr. Russell Bowers at Colby Animal Clinic said he has "a beautiful seven- to eight- month-old chocolate Labrador retriever waiting for someone to give him a loving home."

The dog is smart, he said, and although the animal has not been neutered, he recommends having this procedure done as soon after adopting as possible.

If interested in seeing the dog, stop by the clinic, 810 E. Fourth St. or call (785) 460-8621.

## VFW Auxiliary discuss member dues

The Veterans of Foreign Wars Auxiliary 6882 met Wednesday, Feb. 13 at the post home with Peggy Ohlrogge presiding.

Opening prayer and POW-MIA was offered followed by patriotic instructions and flag salute.

Correspondence included a "thank you" from hospitalized veterans' writing project for monetary donation.

Legislative chairman reported monetary donation made to Disabled American Veterans, Retiree Safe program and National Ser-

vice Club.

Publicity chairman reported item of report for regular meeting to *Colby Free Press*. A monetary gift was given to President Peggy for her new baby son.

Unpaid dues were discussed. Members are asked to send dues to Rosalie Seemann, 426 Hale St., Levant, Kan. 67743. A mailing will be going out to those unpaid members.

The next meeting will be held at 5 p.m., Wednesday, at the VFW Post, 220 Lake, Colby.

## Senior Center

Thursday is "Bring a Friend to Lunch Day," at the Senior Progress Center. This is a chance to get new people coming to the center and learning about the fun and many activities available in our community.

Activities this week are:

Monday — Shuffle board.

Tuesday — 10 a.m., exercise; 11 a.m., Bingo

Wednesday — Popcorn Day

Thursday — 10 a.m., exercise;

Bring a friend to lunch

Friday, 10 a.m., exercise; 10:30

pool game day

March Feature Activities

March 19 — Easter Party

March 27 — Card Party (Open to the public.)

March 28 — Young at Heart

March 31 — March Birthday Party

The Thomas County Nutrition Center in Colby wants to invite those 60 and older and their guests to attend daily luncheons in Colby, Monday through Friday. Reservations must be made by calling (785) 460-2901 the day before by noon. Home delivery is also available.

# Books help healthy lifestyle

By Library staff

Pioneer Memorial Library

"No winter lasts forever; no spring skips its turn." For Kansans, this quote from Hal Borland, serves as a reminder that spring will come. Sometimes it is hard to believe, especially after a near perfect 80 degree Saturday, then the wind blows and the snow blows on a nasty, imperfect Sunday.

If you look around on those nice or nearly nice days, you will see people out walking and biking and enjoying the fresh air. They may be getting ready to don shorts for the first time this season, or maybe they are trying to work off the winter blahs.

Probably a significant number are trying to move toward a more healthful lifestyle through the Walk Kansas program which starts Sunday. The state-wide program started in 2002. Since then, the number of participants has gone from around 5,000 to over 20,000 last year.

The goal of the program is to encourage people to improve their health by increasing their daily activity and eating healthier foods. During the 8 week program each team (consisting of 6 members) pools their mileage walked to total (hopefully) 423 miles — the distance across Kansas. Other activities count, not just walking or running. More information is available from the Thomas County Extension Office. The deadline to register is Monday. Hope to see you out walking.

We have a number of new books at the library to help you get started in your new fitness program. If you are a fan of *The Biggest Loser* we have a couple of books that

are related to that television show. If you are a fast food junkie you might want to look at our books that help you make good choices when dining out. We have diet books, exercise books, and workout videos galore. Whatever your lifestyle, there is a book to help you get on track.

*The Biggest Loser Fitness Program* by The Biggest Loser Experts and Cast. This book contains the workout programs designed for the contestants on the hit television show. Experts tell how and why you need to workout. In addition there is advice from the contestants themselves and motivation from the shows experts and trainers.

*Where Did All the Fat Go?* by Rob Huizenga, M.D. This is the book written by the doctor behind the television show, *The Biggest Loser*. Dr. Huizenga's approach to weight loss is simple. You don't need to lose weight to get healthy — you need to lose fat. And you have to get healthy in order to lose fat. Sounds simple. Right? Or then again, maybe it's not quite that easy. This book also tells how the people who didn't make the cut to get on the show still were able to follow the program without a full time trainer and dietician and still continued working.

*Eat This, Not That!* By David Zinczenko. Are you tired of sneaky calories adding inches to your waistline? It's time to take charge of your eating. This illustrated guide to fast food, food at your local sports bar, the candy vending machine at work or the local frozen food aisle will help you make healthier choices.

No more feeling guilty when you have an Egg McMuffin at 300

calories, but yikes, the Sante Fe Salad at Arby's you thought was a good choice packs a whopping 773 calories.

Whatever your fitness level or your dietary needs, stop by Pioneer Memorial Library and let us help you find a book or video to complement your lifestyle. You can reach us by phone at (785) 460-4470 or by email at colbyk-library@yahoo.com.

libAnd next time you are out walking, stop by if we are open and let us know how your walk across Kansas is coming.

## Markets

Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat	\$11.04
Corn	\$5.30
Milo	\$8.98
Soybeans	\$12.83

### Business Assistant

A growing local company with a national customer base is looking for a computer, internet and accounting-literate person to assist with bookkeeping, inventory control, customer service and assisting management. Must be Excel and Word literate. Interested? Fax or send your resume and a cover letter to: The Buffalo Guys, 114 W 12th Goodland, Kansas 67735. Fax: 785-890-8417. No phone calls or drop-ins please. Job starts immediately. [www.TheBuffaloGuys.com](http://www.TheBuffaloGuys.com)

The *Colby Free Press* wants to maintain an accurate record of our town. Please report any error or lack of clarity in a news story to us at 462-3963.

Tell the others about the births, engagements and weddings through the Free Press FAX to 462-7749 or drop by the office at 155 W. 5th St.

### In Appreciation

After experiencing a crushed ankle in a farm related accident February 1, I wish to express my appreciation and thanks to those in our medical community who serve me so well.

Prompt attention by Citizens Medical Center emergency room and radiology staff, with Doctor France on duty, diagnosed and referred me to Doctor Saba who started surgery within one hour. I had excellent care at C.M.C. with physical therapy staff helping with equipment to return home. Doctor Saba has given very personalized post-op care since I returned home. Doctor Slavens continues to monitor my general health condition.

All this in a medial setting in my own home town. My heartfelt thanks to all my family and friends who have provided assistance, encouragement and equipment. I am so grateful! Ernest Kistler



Worship in the church of your choice this weekend.



BREWSTER UNITED METHODIST CHURCH, PO Box 250, Brewster. Pastor Dorine Chambers, 785-462-6044, Sunday School: 9:45 a.m.; Worship Service, 10:45 a.m.

## Schedule of church services

**COLBY INDEPENDENT BAPTIST CHURCH**, Services start August 26th. 730 E. 3rd (former Jaycee's building), Pastor Bernard Heinz, 460-0313, Sunday School 9:30 a.m.; Sunday Morning Worship 10:30 a.m.; Sunday Evening 6:00 p.m.; Wednesday Evening 7:00 p.m.

**ASCENSION-ON-THE-PRAIRIE EPISCOPAL**, Rev. Don Martin, College Drive & Wheatridge Rd., 462-3041, Holy Eucharist, 9:00 a.m. every Sunday. Evening Prayer, 5:15 p.m. Wednesday, September through May. Christian Education for Youth, 6:30 p.m. Wednesday, September through May

**COLLEGE DRIVE ASSEMBLY OF GOD**, Pastor, Jeremy Gundling, 245 W. College Dr. - 462-8234, Early Service - 8:00 a.m.; Sunday School 9:30 a.m., Morning Worship - 10:45 a.m.

**BEREAN CHURCH**, 1000 S. Franklin, 460-2763, www.colbyborean.com; Sunday School 9:30 a.m., Sunday Worship 10:45 a.m. Awana Clubs, Wednesday, 7 p.m., Middle & High School, Wednesday, 7 p.m. @ the Heartland Christian School Gym

**FIRST BAPTIST CHURCH**, (Affiliated with American Baptist Churches USA) Carroll H. Morony, Pastor, 615 W. Webster, 462-2867. Sunday School: 9:15 a.m.; Family Worship: 10:30 a.m. Sunday evening: 7:00 p.m.; Wednesday Bible Study: 7:00 p.m.; RC Club: 2nd & 4th Sunday: 2:00 p.m.

**COLLEGE VIEW BAPTIST CHURCH**, Pastor Tom Huffman, 1185 Wheatridge Rd. at College Drive, 460-7144, Sunday Bible Study 9:30 a.m., Sunday Worship services, 10:45 a.m.

**MINGO BIBLE CHURCH**, 420 Main Mingo, 785-462-2992: An independent community church served by Village Missions Intern Pastor Pat Colley. Sunday School: 9:30AM - all ages. Sunday Services: 10:45AM. Sunday Nights: 1st Sunday of the month: potluck following morning service - no evening service; 2nd Sunday: services at 6:30 PM; 3rd Sunday: informal fellowship - bring a snack to share! 4th and 5th Sunday: services at 6:30 p.m.

**SACRED HEART CATHOLIC**, 462-2179, Father Dana Clark, Pastor. Saturday Eve. Mass 5:30 p.m., Sunday Masses 8:00 & 10:00 a.m., Confessions will be heard Saturday 4:30-5:05 p.m. and from 7:30-7:45 a.m. and 9:25-9:40 a.m. on Sunday.

**FIRST PRESBYTERIAN CHURCH**, Rev. Carol Rahn, 515 W. 4th, 462-6342, Worship, 9:00 a.m.; Adult Sunday school, following worship.; Sept. thru May: Kid's Club for kids age 3-5th grade meets first Wednesday of the month from 5:15-6:45 p.m.; Youth Group for 6th-9th grade meets the first Wednesday of the month 6:30-8:00 p.m., and the second Wednesday 7:00-8:00 p.m.

**WESLEYAN CHURCH**, 320 W. Pine - 462-8391, Sunday School 9:30 a.m., Sunday Worship 10:40 a.m., Sunday Evening Cell groups at 6:00 p.m., Wednesday Youth Ministries, Kids Clubhouse 7 p.m.

**CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS**, 1145 S. Franklin - 460-6605, President Gary Slavens, 460-2656; Rocky Robbins, 1st counselor, 460-1101; Tim Wilson, 2nd counselor, 785-846-7796. Sacrament meeting 10 a.m., Sunday School and Primary 11:20 a.m., Priesthood, Relief Society, YM/YW, 12:10 p.m.; Family History Center open to public, 7-9 p.m. Thursdays or by appointment. Call 462-3571.

**COLBY UNITED METHODIST CHURCH**, Rev. James Mardock, pastor, 950 S. Franklin, 460-6521, Sunday Worship Services at 8:30 and 11:00 a.m., Fellowship coffee 9:30 a.m., Sunday School, 9:45 a.m., KXXX broadcasts 11:00 worship. [www.colbyumc.org](http://www.colbyumc.org)

**REDEEMING LOVE MINISTRIES, INC.**, 345 N. Franklin, Dr. W.G. and Rev. Orvella Romine, Equipping Class, Sunday, 10a.m., Sunday worship, 11a.m., Wednesday, R.L.M Training Centers (Bible School), 5 p.m. Shop online at: [www.rlmregionalchurch.com](http://www.rlmregionalchurch.com)

**CHURCH OF CHRIST**, 510 E. 4th, Sunday Bible Study 9:30 a.m., Sunday Worship 10:30 a.m., Sunday Eve. Worship 6:00 p.m., Wednesday, Bible Study 7:00 p.m.

**FIRST CHRISTIAN CHURCH**, (Disciples of Christ), Pastor Pat Stuart and Pastor Lyle Knebel, 385 W. 3rd - 460-2718, Sunday Morning Worship at 10:00 a.m.; Sunday School at 11:15 a.m. E-mail: [fccolby@st-tel.net](mailto:fccolby@st-tel.net)

**TRINITY LUTHERAN CHURCH**, Rev. John L. Schmidt, East 5th & Country Club, 462-3497, Services, Sat., 5:30 p.m., Sunday; Sunday School and Adult Bible Class 9:15 a.m.; Services, 10:30 a.m. Visit us at [www.trinitycolby.com](http://www.trinitycolby.com)

**OUR SAVIORS LUTHERAN CHURCH**, Brewster, Sunday worship 9:00 a.m.; 2nd Sunday of the month at 8:00 a.m.

**PLEASANT HOME CHURCH**, Pastor, Charlie Busch, 694-2242, 3190 Road 70, Edson, Worship, 9:00 a.m., Sunday School 10:00 a.m., Evening service, 6:00 p.m.

**LEVANT COMMUNITY CHURCH**, 205 1st St., Pastor Jerry Vincent, 586-2376, Sunday School (classes for 3 years & up and 3 adult classes) 9:30 a.m., Morning worship 10:30 a.m.

**WINONA METHODIST CHURCH**, Rev. Sheryl Johnson, Sunday School, 10:30 a.m., Morning Worship 9:15 a.m. (CDT)

**BREWSTER UNITED METHODIST CHURCH**, PO Box 250, Brewster. Pastor Dorine Chambers, 785-462-6044, Sunday School: 9:45 a.m.; Worship Service, 10:45 a.m.

**THE SHEPHERD'S STAFF, REXFORD**, Joan Dingwerth, Director, 687-2565

**REXFORD COMMUNITY CHURCH**, Rexford, Pastor Lane Purcell, 687-3305, Sunday School 9:30 a.m., Worship Service 10:30 a.m.

**BREWSTER COMMUNITY CHURCH**, Mike Pinkelman, Pastor. Brewster - 694-2720, Sunday School (all ages) 9:30 a.m., Worship Service 10:30 a.m., Bible Study 7:00 p.m., Wed. mornings 6:30 a.m. - Men's Bible Study, Wed. 7:00 p.m. - Children's Ministries (Royal Rangers/Missionettes), Wed. 7:15 p.m. - Interspersory & Prayer, Thurs. 4:00 p.m. - Women's Bible Study

**Smoky Hills PUBLIC TELEVISION** presents

**Stay Rich Forever and Ever With Ed Slott**  
Sunday, March 9, 4:30 p.m.  
Saturday, March 15, 12:30 p.m.

**Andre Rieu: In Wonderland**  
Sunday, March 9, 6:00 p.m.

**Celtic Woman**  
Sunday, March 9, 8:00 p.m.

Paid for by Smoky Hills Public Television

**Museum of Earth History**

**MOBILE MUSEUM**

The Mobile Museum of Earth History "...a Biblical account of early earth history."  
"Full sized skeletons, displayed amidst dramatic settings..."  
"Such a rare collection makes this exhibition a unique and fascinating experience."

The Truth About Dinosaurs "...a dynamic event, narrated by Dr. G. Thomas Sharp "...a Biblical accounting of those *Terrible Lizards*..."  
"Relive three epic periods of history not addressed by most modern historians: Pre-Fall, Post-Fall, and Post-Flood."

Doors Open at 5:30 pm  
COME VISIT THE MUSEUM

Location: Oakley High School

The Truth About Dinosaurs Sun, March 16 @ 6:30-8:30 pm  
A Thousand Years in a Day Mon, March 17 @ 6:30-8:30 pm  
Missing Links Tue, March 18 @ 6:30-8:30 pm  
And Other Evolutionary Assumptions  
Evolution: Wed, March 19 @ 6:30-8:30 pm  
The Greatest Deception of All Time

[www.worldviewmedia.info](http://www.worldviewmedia.info)

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