

Weather Corner



National Weather Service
Tonight: Partly cloudy, with a low around 24. Blustery, with a north wind between 15 and 25 mph, with gusts as high as 30 mph.
Saturday: Sunny, with a high near 47. Breezy, with a north wind 15 to 20 mph decreasing to between 5 and 10 mph. Winds could gust as high as 30 mph.
Saturday Night: Mostly clear, with a low around 27. Northwest wind 5 to 10 mph becoming southwest.
Sunday: Sunny, with a high near 65. North wind between 5 and 10 mph.
Sunday Night: Mostly clear, with a low around 26.
Monday: Sunny, with a high near 57.
Monday Night: Partly cloudy, with a low around 30.
Tuesday: Sunny, with a high near 67.
Tuesday Night: Mostly clear, with a low around 34.
Wednesday: Mostly sunny, with a high near 57.
Wednesday Night: Partly cloudy, with a low around 27.
Thursday: Mostly sunny, with a high near 46.
 Thursday: High, 72; Low 37
 Precip: Thursday, trace
 Month: 0.00 inches
 Year: 20.62 inches
 Normal: 19.95 inches
 (K-State Experiment Station)

Wellness group offers new program

By Andy Heintz

Colby Free Press
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Three agencies have put together a program dedicated to promoting a healthier lifestyle in the county, called "Wise Up and Count Down Thomas County."

The three — the Thomas County Extension Service, the Thomas County Wellness Committee and the Colby Recreation Department — say the program will take the place of the Wellness Fair, which the committee traditionally used to promote healthy lifestyles.

"Sometimes after doing the same thing for more than 15 years, it's time to do something new," said Family and Consumer Science Extension Agent Diann Gerstner. "Attendance at the Wellness Fair had decreased the past two years, prompting discussion about it being time for a change."

Gerstner said that while the numbers at the fair had gone down, participation in blood tests had risen, so blood work will be available as part of the new program.

This program will be open to people in teams of four. "Teams will be made up of four people who are interested in learning more about nutrition, physical activity, weight loss and overall healthy lifestyles," Gerstner said.

The activities will start with a weigh-in from 4 p.m. to 7 p.m. Monday, Jan. 12, in the Little Theater at the Community Building. Weekly classes will be held at the community building at 5:30 p.m. every Monday through Monday, March 9.

"Attendance is not required, but is highly encouraged," Gerstner said, adding that the program will last eight weeks.

The goal is to encourage in-

creased exercise and good eating habits that will promote healthy lifestyles and desired weight in a fun team format, Gerstner said.

"If you can eat right and exercise right, you will likely be healthy as well," she said.

Prizes will be awarded for most improved body composition, perfect attendance and to the teams and individuals who lose the most weight and the largest percentage of weight. The final weigh-off will be March 9.

Through the program, participants will be able to take part in reduced-cost blood tests (for an added fee) and fitness testing, Gerstner said.

Blood testing will play an important role in the program, she said. Blood tests can measure a person's improved health, as can weight loss.

"Blood tests can show a lowering of cholesterol, blood pressure and blood sugar," she said.

Blood draws will be taken at Citizen's Medical Center from 6 a.m. to 9 a.m. Monday to Saturday, Jan. 13 to 17.

"The complete blood count, lipid profile, glucose, and other chemistries will cost \$25," Gerstner said. "Thyroid, prostate, and diabetes management tests can be added to these same tests for additional costs."

The Wellness Committee will offer these tests at the same price for people not enrolled in the program, Gerstner said.

Registration packets will be available on Monday, Dec. 1, at the City Recreation Department and the extension office. A team roster must be signed by every member, Gerstner said.

The registration fee is \$30 per person and \$120 per team. That pays for speakers, program expenses and prizes, she said.

Registration forms must be turned by Friday, Jan. 9.



Juania Eisenhardt, an employee at Mitten Truck Stop, picked the winning name for the largest truck convey drawing.

Drawing ends project for Special Olympics

November first was the final event of the 2008 World's Largest Truck Convey

when a Scott City driver won a drawing for an air-ride truck seat donated by MHC Kenworth of Salina.

The winner of the raffle was Lee Bollinger of Scott City. Proceeds will go to benefit Northwest Kansas Special Olympics events.

Including this raffle, more than \$13,000 was raised by the Colby-Oakley leg of the World's Largest Truck Convey to benefit Kansas Special Olympics athletes.

Event organizers Joe, Jane and Denise Mentlick said they would like to thank the many people who helped plan and carry out the convey on Sept. 20. That includes truckers, sponsors, businesses, law enforcement agencies, volunteers, the press and individuals.



Lee Bollinger

Dillons expands rewards

Dillons is making it easier for shoppers to save this holiday season with an expanded rewards program.

John Bays, Dillon Stores division president in Hutchinson, said pharmacy customers can now earn fuel rewards on eligible prescriptions. Filling two prescriptions can earn 10 cents off per gallon.

Bays said the expanded program will include fuel and gift cards, which he said are the No. 1 gift people say they want to receive this year.

Through the expanded holiday fuel rewards program, customers can accumulate 10-cents-off rewards faster through Dec. 31. Purchasing gift cards for popular restaurants, retail stores and entertainment outlets will double their reward value, earning customers 10 cents off for every \$50 in gift cards purchased.

Some selected cards are not included in the rewards program.

For details, go to www.dillons.com

Relaxing after 5



ANDY HEINTZ/Colby Free Press

John Tole and Sharon Steele enjoyed a chat while looking at old-time photos at Farmers & Merchants Bank during the Colby Chamber of Commerce's Business After Five program on Wednesday.

Senior Center

Activities for next week at the Senior Progress Center:

Special activities planned for November: Wednesday, November birthday party; Thursday, domino game; Friday, Colby Community College nurse brunch, and Tuesday, Nov. 25, Thanksgiving party.

Menus for the week: baked spaghetti, tossed salad, corn, garlic bread, cook's choice fruit.

Tuesday: chicken & noodles, pea salad, Jello with oranges and pineapple, muffin, pudding.

Wednesday: salmon patty, California blend vegetables, peaches, rolls, rice pilaf.

Thursday: meatloaf, au gratin potatoes, apricots, cake.

Friday: chili with beans, apple-sauce gelatin, crackers, cinnamon roll.

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 R 1 Hour, 56 Minutes
 Friday & Saturday 7:00 & 9:00
 Sunday 4:00 & 7:00
 Mon-Thursday 7:00

FIREPROOF
 Starring: Kirk Cameron
 PG 2 Hours, 2 Min.
 Friday & Saturday 7:00
 Sunday 4:00

MAX PAYNE
 Starring: Mark Wahlberg
 PG-13 1 Hour, 39 Min.
 Friday & Saturday 9:00
 Sunday 7:00

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Annual Meeting

You're Invited to the Midwest Energy Annual Meeting of Members

Monday, November 17, 2008

Beginning at 1:30 P.M.

at the Sternberg Museum in Hays

Business to be conducted includes the reports of the officers and the announcement of those elected to the Board of Directors. Balloting for the board positions was conducted earlier this month.

There will be information on Midwest Energy's energy efficiency services.

Those attending the meeting will receive a compact fluorescent light and have the opportunity to join in discussions about Midwest Energy's policies and programs.

Coffee, tea and snacks provided

Register for Door Prizes



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Please Join Us For Citizens Medical Center, Inc.'s Community Hospital Update

November 20, 2008
7:00 P.M. in the Colby High School Auditorium

- Current Status of Health Care Systems
- Quality, Strength, People, Success
- Future Direction

For more information call Citizens Medical Center at (785) 462-7511. We look forward to seeing you on November 20.