

For safe winter driving, prepare your car and yourself

If you can't stay at home during winter storms, at least try to not venture out until the snow plows have opened streets and roads, and be sure to allow extra time to get to your destination.

For those who live in areas where winter driving can become hazardous, here are some tips from Farm Bureau Insurance to help you stay safe.

- Be sure your car is ready for winter. Check with your mechanic or auto service department to be sure your vehicle is prepared, and don't forget to check your tires for wear. For details on preparing your vehicle, check www.cartalk.com/content/features/WinterDriving/.
- Check the forecast before leaving home. Be prepared is still the best policy.
- Slow down and allow plenty of stopping space — as much as three times the space you usually

allow between your vehicle and the one in front.

- Know how your brakes will react in a skid. Keep your foot steady on antilock brakes, but pump ordinary brakes.
- Even a four-wheel or front-wheel-drive vehicle may encounter difficulties. Always exercise care on snow and ice.
- Turn on your headlights to increase visibility.
- Keep headlights and windshield clean and free of snow.
- Don't pass snow plows and sanding trucks. Your visibility will be limited by the plow or truck, and the road ahead is likely in worse condition.
- Slow down when approaching bridges and overpasses or roads that are not well-traveled. These areas frequently freeze first, especially in wet conditions.
- Don't use cruise control or overdrive on slick highways.

• Keep an emergency kit in your car. Travel with your cell phone and include a flashlight, jumper cables, sand or kitty litter, a shovel, snow brush and ice scraper, flares and blankets. It's also a good idea to include bottled water, medications and energy bars. For information on creating a kit, check at www.fema.gov/news/newsrelease.fema?id=8251.

- Buckle up. It's the law, and wearing a seat belt can be a lifesaver in a crash.
- Let someone know your travel route, so that if you don't arrive in a reasonable time, police can search for you and your vehicle along that route.
- If your vehicle becomes stuck or is otherwise disabled, stay with it, running the engine and heater for short intervals. Be sure to crack a window open to allow fresh air in and avoid a build up of deadly, odorless carbon monoxide.

Know winter weather terms before leaving on holiday travels

Here are some winter weather terms, used by the National Weather Service in watches and warnings, that you should know before traveling this season:

BLIZZARD WARNING: Sustained or frequent wind gusts of 35 mph or more, and falling or blowing snow, visibility below one-fourth of a mile for at least three hours.

ICE STORM WARNING: Damaging accumulations over one-fourth of an inch.

WINTER STORM WARNING: Any or all of the following are imminent or occurring:

Heavy Snow: Accumulations of 6 or more inches in 12 hours, 8 or more inches in 24 hours.

Sleet: Accumulations of half an inch or more.

Heavy snow and blowing snow: Conditions remaining below blizzard criteria, or if any of the above occur with freezing rain accumulations over one-fourth of an inch.

WIND CHILL WARNING: Wind Chill temperatures expected to be hazardous to life within several minutes of exposure.

Local criteria: Wind chill -25 degrees or less and wind speed at least 10 mph.

FREEZE WARNING: Surface air temperatures at or below 28 degrees for at least one hour. Used primarily for events at the beginning and end of the growing season.

HIGH WIND WARNING: Sustained winds exceeding 40 mph for at least one hour, or any wind gust at least 58 mph.

DUST STORM WARNING: Sustained winds of 25 mph or greater resulting in widespread visibility below one-quarter mile in blowing dust.

WINTER SEASON ADVISORIES
WINTER WEATHER ADVISORIES

RY: Light freezing precipitation and accumulations under one-fourth inch.

Any or all of the following are imminent or occurring:

Snow: Accumulations of 3 to 5 inches (2 to 3 early in the season).

Sleet: Accumulations under one-half inch.

Blowing snow: Blowing snow occasionally reducing visibility between one-quarter and one mile with sustained winds less than 35 mph.

Snow and Blowing snow: Falling and blowing snow occasionally reducing visibility between one-quarter and one mile with sustained winds less than 35 mph.

Wind Chill Advisory: Wind Chill temperatures expected to be significant inconvenience to life with prolonged exposure.

Local criteria: Wind chill between -15 and -24 and wind speed at least 10 mph.

Frost Advisory: Surface air temperature expected to be a significant inconvenience to life with prolonged exposure.

Wind Advisory: Sustained winds of 30 to 39 mph for three hours, or any wind gust at least 45 mph.

Blowing Dust Advisory: Any sustained resulting in widespread visibility between one-quarter and one mile in blowing dust.

Dense Fog Advisory: Fog reducing visibility to one-quarter mile or less over a widespread area.

WINTER SEASON WATCHES
Winter Storm Watch: issued when winter storm conditions (blizzard, heavy snow, heavy freezing rain, heavy sleet) are expected within 12 to 48 hours.

High Wind Watch: Issued when high wind warning conditions (sustained winds at or exceeding 40 mph for at least one hour, or any wind gust at least 58 mph) are expected within 12 to 48 hours.

PRECIPITATION DEFINITIONS

Snow Flurries: Light snow falling for short durations. No accumulation or light dusting expected.

Snow Pellets (also called graupel): Precipitation consisting of white, opaque, round ice particles having a snow-like structure. Snow pellets are crisp and easily crushed. (They look like tiny pellets of Styrofoam.)

Snow Showers: Snow falling at varying intensities for brief periods of time. Some accumulation is possible.

Snow Squalls: Brief, intense snow showers accompanied by strong, gusty winds. Accumulation may be significant. Snow squalls are best known in the Great Lakes region.

Blowing Snow: Wind-driven snow reducing visibility and often causing significant drifting. Blowing snow may be falling snow and/or loose snow on the ground picked up by the wind.

Sleet (also called ice pellets): Precipitation consisting of transparent or translucent pellets of ice. Sleet forms when either rain, or largely melted snowflakes, (re) freeze before reaching the ground. Sleet usually bounces when hitting a surface and doesn't stick to objects, however it can accumulate and cause a hazard to motorists.

Freezing Rain: Rain falling onto a surface, the temperature of which is below freezing, resulting in a coating or glaze of ice on surfaces such as trees, cars, and roads. Even small accumulations create a significant hazard.

Be smart when discarding cell phones

Before you hang up your old phone for the last time, Attorney General Steve Six wants Kansans to know not taking precautions could result in identity theft.



Robert Six
• Attorney General

Kansans need to remember that cell phones and more complex mobile devices like PDAs are like laptop computers. They often hold personal and sometimes sensitive information, including addresses, phone numbers, passwords, account numbers, e-mail, voice mail, phone logs, even medical and prescription information.

Mobile devices deserve close attention before you discard them. Be sure all phone book entries, lists of calls, voice mails, e-mail, text messages, organizer folders, web search history and photos have been deleted.

Ways to permanently remove personal and sensitive information from your cell phone:

Remove the Subscriber Identity Module (SIM) card from the phone.

Check your owner's manual or visit your wireless providers website for instructions on deleting all stored contacts and other stored information.

Cell Phone Disposal Options
Recycling: Cell phone manufacturers, service providers and non-profit groups often have programs to refurbish mobile devices.

Donating: Many organizations collect old mobile devices for charity use.

Reselling: Some individuals

and organizations will buy your old mobile device.

Disposing: Keep the environment in mind, as cell phones contain batteries and heavy metals. Check with health and sanitation agencies for proper ways to dispose of electronics safely.

By following these guidelines, you can protect your personal information when you dispose of your old cell phone.

Advertising Executive

Are you interested in a better job? A professional position, dealing with the business community?

The Colby Free Press, an award-winning daily newspaper, is looking for an advertising executive. This person will represent the newspaper and the Country Advocate with customers in the community as part of a three-person advertising department.

Call Steve Haynes, Publisher, to set-up an interview. **EOE**

COLBY FREE PRESS 155 W. 5th 462-3963

LOCAL TV LISTINGS

sponsored by the **COLBY FREE PRESS**

WEEKDAYS NOVEMBER 18 - NOVEMBER 24

	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		Good Morning America				The Martha Stewart Show	The View	Millionaire	News		
KSNK/NBC (3, 8)	News Cont'd		Today					Live With Regis and Kelly	Today			
KBSL/CBS (12, 11)	News Cont'd		The Early Show				The 700 Club	The Price Is Right	The Young and the Restless			
K15CG (2)	Lions	Maya & Miguel	Curious George	Sid the Science Kid	Super Why!	Clifford-Red	Dragon Tales	Caillou	Sesame Street	Martha Speaks	Word World	
ESPN (28)	SportsCenter	Varied	SportsCenter		SportsCenter		SportsCenter		SportsCenter		SportsCenter	
USA (37)	JAG		Monk	Varied Programs				Movie	Varied Programs			
TBS (38)	Saved by Bell	Saved by Bell	Saved by Bell	Saved by Bell	Fresh Prince	Fresh Prince	Movie		Home Improve.	Home Improve.		
WGN (39)	Changing Angel	Believer Voice	Hillbillys	Hillbillys	Be-witched	Dream-Jeanie	Matlock		In the Heat of the Night	Nash Bridges		
TNT (40)	Angel		Charmed		Charmed		ER		Las Vegas		Las Vegas	
DSC (42)	Paid Program	Paid Program	Joyce Meyer	Paid Program	Medicine Men	Varied	Holmes-Homes	Holmes-Homes	Varied Programs		The New Detectives	
A&E (47)	Third Watch		Crossing Jordan		The Sopranos		American Justice		Cold Case Files		Cold Case Files	
HIST (48)	Varied Programs											
NICK (55)	OddParents	OddParents	SpongeBob	Dora the Explorer	Backyardigans	Go Diego	Wonder Pets	Dora the Explorer	Ni Hao, Kai-lan	Yo Gabba	Dora the Explorer	Go Diego
DISN (56)	The Wiggles	Higglytown	Einsteins	Mickey Mouse	Handy Manny	Tigger & Pooh	Imag. Movers	Charlie & Lola	Doodle-bops	Higglytown	Movie	Varied
FAM (58)	Sister, Sister	Sister, Sister	Sabrina-Witch	Sabrina-Witch	Step by Step	Living the Life	The 700 Club		Gilmore Girls		Full House	Full House
HALL (60)	Paid Program	Paid Program	The Waltons		The Waltons		Little House on the Prairie		Little House on the Prairie		Touched by an Angel	

WEEKDAYS NOVEMBER 18 - NOVEMBER 24

	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)	All My Children		One Life to Live		General Hospital		Rachael Ray		News	Access H'wood	News	ABC Wid News
KSNK/NBC (3, 8)	News		Days of our Lives		The Ellen DeGeneres Show		The Doctors		Jeopardy!	Deal or No Deal	News	NBC News
KBSL/CBS (12, 11)	News	Bold, Beautiful	As the World Turns		Guiding Light		Dr. Phil		Oprah Winfrey	News	Evening News	
K15CG (2)	Reading Rainbow	Barney-Friends	Varied Programs			Lions	Arthur	WordGirl	Fetch! Ruff	Cyber-chase	Maya & Miguel	Business
ESPN (28)	SportsCenter		SportsCenter	Varied	Outside-Lines	Football Live	NFL Live	Rome-Burning	Around the Horn	Interruption	SportsCenter	
USA (37)	Movie Cont'd		Monk		Law & Order: Criminal Intent	Law & Order: Criminal Intent	NCIS		NCIS		NCIS	
TBS (38)	Home Improve.	Home Improve.	Just Shoot	Just Shoot	Yes, Dear	Yes, Dear	King of Queens	King of Queens	Raymond	Raymond	Raymond	Friends
WGN (39)	WGN Midday News		Homicide: Life on the Street		Cosby Show	Cosby Show	Becker	Funnies Pets	America's Funniest Home Videos		7th Heaven	
TNT (40)	Without a Trace		Law & Order		Law & Order		Charmed		Charmed		Law & Order	
DSC (42)	The FBI Files		A Haunting		A Haunting		Varied Programs		Cash Cab	Cash Cab	Cash Cab	Cash Cab
A&E (47)	CSI: Miami		Crossing Jordan		The Sopranos		American Justice		Cold Case Files		Cold Case Files	
HIST (48)	Modern Marvels											
NICK (55)	Backyardigans	Varied	SpongeBob	OddParents	Varied Programs			SpongeBob	SpongeBob	Drake & Josh	Drake & Josh	
DISN (56)	Movie Cont'd	Varied	Zack & Cody	Zack & Cody	Varied Programs					Wizards-Place	Wizards-Place	
FAM (58)	Sister, Sister	Sister, Sister	Sabrina-Witch	Sabrina-Witch	Full House	Full House	What I Like	What I Like	Gilmore Girls		My Wife and Kids	My Wife and Kids
HALL (60)	7th Heaven		7th Heaven		Little House on the Prairie		Little House on the Prairie		M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H

TUESDAY NOVEMBER 18

	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)	News (N) (CC)	Entertainment	Dancing With the Stars (N) (CC)		Dancing With the Stars (Live) (CC)		Eli Stone The Humanitarian (CC)		News (N) (CC)	Nightline (N) (CC)	Jimmy Kimmel Live (N) (CC)	
KSNK/NBC (3, 8)	News (N) (CC)	Wheel of Fortune	The Biggest Loser: Families (N) (CC)			Law & Order: SVU		News (N) (CC)	The Tonight Show With Jay Leno (CC)	Late Night	Late Night	
KBSL/CBS (12, 11)	News (N) (CC)	Inside Edition	NCIS Cloak (N) (CC)		The Mentalist Seeing Red (N) (CC)		Without a Trace Rewind (N) (CC)		News (N) (CC)	Late Show With David Letterman	Late Late	Late Late
K15CG (2)	The NewsHour With Jim Lehrer (N)		Doctors on Call	Second-Health	Nova The Old Testament and how the concept of one God emerged. (CC) (DVS)		World News		Romance	Charlie Rose (N) (CC)	NFL Live (N) (CC)	Fast-break
ESPN (28)	College Basketball: CBE Classic		College GameDay (Live) (CC)		College Basketball: Carolina. (Live) (CC)	Kentucky at North		SportsCenter (Live) (CC)		NFL Live (N) (CC)	Fast-break	
USA (37)	(5:00) Movie: National Treasure ** (2004, Adventure) Nicolas Cage. (CC)		House Euphoria (Part 1 of 2) (CC)		House Euphoria (Part 2 of 2) (CC)		Law & Order: Criminal Intent		Law & Order: Criminal Intent		Law & Order: Criminal Intent	
TBS (38)	Seinfeld (CC)	Seinfeld (CC)	Family Guy (CC)	Family Guy (CC)	Family Guy (CC)	Family Guy (CC)	The Office	The Office	Frank TV (N) (CC)	Sex and the City	Sex and the City	Ellen's Show
WGN (39)	7th Heaven V-Day		Nash Bridges (CC)		Nash Bridges (CC)		WGN News at Nine (N) (CC)		Scrubs (CC)	Scrubs (CC)	The Bob & Tom Show (CC)	
TNT (40)	Law & Order Bible		Law & Order Gunplay (CC) (DVS)		Law & Order Charity Case		Law & Order Fallout	Extreme Loggers Mules are used. (N)	How It's Made: Jacked: Theft	How It's Made: Jacked: Theft	The First 48 Teenager murdered.	
DSC (42)	MythBusters Hellium Football (CC)		Dirty Jobs Mannequin Factory		Dirty Jobs Egg Farm (N)		The Rookies	The Rookies	The Universe Cosmic hot zones.		The Universe Cosmic hot zones.	
A&E (47)	CSI: Miami Big Brother (CC)		The First 48 Teenager murdered.		The First 48 Lured In: Disaster (CC)		George Lopez	George Lopez	Family Matters	Family Matters	Home Improve.	Home Improve.
HIST (48)	Modern Marvels Crashes (CC)		The Universe Cosmic hot zones.		The Universe Parallel Universes		Extreme Trains Freight Train (CC)		Jack N' Load (CC)		The Universe Cosmic hot zones.	
NICK (55)	Zoey 101 (CC)	Drake & Josh (CC)	SpongeBob	SpongeBob	Home Improve.	Home Improve.	George Lopez	George Lopez	Family Matters	Family Matters	Home Improve.	Home Improve.
DISN (56)	Zack & Cody	Hannah Montana	Movie: The Even Stevens Movie ** (2003, Shia LaBeouf. (CC)		Phineas and Ferb		Wizards-Place	Life With Derek	Zack & Cody	Hannah Montana	That's Raven	Cory in House
FAM (58)	(5:00) Movie: Aladdin (1992) (CC)		Movie: Curious George ** (2006, Comedy) Voices of Will Ferrell. (CC)		Movie: Wild Hearts (2006) A widower cares for his daughter at his family's farm.		America's Funniest Home Videos (CC)		The 700 Club (CC)	Whose Line? Whose Line?	Whose Line? Whose Line?	Whose Line? Whose Line?
HALL (60)	Walker, Texas Ranger El Coyote		Walker, Texas Ranger El Coyote		Movie: Wild Hearts (2006) A widower cares for his daughter at his family's farm.		Murder, She Wrote A Killing in Cork		Murder, She Wrote A Killing in Cork	Murder, She Wrote A Killing in Cork	Murder, She Wrote A Killing in Cork	Murder, She Wrote A Killing in Cork

WEDNESDAY NOVEMBER 19

	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)	News (N) (CC)	Entertainment	Pushing Daisies Oh Oh... It's Magic		Private Practice (N) (CC)		Dirty Sexy Money The Injured Party (N)		News (N) (CC)	Nightline (N) (CC)	Jimmy Kimmel Live (N) (CC)	
KSNK/NBC (3, 8)	News (N) (CC)	Wheel of Fortune	Knight Rider Knight of the Zodiac (CC)		Life Badge Bunny (N) (CC)		Law & Order Lost Boys (N) (CC)		News (N) (CC)	The Tonight Show With Jay Leno (CC)	Late Night	Late Night
KBSL/CBS (12, 11)	News (N) (CC)	Inside Edition	Old Christine	Gary Unmar	Criminal Minds Masterpiece (CC)		CSI: NY My Name Is Mac Taylor (N) (CC)		News (N) (CC)	Late Show With David Letterman	Late Late	Late Late
K15CG (2)	The NewsHour With Jim Lehrer (N)		Prairie Churches (CC)		Monarchy: The Royal Family at Work Headquarters; Head of State (CC) (DVS)		World News		As Time Goes By	Charlie Rose (N) (CC)		
ESPN (28)	SportsCenter		NBA Basketball: Dallas Mavericks at Houston Rockets. (Live) (CC)		NBA Basketball: Chicago Bulls at Portland Trail Blazers. (Live) (CC)		NBA Basketball: Chicago Bulls at Portland Trail Blazers. (Live) (CC)		UFO Hunters First Contact (N) (CC)		UFO Hunters First Contact (N) (CC)	
USA (37)	NCIS Heart Break (CC)		House No Reason (CC)		House The Socratic Method (CC)		House Detox (CC)	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent
TBS (38)	Seinfeld (CC)	Seinfeld (CC)	House of Payne	House of Payne	House of Payne	House of Payne	House of Payne	House of Payne	Seinfeld (CC)	Sex and the City	Sex and the City	Movie: Tin Cup
WGN (39)	7th Heaven Parents (CC)		America's Funniest Home Videos (CC)		Legend of the Seeker (CC)		WGN News	Corner Gas	Scrubs (CC)	Scrubs (CC)	The Bob & Tom Show (CC)	
TNT (40)	Law & Order Vendetta		Law & Order License to Kill		MythBusters Viewer Special (CC)		Prototype This! (N)	How It's Made	How It's Made	How It's Made	Time Warp	Time Warp
DSC (42)	How It's Made		Time Warp (N)		Bounty Hunter Rusty Cuffs		Parking Wars (N)	Parking Wars (N)	Parking Wars	Parking Wars	Dog the Bounty Hunter Rusty Cuffs	
A&E (47)	CSI: Miami 48 Hours to Life (CC)		Dog the Bounty Hunter Rusty Cuffs		Bounty Hunter		Parking Wars (N)	Parking Wars (N)	Parking Wars	Parking Wars	Dog the Bounty Hunter Rusty Cuffs	
HIST (48)	Modern Marvels Trucking industry.		Modern Marvels The Horse (N) (CC)		MonsterQuest Boneless Horror		UFO Hunters First Contact (N) (CC)		UFO Files (CC)	UFO Files (CC)	Modern Marvels The Horse (CC)	
NICK (55)	Zoey 101 (CC)	iCarly (CC)	SpongeBob	Sponge								