

Family

Countdown shed 516 ‘Wise’ pounds

Participants in the Wise Up and Count Down Thomas County program worked off a total of 516 pounds, reported Diane Gerstner, extension agent at the Thomas County Extension office.

Participants were divided into teams of four to work towards the prize for losing the most weight and in the process gained a healthier lifestyle.

Awards handed out at the grand finale included:

Individual most percent loss: Chuck Feldt, Aimee Applebury and Ghia Ketzner-Query.

Individual most pounds lost: Jacque Jirak, Amber Bona and Deann Shields. (Top two were most percent winners so could not win twice.)

Teams with most percent loss: Couch Potatoes, Getting Fit Mamas and C-Bam.

Team with most pounds lost: Wanna Be Fit, High Hopes, In It For Life. (Couch Potatoes, C-Bam and Getting Fit Mamas all were not eligible for this one because they won the most percent award.)

A fun thing everyone participated in was the Fat Bucks Buffet. Each person was given 20 Fat Bucks to spend on their meal. They were free to chose between high, medium and low-fat foods.

“That was quit a challenge,” said Gerstner.

Many of the participants are participating in the Walk Kansas Program which started Monday, March 9.

Festival success for Colby

Editor’s Note: This information was provided to The Colby Free Press last month, but apparently has been lost in our system.

Colby Middle School students took part in the Northwest Kansas League Music Festival at Colby Community College on Wednesday, Feb. 11.

Ratings received included:

Ensemble ratings: **I** to “I Want a Girl,” Aaron Higerd, Alex Juenemann, Trek Keck, and Brady Rose; **I-** to “All the pretty Horses” by Kaili Guy, Kristen Guy, Jessica Koon, and Randee Skiles; **I-** to “Goin’ Up a Yonder,” Tomi Miller, Lauren Mountford, Alexa Schindler, and Bailey Terrell; **II+** to “Over the Rainbow,” Michelle Howell, Alex Juenemann, Cheyenne Miller, Brady Rose, Teal Stewart, and Shasti Stupka; **II+** to “Shenandoah,” Deandra Garcia, Brandy Oliver, Molly Tolle.

Vocal Solo ratings: **II+** to Cheyenne Miller, Tomi Miller, Lauren Mountford, Alexa Schindler and Bailey Terrel, and a **II** to Randee Skiles.

Seventh and eighth grade choir received a **I** rating.

Sixth and seventh grade band received a **I** rating.

Piano Solo ratings: Alex Juene-

mann and Andrea Barton received **I+** and Andrew Taylor and Abby Friesen received **I-**.

Percussion Ensemble, I-: Marc Bremerkamp, Andrew Taylor, Jaden Morrison, Bridget Bickner, Phoebe Pfeifer, Brooklyn Bange.

Brass Choir, I-: Gabby Browne, Matthew Dickman, Abby Friesen, Alex Juenemann, Trek Keck, Keegan Morgan, Darby Sager, Eric Schuette, Connor Schwanke, Kyle Peterson, and Matthew Barnum.

Flute Ensemble, II+ rating: Kortney Bredemeier, Michelle Kirby, Danielle Foster, Hailey Fryback, Samantha Lindberg, Courtney Reilley and Brittany Silsbee.

Instrument solo results: **I:** Connor Schwanke, trumpet, Jayden Morrison, percussion, Abby Friesen, trombone, Michael Schiferl, saxophone, Tomi Miller, clarinet, Alex Juenemann, trombone, Mark Bremerkamp, percussion, Trek Keck, trombone and Brady Rose, percussion. **I-:** Stacey Deufriend, trumpet, Victoria Rall, trumpet, Cameron McLaughlin, horn, Hailey Fryback, flute, Gabby Browne, trumpet, Kortney Bredemeier, flute, Chelsie Calliham, clarinet, and Brianna Thummel, clarinet. **II+:** Karly Kriss, saxophone and Michelle Kirby, flute. **II:** Lauren

Taking down a slice



ANDY HEINTZ/Colby Free Press

Senior Breck Arnberger took a bite pizza at the Meadow Lakes Golf Course and Lounge on Tuesday evening. Pizza Hut sponsored a fund raiser from 5 to 8 p.m. to help Arnberger and senior Tanner Kriss pay for a trip to Virginia Beach, Va., where they will compete in the Senior Nationals Wrestling Championship on Friday, April 3. George Tubbs bought pizzas for the wrestling team and the cheerleaders for a party at the golf lounge.

Motorcycle courses offered

Motorcycle enthusiasts will have four chances to enroll in a Basic Rider Course offered by Colby Community College.

Three-day sessions are scheduled for Thursday, March 26, and Saturday and Sunday, April 4-5; May 14, 23-24; June 25, July 15-16; and Oct. 1, 10-11.

Each three-day course is worth one college credit. The class will meet on Thursdays from 5:45-9:30 p.m. in Thomas Hall, and on

weekend days from 8 a.m.-5 p.m. at the Colby airport.

The college also will offer an Experienced Rider Course from 7 a.m.- 4 p.m. July 18 at the airport.

Cost to enroll is \$225.

Instructor for both courses is Mike Harlan of Motorcycle Training Specialists Inc., Wichita.

To enroll, call the college admissions office at 460-4690 or come to the first class session.

Markets

Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat (bushel)	\$5.08
Corn (bushel)	\$3.59
Milo (hundredweight)	\$5.32
Soybeans (bushel)	\$7.71

Corrections

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.

Babies

Lexy Shay Golemboski

Lexy Shay Golemboski, daughter of Zach and Katie Golemboski, was born March 5, 2009, at Citizens Medical Center. She weighed 7 pounds, 6 ounces and measured 19 inches. Grandparents are Cindy Black, Carlsbad, N.M., and Mark and Jacque Golemboski of Colby. Great-grandparents are

Dennis and Marilyn Wahlmeier, Cambridge, Neb., and Stan and Ramona Shaw, Jennings, and Tony and Kathy Surmeier, Colby, and Vernon and Sally Patten, Brewster. Great-great-grandparents are Agnes Wallmeier, Jennings; Carol Shaw, Selden; and V.L. Patten, Colby.

Heidi Rose and Zane Michael Gray

Heidi Rose Gray and Zane Michael Gray, twin daughter and son of Vanessa Gray, were born March 4, 2009, at Citizens Medical Center.

Heidi Rose weighed 7 pounds and measured 18 1/2 inches, and

Michael Zane weighed 6 pounds, 9 ounces and was 20 inches.

Sisters Shayla, 12, and Mariah, 8, welcomed the babies home.

Grandparents are Ron and Patty Gray of Wichita.

Solomon Valley 4-H Club

The Parents Night meeting of the Solomon Valley 4-H Club was called to order by President Tom Sloan at 7 p.m. on Monday, Jan. 12, at the 4-H building. The flag salute was led by Warren Ziegelmeier and the 4-H pledge was led by Shawna Kersenbrock.

Paul Niblock led the song, “If You’re Happy Clap Your Hands.” Present were 20 members, one leader and two guests.

The parliamentarian reported that there is information available at the Extension office.

Danita Comfort asked for the pizza orders, to make pizzas on Feb. 7 at the 4-H building. She announced that beef weigh-in would be on Feb. 14. She also announced that those going to Horse Pan-

orama need to let Jay and Brandy Todd know.

Project talk was given by Shawna Kersenbrock about horses.

Danita announced that County Club Days would be March 27. Chelsey and Christian Callihan asked to join the club. Ross Sloan announced next month’s project talks and the hostesses.

After adjournment, they played Freeze Tag. The hosts were Goossen and Reed.

– Brianna Thummel, reporter

“That the World May Know.”

is a study and adventure in archaeological digs in Israel, retracing some of the early sites where many bible characters such as Abraham lived and walked.

The guide and narrator is Ray Van der Laan, well known historian and teacher. This set of films is said to be extremely accurate and informative.

The pubic is invited and encouraged to attend and to get a feel for the country side and the bible stories that happened there.

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