

Weather Corner



National Weather Service

Tonight: A 50 percent chance of showers and thunderstorms. Patchy fog after 4 a.m. Otherwise, mostly cloudy, with a low around 55. East wind between 5 and 10 mph.

Saturday: A 30 percent chance of showers and thunderstorms. Patchy fog before 10 a.m. Otherwise, mostly cloudy, with a high near 75. East wind between 10 and 15 mph.

Saturday Night: A 50 percent chance of showers and thunderstorms. Patchy fog after 4 a.m. Otherwise, mostly cloudy, with a low around 55. East wind 10 to 15 mph becoming north.

Sunday: A 30 percent chance of showers and thunderstorms, mainly after 1 p.m. Patchy fog before 10 a.m. Otherwise, mostly cloudy, with a high near 77. North wind between 5 and 15 mph.

Sunday Night: A 50 percent chance of showers and thunderstorms. Patchy fog after 1 a.m. Otherwise, mostly cloudy, with a low around 59.

Monday: A 40 percent chance of showers and thunderstorms. Patchy fog before 10 a.m. Otherwise, mostly cloudy, with a high near 78.

Monday Night: A 20 percent chance of showers and thunderstorms. Mostly cloudy, with a low around 59.

Tuesday: A 20 percent chance of showers and thunderstorms. Mostly cloudy, with a high near 80.

Tuesday Night: A 20 percent chance of showers and thunderstorms. Mostly cloudy, with a low around 59.

Wednesday: A 20 percent chance of showers and thunderstorms. Partly cloudy, with a high near 85.

Wednesday Night: A 20 percent chance of showers and thunderstorms. Partly cloudy, with a low around 58.

Thursday: A 20 percent chance of showers and thunderstorms. Partly cloudy, with a high near 86.

Thursday: High, 68; Low 43
Precip: Thursday 1.11 inches
Month: 2.12 inches
Year: 12.27 inches
Normal: 9.94 inches
(K-State Experiment Station)
Sunrise Saturday 6:17 a.m.
Sunset Saturday 9:12 p.m.
Sunrise Sunday 6:17 a.m.
Sunset Sunday 9:13 p.m.
Sunrise Monday 6:17 a.m.
Sunset Monday 9:13 p.m.
(U.S. Naval Observatory)

Off-duty officer to help with fair

From "BOARD," Page 1

for \$450 a day.

- Listened to Audrey Hines report that Carmen Cornell had become the newest member of the fair board.

- Heard from Thomas County Road Supervisor Clair Schrock said Bob Kuhn, owner of Kuhn's House Moving, that Kuhn will probably be bringing his workers to Colby to move the solar house to a concrete foundation on the fairgrounds this Monday or Tuesday. The solar house had been crumbling and they had to move it to a solid foundation or tear it down. It will be used for storage.

- Approved Colby High School

senior Heath Stephens putting up a fireworks stand in the solar building after it's moved on to the concrete foundation on the fairgrounds. The stand will be up from Saturday, June 27 until Sunday, July 5. Stephens will be charged \$50 a night for using the building.

- Agreed to have fair board work nights on Wednesday and Thursday to clean up and fix things at the fairgrounds, including building a fence for the steer tie out on the north side of the steer barn.

- Agreed that anyone who hangs signs on the fence by Range Avenue must pay for them to be placed there.

Men's Health Week will be June 15-21

The Kansas Department of Health and Environment joins the Men's Health Network in celebrating National Men's Health Week June 15-21 to call attention to the importance of men's health. Men tend to die about six years younger than women, but by having certain screening tests, taking preventive medicine if needed, and practicing healthy behaviors, men can live longer, healthier lives.

"National Men's Health Week is important because men's health problems impact not only themselves, but their parents, wives, children, brothers and sisters," said Dr. Jason Eberhart-Phillips, Kansas Department of Health and Environment Director of Health. "Men's health is truly a family issue."

The most important things men can do to stay healthy are to get recommended screening tests, be tobacco free, be physically active, eat a healthy diet, maintain a healthy weight and take preventive medicines if needed.

Kansas men suffer from heart disease, cancer, diabetes and arthritis at rates comparable to national averages.

Heart disease alone is the leading cause of death in Kansas, accounting for 2,764 male deaths in 2007.

Cancer is the second leading cause of death of men in Kansas. On average, 6,669 men are diagnosed each year with cancer and an average of 2,768 die. For related information, visit www.cancerkans.org.

In 2007, about 4 in 5 (79 percent) men with doctor diagnosed arthritis were overweight or obese.

In 2007, 18.6 percent of Kansas men smoked. The Kansas department of health provides the free Kansas Tobacco Quitline, 1 (800) QUIT-NOW, for one-on-one telephone counseling to help people create a plan to quit using tobacco products.

About 83,000 (7.8 percent) men 18 years and older in Kansas are estimated to have diagnosed diabetes. Many more men may have diabetes but are not aware of it.

For more information about National Men's Health Week, visit www.menshealthweek.org. To learn more about KDHE, please visit www.kdheks.gov.

Veteran shares lifetime in area

From "VETERAN," Page 1

runway was short. You can imagine what happened when we got to the end of it ... we plowed mud until the plane stopped."

Cox said he has flown since his crashes during the war, but avoids it if he can.

He said he is the only one left out of his crew that was stationed in China.

He came back to Colby after the war and tried several businesses. The trucking business was first. He said Ft. Riley had built a lot of barracks and needed to get rid of the extra lumber. He said lumber was scarce, so he and Air Force buddy would drive to Ft. Riley and bring lumber back to Colby.

"I was even in the hog feeding business," he said. "Me and Sidey Sidesinger had Western Hog company for 17 years, and had anywhere from 100 to 500 head of

hogs. Then everybody ran out of money and that was the end of the hog business."

Cox bought Colby Mattress and Upholstery from his uncle in 1954, and later gave up making mattresses. He sold the business two years ago to Donna Inlow of Inlow Interiors, and last year she sold it to her sister, Lori Woodall.

Cox said he has lived in Colby since World War II ended.

"I had a hard time making a living, sometimes," he said, "but I'd do jobs no one else wanted to do. I've made lots of good friends, and have two good kids. I lost my wife two years ago, and she was my partner in everything I did."

Cox's son, James "Butch" (Dalene) Cox, owns Butch's Body Shop in Colby. Daughter, Kay (Don) Linville lives in Garden City where he is an accountant, and she is retired from teaching school.

Baptist Church RC Club to start season on Sunday

The First Baptist Church's RC Club will be revving back up at 2 p.m. Sunday at the church. This will be the third year for the club, which meets two Sundays every month.

Club Director Kent Higerd said, the club will be doing the remote control car giveaway a little differently this year. Racers will be measuring their lap times until the club ends the season in September. The racer with the most consistent lap times over five laps in a row will win the prize. Higerd said this emphasizes control rather than speed, since even a slower racer could win the prize if his laps were the most consistent.

Rev. Carroll Morony said this keys into church's purpose in supporting the RC Club.

"Being consistent; staying in control in life as well as in racing," Morony said.

The prize this year is a two-wheel drive 10th scale off-road truck.

Higerd said the attendance is usually six to eight kids or adults, but some meetings have seen as many as 12. The club is not limited to kids, he said, anyone is welcome to attend.

"The only age range we set is a minimum of age 10," Higerd said.

Attendance is free and the church provides the cars for the races. Higerd said the church has 12 18th-scale remote control cars. These cars have computer



KEVIN BOTTRELL/Colby Free Press

RC Club Director Kent Higerd said the club will be giving away this 10th scale off-road truck to the racer with the most consistent five laps during this year's season.

transponders installed in order to measure lap times and help racers improve their scores. Racers are also welcome to bring their own cars.

Higerd said he built the race

track in sections, which allows the racers to put it together any way they choose.

"The only requirements I tell them is that the ends have to meet," Higerd said.

Nation, Colby School District reporting increase in graduates

From "GRADUATES," Page 1

education, it helps keep some kids from dropping out."

Kansas schools calculate the graduation rate by using a cohort group, she said, students who graduate or not within four years of entering the high school. A formula is used taking the number

of graduates plus the number of dropouts to find a total number of students. Students who transfer to other schools and graduate in four years are included in graduates, but students who transfer

but do not leave a forwarding address with the district are included in dropouts. Students who take more than four years to finish high school are not included in the formula.

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Biker run to stop in Colby

From "BIKERS," Page 1

ride with the group all the way to Southern California.

Oliver will be featured on the international radio show Side Stand-Up from 7 to 9 p.m. this Tuesday where he will be promoting The Honor Run and discussing his book. Those wanting to listen to the broadcast can do so by going on sidesstandup.com during the above time slot.

Barr will officially begin The Honor Run at the Vietnam Memorial in Washington D.C. on Friday, Aug. 28. He will be joined by fellow riders as he rides across America on a nine-day trip that will conclude at the Oakley Headquarters in Orange County, Calif., where a huge celebration will take place. The final day of the trip will begin in San Marcos, Calif. where the riders will take off and ride up Interstate 5 where hundreds of flags will be lined up at Camp Pendleton, the main First Marine Division base on the West Coast.

The first Marine Division Association and the Vietnam Veterans of America are both actively supporting the ride. Actor Gary Sinise and his Lieutenant Dan Band will perform at the headquarters.

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Clearance Prices on All Stock Units - Price

| Vehicle | Miles | Price |
|--|---------|----------|
| 2000 Chevy Suburban | 103,000 | \$9,995 |
| 2000 Ford Taurus SE - Green | | \$3,995 |
| 2004 Lexus ES330 - Black - Local Trade | | \$14,990 |
| 2004 Mitsubishi Endeavor | 114,300 | \$6,995 |
| 2005 Chev Impalla - White | 56,371 | \$8,995 |
| 2005 Ford Ranger 4x4 - Red | | \$12,500 |
| 2006 Cadillac CTS - Silver | 50,000 | \$17,495 |
| 2006 Jeep Liberty Sport - Blue | 44,000 | \$12,995 |
| 2006 Jeep Commander - Black | 42,267 | \$18,995 |
| 2007 Chevy Avalanche - Loaded - Gold | | \$31,430 |
| 2007 Dodge Dakota - Quad Cab - White | 25,500 | \$16,995 |
| 2008 Chev Silverado | 2,900 | \$22,500 |
| 2008 Chrysler PT Cruiser Touring | 12,985 | \$11,995 |
| 2008 Chrysler 300 C - Gold | 22,950 | \$19,995 |
| 2008 Dodge Grand Caravan SXT - Silver | 10,500 | \$20,995 |

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Rawlins County Health Center

RAWLINS COUNTY HEALTH CENTER COMMUNITY CALENDAR

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Bringing Specialized Healthcare To Your Community

June 2009

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|-----------------------------|--|---|--|-----|
| Dr Curtis, Cardiology will not come in June | 1 Cardiac Rehab | 2 | 3 Diabetic Clinic Ultrasounds Cardiac Rehab | 4 | 5 MRI's Ultrasounds Cardiac Rehab | 6 |
| 7 | 8 Cardiac Rehab | 9 | 10 Dr. Frankum Surgery Brandi Ihrig Dietician Diabetic Clinic Ultrasounds Cardiac Rehab | 11 | 12 MRI's Ultrasounds Cardiac Rehab | 13 |
| 14 | 15 Bone Density Cardiac Rehab | 16 | 17 Diabetic Clinic Ultrasounds Cardiac Rehab | 18 Dr. Reeves Podiatry Dr. Saba Orthopedics | 19 Dr. Reeves Podiatry MRI's Ultrasounds Cardiac Rehab | 20 |
| 21 | 22 Dr. Rubinowitz Oncology Cardiac Rehab | 23 Dr. Miller Cardiology | 24 Mammograms Diabetic Clinic Ultrasounds Cardiac Rehab | 25 | 26 MRI's Ultrasounds Cardiac Rehab | 27 |
| 28 | 29 Cardiac Rehab | 30 | | | | |

Celebrate FATHER'S DAY Sunday, June 21

TO SCHEDULE AN APPOINTMENT WITH A VISITING PHYSICIAN, PLEASE CALL (785)626-3211 Cheryl Banister, RN Specialty Clinic Director