



City closes Embark block grant

By Kevin Bottrell
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The Colby City Council held a public hearing Tuesday to formally close out the \$500,000 Community Development Block Grant it obtained to help get Embark Health started.

Karina Cox from the Northwest Kansas Planning and Development Commission said the council is required to hold a closeout meeting for the grant, even though the business failed. She said the city is not required to pay the entire loan back, Armstrong said, but it will help the state recover what money it can from the sale of the building and equipment. The building will be up for a foreclosure sale on Nov. 4.

Councilman Tim Hutfles asked Cox if there were other failed block grant projects. Cox said most succeed, and she knew of five at most that haven't. Hutfles said he would like to see information on successful projects so the council could be more informed next time.

Commissioner Paul Steele appeared before the council to get its participation in the Hazard Mitigation Plan. The plan, which has been developed by the county government, identifies the hazards – mostly weather related – that the Thomas County may face and suggests ideas to prepare for them.

Armstrong gave Steele a list of her concerns, which included the fact that Colby was left out of the

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Successful record may help treasurer

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State Treasurer Dennis McKinney says his success in streamlining the treasury department and promoting interest in its programs is why he should be re-elected this November.

To be a state officer, he said, you have to be both a policy leader and a manager. He had three goals when he took over as treasurer: manage the taxpayer's money well, be innovative and help create jobs. He also wanted to streamline the treasury department. McKinney said the first thing he did was cut his own pay 4 percent.

"I knew I was going to be asking my employees to do the same," he

said.

He also directed the staff to not only look for ways to cut spending, but ways to get things done more efficiently. One example, he said, is the department went to all electronic paychecks, eliminating paper paychecks. The department was able to absorb all the state budget cuts and return \$65,000 back to the state general fund.

The treasury department is

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College to offer transition to nursing

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Registered respiratory therapists and emergency medical technician students will be offered a bridge program that would allow them to get into the Colby Community College nursing program.

Nursing Director Ruth Wolfram told the board about the bridge program at a meeting Monday in Thomas Hall. The director said the program requires respiratory therapists and paramedic students to take three classes to get into the nursing programs. She said the program will not start until this summer.

Wolfram also told the board that Norton is adding a new addition to

its hospital that they will use as a new nursing annex. The hospital, which gives the program access to its facilities, hopes to be finished with the annex in April or June. She said the hospital is letting the college use the old annex once workers have moved into the new nursing annex. She said she hopes students can begin using the old annex next fall.

Twelve nursing students will be using a facility on the Northwest Kansas Technical College campus in Goodland this summer, Wolfram said. The facility they will be using has yet to be established, but it will be rent free.

In other news, the board:

• Heard Barry Kaaz, Dean of ex-

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Briefly

Walk the red carpet Saturday

Sacred Heart Parish will hold their 13th annual auction and banquet at 5 p.m. Saturday at the City Limits Convention Center. The theme this year is "A Night on the Red Carpet." Tickets are \$30. For information, call the church rectory at 462-2179 or e-mail parish@sacredheartcolby.com.

Church focusing on missions

The Colby Berean Church will have a talk by Martin and Sharon Huyett about their mission work at 5:30 p.m. Saturday and 9:30 a.m. Sunday at the church, 1000 S. Franklin Ave. Steve Bender of Baptist Bible Fellowship International in Springfield, Mo., will also speak about his mission experience, all part of the church's Missions Month. For information, call 460-2763.

District Music Concert is Monday

The Colby Schools' District Music Concert will be at 7:30 p.m. Monday at the Community Building. This free event, open to the public, will feature musicians from the grade, middle school and high schools. For information, call music teacher Jennifer Koel at 460-5100.

Group plans Halloween party

Big Brothers and Big Sisters of Thomas County will hold a Halloween Bash for area youth 13 and under from 3 to 5 p.m. Sunday, Oct. 31, at the 4-H building on the Thomas County Fairgrounds. The bash will include food prizes and games. Please bring one food item for the Genesis-Thomas County food bank. For information, call Diane Stithem at 460-9125.

Women's group to sell greenery

The Colby Presbyterian Women are selling fresh Christmas greenery to raise money for mission projects. Items include wreaths, swags, garlands, holly, table decorations and more. Order by Sunday, Oct. 31, for delivery the first week of December. Call the church at 462-6342, Mary Smith at 462-3387 or JoAnne Sunderman at 460-2476.

Genesis needs names for baskets

Genesis-Thomas County food bank plans once again to help area families during the holiday season. Forms are available for families in need who would like to receive a food basket. Come to the office, 350 S. Range Ave., Suite 13, from 10 a.m. to noon and 1 to 4 p.m. Wednesdays by Tuesday, Nov. 9. For information, call 460-7930.

Red Cross collecting blood twice

The American Red Cross will have two blood drives from noon to 6 p.m. Wednesday, Nov. 3, at the Colby Community Building and 10 a.m. to 2:30 p.m. Thursday, Nov. 4, in the student union at Colby Community College. Schedule an appointment online at redcrossblood.org or call Trudy Wildeman in the college Health Science Building at (785) 460-4797. Walk-ins are welcome.

Something for the window sill



Casey Dirkes (middle) of the Colby Community College softball team, posed with kids from a Colby Recreation Department group and their University of Kansas jack-o-lantern at

the Tricks and Treats event Thursday at the community building. The softball team helped the rec department group hollow out and carve the pumpkins.

KEVIN BOTTRELL/Colby Free Press



VERA SLOAN/Colby Free Press

Since becoming certified with the Arthritis Foundation Exercise Program instructor Brenda Mazanec has been helping people who have difficulty moving by doing low intensity exercise. Mazanec said she encourages people with bad joints to join the sessions from 5:30 to 6:30 p.m. each Tuesday and Thursday at the Sacred Heart School gymnasium.

Colby instructor has achy joint cure

By Vera Sloan
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If your knees and shoulders are stiff, it's hard to move and you've got achy joints, then Brenda Mazanec, physical education instructor at Sacred Heart School, has a deal for you.

Mazanec said she has always been interested in health, physical education and keeping the body on the move. She was recently certified by the American Arthritis Foundation to teach moderate and gentle exercise moves that help people with arthritic joints move more easily and without pain.

Mazanec said she believes that the folks in western Kansas deserve the same opportunities as more populated areas. That, plus the knowledge that there are a number of people the community who would enjoy and benefit from low intensity movement, prompted her to become an instructor.

Enrollment in Mazanec's program began Oct. 12 and will run through Nov. 18. She holds classes from 5:30 to 6:30 p.m. each Tuesday and Thursday afternoon in the Sacred Heart School gym, 1150 W. Sixth St. She said she welcomes anyone who is having

difficulty with joint movement and weakened muscles.

Mazanec said moderate and gentle stretching and moving exercises helps strengthen the muscles around the joints, reduce inflammation, lessen pain and improve brain activity.

"Exercise helps you have more energy, sleep better and actually does help the brain," Mazanec said. "Recent research on the brain has discovered there is evidence that exercise and movement enhances brain development."

The late afternoon sessions have an educational component, complementary therapy, nutrition information and many opportunities to move and stretch. Low intensity movement is the place to start for people who are afflicted with arthritis pain, she said.

Mazanec explained that when our arms or legs cross over the mid-line of the body, it focuses attention and comprehension on organizing our thoughts. Side to side movement does something different, and the up and down and front to back movement are all important in keeping the thoughts organized, she said.

Mazanec can be reached for more information at 443-4010.

Population & Census

A special section inserted in today's Colby Free Press

