

Family

Stay lean during 'eating season'

The "eating season" starts the day after Halloween and runs until the end of play at the Super Bowl. With a nibble here and a nibble there, adding a few extra pounds is easy.

We won't be doing the Wise Up and Count Down program this year, but I would still like to relay information and send encouragement through this column to all who are attempting to eat correctly and watch their weight.

This time I want to focus on some tips for enjoying the holidays and the "eating season" without adding pounds:

- Schedule regular meals and snacks during the holiday season. If a party doesn't include a full meal, eat lightly before going to the event. This can take the edge off your appetite, but still leave room for sampling party foods. Eating beforehand should lessen the likelihood that you will go overboard on party foods that are often higher in calories and fat.
- Choose a smaller plate and a variety of foods. Use a 6- to 8-inch plate instead of a 10- to 12-inch plate. There is less space to fill and it can help you to not "load up." Fill your plate once and resist the temptation to go back.
- Socialize, rather than rationalizing second helpings, by engaging in conversation or activities away from the food. Remember you are to "taste," not "graze."
- Survey a buffet table before getting in line to choose foods. Knowing ahead of time what you want can help you avoid filling it up with



Diann Gerstner

• Knowledge for Life

other foods first, leading to an overloaded plate. Remember to choose a smaller plate.

- The first bite introduces the flavor and texture of food, but will typically taste the same as the last bite. You can get the same amount of enjoyment out of fewer bites. So, healthwise, there is an advantage to choosing the smallest, rather than the largest, serving of pie or whatever food is on the buffet table.
- Return a fork or spoon to the plate or bowl after each bite, and chew slowly to enjoy the flavor and texture of the food. This gives your stomach a chance to indicate it is full before you have eaten another plateful.
- Reduce temptation by choosing a seat well away from the buffet table.
- If preparing food for a buffet and or holding a holiday party, make healthy snacks available, such as fruit, low- or reduced-fat cheeses, whole-grain crackers or cut-up vegetables and low-calorie dip
- Choose lower-fat versions of spreads, gravies and toppings. This can yield a calorie sav-

ings without significantly altering flavor.

• During the holidays, when you are just hanging around the house and you are beginning to think about food, though still feeling full from a previous meal, consider chewing gum, sucking on sugar-free candy, going for a walk, doing some stretching exercises, anything to detour you from another trip to the kitchen and adding unnecessary calories.

• Plan and/or choose activities and events that don't involve food. Start a puzzle on a table for everyone to help with, get out board games or card games. If the weather is nice, go for a walk etc.

What NOT to do:

• Never say "Never." All things in moderation, not denial. If you tell yourself, "I won't eat any desserts," you are setting yourself up for failure. Cutting back is not cutting out. Food habits need to be habits you can live with. Denying yourself a food is seldom something you want to live with forever.

Changing habits is a work in progress. If you don't succeed one day, wipe the slate clean and start again the next day. Persistence will win the battle. Happy Thanksgiving!

More information on food, nutrition and health and managing holiday meals is available at www.ksre.ksu.edu, www.ksre.ksu.edu/humannutrition or www.ksre.ksu.edu/food-safety.

Babies

Charlotte Caroline Bear

Charlotte Caroline Bear, daughter of Kim and Steven Bear of Colby, was born Monday, Nov. 15, 2010, at Citizens Medical Center. She weighed 5 pounds 13 ounces,

and measured 18 1/2 inches. Welcoming her home were brother Jackson Bear and sister Ansley Bear.



Kendal S.

Kendal Stephen Schutte

Kendal Stephen Schutte, son of Holly Jannamon and Otto Schutte III of Colby, was born Friday, Nov. 5, 2010, at Citizens Medical Center. He weighed 6 pounds, 13 ounces and measured 20 inches.

Grandparents are Roberta and Otto Schutte Jr. of Colby and Janet Tabor of Oberlin.

Jordan Erin Dardis

Jordan Erin Dardis, daughter of Aaron and Jennifer Dardis of Hoxie, was born Friday Nov. 5, 2010, at Citizens Medical Center. She weighed 7 pounds, 3 ounces and measured 19 inches. Welcoming her home was sister Sarah.

Grandparents are Ross and Marilyn Carder of Hoxie and Patrick and Patricia Dardis of Eudora.



Jordan Dardis

Jackson Gabriel Koberg

Jackson Gabriel Koberg, son of Kerry and Kelly Koberg of Highlands Ranch, Colo., was born Tuesday, Oct. 26, 2010, at the Littleton Hospital in Colorado. He weighed 8 pounds, 8 ounces and measured 20 1/2 inches.

Sisters Presley and Piper welcomed him home.

Grandparents are Gary and Karen Hibbs of Rexford. Great-grandparents are Irma Hibbs of Salina and the late Lester Hibbs of Rexford.

Karson Ray Wilson

Karson Ray Wilson, son of Kurt and Nicole Wilson of Colby, was born Sunday, Nov. 14, 2010, at Citizens Medical Center. He weighed 5 pounds, 9 ounces

and measured 18 inches.

Grandparents are Gary and Sandy Wilson of Hays and Paul and Linda Falzone, Hayden, Idaho.

High Plains Lions Club

The High Plains Lions Club met on Nov. 8. Elmer Lawver opened with prayer and Byron Fritz led the group in singing the Marine Hymn in honor of the Marines' anniversary.

The program, given by Melda Moore and Norm Whittaker, was about their recent 2,500-mile fall trip. They shared information about their visits to Chimney Rock, Mount Rushmore, the Crazy Horse Monument, Custer State Park, the Needles Highway and the film location for the movie "Dancing with Wolves."

They saw a lot of wildlife, including bears. They visited Sturgis, S.D., and the Devils Tower and Yellowstone National Park in Wyoming. Norm collected salt-and-pepper shakers and glass jiggers along the way, plus a Sturgis T-shirt. They had many photos to share.

The club donated money to Genesis and discussed the Nov. 18 district cabinet meeting. The annual pancake feed is to be from 6 a.m. to 2 p.m. Saturday, Dec. 4, at the community building. Flyers will be distributed to Colby businesses.

The club will be hosts for the area Lions Christmas party, with a catered dinner beginning at 6:30 p.m. Monday, Dec. 13, in the Colby United Methodist Church fellowship hall, for clubs from Atwood, Brewster, Rexford and

Gem. In conjunction with eye screening, the club will be handing out packages for the Yellow Dot program of Kansas.

Hazel Estes will be going to the Wallace County Wellness Fair to collect eye glasses and hand out information on diabetes. The club will have a float for the Colby Christmas Light Parade on Sunday, Dec. 5.

President Justin Burrus reminded the group of the Rexford Lions' dinner on Nov. 13. He also reminded them the Lions International is looking for host families for the youth exchange program with Australia.

Virgil Jones announced that the club had made it into the *High Plains Journal* when a crew was in town to interview some of the custom cutters of the area during wheat harvest. The staff told how they enjoyed being in Colby on the Fourth of July, because they got to take in the Lions hot dog feed at the 4-H Building. He also conveyed a message from Bill Beamgard of Atwood concerning western Kansas Lions purchasing an early-childhood eye screening machine.

They ended the meeting wishing everyone a Happy Thanksgiving, and reminded all that we all have much to be thankful for.

— Roger Hale, reporter

Houseplants need humidity

Humans' keeping themselves warm through winter can make life uncomfortable for houseplants.

"In most homes, the more the furnace runs, the more the relative humidity drops," said Ward Upham, a horticulturist with Kansas State University Research and Extension. "That's certainly not ideal for many of our common houseplants. If they were growing in the wild, they'd be in the tropics — warm and moist."

Humans in cold-weather climates learn to recognize when the indoor humidity is low, Upham said. Beyond a certain point, low humidity fosters static electricity. People can easily develop chapped

lips and dry hands. They may have a kind of dry cough.

"When your hand-lotion use goes up, your houseplants will also benefit from some extra attention," he said.

Upham listed the following as possibilities:

- Frequently mist the plants.
- Place the plants on water-filled trays of pebbles.
- Place a humidifier nearby.

"Unless you overdo humidifying the air, that option also should help your wood furniture," Upham said, "and you might stop shocking yourself every time you reach for a light switch or take off your coat."

Colby Rotary Club

The Colby Rotary Club met Tuesday with 47 members and guests.

Dr. Paula Davis had the program, featuring Colby Community College coach Dustin Pfeifer and the men's basketball team. Pfeifer talked about recruiting procedures and his thoughts on the season. Team members introduced themselves and talked about their positions, hometowns and majors.

As part of Rotary's commitment to literacy, dictionaries have been delivered to all third grade students in Colby. Members enjoyed thank-you notes from Sacred Heart School students.

Kris Cameron reported preliminary plans for the annual Coats for Kids project. Cameron and Marilyn Unger are coordinating the project. Jim Stanley announced that Sunflower Bank employees will provide food items for this project as well.

Connie Renner reported members would be receiving invita-

tions to the annual Ann and Andy Christmas Luncheon on Tuesday, Dec. 7.

Mitchell Ackerman won Roto-Lotto.

The club meets each Tuesday in the Student Union at the college.

Markets

Quotes as of close of previous business day

Hi-Plains Co-op	
Wheat (bushel)	\$5.71
Corn (bushel)	\$4.60
Milo (hundredweight)	\$7.87
Soybeans (bushel)	\$11.09

Corrections

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Colby Community College Tax Credits are still available

Receive a **54%** Kansas State Income Tax Credit on 2010 returns. Depending on your income, you may be eligible to receive a deduction resulting in further savings on your Federal Income Tax.

Examples	\$10,000	\$1,000
Contribution to CCC	\$10,000	\$1,000
Less:		
Tax Credit, State of Kansas (54%)	(\$5,400)	(\$540)
Approximate Savings on Federal Income Tax*	(\$2,500)	(\$250)
Estimated Net Cost for Contribution	\$2,100	\$210

All donations are eligible (no minimum).

For tax credit details contact Chief Financial Officer Alan Waites at (785) 460-5402 or Nick Wells, Foundation Director, at (785) 460-4684.

*Based on taxable income above \$33,950 (single) or \$67,900 (married). Filing jointly (both have a "marginal tax rate" of 25%). Tax savings could be greater based on higher taxable income, thereby lowering the overall net cash flow for a contribution.

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