

Family

Go green with holiday habits

The holiday season has arrived, and this is no time to neglect the good environmental habits that we practice year around.

The Kansas Department of Health and Environment reminds you that an environmentally friendly holiday can be just as festive without much extra effort.

"With a little creative thinking and some healthy changes of habit," said Bill Bider, Director of the department's Bureau of Waste Management, "you and your family can go green this holiday season and keep those habits throughout the new year.

Below are some tips to help keep you green:

- Think outside the box you are about to wrap. Try using items found around the house to wrap your presents, such as newspaper color comics, magazines, decora-

tive boxes, fabric, bows and boxes. If you prefer holiday wrapping paper, look for recycled content in the paper. Ultimately, whatever you wrap your gifts in; don't forget to recycle the paper, boxes and plastic packaging.

- Go chop down a tree. Doesn't sound like green advice, does it? An artificial Christmas tree might seem like the greener option, since trees aren't being destroyed and they can be reused year after year. But these are usually made of materials that cannot be recycled.

A tree farm will plant another tree to sell a few years down the line, but in the meantime it'll be turning carbon dioxide into oxygen and providing habitat for birds and animals. At the end of the holidays, recycle your tree into compost or add it to your brush pile for animal refuge.

- Did you know Americans produce up to 1 million extra tons of garbage each week between Thanksgiving and New Years? This year, cut back on excess waste while entertaining. Compost your food waste; avoid relying on disposable paper goods by using your own dishes or asking guest to bring their own unique table setting; and don't forget to recycle aluminum cans and glass bottles.

- Save energy and money this holiday season by switching out your incandescent lights with new LEDs (light emitting diodes). The good news is these use a fraction of the energy of conventional light bulbs and last for many years. If you do decorate with lights, don't forget to use a timer so the lights are only on when there is an audience.

- Gifts are a part of the holidays, but there are ways to give greener. Consider asking those you exchange gifts with to make a charitable donation in your name: there is no packaging involved. Try an experience present, like tickets to a show or a night at a hotel. It's something personal that isn't loaded up with all that packaging. Show you care with some thoughtful homemade gifts. Of course, as always, don't forget to take your reusable bags with you when you go Christmas shopping.

- When practicing out with the old, in with the new at the New Year, don't just throw out old toys, clothes, shoes and household items. All these can be donated to organizations to support less fortunate people who would be happy to have them.

Christmas happenings keep Rexford hopping

The Red Barn held its annual Senior Dinner on Nov. 20 at the Rexford Community Building, serving roast beef to 48 people. I was unable to attend. This is something they do each year for those 50 and over in the Rexford area and those who are active with the Senior Center.

The Shepherd's Staff put on a Christmas dinner for the Rexford City Council on Wednesday. I did not attend this dinner either, but roast beef was served.

The Golden Plains Elementary Christmas program was Tuesday. Before the program, the elementary staff sponsored a soup supper with proceeds going towards the Golden Plains Elementary Playground and Owls Project.

Thank you for your continued support.

A Food Pantry Drive has



Vicki Allison

• Rexford Correspondent

been initiated by the Golden Plains Student Council for this week. All students and staff at the schools are invited to bring items to be donated to the Thomas County and Sheridan County food pantries. Items can be turned in to the office.

The Christmas season for several families will not be a "holly jolly" one this year. A sincere sympathy and condolences are extended to the families of Kyrle Petersen. Our prayers and thoughts are with you during this time of grief.

Until next time, make your week memorable.

Competitiveness is keeping you busy

Aries (March 21 - April 20) Dominating things this week is your competitiveness and a drive to succeed. This may create complications if life becomes all work and no play. With relationships needing attention, the more you balance your time, the more energy you'll have to go around.

Taurus (April 21 - May 21) Get your bearings. You have all week to get things on track. Next week is going to hold financial pressure. Yet there'll be plenty of reminders that some of the best things in life are free.

Gemini (May 22 - June 21) The moment of is calling for greater authenticity on both personal and relationship fronts, with the things you're ignoring or the feelings you're pushing down likely to come to a head.

Cancer (June 22 - July 22) Christmas and end-of-year pressure has come early this year, despite getting a handle on work deadlines and urgency bordering on panic. You're faced this week with is personal and relationship pressure. Be true to yourself and to your relationships, with a chance for a breakthrough.

Leo (July 23 - Aug. 22) A conscious approach to balance between work and play is called for, though not be possible until later in the week. In your work sector is a force you might be able to steer but with a mind of its



Shannon O'Brien

• Weekly Horoscope

Sept. 23 The stars have provided plenty of opportunities on the personal front to keep you occupied. If this doesn't get things moving on both the romantic and relationship fronts nothing will. Use this advantage while you have it, with next week a professional week.

Libra (Sept. 24 - Oct. 23) Things have been building behind the scenes on the home front since mid September; this is the week when everything comes to a head. While there is a lot happening on the income, work and romantic fronts, it's home and family or property matters that matter most this week.

Scorpio (Oct. 24 - Nov. 22) It takes a lot to get a Scorpio going, but every now and then you'll blow your top. If you've been feeling like a dormant volcano, with a lot of feelings, words and thoughts swirling around in your mind, this is the week you're likely to blow your top and about time. Your tendency to hold on to things gives much to trigger. Unsaid words won't stand a chance.

Sagittarius (Nov. 23 - Dec. 21) Challenges

own. This has the potential to be a game-changing week on the job, with a chance to gain balance to avoid burnout, later in the week.

Virgo (Aug. 23 - Sept. 22) You'll have little time to slow down, let alone catch your breath this week. A need for action moves into overdrive. It will ignite your passions, your warrior spirit and a call for change.

Aquarius (Jan. 21 - Feb. 19) Despite the fact that your ideas, imagination and intuition are running wild, things are falling into place on the career, income and personal fronts, tying up loose ends and on track. Imagination can either work for or against you. You're not going to slow down your racing thoughts, but you can control their direction. Keep an open mind and dare to believe in the impossible.

Pisces (Feb. 20 - March 20) Pace yourself. Focus on your social life or on networking. You'll be out of your comfort zone this week, inspired by your passions. It will be easy to get caught in a mob mentality, but this might be good if you've been in a rut. Common sense comes into play; monitor whether being caught up in the heat of the moment is good or bad.

For entertainment purposes only.

With proper care, poinsettias can last ... and last

Modern poinsettia varieties can stay attractive for several months - but only if they get proper care.

"One of the best things you can do is to stick your finger about an inch into the plant's soil every day. Poinsettias are rather finicky about soil moisture, and this will help you water only when the time is right," said Ward Upham, horticulturist with Kansas State University Research and Extension.

When the top inch of soil is dry to the touch, the next steps are to

supply lukewarm water until some runs out of the pot's drainage hole(s). Then, discard the drainage water.

"Never let a poinsettia sit in water. In fact, if the container comes wrapped with foil, you'll need to remove that cover or poke holes in its bottom," Upham said. "You'll probably want to place the poinsettia in a sink before watering, too. Watering to the drainage point can be messy."

Poinsettias respond to "wet feet" with root damage, he said. If they dry out to the point of wilting, they yellow and drop leaves.

Upham said other ways to extend poinsettias' decorative life include:

- Keep daytime temperatures at 65 to 75 F, and nighttime temperatures a bit cooler. (This may require moving poinsettias away from windows at night.) Temperatures above 75 degrees shorten

bloom life. Those below 60 F, promote root rot.

- Don't allow the plants to touch cold window or sliding-door glass. Also moderate their temperature extremes by keeping them out of drafts - hot or cold.

- Place poinsettias where the light is bright for up to six hours a day. Indirect natural sunlight is best. Unless diffused by a sheer curtain, direct sunlight can cause fading.

Markets

Quotes as of close of previous business day
Hi-Plains Co-op

Wheat (bushel)	\$6.92
Corn (bushel)	\$5.03
Milo (hundredweight)	\$8.57
Soybeans (bushel)	\$11.43

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.

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Colby Rotary Club

The Colby Rotary Club met Tuesday with 50 members and guests for the annual Rotary Ann and Andy Christmas luncheon.

Guests were Peggy Sandler, Tracey Galli, Diana Wieland, Sharon Steele, Margaret Stanley, Mary Kersenbrock, Amanda Griggs, Joy Rothfuss, Kathie Peyton, Bruce and Janice Frahm, Kathy Arensdorf, Pat Ziegelmeier, Sheila Frahm, Bob Renner, Aimee Kendrick, Chuck Thomas and Desirae Sanguinetti, spouses of the members.

The Colby Community College Sunflower Singers entertained, directed by Dr. Phil Shuman and accompanied by Ziegelmeier, Brock Wagoner and Skyler House.

Mike Tubbs won Roto-Lotto. Ron Evans, Thomas, Lon Frahm,

Stanley and Melany Wilks won door prizes.

The club meets each Tuesday at the college.

NOW SHOWING

Digital/3D Cinema
Dec 10th - Dec. 16th

RED
Starring: Bruce Willis & Morgan Freeman
PG-13 1 Hour, 51 Minutes
Friday & Saturday 7:00 & 9:15
Sunday -Thursday 7:00

DUE DATE
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Sunday - Thursday 7:00

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LET'S GO TO THE MOVIES!