

Time to regroup for start of year

Aries (March 21 – April 20)
Things take off on the professional front. This is going to create a problem which time management can fix, for you need time out to relax, ponder options and do some navel gazing. Set your financial expectations for the year.



Shannon O'Brien

• Weekly Horoscope

Taurus (April 21 – May 21)
Embracing the holiday spirit and taking time out is a must. But even if you wanted to it would be hard to resist the adventure and wanderlust in the air. Before long your professional year is going to come calling.

Gemini (May 22 – June 21)
Any thoughts of delaying the start of your professional year have been dashed by professional forces that need you to be on the ball, too important to be dismissed. Yet it's all about listening to your heart and developing some big goals.

Cancer (June 22 – July 22)
Hold your professional year at bay for one more week. The focus is on your personal life. If you'd forgotten what having a personal life was, then make that a priority, for the professional opportunities this year holds are too big to miss. They will have to wait while you focus on your personal life.

Leo (July 23 – Aug. 22)
Having the planets of war and revolution in your work sector for only the second time ever was always going to make it hard to take your working hat off. This is when a line in the sand is drawn, the troops are rallied and the fight to make things happen begins. But if you thought you were going to get away with letting life become all work and no play you're wrong.

Virgo (Aug. 23 – Sept. 23)
Even if you wanted to rush back into your working year you'd find it hard – and there is nothing to be gained if you did. You're more likely to be there in body than in spirit. Instead you'll hold onto any down or fun time you can lay your hands on. This is a week for having fun and for family and relationship matters, with communication a big deal.

Libra (Sept. 24 – Oct. 23)
While home, family and property matters have been high on your priority list for months, this is week they're likely to go to the top. Meanwhile this is also a big week for income and job matters, whether your new professional year begins this week or not. You

need to define your income expectations by Saturday, setting them high.

Scorpio (Oct. 24 – Nov. 22)
The leading force this week is your heart. The underlying theme this week is what you do and don't want – very black and white. Stand your ground.

Sagittarius (Nov. 23 – Dec. 21)
In the first full week of the year it's not surprising that the planets are all pushing their own causes and their own pet projects, but what is unexpected is how fired up they're likely to be. An intense week on the income front is made even more intense by a solar eclipse Tuesday. The process of closing old doors intensifies. In the less urgent but just as important category are events or matters on the home and family front.

Capricorn (Dec. 22 – Jan. 20)
As you move into the first full week of 2011, you're likely to notice a slowing down on the professional front and a speeding up on the income front, especially as far as your focus is concerned. A lot of your focus is likely to be shifting away from your professional situation and onto your income options. Get any old monkeys off your back to finally break through that glass ceiling.

Aquarius (Jan. 21 – Feb. 19)
There is anticipation in the air, with your unique perspective at the start of each year giving you a clear sense of where you've been and where you're going. The view in both directions is stunning. Focus less on where you've been and more on where you're going.

Pisces (Feb. 20 – March 20)
It's only the first week of the New Year but already your professional focus is coming back into focus. From a slow but tactical start your professional year will be well on the road by as early as this weekend. Savor any remaining holiday time, but spend time defining your personal objectives, giving you something to aim and strive for. This is your year for taking your power back.

For entertainment purposes only.

Colby student on Dean's List at Minot State University

Christopher Gordon of Colby was among 160 students named to the fall semester Dean's List by the College of Education and Health Sciences at Minot State

University in North Dakota. To be recognized, students must earn a grade average of 3.5 to 3.79 for the semester. Christopher is the son of Greg Gordon of Colby.

Remember that tall corn?



KYLE LINDBERG

Not many locations can boast of a photo op like this one, which was pulled out of the hat for first-place honors in the Farmers and Merchants Bank October-November photo contest. Although photographs weren't judged, said Ashley Moser of

the bank, Kyle Lindberg of Colby was the "by chance" winner with his photo of a combine in the field as the Kansas sun was ready to set. He won a Dell laser printer.

State offers support for resolution to quit tobacco

The Kansas Department of Health and Environment is ready to help the thousands of Kansans who are making New Year's resolutions to quit tobacco.

The department provides free telephone counseling through the toll-free Kansas Tobacco Quitline, 1-800-QUIT-NOW. While supplies last, callers may also be eligible for free nicotine patches or gum.

During the first phone session, a quit coach will discuss creating a personal plan to quit, identify coping mechanisms for quitting and encourage the participant to complete online Web Coach exercises if the caller has Internet access. During follow-up sessions, the coach and participant will review progress, any work done on Web Coach and set future goals.

"Quitting tobacco use may take several tries, but getting support through the Kansas Tobacco Quitline, using nicotine replacement therapy, such as the patch or nicotine gum, or

other cessation medications will increase your chances of success," said Dr. Jason Eberhart-Phillips, state health officer and director of health for the department. "Quitting tobacco use will greatly improve your health in 2011 and will help protect your family and friends from secondhand smoke."

The need to quit use now has never been more apparent. A recent U.S. surgeon general's report reinforces the importance of quitting smoking and reducing exposure to secondhand smoke. The report, "How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease," describes specific ways tobacco smoke damages the human body and leads to disease and death.

The Quitline is available to any Kansans ready to quit tobacco. Enrollment is available 24 hours a day, seven days a week. Follow-up calls are arranged around participants' sched-

ules. The Quitline also offers Web Coach, a supplemental online tool. Web Coach is designed to complement and enhance the phone counseling sessions with interactive features and social forums.

"No matter how long you have been smoking, no matter how difficult it has been for you to quit before," Dr. Eberhart-Phillips said, "you can break free from your addiction to tobacco. You can definitely do this, and the Quitline is here to help."

The department's Tobacco Use Prevention Program provides resources and assistance to community coalitions to develop, enhance and evaluate state and local tobacco prevention and cessation initiatives. For information about the state program, to www.kdheks.gov/tobacco. To see the surgeon general's report and related documents, go to www.surgeongeneral.gov.

Have realistic expectation when starting New Year's diet

Diet experts at the Baylor University College of Medicine say starting off the new year with a renewed commitment to losing weight should begin with realistic expectations. In other words, don't set yourself up for failure.

Molly Gee, a registered dietitian at the university, said you didn't gain the weight overnight and you shouldn't expect it to come off right away, either.

People with a minimal amount

of weight to lose should expect to drop about a half pound to one pound a week, and those with more weight to lose can expect two pounds or a little more each week. But only if you are serious about it.

Gee said that no matter how much weight a person sheds at first, they shouldn't expect to see the same weight loss week after week.

She emphasized that using a

tape measure to check problem areas at the beginning of the weight loss program is a good way to begin.

"Try on those jeans every so often to see how they feel and fit," Gee added.

She stressed the importance of drinking plenty of water for those trying to lose weight.

And to look better and feel better, she recommended getting plenty of rest.

"Always have a cheering section" she said, "and be sure to get someone who will keep you motivated."

"Don't underestimate the impact that losing just 5 to 10 percent of total weight has on overall health, including heart, blood pressure and blood sugar levels, and remember, you don't have to get back to the weight you were in high school to see health benefits."

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