

Family

Advice for healthy eating comes with updated nutrition guidelines

Have you read or heard about the updates to the federal government nutrition guidelines? They revise and update the guidelines every five years and the latest updates were released in January. They still contain much of the advice from previous years: eat less salt and saturated fats, eat more fruits and vegetables and whole grains.

The biggest difference is, this time the government encourages Americans to just "Eat less!" and "avoid oversized portions." That's the two best things you can do.

The next most important suggestion is making fruits and vegetables half of your plate. At meal time look down at your plate and see if half of the food there is a fruit or vegetable. Is it? I know for myself, being raised a meat-and-potato person, this is a recommendation I need to work on.

Other suggestions for improving your diet include choosing fat-free and low-fat dairy products, and eating more whole grains and seafood. The emphasis on seafood is also new to the nutrition guidelines.

As for sodium, you may have heard the recent news that the American Medical Association has publicly come out against excessive sodium consumption. The new sodium



Diann Gerstner

• Knowledge for Life

recommendations are: anyone 51 or older, all African-Americans, children and adults with hypertension, diabetes and chronic kidney disease should cut salt consumption to 1,500 milligrams a day. The recommendation for everyone else is 2,300 milligrams, which is a teaspoon. This may prove particularly difficult, since Americans consume most salt by eating processed foods.

Some information refers to the DASH (Dietary Approaches to Stop Hypertension) diet. This dietary approach is rich in fruits, vegetables, whole grains and low-fat or nonfat dairy foods. It provides potassium, calcium, magnesium and other nutrients that help maintain healthy blood pressure. That's the basis of an eating plan that is also low in saturated fat and provides guidelines on limiting sodium to 2,300 or 1,500 milligrams a day.

It is not essentially a weight-loss diet, but if you keep daily intake to 2,000 calories a day – what the standard diet provides – or less, and if you exercise, you're likely to lose weight. One aspect of the diet that appeals to people is that it offers many choices – a wide variety of foods prepared in different ways.

To download a free booklet that explains the program, go to www.nhlbi.nih.gov/health/public/heart/hbp/dash.

Another great website for nutrition and exercise information is mypyramid.gov. A lot of the programs put out by the Government aren't always what we would hope for, but this website is an exception. This site is full of wonderful information. It was put together by the Food and Drug Administration and government – and they got it right! Check it out. I'll talk more about this website in a future article.

Take one step at a time, making one change at a time so you aren't overwhelmed, and work your way towards a healthier diet and increased exercise.

Diann Gerstner is the family and consumer sciences agent for the Thomas County Extension office.

Babies

Hunter Jacob Honas



Hunter Honas

Hunter Jacob Honas, son of Cody and Megan Honas of Colby, was born Thursday, April 21, 2011, at Citizens Medical Center in Colby. He weighed 7 pounds 1 ounce, and measured 20 inches.

Grandparents are Mark and Lisa Weber and Buck and Julie Honas, all of Ellis.

Great-grandparents are Leland and Janice Werth and Oscar and Betty Honas, all of Ellis, and Don and Mary Reinhardt of Russell.

Great-great-grandmother is Lucille Coupal of Ellis.

Lucas Alfredo Soto-Fierro

Lucas Alfredo Soto-Fierro, son of Jose Alfredo Soto and Leslie Fierro of Colby, was born Thursday, April 21, 2011, at Citizens Medical Center in Colby. He weighed 6 pounds, 10 ounces and measured 19 inches.

Grandparents are J. Jose Soto Mesa and Maria del Socorro Soto Galindo of Deerfield; and Lucas Fierro Martinez and Camarina Amaya Maldonado of Durango, Mexico.

Hoxie grad chosen for honorary society

A Hoxie student is among new members of the Kansas State University chapter of Mortar Board, a national senior honorary society.

Jennifer Heim, a life sciences major from Hoxie, was among members selected in the spring semester of their junior year. Membership is determined by service, scholarship, leadership and a minimum 3.0 grade average.

Members provide service to the campus, community and the state. Past Mortar Board projects have included creating an advice booklet for incoming freshmen and participating in the honorary's national initiative, Reading is Leading,

which raises money to buy books for schools and day-care facilities. Members also hold a reception each year to honor select faculty members for their achievements in teaching, advising or mentoring K-State students.

Advisers for K-State's chapter include Candi Hironaka, senior associate director of the School of Leadership Studies; Tamara Bauer, student services and communication coordinator of the school; Jessica Heath, a master's student in counseling and student development; and Kari Nap, a K-State and Mortar Board alumnae.

On the Beat

COLBY POLICE April 17

7:27 p.m. – Caller reported vehicle tearing through parking lot. Unable to locate.

9:22 p.m. – Assisted Sheriff's Office.

9:41 p.m. – Caller reported loud music and excessive traffic. Warning issued; music turned down.

11:08 p.m. – Clerk called about customers playing loud music in parking lot. Music turned down.

11:25 p.m. – Report of a possible drunk driver heading south on Franklin towards the college. Located vehicle.

April 18

7:46 a.m. – Magnetic trailer lights stolen.

11:57 a.m. – Welfare check. Not found.

2:10 p.m. – Provided directions to motorist.

4 p.m. – Cell phone stolen.

5:16 p.m. – Accident.

April 19

7:35 a.m. – Subject being harassed. Spoke to reporting party; ongoing.

8:08 a.m. – Caller reported child screaming. Made contact; all OK

10:57 a.m. – Caller reported vehicle damage at 770 Dylan Dr. No damage; no report.

12:07 p.m. – Dog at large at Range and Fourth. Not found.

10:27 p.m. – Noise complaint: subject mowing lawn.

Last Wednesday

1:10 a.m. – Security check at the new swimming pool.

1:30 a.m. – Harassing phone calls. Report filed.

1:21 p.m. – Report filed for domestic battery.

3:55 p.m. – Civil standby.

3:55 p.m. – Subject came to station to report vehicle keyed at Colby High School.

7:04 p.m. – Report filed for theft.

Thursday

12:19 a.m. – Driving under the influence report filed on traffic stop. 24/7 towed vehicle.

2:08 a.m. – Helped sheriff's office unit with traffic stop.

8:59 a.m. – Assisted at courthouse.

1:11 p.m. – Trailer parked in the 300 block of W. Second. Spoke to owner; moved.

1:53 p.m. – Officer flagged down by semi driver in the 100 block of N. Franklin; provided directions to Aquatic Center.

2:47 p.m. – Caller reported raccoon in neighbor's back yard. Not found.

5:46 p.m. – Caller reported neighbor threatening subjects for playing in yard. Party given verbal warning.

10:07 p.m. – Caller reported vehicle parked in alleyway without permission. Spoke with owner, vehicle moved.

1:12 p.m. – Caller reported violation of protection from abuse order. No report at this time.

Friday

12:11 a.m. – Caller reported loud screaming. Three officers advised everything OK.

8:46 a.m. – Recovered property: caller reported lawn mower left in yard. Report filed.

8:57 a.m. – Assisted ambulance crew on call.

12:15 p.m. – Pickup keyed.

12:56 p.m. – Vehicle struck a pole in parking lot at the north entrance to Dillon's.

1:14 p.m. – Assisted ambulance crew on call.

2:15 p.m. – Assisted ambulance crew on call.

2:38 p.m. – Vehicle hit post at north end of Dillon's parking lot.

2:51 p.m. – Missing juvenile: 911 caller reported subject missing. All OK. Juvenile was located.

5:43 p.m. – Caller requested welfare check, turned over to emergency medical services.

7:04 p.m. – Possible intoxicated driver. Unable to locate.

7:31 p.m. – Subjects at Fike Park flagged officer down requesting assistance. Information provided.

8:29 p.m. – Report filed on narcotic violation.

8:33 p.m. – Spoke with transient at I-70 mile 54 off-ramp. Everything OK.

8:36 p.m. – Caller reported subjects attempting to start fire in the bushes. Report filed.

Saturday

9:59 a.m. – Helped stranded motorist at 265 W. Fourth.

10:30 a.m. – Civil stand-by.

2:13 p.m. – Subject came to station about juvenile laying beside basketball court who was weak, but did not want help. All OK, hit in face while playing basketball.

3:16 p.m. – Civil stand-by.

6:09 p.m. – Assisted motorist at Oasis Travel Plaza.

8:22 p.m. – Caller reported two dogs found. Reporting party will house dogs until Monday.

9 p.m. – Vehicle parked at Colby Aquatic Park, 1800 block of S. Franklin. Spoke with subject. Everything OK.

10:13 p.m. – Turned lights off on tennis courts at Fike Park.

10:34 p.m. – Report of dog barking continuously for extended period. Spoke with owner, dog contained.

Sunday

12:21 a.m. – Security check at Twister's.

1:36 a.m. – Security check at Twister's.

3:31 a.m. – Caller reported a vehicle taken. No report, OnStar notified.

3:54 a.m. – Alarm: caller reported vehicle alarm going off. Vehicle from call at 3:31 returned to owner.

4:58 a.m. – Security check at Walmart.

12:38 p.m. – Caller's friend may have stolen items and given them to her. No report, not stolen from here.

7:32 p.m. – Caller advised last contact with subject on Friday. Attempt to locate sent to surrounding agencies.

Monday

7:12 a.m. – Caller reported subject sleeping in the lobby. Subject was told to leave.

8:09 a.m. – Caller referred to attempt to locate sent Sunday at 7:32 p.m. Spoke to subject.

8:15 a.m. – Caller reported receiving a prank phone call. Spoke to subject, no disposition.

10:44 a.m. – Accident at Country Club and College Dr.

11:03 a.m. – Assisted ambulance crew.

3:53 p.m. – Criminal damage to vehicle at Colby High School.

8:59 p.m. – Caller reported a pickup blowing out black smoke in the area of Dollar General #107 assigned – unable to locate.

9:04 p.m. – Caller reported a dumbbell in the middle of the 300 block of N. Range. Item picked up.

THOMAS COUNTY SHERIFF April 19

4:15 p.m. – Travis Graves arrested on warrant.

Last Wednesday

10:50 a.m. – Caller reported abandoned vehicle.

1:53 p.m. – Assisted Colby Police.

3:30 p.m. – Report filed for lost tag.

7:22 p.m. – Caller reported vehicle burning tires at every stop sign. Spoke with subjects.

9:38 p.m. – Caller reported theft of vehicle in Indiana. Assisted subjects.

Friday

8:04 a.m. – Employee with county road department called about three vehicles parked too close to roadway. Spoke to caretaker, vehicles to be moved.

12:01 p.m. – Assisted motorist with flat trailer tire on eastbound I-70 mile 41.

1:21 p.m. – Assisted Highway Patrol on traffic stop at eastbound I-70 rest area.

6:55 p.m. – Caller advised livestock appeared to have been damaged. Spoke with subjects, information provided.

Saturday

12:27 a.m. – Driving under the influence report filed.

3:18 a.m. – Caller advised of vehicle rolled with no one around. Report filed.

8:56 a.m. – Assisted semi stalled at Fuel Depot at 1522 County Rd. 2. Help coming from Goodland.

10:46 a.m. – Caller advised neighbor is having land sprayed, concern that it will kill his grass. Spoke to reporting party, civil matter. Information provided.

11:59 a.m. – Caller reported dog at large. Spoke to reporting party, information given.

1:21 p.m. – Christopher Lee Mikkelsen arrested on warrant by Highway Patrol in Douglas County.

5:20 p.m. – Assisted Colby Police at Orscheln's with alarm.

11:39 p.m. – 911 caller report vehicle broke down at mile 43 eastbound I-70 and parked too close to the lane of traffic and afraid they might get hit.

Sunday

3:51 p.m. – Provided subject with transportation to Dillon's.

5:20 p.m. – Caller reported criminal damage to property/livestock. Spoke with subject, information provided. No report.

Monday

2:32 p.m. – Caller reported damage to door.

5:56 p.m. – Assisted motorist at I-70 mile 44 westbound.

7:37 p.m. – Caller advised of three semis stuck, blocking road in the area of County Rds. J and 27. Semis pulled out.

9:04 p.m. – Oakley Police advised of a vehicle al over the road westbound on I-70 from mile 88. Unable to locate.

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.

Smoky River Quilt Shoppe
307 Center Ave., Oakley, KS. 67748
785-671-3070

Mother's Day Sale
May 4th - May 8th • 15% off all fabrics

One lucky winner will receive a \$25 certificate for gas, promoting Highway 83 By-way Tour on May 7th & 8th, we will be open from 9 a.m. - 6 p.m.

We as always have a fast turn around on machine quilting with two operators (about two weeks).

HOURS Tue-Thur - 10a.m.-9p.m.
Fri & Sat - 10a.m.-6p.m.

The public is invited to a reception honoring **Gracemary Melvin**

2011 Honorary Associate Degree Recipient
Monday, May 2, 2011
Colby Community College
Student Union, Room 108
Beginning at 3:00 p.m.

Join us as we honor Gracemary Melvin for her dedicated service and commitment to Colby Community College and the citizens of northwest Kansas.

Rawlins County cadet earns spot in program

Mark Bohme, a mechanical engineering major from Atwood, is one of 12 Kansas State University Air Force ROTC cadets chosen for a special U.S. Air Force training program.

The K-State students were chosen from among college sophomores nationwide to attend the Air Force Reserve Officer Training Corps' one-month field training summer program. A selection board at Maxwell Air Force Base in Alabama chose 1,994 students to attend the summer training.

The program is a 28-day prerequisite before any cadet may enter the Professional Officer Course to be commissioned a second lieutenant in the Air Force. With two weeks each in Montgomery, Ala., and Hattiesburg, Miss., cadets are challenged to demonstrate leadership, followership, communication, self-discipline, physical fitness and teamwork.

K-State's Wildcat Warrior cadet wing had a 60-percent selection rate for the training program.

Burglars steal hair in Chicago

CHICAGO (AP) – Chicago police have a real head-scratching case on their hands as they try to root out who stole human hair from a beauty-supply company.

Police say the theft of what they consider a "very valuable" amount of hair was taken early Sunday by burglars of the Beauty One shop.

Authorities say the culprits pried open a huge steel door that had been secured with two dead-bolt locks, then swiped the hair.

No dollar amount for the hair was given, and there was no explanation why thieves wanted it.

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Markets

Quotes as of close of previous business day

Hi-Plains Co-op	
Wheat (bushel)	\$8.15
Corn (bushel)	\$7.00
Milo (hundredweight)	\$12.03
Soybeans (bushel)	\$12.52

Closer to Family

We have moved to Fairview Estates to be closer to family. They came and looked around and liked what they saw. We moved in shortly after and love it here.

Charles and Pauline Berend

Fairview Estates Retirement Community
Independent & Assisted Living
1630 Sewell Ave. • Colby, KS • (785) 462-2154

COLBY COMMUNITY COLLEGE

Smart Phones, iPods, iPads and other Mobile Device Seminars

Two-Hour Seminars for Community Members

May 2: Examples and usage of Android Smartphones
May 3: Examples and usage of Blackberry Smartphones
May 4: Examples and usage of iPhones/iPods
May 5: Examples and usage of slates and tablets such as the iPad

You do NOT need to own one of these devices. Demonstration units will be provided. Seminars meet from 7-9 p.m. in the Bedker Memorial Complex, #704

Cost: \$15 per seminar
Free for Thomas County residents over age 65 (paid for by the Thomas County Area Agency on Aging)
Pre-registration is required. Call Penny Cline at 785-460-5404 to enroll.