

Weather

Curriculum changes coming next school year

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and statistics," she said. "So, those lessons will be taught all the way through."

"But, that's where our world is now. We are a mobile society and many of the problem solving tasks deal with probability and statistics, so we have to adapt to the changing needs so our students are successful."

Another curriculum change involves the integration of career and technical education pathways that will allow higher-level students to follow a path of education that will lead them into a desired career, if they so choose.

"We've found that students

want more and more of this type of class schedule," said Wieland. "It gives them the opportunity to take meaningful classes that are important to them, not just because they need it to graduate."

She said that vocational career classes and on the job training opportunities have always been available to the students, but the new pathways were started two years ago and have become a more popular alternative in Kansas schools.

There are about 14 funded pathways in place now which receive state funding. The money doesn't pay for the whole program, said Wieland, but every little bit helps.

She explained the option to begin a path starts in eighth grade and leads to post-secondary education or straight into a career. And, she said, it can be changed at any time.

Wieland also explained that an opportunity to meet with career counselor Joni Clark-Leiker will be available on the second day of parent-teacher conferences, on Thursday, Feb. 9.

Clark-Leiker will talk to students and their parents about exploring and determining what classes students in ninth, tenth and eleventh grade should enroll in. She is also available by appointment.

Open house scheduled for K-25 construction project

The Kansas Department of Transportation will hold a public information open house about the upcoming project to improve highway K-25 from Russell Springs to the K-25/U.S. 40 junction from 5 to 7 p.m. Thursday, Feb. 9, at the Winona Fire House, 206 Bellevue.

During the open house, department engineers will be available for questions about the project. They will outline the construction phases, detail the official state detour, and answer specific questions regarding access to county roads.

Construction staff with Venture Corporation of Great Bend, the project's prime contractor, will also be available for questions.

Members of the public can visit at any time during the open house; because no formal presentation is scheduled.

Those unable to attend the open house can contact the Department of Transportation's District Three office in Norton for copies of the take-home information, which will be available after the meeting. Comments are welcome any time and are not limited to the public information open house.

The open house location is handicap accessible. Those who need other accommodations to participate should notify the department at least one week prior to the meeting at (785) 877-3315 or kristenb@ksdot.org in Norton.

The reconstruction of K-25 in Logan County is funded by T-WORKS. Upcoming road construction projects may be viewed at the T-WORKS website: www.ksdot.org/tworks.

Wear red to kick off heart month

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and stroke."

The Kansas department says that of the 5,404 deaths in the state related to heart disease in 2010, 2,614 were women. Most of the major risk factors related to heart disease are modifiable.

"Heart disease is the number one killer of women age 20 and over, but it's largely preventable," said Ciara O'Brien Murray of the heart association. "Stroke is the number four killer and a leading cause of disability in the United States. Each year, about 795,000 Americans have a new or repeat stroke, (which accounts for) one every 40 seconds."

Lifestyle and behavioral changes can lower these risk factors, which can reduce the risk of mortality and morbidity due to heart disease and stroke.

The Department of Health gives the major modifiable risk factors for heart disease and stroke to include high blood pressure, high blood cholesterol, smoking, Type 2 diabetes, overweight and obesity, physical inactivity and unhealthy dietary habits.

This observance promotes the life-saving awareness-to-action movement by putting on a red dress, red shirt, red tie or red pin.

"Join women across America by wearing red (tomorrow)," said O'Brien Murray. "It's a simple, powerful way to raise awareness of heart disease and stroke."

Participants in the association's Go Red For Women movement can submit their wear red pictures to www.facebook.com/AmericanHeartAssociationKansasCity for a chance to win a Wii gaming system.

The association lists 29 reasons to believe on their website, which explain the many risk factors and preventative actions that can be taken. Go to www.heart.org for information.

Don't need it? Sell it in the classifieds! To place your ad, call 462-3963

Briefly

Comments sought on school walk routes

Everyone is invited to attend one of two Safe Routes to School community meetings to learn about the program and review the data it's collected. Sponsors says they hope an open discussion will produce suggestions and opinions. Meetings will be at 5 p.m. today and at 6 p.m. Monday at the Pioneer Memorial Library. For information, call Megan Carmichael at 465-9103.

Women's group to sell soup for preschool

Kappa Upsilon, a women's service group, will hold its annual soup supper to benefit Puddle Duck Preschool from 5 to 7:30 p.m. Friday at the Community Building during the Colby-Hugoton basketball games. Chili, chicken-noodle and vegetable-beef soups will be served, along with desserts, with donations accepted for the preschool. For information, call teacher Amy Jennings at 460-2603.

Health Department plans to close on Friday

The Thomas County Health Department will be closed Friday for staff meetings. Regular hours will resume Monday. For information, call Director Kasiah Rothchild at 460-4596.

Dance planned Saturday at Meadow Lake

A dance from 6 to 10 p.m. Saturday at the Meadow Lake clubhouse will feature music by Ray Gerver. For information, call Lue Duffey at (785) 269-7057.

American Legion baseball will hold meeting

An information meeting for American Legion baseball is set for 3 p.m. Sunday at the Colby American Legion Hall, 1850 W. Fourth St.. For information, call Jeff Krzycki at 443-2542.

Therapist assistants offering massages

The Colby Community College Physical Therapist Assistant Club will offer massages by appointment from 5 to 8 p.m. Monday and Tuesday in Room 804 of the Health Science Building. Cost is \$12 for 30 minutes and \$22 for 60 minutes; college staff and students get a \$2 discount. For information or an appointment call Marie Wolkomir at 460-4797. Money raised will help pay for the club to attend a conference.

Colby schools plan book fairs this month

A Scholastic Book Fair is planned at Colby Grade School from 4 to 8 p.m. Tuesday and 2 to 8 p.m. next Thursday. A fair at Colby Middle School will be open during school hours and parent-teacher conferences Tuesday through Monday, Feb. 13. For information, call Kelly Draper at 460-5200.

Dr. Regier to share experiences from Ghana

Dr. LaDonna Regier has been practicing medicine in Ghana, West Africa, for the past year. She will be sharing her experiences at 7 p.m. next Thursday at the Trinity Lutheran Church, 855 E. Fifth St. For information call Pabst at 462-3497.

Association invites everyone to meeting

Everyone is invited to the Western Kansas Human Resource Management Association monthly meeting from 11:30 a.m. to 1 p.m. next Thursday at El Dos de Oros, 1950 S Range in Colby. Ron Alexander, with the Colby Police Department, will speak on drugs in the workplace. For information or reservations, call Jim Millensifer at (785) 672-3062 ext. 22.

Foundation to promote Kindness Week

The Thomas County Community Foundation will be promoting a "Random Acts of Kindness Week" Feb. 13 to 19 to challenge residents, businesses and organizations to perform small charitable deeds for fellow citizens. If you catch someone doing good, contact Melinda Olson at the foundation at 460-9152. Photos may be e-mailed to tcfc2@st-tel.net.

Seniors plan potluck at Presbyterian Church

The group More Fun Together plans a potluck for people 50 or older who are alone, widowed, divorced, separated or who have partners in nursing homes on Tuesday, Feb. 14, and Tuesday, March 13 at First Presbyterian Church. Bring a dish to share; table service and beverage will be provided. For information, call 462-6342.

Third graders to perform a free musical

Everyone is invited to the Colby Grade School third grade musical, "Everybody Has Music Inside," at 2 and 7 p.m. Tuesday, Feb. 21, in the Colby Grade School Auditorium. The event is free and open to the public. For information call Jennifer Koel at 460-5100.

National Weather Service Blizzard Warning

Tonight: Rain. Low around 33. Breezy, with a southeast wind 15 to 20 mph becoming north. Chance of precipitation is 100 percent.

Friday: Snow and widespread blowing snow. High near 34. Windy, with a north wind between 20 and 30 mph. Chance of precipitation is 90 percent. New snow accumulation of 2 to 4 inches possible.

Friday Night: Snow and widespread blowing snow. Low around 25. Windy, with a north wind around 30 mph. Chance of precipitation is 100 percent.

Saturday: Snow likely and areas of blowing snow. Cloudy, with a high near 31. Windy, with a north wind 25 to 30 mph decreasing to between 15 and 20 mph. Winds could gust as high as 35 mph. Chance of precipitation is 70 percent.

Saturday Night: Mostly cloudy, with a low around 16.

Sunday: Mostly sunny, with a high near 34.

Sunday Night: Mostly clear, with a low around 14.

Monday: Sunny, with a high near 37.

Monday Night: Mostly clear, with a low around 14.

Tuesday: Mostly sunny, with a high near 34.

Tuesday Night: Partly cloudy, with a low around 16.

Wednesday: Mostly sunny, with a high near 38.

Table with weather details: Wednesday: High, 58; Low 20. Precip: Wednesday None. Month: None. Year: None. Normal: 0.93 inches (K-State Experiment Station). Sunrise and Sunset: Friday 7:50 a.m. 6:06 p.m. Moon: waxing, 82 percent (U.S. Naval Observatory)



Table with TV listings for Saturday Evening (February 4, 2012) and Sunday Evening (February 5, 2012). Includes channels like KAKE/ABC, KBSL/CBS, KSNK/NBC, etc. and programs like Transformers, 2 Broke G, Criminal Minds, etc.

LOCAL TV Listings. Sponsored by the COLBY FREE PRESS.

Table with TV listings for Sunday Evening (February 5, 2012). Includes channels like KAKE/ABC, KBSL/CBS, KSNK/NBC, etc. and programs like Funniest Home Videos, The Middle, Family, etc.