

Weather



National Weather Service  
**Tonight:** Mostly clear, with a low around 30. South wind around 10 mph becoming west after midnight.  
**Saturday:** Sunny, with a high near 68. West wind 10 to 15 mph.  
**Saturday Night:** Mostly clear, with a low around 31. Northwest wind 5 to 10 mph becoming southwest in the evening.  
**Sunday:** Sunny, with a high near 68. West wind 5 to 15 mph becoming south in the afternoon.  
**Sunday Night:** Mostly clear, with a low around 38.  
**Monday:** Sunny, with a high near 61. Breezy.  
**Monday Night:** Mostly clear, with a low around 27.  
**Tuesday:** Sunny, with a high near 56.  
**Tuesday Night:** Partly cloudy, with a low around 28.  
**Wednesday:** Sunny, with a high near 60.  
**Wednesday Night:** Partly cloudy, with a low around 28.  
**Thursday:** Mostly sunny, with a high near 58.

Thursday: High, 72; Low 24  
Precip: Thursday None  
Month: 0.05 inches  
Year: 11.74 inches  
Normal: 20.03 inches  
(K-State Experiment Station)  
**Sunrise and Sunset**  
Saturday 7:46 a.m. 5:21 p.m.  
Moon: waning, 91 percent  
Sunday 7:47 a.m. 5:21 p.m.  
Moon: waning, 85 percent  
Monday 7:48 a.m. 5:21 p.m.  
Moon: waning, 78 percent  
(U.S. Naval Observatory)

Denver professor gives lecture here on Islam

From “ISLAM,” Page 1

of Muslims are Arabs. About 60 percent of Muslims live in Asia, and one-fifth live in a country where they are a minority, Stanton said. She said she feels that Southeast Asia will become a major focus of U.S. foreign policy as we use the region as a “pivot” to deal with China. This will make Americans more aware of the Muslim population in that area.

Stanton showed a map of the Middle East, color coded according to how far countries had gone to changing their governments after the recent “Arab Spring” protests.

“Imagine what this map would have looked like two years ago,” she said. “It would have all been one color.”

She said the Middle East was considered a region of great promise in the 1950s and ’60s, but secular governments abused the people they ruled over. Her second point was that radical Islamists are gaining power in part because religious rulers are seen as being more honest.

“How will people reconcile democracy with the idea that religion is the only way to have a just government?” she asked.

The answer, she said, is hard to predict.

To illustrate her third, point, Stanton, showed a postcard of Mecca, the most holy city in Islam, in the early 1900s. The postcard showed a small town with the Kabba, a sacred Muslim shrine, hardly noticed among the buildings.

The next picture showed Mecca today, with huge buildings surrounding the Kabba and

thousands of people swarming around it. One of the tenants of Islam is that Muslims should make a pilgrimage, or Haj, to Mecca, which includes visiting the Kabba, at least once in their lifetimes.

Where once 2,000 to 10,000 pilgrims visited the city each year, now there are about 2.5 million, she said. Since Mecca is in a desert in Saudi Arabia, it used to be difficult to get there alive. Now so many people are coming that the Saudi government rations visas allowing them in.

“It used to be difficult to get to Mecca,” Stanton said. “Now it’s difficult to get into Mecca.”

She thinks that the Muslim religion will change, showing more emphasis on the other four tenants: a declaration of faith, charity, praying to Mecca each day, and fasting during the day on the holy month of Ramadan, and less emphasis on the Haj.

“They’re seen as arrogant,” Stanton said of Saudis.

Her last point was that Muslim women, particularly in the U.S., are trying to have Muslim men and women praying together. She said these women have looked through the Quran, the Muslim Holy book, and found nothing that said that men and women must pray separately, or that men should lead prayers.

The fact that most Muslims living here are immigrants means Muslims from different countries are interacting with each other and with American converts to the religion, she noted.

When the question period opened, several people asked Stanton about the threat Muslim

extremists pose to the U.S.

“We hear a lot about the Koran,” said Sheryl Brenn, “that if you cannot convert a person you should kill them.”

Brenn, who lives near Levant and is the district governor of the Lions’ Clubs for western Kansas, said she met a man with a pronounced accent in Branson, Mo., who was a busser in a restaurant and he told her that story.

Stanton said that different verses of the Quran can be interpreted different ways, and that some extremists also kill people they see as “bad Muslims.”

Mustaphar Darboe, a Muslim college student from the country of Gambia in west Africa, said that the Quran does in fact state that men should lead prayers, and that people killing non-Muslims are doing so for their own personal gain.

Darboe was speaking with several other students.

“If she’s not a Muslim, I don’t think she can be a professor in Islamic Studies,” Talha Mahmood, a student from Pakistan, said.

Darboe did not like Brenn’s story about killing non-Muslims either.

“I don’t think that statement was correct,” he said, “How many people in the audience will think that Muslims are bad.”

Afterward, Brenn said she appreciated Stanton’s lecture and learned a lot, but that she had heard a number of disturbing reports in the news about Muslim extremists.

As for her story, she said the man she heard it from was from a Muslim country in South Asia.

Briefly

Group plans dance at Meadow Lake

A singles and couples dance is planned for 6 to 10 p.m. Saturday at the Meadow Lake Golf Clubhouse. Craig Stevens will provide music. Everyone is welcome. For information, call Lue Duffey at (785) 269-7057.

Holiday Craft Fair planned at Legion post

Craft vendors, holiday gifts, refreshments and baked goods will be featured at the Holiday Craft Fair from 9 a.m. to 4 p.m. Saturday at the Colby American Legion Hall, 1850 W. Fourth St., sponsored by the Legion Auxiliary. Proceeds will support programs for veterans. For information or to be a vendor, call Megan Quenzer at 443-3611.

KanCare meeting coming to Colby

Seating is limited for a Kansas Pharmacists Association’s KanCare roadshow meeting in Colby. Representatives from the association and state Medicaid staff will be at the Holiday Inn Express at 4 p.m. Saturday to discuss changes that KanCare will cause for the pharmacy industry. Registration is free for members and \$30 for nonmembers. Go to the association website at www.kansaspharmacy.com or call (785) 228-2327.

Christmas Light Parade set for this weekend

Starting at 5:45 p.m. Sunday, downtown Colby will be all lit up for the annual Christmas Light Parade, with the theme “A Merry Little Christmas From A to Z.” Santa will lead the way from the corner of Second Street and Franklin Avenue to Santa City. Contact the Chamber for questions at 460-3401 or at colbychamber@thomascounty.com.

Soup supper, drawing to follow at Legion

A benefit soup supper at the American Legion Hall, 1850 W. Fourth St., will follow the light parade. Donations will go to Santa City. Tickets will be sold for a Traeger Junior Grill, grill cover and pellets for \$5 each or \$20 for five. Proceeds will support Legion programs. Tickets will be sold from 5 p.m. to midnight Friday and Saturday at the Legion. You do not need to be present to win. Call C.W. Hamilton II of the Legion Riders at (785) 586-2341 for questions.

Holiday homes will be open for tour Sunday

The Holiday Home Tours will be from 2 to 5 p.m. Sunday. Tickets are \$10 for adults and \$5 for children at the Colby United Methodist Church, 950 S. Franklin; Horlacher Jewelers, 442 N. Franklin Ave.; at any of the homes during the event; or from any of the Methodist women. On the tour are the homes of Evan and Regena Barnum, 770 N. School; Dr. Stephen and Candace Vacik, 540 Woofter; and Mike and Jeanene Brown, 1070 W. Third St. For questions, call Kathy Calliham at 462-2081.

Orchestra to give concert at college

The Pride of the Prairie Orchestra will offer a “Wrapsody” of Christmas and holiday favorites with conductor Andrew Salvador at 3:30 p.m. Sunday at the Frahm Theatre at Colby Community College. The program will feature JuBELLation, the hand bell choir from Trinity Lutheran Church. Admittance is free for patrons or \$10 at the door for adults and \$3 for students.

Kappa Upsilon to sell baked goodies

Kappa Upsilon sorority members will be selling baked goods from noon to 2 p.m. Sunday at the Colby United Methodist Church, 950 S. Franklin. Goodies are \$7 per pound. Contact Pam Augustine for questions at 443-1806 or 460-2924.

Church plans Nativ-TEA for this weekend

Lots and lots of nativity sets will be on display during the annual Nativ-TEA from 1 to 5 p.m. Saturday and Sunday at the First Presbyterian Church, 515 W. Fourth St. Admission is free. For questions or if interested in participating, contact Wynn Duffey at the church, 462-6342.

Santa’s Workshop will open for young kids

Preschoolers through fourth graders will get a chance to shop for their parents, grandparents or guardians at Santa’s Workshop from 9 to 11:30 a.m. Saturday or until supplies are gone, at the Thomas County Office Complex, 350 S. Range. Kids are limited to four gifts each. A donation of \$4 per gift is suggested. For questions, call the Thomas County Community Foundation at 460-9152.

Auto parts stores collecting toys for tots

Federated Auto Parts stores are taking cash and gift donations for the Toys for Tots program, which helps area children. People can drop off contributions by Wednesday at S&W Supply in Colby, 185 W. Fifth St., or Dave’s Auto Supply in Rexford. For information, go to the Facebook page “Toys for Tots – Federated Auto Parts,” or call S&W manager Mark Schwarz at (785) 462-3373 or owner Dave Williams at Dave’s, (785) 687-3235.

Groups join to promote health, wellness

From “HEALTH,” Page 1

disease.

For \$25, men can get a prostate screening, the prostate specific antigen test, to detect prostate cancer and other abnormalities.

The final screening being offered is an electrocardiogram for \$35. It checks for problems with the electrical activity in a person’s heart. Erickson said she recommends that everyone get this test to determine their baseline. That can be useful if you develop heart problems later, she said.

In addition to these screenings, people can sign up for the Thomas County Wellness Challenge for \$40. Those who sign up by Tuesday, Jan. 8, will get the comprehensive blood screening done free. Advanced registration is available online at www.thomascountywellness.org, or you

can register during screening at the hospital.

The eight-week challenge will help people learn more about their bodies, lose weight and develop healthy eating habits. Everyone can participate, including children and families.

Participants will weigh in weekly at either the Thomas County Health Department or the K-State Research and Extension office, both at the Thomas County Office Complex, 350 S. Range.

Those in the challenge will also participate in weekly online lessons and wellness activities and can have their body fat content tested at the college.

“People who sign up for the Wellness Challenge will be able to measure their body composition, to estimate fat and lean in the BodPod,” Erickson said. “They’ll do that with me at the

college. It’s the gold standard and very accurate.

“Even tiny people can benefit from it, because even people who weigh 115 pounds can have 30 percent fat content, and that’s not good.... The challenge is a good opportunity for people to increase their knowledge of health, nutrition, exercise and how to be healthy.

“It’s also a great opportunity for a whole family to get involved together. If kids see their parents eating and living healthy, they’ll develop a healthy lifestyle, too.”

The \$40 fee for the challenge can be paid online at www.thomascountywellness.org, at registration or with a check mailed to Erickson at the college, 1255 S. Range, Colby, Kan., 67701. Those who want to get the free blood work done should register by Jan. 8. Otherwise, registration

is due Monday, Jan. 14.

Call Erickson to sign up for BodPod testing by Tuesday, Jan. 15, at 460-4797.

The first meeting of the challenge will be Jan. 15 at the health department. Weigh-in will be come-and-go from 7:45 a.m. to 4:45 p.m. and then every Tuesday through March 12.

Call Erickson for questions about the blood screenings and the BodPod at 460-4797. For questions about the Wellness Challenge, contact Kasiah Rothchild, health department director, at 460-4596 or findir@thomascohealth.com, or Extension Agent Diann Gerstner at 460-4582 or diann@ksu.edu.

For information, go to www.thomascountywellness.org.

Rawlins County Health Center

707 Grant  
Atwood, KS 67730  
(785) 626-3211

Bringing Specialized Healthcare To Your Community

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Dr. Rubinowitz Oncology	4	5	6	7	8
9	10 Ultrasounds Cardiac Rehab	11 Dr. Frederick C. Miller Cardiology	12 Dr. Frankum Surgery	13 Dr. Reeves Podiatry	14 Dr. Reeves Podiatry	15
16	17 Ultrasounds Cardiac Rehab	18 Dr. Frederick C. Miller Cardiology	19 Dr. MacKay Cardiology	20	21 Nuclear Medicine Cardiac Rehab MRI's	22
23	24 Ultrasounds Cardiac Rehab	25 Mammograms	26 Ultrasounds Cardiac Rehab Diabetic Clinic	27 Dietitian	28 Nuclear Medicine Cardiac Rehab MRI'S	29
30	31 Cardiac Rehab	To schedule an appointment with a visiting physician, PLEASE CALL (785) 626-3211 Cheryl Banister, RN Specialty Clinic Director				

Sponsored by the COLBY FREE PRESS

Monday Evening December 3, 2012									
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00 11:30
KAKE/ABC	Extreme Makeover		Extreme Makeover		Castle		Local	Nightline	Jimmy Kimmel Live
KBSL/CBS	How I Met	2 Broke G	2 Broke G	[Mike	Hawaii Five-0		Local	Late Show Letterman	Ferguson
KSNK/NBC	The Voice				Blake Shelton-Xmas		Local	Tonight Show w/Leno	J. Fallon
KSAS/FOX	Bones		The Mob Doctor		Local				
Cable Channels									
A & E	Hoarders		Hoarders		Intervention			Intervention	Hoarders
AMC	The Green Mile							The Green Mile	
ANIM	Rattlesnake Republic		Finding Bigfoot		Finding Bigfoot			Rattlesnake Republic	Finding Bigfoot
BRAVO	Real Housewives		Real Housewives		Start-Ups		Happens	[Real Housewives	[Start-Ups
CMT	Reba	Reba	Kitchen Nightmares		Kitchen Nightmares			Kitchen Nightmares	Kitchen Nightmares
CNN	Anderson Cooper 360		Piers Morgan Tonight		Anderson Cooper 360		E. B. OutFront		Piers Morgan Tonight
COMEDY	Futurama	Futurama	Futurama	[South Pk	Brickie.	[South Pk	Daily	[Colbert	[South Pk [South Pk
DISC	American Chopper		American Chopper		American Chopper		American Chopper		American Chopper
DISN	Santa Paws				Good Luck Phineas		Jessie	Shake It	Wizards
E!	Studio E!	[E Special	Fashion Police		Love You	The Soup	Chelsea	E! News	Chelsea
ESPN	Countdown	NFL Football						SportsCenter	
ESPN2	Wm. Basketball	[Valvano's	2012 World Series of Poker				SportCtr	Football	Baseball
FAM	Nat'l-Christmas				Nat'l-Christmas				NBA
FOOD	Diners	Diners	Diners	Diners	Diners	Diners		Mystery D	[Health
FX	X-Men Origins							X-Men Origins	
HGTV	Love It or List It		Love It or List It		Hunters	Hunt Intl		Love It or List It	Love It or List It
HIST	Pawn	Pawn	American Pickers		Pawn	Pawn	1880's	Pawn	Pawn
LIFE	Div'a's Cmas				The Perfect Holiday				Div'a's Cmas
MTV	Teen Mom 2		Teen Mom 2		Teen Mom 2			Catfish: The TV Show	Teen Mom 2
NICK	Nick News	[Full H'se	Full H'se	[Full H'se	The Nanny	The Nanny	Friends	[Friends	[Friends
SCI	Star Trek VII						Star Trek II		
SPIKE	Halloween						Last House on Left		
TBS	Fam. Guy	[Fam. Guy	Fam. Guy	[Fam. Guy	Fam. Guy	Fam. Guy	Conan		Office
TCM	Baby Peggy		Captain January				Such	Peg	Baby Peggy
TLC	Cake Boss:Next		Cake Boss:Next		Cake Boss	Cake Boss		Cake Boss:Next	Cake Boss
TNT	The Mentalist				The Mentalist			CSI: NY	CSI: NY
TOON	Regular	[Annoying	King/Hill	[King/Hill	Amer. Dad	Amer. Dad	Fam. Guy	[Fam. Guy	Chicken
TRAV	The Layover		The Layover		Hotel Impossible			Hotel Impossible	The Layover
TV LAND	Cosby	Cosby	Raymond	[Raymond	Raymond	Raymond		King	[King
USA	WWE Monday Night RAW							CSI: Crime Scene	CSI: Crime Scene
VH1	Basketball Wives LA		T.I.-Tiny	[Marry	Basketball Wives LA		T.I.-Tiny	[Marry	Basketball Wives LA
WGN	Funniest Home Videos		Funniest Home Videos		WGN News at Nine			Funniest Home Videos	Rules
Premium Channels									
HBO	The Big Year		Contagion				24/7		The Art of War
MAX	The Ring Two				50 First Dates				Life on Top
SHOW	Untold History		Homeland		Dexter		Homeland		Dexter