

Weather



National Weather Service
Tonight: Mostly clear, with a low around 6. West wind 5 to 10 mph.

Saturday: Sunny, with a high near 37. Northwest wind 10 to 15 mph.

Saturday Night: Mostly clear, with a low around 10. Northwest wind 5 to 15 mph.

Sunday: Sunny, with a high near 40. West wind 5 to 15 mph becoming south in the afternoon.

Sunday Night: Partly cloudy, with a low around 20. Breezy.

Monday: Mostly sunny, with a high near 40.

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

Tuesday: Mostly sunny, with a high near 37.

Tuesday Night: Mostly clear, with a low around 16.

Wednesday: A 20 percent chance of rain. Mostly sunny, with a high near 42.

Wednesday Night: A slight chance of rain and snow. Partly cloudy, with a low around 22. Chance of precipitation is 20 percent.

Thursday: Mostly sunny, with a high near 41.

Thursday: High, 30; Low 6
Precip: Thursday None

Month: 0.10 inches
Year: 0.10 inches
Normal: 0.42 inches
(K-State Experiment Station)

Sunrise and Sunset
Saturday 8:05 a.m. 5:35 p.m.
Moon: waning, 44 percent

Sunday 8:04 a.m. 5:36 p.m.
Moon: waning, 33 percent

Monday 8:04 a.m. 5:37 p.m.
Moon: waning, 22 percent
(U.S. Naval Observatory)

Senator to head new committee

From "SENATOR," Page 1

The committee meets every day it can, he said, and often schedules extra time. Ostmeyer will also serve on the Agriculture, Natural Resources and Education committees. He said he served on Education Committee his first four years in the senator, but dropped off it several years ago.

"It's been a battle in the past to make sure rural schools are taken care of," he said. "It got frustrating and we weren't getting anywhere."

The senator said he asked to be put back on this session as there is a new committee chair, Steve

Abrams, and other new members. Ostmeyer said having all the new faces isn't necessarily a bad thing, since most of them are former House members with plenty of experience.

"They'll fit right in and do a good job," he said.

Abrams had been a candidate for Senate president. Ostmeyer said he supported the eventual winner, Susan Wagle. He said that when he agreed to take the chairmanship, he asked her for two things. The first was to have Sen. Jay Emler, a political opponent of Wagle's, as his vice chair, and the second was to keep the staff that the former committee chair had.

"I didn't want to break new people in," he said.

Ostmeyer said he got both requests granted, and even got a bigger office to house the larger staff.

He said he asked the Organization, Calendar and Rules Committee to keep the session to the 90 days that state statutes allow for and not to schedule any time to work bills during the closing "veto" session, as happened last year.

Ostmeyer said he hopes to continue streamlining the process. The average bill, he said, once it is printed up, goes through the Legislative Research Department, goes to a committee and

gets all the way to the governor for signature or veto, it can cost as much as \$2,500. About 700 to 800 bills are created every session, and only 300 or so are passed.

"Some don't see the light of day," he said, "so let's not introduce them."

Ostmeyer said the public doesn't want the Legislature to waste time and money, so it shouldn't introduce bills it knows have no chance of passing.

"We have to be humble and govern right," he said. "We've been given a chance to govern, so we can't be grandstanding or we will not get a thing done."

County hires new emergency director

From "COUNTY," Page 1

a new building or add on to the existing Law Enforcement Center, which houses the jail, the sheriff's office and the Colby Police Department.

- Approved a payment of \$40,772 as a deposit premium to the Kansas Workers Risk Cooperative for Counties.

- Approved an annual premium payment of \$73,345 to the Kansas County Association Multi-Line Pool for property and liability insurance coverage. Steele explained the amount went up because of the loss ratio last year.

- Gave Kathy Cunningham of the appraiser's office approval to spend \$2,085 for software. She explained the program will pull data from one program into another for access to real estate, personal property, oil

and gas and other data for parcel searches, including a year of support.

- Approved a payment of \$2,246 for membership dues with the Kansas Association of Counties.

- Authorized Road and Bridge Supervisor Clair Schrock to seek bids for a new four-wheeler. He said the department likes to trade in these vehicles every two years and they've got one for the weed department that's four years old.

- Approved nine year-end resolutions to transfer the remaining balance of one fund into another. These transfers are done every year, said Christiansen.

They included transferring money from the Ambulance, Register of Deeds, Rural Fire District No. 3, Sanitary Landfill and Noxious Weed Department funds to their corresponding capital outlay funds; from

East Hale Township and Rovohl Township general funds to the county Road and Bridge Fund; from Road and Bridge to the County Special Highway Improvement Fund; and from Election to the Special Equipment Reserve Fund.

- Announced a going-away reception for Christiansen from 2 to 4 p.m. Monday at the courthouse.

- Appointed Dr. John Dygert as the new county health officer, taking the place of Dr. Steven Bear.

- Accepted the resignation of Baughn from the Thomas County Economic and Development Alliance board.

- Approved the nomination of Sue Evans to a two-year term on the Northwest Kansas Community Corrections board.

- Reviewed and approved county inventories submitted by all departments.

City approves road repaving contract

From "CITY," Page 1

(U.S. 24) from 268 feet east of K-25 to the east city limits.

McGreer said Monday that the project was planned based on which parts of the highways most need the work. A long stretch of Range north of the Interstate was done last year.

The contract says that work must start by June 3 and be com-

pleted within 25 working days. Depending on the weather, the manager said, he expects job to start in April or May.

The council also approved the mayor's appointment of Lisa Endreola, general manager of the Hampton Inn, to replace her father, Scott Crawford, on the Convention and Visitors Bureau board. She will serve for the rest of his term, which ends April 30,

2014.

Endreola said Crawford left the board because he recently sold the motel, which she had helped run since the family moved here in 1993. She said she hopes to stay on the board after that.

She said she started working at the Hampton on May 14. She was a manager at Walmart for a year before that and from 2004

to 2009 was general manager of the Maurice's store here.

Leilani Thomas, director of the bureau, said that Crawford had served on the board for more than 15 years.

She said the board has 10 members connected with the tourism business, six of whom must be involved with the hotel industry.

Americans say obesity's a crisis, but still want junk food

By Jennifer Agiesta and Lauran Neergaard

The Associated Press

WASHINGTON — We know obesity is a health crisis, or every new year wouldn't start with resolutions to eat better and get off the couch. But don't try taking away our junk food.

Americans blame too much screen time and cheap fast food for fueling the nation's fat epidemic, a poll finds, but they're split on how much the government should do to help.

Most draw the line at policies

that would try to force healthier eating by limiting food choices, according to the poll by the Associated Press-NORC Center for Public Affairs Research.

A third of people say the government should be deeply involved in finding ways to curb obesity, while a similar proportion want it to play little or no role. The rest are somewhere in the middle.

Require more physical activity in school, or provide nutritional guidelines to help people make better choices? Sure, eight

in 10 support those steps. Make restaurants post calorie counts on their menus, as the Food and Drug Administration is poised to do? Some 70 percent think it's a good idea.

But nearly six in 10 people surveyed oppose taxes targeting unhealthy foods, known as soda taxes or fat taxes.

And when it comes to restricting what people can buy — like New York City's recent ban of supersized sodas in restaurants — three-quarters say no way.

Indeed, while three-quarters of

Americans consider obesity a serious health problem for the nation, most of those surveyed say dealing with it is up to individuals. Just a third consider obesity a community problem that

governments, schools, health care providers and the food industry should be involved in. Twelve percent said it will take work from both individuals and the community.

Make your New Year's Resolution to be a healthier you!

Once again, the Thomas County Coalition /Wellness Committee is sponsoring health screenings and a healthy lifestyle program, "Thomas County Wellness Challenge."

HEALTH SCREENINGS

Citizens Medical Center, Inc., working in conjunction with the Thomas County Coalition, will offer health screenings in the Citizens Medical Center Specialty Clinic Lobby on January 9, 10, 11, and 12, 2013 from 6:00 am – 9:00 am.

Screenings include:

- Comprehensive Profile (includes a Lipid Profile, Glucose, and Complete Blood Count) –requires 10-12 hours fasting - \$30
- TSH (Thyroid) – (Recommended for baseline or if having symptoms) \$20
- Hgb A1C (3 month glucose average) – (Known diabetics or significant history) - \$20
- Prostate Screening/PSA – (males only) - \$25
- EKG – (recommended for baseline) - \$35
- Pulmonary Screening – Free

THOMAS COUNTY WELLNESS CHALLENGE

The Thomas County Wellness Challenge is an eight week individual program that encourages increased exercise and healthy eating habits that will promote healthy life styles and desired weight in a fun, virtual format.

The program guidance will be: **5210**

- 5 or more fruits and vegetables
- 2 hours or less of screen time
- 1 hour of physical activity
- 0 sugary drinks, more water

This program includes: the Comprehensive Profile blood test; BODPOD testing, for percentage of lean and fat body mass/considered the "Gold Standard" for measuring body composition; weekly weigh-ins and lessons on wellness every week. All this for one low price of \$40.

The Thomas County Wellness Challenge will get under way Tuesday, January 15, 2013, at the Thomas County Health Department, 350 S. Range. Weigh-in will be "come and go" from 7:45 am – 4:45 pm.

Weigh-ins will be every Tuesday through March 12. Participants will receive correspondence, weekly assignments and reading material via e-mail. The Thomas County Wellness website, www.thomascountywellness.org will also be utilized for the weekly postings. Provisions will be made for those who need an alternative format.

Weigh-in and assignments are not required, but incentives will be given based on a point system in which points are given for program participation. The Final Weigh will be March 12, 2013.

To register, simply go to the "wellness challenge" tab on the Thomas County Wellness Website, www.thomascountywellness.org and fill out the registration form. You will receive a confirmation e-mail after your registration is complete. Payment of \$40 can be made online when you register or with a check to the Wellness Committee in care of Pat Erickson, 1255 S. Range, Colby, KS 67701.

Registration deadline: For those participating in the free blood work, registration is due January 8th, if not having blood work, registration is due January 14th.

If you have questions about the 2013 Health Screenings or the Thomas County Wellness Challenge, contact: Citizens Medical Center, Education Department (785) 460-4850 • E-mail jbrown@nwkshealthcare.com
Thomas County Health Department (785) 460-4596 • E-mail findir@thomascohealth.com
Thomas County Extension Office (785) 460-4582 • E-mail diann@ksu.edu

LOCAL TV Listings Sponsored by the COLBY FREE PRESS

Monday Evening		January 7, 2013									
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
KAKE/ABC	The Bachelor				Castle		Local	Nightline	Jimmy Kimmel Live		
KBSL/CBS	How I Met U	2 Broke G	2 Broke G	Mike	Hawaii Five-0		Local	Late Show Letterman	Ferguson		
KSNK/NBC	The Biggest Loser				Deception		Local	Tonight Show w/Leno	J. Fallon		
KSAS/FOX	Bones		The Mob Doctor		Local						
Cable Channels											
A & E	The Haunting Of...	The Haunting Of...	The Haunting Of...	The Haunting Of...	The Haunting Of...						
AMC	The Green Mile								Fargo		
ANIM	Finding Bigfoot			Finding Bigfoot				Finding Bigfoot			
BRAVO	Real Housewives	Real Housewives			Happens	Vanderpump Rules	Real				
CMT	Reba	Reba	Redneck Island	Redneck Island	Redneck Island	Redneck Island	Redneck Island				
CNN	Anderson Cooper 360	Piers Morgan Tonight	Anderson Cooper 360	E. B. OutFront	Piers Morgan Tonight						
COMEDY	Futurama	Futurama	South Pk	South Pk	Brickle	South Pk	Daily	Colbert	South Pk	South Pk	
DISC	Fast N' Loud	Fast N' Loud	Fast N' Loud	Fast N' Loud	Fast N' Loud	Fast N' Loud	Fast N' Loud	Fast N' Loud	Fast N' Loud	Fast N' Loud	
DISN	Tinker Bell		Austin	Good Luck	Good Luck	Jessie	ANT Farm	Wizards	Wizards	Wizards	
E!	Studio E!	E Special	Ice-Coco	Ice-Coco	Ice-Coco	Ice-Coco	Chelsea	E! News	Chelsea	Chelsea	
ESPN	Pregame	BCS Nat'l							SportsCenter		
ESPN2	College B	NFL Live	ProFILE	Profile	ProFILE	SportsCenter	NFL Live				
FAM	Switched at Birth	Bunheads	Switched at Birth			The 700 Club	Bunheads				
FOOD	Diners	Diners	Diners	Diners	Diners	Diners	Mystery D	Mystery D	Diners	Diners	
FX	Hancock				Hancock						
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	American Pickers	Pawn	Pawn			
LIFE	An Amish Murder			Movie			An Amish Murder				
MTV	MTV Special	MTV Special	Catfish	The Inbet	MTV Special	MTV Special					
NICK	Full H'se	Full H'se	Full H'se	Full H'se	The Nanny	The Nanny	Friends	Friends	Friends	Friends	
SCI	Being Human	Dawn of the Dead					Zombie Apocalypse				
SPIKE	Scarface						Scarface				
TBS	Fam. Guy	Fam. Guy	Big Bang	Big Bang	Big Bang	Big Bang	Conan	Cougar	Cougar	Cougar	
TCM	Juliet of Spirits				Spirit-Beehive				Californi		
TLC	Cake Boss:Next	Cake Boss:Next	Cake Boss	Cake Boss	Cake Boss:Next	Cake Boss	Cake Boss	Cake Boss	Cake Boss	Cake Boss	
TNT	The Mentalist	The Mentalist	The Mentalist	The Mentalist	CSI: NY	CSI: NY	CSI: NY	CSI: NY			
TOON	Regular	Annoying	King/Hill	King/Hill	Amer. Dad	Amer. Dad	Fam. Guy	Fam. Guy	Chicken	Aqua Teen	
TRAV	The Layover	The Layover	Hotel Impossible		No Reservation	The Layover					
TV LAND	Cosby	Cosby	Raymond	Raymond	Raymond	Raymond	King	King	The King of Queens		
USA	WWF Monday Night RAW				NCSI: Los Angeles	NCSI: Los Angeles	CSI: Crime Scene				
VH1	Love & Hip Hop	Black Ink Crew	Love & Hip Hop		Black Ink Crew	Love & Hip Hop					
WGN	NBA Basketball				News/Nine	Funniest Home Videos	Rules	Rules			
Premium Channels											
HBO	The Rundown	Joyful Noise			Day-Tomorrow						
MAX	The Descendants		Varsity Blues								
SHOW	Untold History	Lara Croft-Life			Goon				Final Cut		