

Weather

# Soldier here returns

From "SOLDIER," Page 1

which is generally a good thing."

Rall said his unit started training in Salina for three weeks in January of last year, and then spent two months training at Camp Shelby in Mississippi.

While they were at Camp Shelby, he said, the guardsmen from the 170th were combined with men from units based in California and New York.

"There was a little of, oh, getting used to everybody," Rall said. "It was a little bit different."

By the time they went to Kuwait, the group included about 150 soldiers in all. Rall said they had not originally been meant to do port security.

"The whole company did a really good job at the training," he said, "so the battalion commander from New York had them assigned to a harder mission."

Although the unit's deployment was quiet, it was not exactly pleasant.

"Believe it or not, it was a little wet," he said. "It had rained. Pretty much, the rain shut off until I would say the middle of November."

Ash Shuaiba is an industrial town, he said, and smoke from factories mixed with dust storms, keeping the sky hazy most of the time. Rall said temperatures were about 120 degrees.

"I may not be right, but it sure felt like it," he said.

This was the first deployment of the 170th since the first Gulf



JASON LEE

Staff Sgt. Troy Rall spoke on a radio during a battle drill at a port in the city of Ash Shuaiba, Kuwait, during his deployment there with the National Guard.

War, but not the first one for Rall. He went to the city of Mosul in northern Iraq in 2006 as part of the 714th Security Force.

"It was a lot more exciting," Rall said.

By exciting, he added, he meant that the unit was hit with explosive devices, small-arms fire, mortars and other weapons. Unlike the deployment in Kuwait, men were wounded and several were killed.

The unit was there during the troop surge, Rall said, "and it kind of seemed like stuff got moved out of the south and got pushed up over here."

They were first stationed on the outskirts of Mosul, he said, but later moved to a base far away from any cities.

"I can't even begin to spell it," he said of the base's name, adding that it was known simply as "Key West."

Since the land around Key West was flat, he said, insurgents could not get close enough to fire mortars at the base. But the unit still had to watch for hidden explosives.

Coming home from Kuwait was a much easier experience

for him than coming back from Iraq, Rall added.

"When you were on the road," he said, "your senses were always heightened."

Middle School Principal Robb Ross said the school had a going-away ceremony for Rall last year in the gym, with the band playing, and the students wrote him Christmas cards while he was overseas.

"The kids have been very supportive," Ross said. "They're glad he's back."

Born and raised in Colby, Rall, 46, said he has lived here for 39 years between serving on deployments and military training.

He first joined the military in 1986 and was in the Navy for four years. In 1993, he joined the Army as part of a program to help him pay for classes at Colby Community College and was stationed at Fort Riley from 1993 to 2005.

The 170th is part of the 287th Special Troop Battalion, based in Hays. The unit has headquarters in Norton, with a subordinate unit in Colby.

# Two Colby schools receive grants from health foundation

From "SCHOOLS," Page 1

in past few years, she said, but couldn't get it this year.

"Some schools didn't get it this year," Carney said, "because they had so many (applications) they had to eliminate some."

Of the Blue Cross grant, she said, "We're going to try to get it to stretch as far as we can."

Reitcheck said she is using the grant to help encourage kids at Sacred Heart to walk or run more often. They can show up before or after school or during recess, she added. The goal is for every kid to run 100 miles during the school year.

The money will be spent on snacks and prizes for all kids who walk. All the kids are getting T-shirts, she said, and there is a special surprise prize for students who walk 100 miles.

"I'm not saying what it is," she added, "because

I don't want the kids to know."

All the students participate in the program, but some put more time in it than others.

"They show up early just to walk laps," she added.

She said she expects many kids to walk about 200 miles because some of them had already done 85 by the end of the fall semester.

For snacks, Reitcheck said, "We're introducing them to new fruits and vegetables and having a health lesson along with it."

This includes things like pomegranates and mangoes, which often are turned into smoothies later.

Reitcheck also got the grant last year, and the walking program was used to help Sacred Heart win the Silver Award for the Healthier US School Challenge, by the U.S. Department of Agriculture.

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Briefly

Pets ready for adoption at Animal Clinic

Looking for a pet? Colby Animal Clinic has three dogs available for adoption: a 7-month-old female purebred red heeler, a 4-year-old female Blue Heeler and a 4-month-old female pomeranian. Lost or strayed animals are often brought to the clinic. Call or stop by 810 E. Fourth St. All animals have current shots, and costs are minimal. For questions, call 460-8621.

Wellness Challenge will help improve health

The eight-week Thomas County Wellness Challenge encourages increased exercise and better eating habits to promote a healthy lifestyles and lower weight. It includes Bodpod testing for body composition, weekly weigh-ins and lessons on wellness, all for \$40. To register, go to the "Wellness Challenge" tab at www.thomascountywellness.org or the Thomas County Health Department, 350 S. Range by Monday. For information, call Director Kasiah Rothchild at 460-4596 or Extension Agent Diann Gestner at 460-4582.

Hospital offering cut-rate health checks

Citizens Medical Center, working with the Thomas County Healthy Communities Coalition, will offer health screenings in the specialty clinic lobby from 6 to 9 a.m. today through Saturday. Screenings include a comprehensive blood profile for \$30 (lipid profile, glucose and complete blood count; requires a10- to 12-hour fast), thyroid for \$20, Hgb A1C (glucose) for \$20, prostate screening for \$25, electrocardiogram for \$35 and lung check, free. For questions, call Jeanene Brown at 460-4850.

'Kids a Cookin' classes continue this month

Spring sessions of Kids-a-Cookin', a hands-on food preparation and nutrition class for third through fifth graders, continues on Thursdays this week, Feb. 14, March 21 and April 11. Sessions will start right after school, about 3:45 p.m., at the Colby Community Building, sponsored by Thomas County Extension. Classes are taught by K-State Research and Extension agents Karen Jones and Diann Gestner. Sign up by calling the Colby Recreation Department, 460-4440.

Hospital plans classes for expectant mothers

Citizens Medical Center will offer four weeks of childbirth classes from 7 to 10 p.m. Thursdays starting this week. Women due to deliver before May should attend with their labor support partner. The next classes won't begin until April. For information or to register, call Jeanene Brown at the hospital's Education Department, 460-4850.

Want a free lunch? Go to church Saturday

The Once a Month Lunch will be served from 11:30 to 12:30 Saturday at the First Presbyterian Church, 515 W. Fourth St. in Colby. This free meal is served the second Saturday of each month. For questions, call the church office at 462-6342.

Commodities to be given out here Monday

U.S. Department of Agriculture commodities will be distributed from 1 to 2 p.m. Monday at the Retired and Senior Volunteer Program office in the Senior Progress Center at Fike Park. Distribution is first come, first-served, but you may send a signed permission slip with another person. Bring a sack or box. Expected commodities include rotini, green beans, peaches, peanut butter, sweet potatoes and juice. For questions, call the office at 462-6744.

Dance team plans clinic for kids next week

The Colby High dance team will hold a junior clinic for kids from kindergarten through fifth grade from 3:45 to 5:15 p.m. Monday and Tuesday at the Colby Middle School. Cost is \$20. All participants will receive a CD and perform during the halftime of the 6:30 p.m. game on Thursday, Jan. 17, at the Orange & Black Tournament. All area children are invited. Call Coach Denita Rodgers, 269-7908, for questions.

College offers two beginning craft classes

Colby Community College will offer two introductory craft classes beginning Monday. A three-credit-hour class in stained glass, taught by Rod Rodenbeck, will meet from 6 to 9 p.m. Mondays in Room 502 of Ferguson Hall. From 6:30 to 9:30 p.m. Tuesdays, a three-hour variety craft class will meet with Rebel Jay teaching print making and assemblage sculpture, Chris Thummel acrylic and collage and Donna Roberts paper making and book binding. Enrollment is limited to 10 in each class; there will be a \$30 charge for materials for either one, plus enrollment fees. For information, call Jay at (785) 269-7065 or Troy Bielser at 462-3984.

Thursday Evening January 10, 2013										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
KAKE/ABC	Last Resort		Grey's Anatomy		Scandal		Local	Jimmy Kimmel Live		Nightline
KBSL/CBS	Big Bang	Two Men	Person of Interest		Elementary		Local	Late Show Letterman		Ferguson
KSNK/NBC	30 Rock	1600 Penn	Office	1600 Penn	Rock Center		Local	Tonight Show w/Leno		J. Fallon
KSAS/FOX	Mobbed		Glee		Local					
Cable Channels										
A & E	The First 48		The First 48		Beyond Scared Straig		Beyond Scared Straig		The First 48	
AMC	Signs				Signs					
ANIM	Alaska Wildlife		North Woods		Law on the Border		North Woods		Law on the Border	
BRAVO	Matchmaker		Matchmaker		Kathy		Happens	Matchmaker		Kathy
CMT	Reba	Reba	Strictest Parents		Strictest Parents		Strictest Parents		Strictest Parents	
CNN	Anderson Cooper 360		Piers Morgan Tonight		Anderson Cooper 360		E. B. OutFront		Piers Morgan Tonight	
COMEDY	Office Space				Tosh.0		Tosh.0		Colbert	The Burn Tosh.0
DISC	Property	Property			Moonshiners		Property		Property	Property
DISN	Tangled				Austin		Good Luck		Jessie	ANT Farm Wizards
E!	The Soup	You've Got Mail			Chelsea		ANT Farm		Chelsea	EL News
ESPN	College Basketball		College Basketball				SportsCenter		SportsCenter	
ESPN2	College Basketball		College Basketball				College Basketball			
FAM	Wild Hogs		RV		The 700 Club				Switched at Birth	
FOOD	Chopped		Chopped		Sweet Genius		Rachael v. Guy		Chopped	
FX	Iron Man 2				The Incredible Hulk					
HGTV	Salvage	Salvage	Rehab	Rehab	Hunters	Hunt Intl	Hunters	Hunt Intl	Rehab	Rehab
HIST	Pawn	Pawn	Cajun Pwn	Cajun Pwn	Cajun Pwn	Cajun Pwn	Ax Men		Pawn	Pawn
LIFE	Project Runway		Project Runway		Double	Double	Double		Project Runway	
MTV	Snooki & JWOWW		BUCKWILD		BUCKWILD		BUCKWILD		Snooki & JWOWW	
NICK	House of Anubis		Full H'se	Full H'se	The Nanny	The Nanny	Friends	Friends	Friends	Friends
SCI	Ghost Storm		The Mist				Ghost Town			
SPIKE	iMPACT Wrestling				Bellator 360		Bellator 360		Doom	
TBS	Fam. Guy	Fam. Guy	Big Bang	Big Bang	Big Bang	Big Bang	Conan		Office	Office
TCM	Demetrius-Glad				Roughly Speaking				Old Acquaintance	
TLC	Say Yes	Say Yes	Four Weddings		What Not to Wear		Four Weddings		What Not to Wear	
TNT	NBA Basketball						NBA Basketball			
TOON	MAD	Regular	King/Hill	King/Hill	Amer. Dad	Amer. Dad	Fam. Guy	Fam. Guy	Childrens	Delocated
TRAV	Mysteries-Museum		Mysteries-Museum		Mysteries-Museum		The Dead Files		Mysteries-Museum	
TV LAND	Cosby	Cosby	Raymond	Raymond	Raymond	Raymond	King	King	The King of Queens	
USA	NCIS		NCIS		NCIS		CSI: Crime Scene		Law & Order: SVU	
VH1	Behind the Music		Love & Hip Hop		Black Ink Crew		Greatest R&B Songs		Greatest R&B Songs	
WGN	How I Met	How I Met	How I Met	How I Met	WGN News at Nine		Funniest Home Videos		Rules	Rules
Premium Channels										
HBO	Bruce Almighty		Big Miracle				Cathouse	Cathouse	Pariah	
MAX	Patch	American Wedding			The Hangover Part II					
SHOW	Our Idiot Brother			50/50			Suicide	Next Stop	Sports	

Friday Evening January 11, 2013										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
KAKE/ABC	Last Man	Malibu	Shark Tank		20/20		Local	Jimmy Kimmel Live		Nightline
KBSL/CBS	Undercover Boss		CSI: NY		Blue Bloods		Local	Late Show Letterman		Ferguson
KSNK/NBC	1600 Penn	1600 Penn	Dateline NBC				Local	Tonight Show w/Leno		J. Fallon
KSAS/FOX	Kitchen Nightmares		Fringe		Local					
Cable Channels										
A & E	Duck D.	Duck D.	Duck D.	Duck D.	Storage	Storage	Storage	Storage	Duck D.	Duck D.
AMC	The Fugitive								True Lies	
ANIM	Infested!		Infested!		Monsters Inside Me		Infested!		Monsters Inside Me	
BRAVO	Housewives/Atl.		Scream 3						Scream 3	
CMT	Reba	Reba	Rumor Has It...						Rumor Has It...	
CNN	Anderson Cooper 360		Piers Morgan Tonight		Anderson Cooper 360		E. B. OutFront		Piers Morgan Tonight	
COMEDY	Tosh.0	Tosh.0	Jeff Dunham: Spark of Insanity		G. Iglesias: Fluffy		Kevin Hart: Brown		Daniel	
DISC	Gold Rush		Bering Sea Gold		Gold Rush		Bering Sea Gold		Bering Sea Gold	
DISN	ANT Farm	Jessie	Phineas	Gravity	Dog	Good Luck	Jessie	ANT Farm	ANT Farm	Austin
E!	Sex-City	Sex-City	E Special		Fashion Police		Chelsea		E! News	Chelsea
ESPN	NBA Basketball						NBA Basketball			
ESPN2	NFL Kickoff		Boxing		To Be Announced		SportsCenter		SportsCenter	
FAM	RV		The Pacifier				The 700 Club		Prince	Prince
FOOD	Diners	Diners	Diners	Diners	Mystery D	Mystery D	Diners	Diners	Diners	Diners
FX	The Other Guys		The Other Guys						Deuce Bigalou	
HGTV	RV 2013		Retro Roadhomes		Hunters	Hunt Intl	Hunt Intl	Hunt Intl	Retro Roadhomes	

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HIST	American Pickers	American Pickers	American Pickers	American Pickers	American Pickers
LIFE	To Be Announced	To Be Announced	Teen Trouble	To Be Announced	To Be Announced
MTV	BUCKWILD	BUCKWILD	Scary Movie 3		Washington Heights
NICK	Rags	See Dad	Full H'se	The Nanny	The Nanny
SCI	WWE SmackDown!		Merlin	Being Human	Merlin
SPIKE	Shawshank R.				Rounders
TBS	Payne	Payne	Worse	Worse	Norbit
TCM	It's a Mad Mad World				The Great Race
TLC	Say Yes	Say Yes	Say Yes	Say Yes	Randy
TNT	Inglorious Basterds				Edge of Darkness
TOON	Cartoon Planet	King/Hill	King/Hill	Amer. Dad	Amer. Dad
TRAV	Ghost Adventures	Ghost Adventures	The Dead Files		Ghost Adventures
TV LAND	Cosby	Cosby	Raymond	Raymond	Raymond
USA	40-Year-Old Vir				Dan in Real Life
VH1	Rock Star			Making Mr. Right	Mob Wives
WGN	How I Met	How I Met	How I Met	How I Met	WGN News at Nine
Premium Channels					
HBO	Safe House			Transit	Rise of the Planet of the Apes
MAX	Sherlock Holmes-Game			Banshee	Banshee
SHOW	The Iron Lady			Billy Gardell Presents Road	Boxing