



Coalition discusses Walk Kansas

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A plan to extend the deadline to register for Walk Kansas was discussed at the Thomas County Coalition meeting Thursday.

Thomas County Extension Agent Diann Gerstner said she is extending the registration deadline for the Walk Kansas challenge to 5 p.m. Wednesday because of spring break. The deadline was originally Sunday.

The challenge is for each person on a team of six to walk at least 150 minutes a week for eight weeks between Sunday and Saturday, May 11. People who complete the challenge will have walked a distance roughly equal to the 423 miles across the state from west to east, Gerstner said, assuming they walk one mile in 15 minutes.

"If you can talk perfectly you're just not walking fast enough," she said.

Members of teams who completed the challenge will be eligible to win an elliptical machine or a treadmill at a drawing at 5:30 p.m. Wednesday, May 15, at the 4-H building. The cost to participate is \$7, of which \$2 will go to the state and the rest will go to the Extension Office, which provides support services for the teams.

In other business:
• Amy Melikova, who chairs the Violence Prevention Committee at Colby Community College, got advice from other members of the coalition about where her committee can get help. For instance, she spoke about getting members of the Colby Police Department on campus late at night to add security.

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Hospital plans disease classes

A chronic disease self-management workshop called "Kansans for Optimizing Health Program" will be offered by Citizens Medical Center in Colby.

This is a highly-interactive and motivational education workshop. If you live with a chronic health condition or are close to someone who lives with a chronic health condition, you don't want to miss this opportunity, said Jeanene Brown, director of the hospital's education department.

Beginning Monday, April 1, and continuing for six weeks, this workshop will be offered from 5:30 to 8 p.m. every Monday in the Citizens Medical Center Con-

ference Room. A light meal will be served.

Throughout the workshop, you will learn ways to improve healthful behaviors, such as exercise, pain management and communication, along with ways to improve health status, such as fatigue, disability, social activities and health distress.

The next "Kansans for Optimizing Health Program" series will be held in September and October.

The class series is free, but registration is required and the workshop is limited to the first 20 people. For information or to register, call Brown at 460-4850.



Big crowd attends Gun and Coin Show

Monnie Shearer (left) waited for payment Saturday at the Colby Gun and Coin Show at the Community Building. Monnie and her husband, Doug Shearer, own Doug's Gun Shop in Hays and had a table at the show. A man looked at guns at the event (below), which had about 150 tables with more than 50 exhibitors. Antiques (above) and knives were among the items displayed.

KATHRYN BALLARD/Colby Free Press



Spring Break Bash



SAM DIETER/Colby Free Press

Liv and Fia Tubbs kept busy drawing Wednesday morning in the basement of the Community Building at the Spring Break

Bash. The Colby Recreation Department organized the event for kids to do arts and crafts over Spring Break.

Group will re-create the Jewish Passover

David Garrett of Jews for Jesus will re-create a traditional Jewish Passover service at 7 p.m. next Friday at Colby Wesleyan Church.

The presentation, called "Christ in the Passover," will explain how the Passover service foreshadowed Jesus' death and resurrection, said Joy Rothfuss of Colby Wesleyan Church.

Garrett will set a table with items traditionally used at the Passover meal and will detail their

spiritual significance. He will also explain the connection between the events of the Jews' first Passover in Egypt and the redemption that Jesus accomplished, as well as the deep bond between the ancient Passover feast and the modern Christian communion celebration, said Rothfuss.

The presentation is free and open to the public. Contact the church at 462-8391 for information.

Chorus sings next week

The Tumbleweed Chorus will perform "Barbershop Harmony Diamond Jubilee" at 3:30 and 7:30 p.m. on Saturday, March 23, at the Cultural Arts Center on the Colby Community College campus.

The concert is presented by the Colby Chapter of the Barbershop Harmony Society in celebration of the society's 75th year. Rusty Pipes, the 2012 Barbershop Harmony Society Seniors quartet champion, will be the featured quartet. Members of this quartet have won eight gold medals and total 129 years as members of the Barbershop Harmony Society.

The Prairie Statesmen from McCook, Neb., will join Rusty Pipes as guest performers. The Tumbleweed Chorus and Prairie Statesmen will combine to sing songs

familiar as mainstays of barbershop harmony. The two choruses will also sing a modern composition written specifically for the Diamond Jubilee and a tribute to the armed forces.

Uncalled Four, a quartet with members from the Colby and Hays chapters of the society, will add their voices to the 75th anniversary celebration. The quartet will join the Prairie Statesmen and Tumbleweed Chorus as well as appearing on their own.

Tickets are \$10 in advance or \$12 at the door. Tickets are available from Rod Eisenbise at 462-2474, Bruce Bandy at 462-3361, Bob Renner at 462-2974 or Phil Knox at (785) 694-2752.

