



# FREE PRESS

### Friday

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## Coalition discusses Walk Kansas

#### By Sam Dieter

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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, rity. 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 secu-

See "COALITION," Page 2

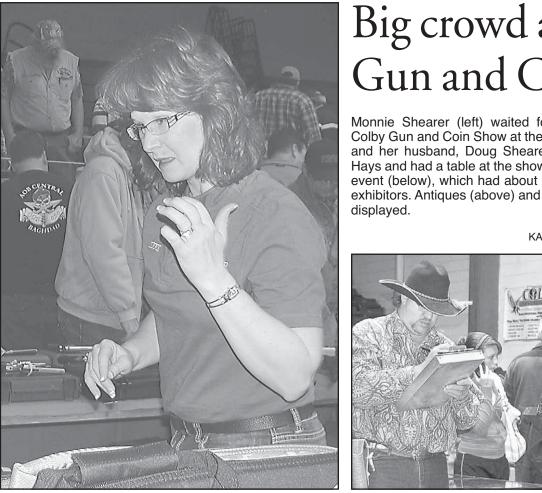


A chronic disease self-manage- ference Room. A light meal will ment workshop called "Kansans for Optimizing Health Program" will be offered by Citizens Medical Center in Colby.

be served

Throughout the workshop, you will learn ways to improve healthful behaviors, such as exercise, This is a highly-interactive and pain management and commumotivational education workshop. nication, along with ways to im-If you live with a chronic health prove health status, such as facondition or are close to someone tigue, disability, social activities

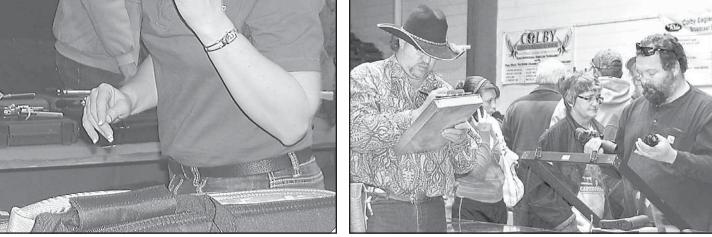




## Big crowd attends Gun and Coin Show

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

KATHRYN BALLARD/Colby Free Press



who lives with a chronic health and health distress. condition, you don't want to miss this opportunity, said Jeanene Brown, director of the hospital's education department.

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

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

The class series is free, but registration is required and the workand continuing for six weeks, this shop is limited to the first 20 people. For information or to register, call Brown at 460-4850.



SAM DIETER/Colby Free Press

Liv and Fia Tubbs kept busy drawing Wednesday morning in Bash. The Colby Recreation Department organized the event the basement of the Community Building at the Spring Break for kids to do arts and crafts over Spring Break.

## Group will re-create the Jewish Passover

David Garrett of Jews for Jesus spiritual significance. He will also

tion, said Joy Rothfuss of Colby Wesleyan Church.

Garrett will set a table with open to the public. Contact the items traditionally used at the church at 462-8391 for informa-Passover meal and will detail their tion.

will re-create a traditional Jewish explain the connection between Passover service at 7 p.m. next the events of the Jews' first Pass-Friday at Colby Wesleyan Church. over in Egypt and the redemption The presentation, called "Christ that Jesus accomplished, as well in the Passover," will explain how as the deep bond between the anthe Passover service foreshad- cient Passover feast and the modowed Jesus' death and resurrec- ern Christian communion celebration, said Rothfuss.

The presentation is free and

## Chorus sings next week

The Tumbleweed Chorus will familiar as mainstays of barberperform "Barbershop Harmony Diamond Jubilee" at 3:30 and 7:30 p.m. on Saturday, March 23, sition written specifically for the at the Cultural Arts Center on the Diamond Jubilee and a tribute to Colby Community College campus.

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

shop harmony. The two choruses will also sing a modern compothe armed forces.

Uncalled Four, a quartet with The concert is presented by the 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.

