

It's Toto



Triplains Yearbook Staff Faith Edwards was Dorothy and Macey Lamb played Toto in Triplains School's annual Christmas program Dec. 12, "A Wizard of Oz Christmas." Glenda Graham directed.

Gifts to those in need honor God's gift of Christ

Several years ago, when Kathie and I pastored a church in western Nebraska, I received an invitation to an event in Scottsbluff sponsored by the Voice of the Martyrs, a ministry that helps persecuted Christians throughout the world.

It was very near Christmas, and I planned to do some last-minute Christmas shopping after the event, since the mall was right across the street from the meeting place. The snow was falling softly straight down, and the shopping mall parking lot was lit up, creating a wonderful, beautiful Christmas scene.

I was not prepared for the horrific pictures I was about to see at the meeting, of what was taking place in South Sudan, Africa. Thousands of innocent Christians – men, women and children – were being systematically slaughtered by Islamic militants.

Churches and entire villages were destroyed, forcing survivors out into the open country. The rainy season was approaching and these people, numbering in the tens of thousands, had no shelter of any kind.

The people of Voice of the Martyrs asked Christians all over America to donate as many used blankets as we could to provide at least a little protection.

There is no way I can describe my emotions as I left the meeting place and looked through the winter wonderland of still-falling snow at the mall parking lot jammed full of cars.

All those people (like myself) were hoping to get their last-minute shopping done – just adding to all the stuff we already possessed, while on the other side of the world tens of thousands of people had not



Tom Peyton

• From the Pulpit

so much as a blanket to call their own.

Kathie and I had a different kind of experience just recently. A couple of people from our church drove us to Denver to a huge warehouse where we helped process shoeboxes filled with donated toys, candy, toothbrushes and toothpaste, pencils, etc. for Operation Christmas Child. Millions of these shoeboxes will go to children around the world who have never received a gift of any kind, and who own nothing but the clothes they are wearing.

While it's wonderful to celebrate the birth of our Savior Jesus Christ, and exchanging gifts is fun and meaningful, let's be sure to remember the less fortunate people in our community (thanks, Genesis Food Bank for opportunities there), in our nation and around the world. There are many trustworthy organizations that make it possible for us to make a difference for someone at this time of the year especially.

James 1:27 says, "Pure religion and undefiled before God and the Father is this, to visit the fatherless and widows in their affliction, and to keep himself unspotted from the world."

Jesus said, in Matthew 25:40 "...as you have done it unto one of the least of these my brethren, ye have done it unto Me."

Tom Peyton is pastor of the Mingo Bible Church. He may be reached at 462-2930 or at preacherpeyton@gmail.com.

Markets

Quotes as of close of previous business day

Hi-Plains Co-op

Wheat (bushel)	\$6.37
Corn (bushel)	\$4.17
Milo (hundredweight)	\$7.11
Soybeans (bushel)	\$12.21

County Jail

Booked into the Thomas County jail:

• Matthew Isaiah Salinas, 21, Oakley, Dec. 5, driving without a license, probation violation (Logan County), Oakley Police Department, released Dec. 19 on probation.

• Jason Charles George, 29, Oakley, Dec. 6, possession of opiates, opium, narcotic drugs or designated stimulant, possession of drug paraphernalia, possession of hallucinogenic drugs, Kansas Highway Patrol, released Dec. 18 on \$35,000 supervised bond.

• Aaron Jennings Clark, 35, Hudson, Dec. 8, driving with license suspended or revoked, failure to appear, non-child support (Stafford County), failure to appear (Stafford County), driving with license suspended or revoked (Barton County), failure to appear (Barton County), registration violation (Barton County), no proof of insurance (Barton County), Thomas County Sheriff's Office, released Dec. 13 to other agency.

• Charles Dean Headley Jr., 30, Colby, Dec. 8, aggravated battery, disorderly conduct, endangering a child, Colby Police Department, released Dec. 18 on probation.

• Walter Ray Gariffo, 26, Colby, Dec. 9, probation violation, Colby Police/Court Services of Thomas County, released Dec. 11 on supervised bond.

• Jason Scott Force, 35, Grinnell, Dec. 11, giving a worthless check, Thomas County Sheriff, released same day on bond.

Here's help in taking a bite out of excuses used to overindulge

Excuses, excuses. We all make 'em when it comes to eating healthy. But when you think about it, there's really no reason to scarf down all that "bad for you" food.

Here at the American Heart Association, we shoot down some common excuses for putting away those extra calories.

1. Because it's a holiday (or the weekend – or date night). Life has lots of special occasions (and weekends!) Indulging a little on the holidays won't hurt – but planning ahead will make for merry meals that are healthy, too. For example, you can add some fa-la-la to your favorite holiday cookies by using oatmeal, dried fruits and nuts as prime ingredients.

2. I'm down in the dumps! You blew a work deadline, had a flat tire or left your wallet at the grocery store. Bigger stresses, like unemployment or caring for a sick relative, can also cause you to overeat – even when you're not hungry. Try taking a brisk walk and reaching for a healthy snack. When you have a minute to slow down, read our tips to control your stress.

3. I already blew it with that meatball sub. Pass the potato chips please! Not so fast. Nobody's perfect. Focus on what you can do next, not on what you did last. You can also try planning ahead to eat well on the run. Hint: Portable snacks like air-popped popcorn can save you from the deli dive.

4. I hate vegetables. Such a harsh statement! You may not have a love affair with lima beans, but there are lots of ways to eat more fruits and vegetables. Try adding peas to your favorite pasta and sprinkling sliced veggies on homemade pizza. There are lots of ways to put produce on your plate.

5. I don't have anything to worry about – I've always been healthy. Congratulations! But if you're like most Americans, you may think you're in better shape than you are. With the "Life's Simple 7, My Life Check Assessment," you can learn the state of your heart and what you can do to improve it.

6. Someone brought donuts to the office. It's OK to pass on the pastries. Next time bring a fresh fruit tray and suggest making your weekly catch-up chat with your boss a walking meeting. (Find out if you can wear sneakers to work.) You can even find ways to get exercise at work.

7. No time for salad. You can cut a cucumber and slice some strawberries in the time it takes to call your neighborhood pizza

Corrections

The Colby Free Press wants to maintain an accurate record of our town. Please report any error or lack of clarity in a news story to us at 462-3963.

joint and search for that coupon. Salad is a great make-ahead meal, and the varieties are endless. Read on for some ideas on making a hearty, healthy salad. Avoid heavy dressings with these tasty options. You'll save calories – and money – by making it yourself.

8. My team lost! My team won! Depending on what happens in the big game, you may want to celebrate – or drown your sorrows – with a plate of buffalo wings. Go for lean or extra-lean beef burgers (and keep the patties to the size of a deck of cards), turkey burgers or salmon burgers instead. Want more tips? You can score some good eats and still have a heart-healthy football season.

9. It's called an all-you-can-eat buffet for a reason. The price may be right – but the price to your heart health could be too much. It's dangerously easy to load up on calories and unhealthy fats when you pile up your plate. You can eat healthy at a buffet if you fill up on greens and whole grains, but if you're too tempted to take it easy, skip the buffet and check out our healthy restaurant tips.

10. I'll start being healthy tomorrow. Resolve to do it now instead. Each day will bring more challenges and stresses. Start eating healthy today – so you'll build the skills to get through all those tomorrows. Begin with these five goals. You'll be amazed at what you can accomplish – one bite at a time.

For information on how to eat healthier this holiday season, smart shopping, healthy cooking, dining out, recipes and more, go to www.heart.org/HealthyLiving.

Deaths

Danny Alan Peck

Danny Alan Peck, 57, Colby, a retired Colby electrician, died Thursday, Dec. 19, 2013, at the Harry Hynes Memorial Hospice in Wichita.

He was born July 15, 1956, in Scottsbluff, Neb., the son of Harold and Wilma (Solnheim) Peck.

He graduated from Goodland High School in 1974 and later from the Northwest Kansas Technical School.

On July 4, 2003, he married Lori Andersen in Colby. They were divorced.

He was an electrician, and had his own business, The Good Electrician, in Colby. Before that he worked for Jim's Electric for over 10 years.

He was an avid golfer and loved to camp and fish.

Preceding him in death were his parents and a brother Raymond Peck.

Survivors include his ex-wife, of Colby, a brother, Roger (Deena) Peck, Wiggins, Colo., and two nephews.

No services are planned.

Movie afternoon planned by art club

The High Plains Art Club has an invitation for a winter afternoon.

At 1:30 p.m. Thursday, Jan. 9, the club will serve hot chocolate and popcorn in the upstairs meeting room of the Pioneer Memorial Library during a movie, "Norman Rockwell: an American portrait" about the life of Norman Rockwell.

Those attending the free program can purchase tickets for a drawing for the watercolor painting, "Autumn in Colby, Kansas." The drawing will take place at the art club show during the Art Walk on Friday, April 18. Money raised

will go toward financing the club's next judged art show.

Last October, the art club allowed high school and college students to enter the show without paying an entry fee, though students who won received money prizes.

Because of fewer paid entries, the club came up short of money for its next show. To continue letting the students enter free, some money-making projects are needed.

The painting is on display at the Sunflower Bank.

Thank You

Thank You for the cards, phone calls, flowers and visits for my 80th Birthday. Also, Thank you for all your kindness on the death of Lyle's Brother Mel.

Lyle & Leta Gillispie

Services Directory

Worship in the church of your choice this weekend.



Church of Jesus Christ of Latter-Day Saints

FAITH FELLOWSHIP CHURCH, Pastor Dan Keel, 815 W. 3rd. Sundays at 2 p.m. 785-462-0512.

CELEBRATION COMMUNITY CHURCH, 1890 S. Franklin Ave. - Colby Community Building. Kirby Benisch, Campus Pastor. Sunday Worship 10:45 a.m. www.celebratejesus.org

GATEWAY FELLOWSHIP, 2nd and Sunrise, Oakley, Pastor James Bloom, Sunday Morning Worship and Children's Church 10:15 a.m., Wednesday evening Bible Study and Intercessory Prayer 6:30 p.m. 785-671-4020.

COLBY INDEPENDENT BAPTIST CHURCH, 730 E. 3rd (former Jaycee's building), Pastor Bernard Heinz, 785-460-0313, Sunday School 9:30 a.m.; Sunday Morning Worship 10:30 a.m.; Sunday Evening 6:00 p.m.; Wednesday Evening 7:00 p.m.

ASCENSION-ON-THE-PRAIRIE EPISCOPAL, Rev. Don Martin, College Drive & Wheatridge Rd., 785-462-3041, Holy Eucharist, 9:00 a.m. every Sunday. Evening Prayer, 5:15 p.m. Wednesday, September through May.

COLLEGE DRIVE ASSEMBLY OF GOD, 245 W. College Dr., Colby. Pastor Steve Todd. Sunday School 9 a.m. for all ages. Worship 10:15 a.m. Kid's Church for Kindergarten-5th grade during Worship Service. Nursery available for kids birth - 5 yrs old. Wednesday night: Family night September - May. Meal served 6 - 6:30 p.m. CD Kidz for kids birth - 5th grade, Youth Group for 6th - 12th graders and Adult Bible Study at 7 p.m. 785-462-8234. cdag@st-tel.net.

BEREAN BIBLE FELLOWSHIP, 1000 S. Franklin, 785-460-2763, www.colbyborean.com; Sunday School 9:30 a.m., Sunday Worship 10:45 a.m. Pastor Mark Carlton, Youth Pastor Ben Phillips. Middle School Group Wednesday 7 p.m. at the Attic and High School Youth Group Sunday 6 p.m. at the Attic. AWANA Wednesdays at 7 p.m. at the church.

WINONA METHODIST CHURCH, 501 Bellview Ave. Rev. Sheryl Johnson, Sunday School, 10:30 a.m., Morning Worship 9:15 a.m. (CDT)

FIRST BAPTIST CHURCH, (Affiliated with American Baptist Churches USA) Pastor Paul Brigham, 615 W. Webster, 785-462-2867. Sunday School: 9:15 a.m.; Family Worship: 10:30 a.m.; Bible Study: 6:30 p.m.

COLLEGE VIEW BAPTIST CHURCH (Affiliated with Southern Baptist), 1185 Wheatridge Rd. at College Drive, 785-460-7144, Sunday Bible Study 9:30 a.m., Sunday Worship services, 10:45 a.m. Prayer Service at 6:30 p.m. on Wednesday's. Contemporary Evening Service at 4 p.m. through the semester.

PLEASANT HOME CHURCH, Pastor, Perry Baird, 785-728-7380, 3190 Road 70, Edson, Worship, 9:00 a.m., Sunday School 10:00 a.m. (MST)

MINGO BIBLE CHURCH, 420 Main Mingo, 785-462-2992: An independent community church served by Village Missions Pastor Tom Peyton. Sunday School: 9:30AM - all ages. Worship Services: 10:45AM. Sunday Evenings 6:30. First Sunday of month - carry-in dinner following morning worship.

SACRED HEART CATHOLIC, 785-462-2179, Father Dana Clark, Pastor, Saturday Eve. Mass 5:30 p.m., Sunday Masses 8:00 & 10:00 a.m., Confessions will be heard Saturday 4:30-5:05 p.m. and from 7:30-7:45 a.m. and 9:25-9:40 a.m. on Sunday.

FIRST PRESBYTERIAN CHURCH, Reverend Andrew Sonneborn, 515 W. 4th, 785-462-6342, Sunday Worship 11:00 a.m. Podcasts of the worship services are available at the church website colbypres.org.

THE SHEPHERD'S STAFF, REXFORD, Joan Dingwerth, Director, 785-687-2565.

WESLEYAN CHURCH, 320 W. Pine - 785-462-8391, Sunday School 9:30 a.m., Sunday Worship 10:40 a.m., Sunday Evening Cell groups at 6:00 p.m., Wednesday Youth Ministries, Kids Clubhouse 7 p.m.

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS, 1145 S. Franklin - 785-460-6605, President Andy Rose, 785-460-6807. a.m., Priesthood, Relief Society, YM/YW, 12:10 p.m.; Family History Center open by appointment. Call 785-462-3571.

REDEEMING LOVE MINISTRIES, INC., 345 N. Franklin, Dr. W.G. and Rev. Orvella Romine, Equipping Class, Sunday, 9 a.m., Sunday worship, 10 a.m., Wednesday, R.L.M Training Centers (Bible School), 6 p.m. Shop online at: www.rlmregionalchurch.com.

COLBY UNITED METHODIST CHURCH, Rev. James Markdock, pastor, 950 S. Franklin, 785-460-6521, Sunday Worship Services at 8:30 and 11:00 a.m., Fellowship coffee 9:30 a.m., Sunday School, 9:45 a.m., KXXX broadcasts 11:00 worship. www.colbyumc.org

CHURCH OF CHRIST, 510 E. 4th, Sunday Bible Study 9:30 a.m., Sunday Worship 10:30 a.m., Wednesday, Bible Study 7:00 p.m. www.colbychurch.com

OUR SAVIORS LUTHERAN CHURCH, 217 Main St., Brewster, 785-694-2751. Sunday worship 10:00 a.m.

FIRST CHRISTIAN CHURCH, (Disciples of Christ), 385 W. 3rd - 785-460-2718, Sunday Morning Worship and Children's Church at 10:00 a.m.

TRINITY LUTHERAN CHURCH, Rev. Robert Alexander, East 5th & Country Club, 785-462-3497, Services, Sat., 5:30 p.m., Beginning Sept. 2 - Sunday Worship Service 10:30 a.m., Adult Bible Class & Sunday School 9:15 a.m. Visit us at www.trinitycolby.com.

LEVANT COMMUNITY CHURCH, 205 1st St., Pastor Charles Taff, 785-586-2376, Sunday School (classes for 3 years & up and 3 adult classes) 9:30 a.m., Morning worship 10:30 a.m.

BREWSTER UNITED METHODIST CHURCH, PO Box 250, Brewster. Pastor Mike Baughn, 785-694-2278, Sunday School: 9:45 a.m.; Worship Service, 10:45 a.m.

REXFORD COMMUNITY CHURCH, Rexford, Pastor Lane Purcell, 785-687-3305, Sunday School 9:30 a.m., Worship Service 10:30 a.m.

BREWSTER COMMUNITY CHURCH, Mike Pinkelman, Pastor, Brewster - 785-694-2720, Sunday School (adults) 9:30 a.m., Worship Service 10:30 a.m., Children's Sunday School 11:15 a.m. Bible Study 7:00 p.m., Wed. 7:00 p.m. Children's Ministries (Royal Rangers/Missionettes), Wed. 7:15 p.m. - Intercessory & Prayer, Tue. 5:30 p.m. - Women's Bible Study.

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