

Ready . . . Set . . . Go!



Children ran to collect eggs during the Kiwanis Easter egg hunt Saturday in Fike Park. A large crowd turned out for the event, despite chilly weather. The day featured an appearance by the Easter Bunny.

TISHA COX/Colby Free Press

Study says weight gain during pregnancy can lead to fat toddlers

NEW YORK (AP) — The standard advice for how much weight a woman should gain during pregnancy may need to be changed, concludes a rigorous and provocative study suggesting that even accepted weight gains may raise the risk of having an overweight toddler.

Women in the study who gained the recommended amount of weight ran four times the risk of having a child who was overweight at age 3, compared to women gaining less than the advised amount.

The outcome was about the same for women who gained more than the advisable amount.

So what's a pregnant woman to do? She shouldn't gain more weight than recommended, said the study's lead author, Dr. Emily Oken of Harvard Medical School.

But beyond that, it's too early to say whether women should try to gain less than the standards call for or shoot for the low end of the recommended range, Oken said. At least the latter course is probably safe, she said. In any case, Oken said, it's too soon to call for a revision of the standard guidelines.

The study appears in the April issue of the American Journal of Obstetrics & Gynecology. It focuses on guidelines issued in 1990 by the Institute of Medicine, a private non-governmental organization that advises the federal government. The guidelines recommend differing amounts of weight gain depending on how much a woman

weighed before pregnancy, as measured by a combination of her height and weight called the body-mass index.

Those with a "normal" BMI are encouraged to gain 25 to 35 pounds, for example. Women with a higher BMI, meaning they are heavier at a given height, get lower targets, while women with a lower BMI are given a higher range.

The new work looked at 1,041 pairs of mothers and their 3-year-olds. It compared how much weight the mother had gained during pregnancy with the BMI of their children. It defined "overweight" in the 3-year-olds as having a body-mass index greater than 95 percent of children of the same age and sex.

Researchers found that about half the mothers gained more weight during pregnancy than the guidelines called for, while about a third met the recommended gain. The remaining 14 percent gained less weight than recommended.

Lisa Bodner, an assistant professor of epidemiology and obstetrics-gynecology at the University of Pittsburgh Graduate School of Public Health, says the new work adds to previous indications that the IOM guidelines may need to be revised. Bodner, who didn't participate in the new study, called it one of the most rigorous.

"We know that weight gain is important, we just have to find a middle ground" between too little and too much, she said.

EASTER SUNDAY Schedule of Services

These Colby Churches listed here warmly invite you to share part of your day with them.



Brewster United Methodist Church

Easter Sunday
Brunch: 9:30 a.m.
Services: 10:30 a.m.
Please come join us!

College Drive Assembly of God



245 W. College Drive
785-462-8234
Pastor Jeremy Gundling

EASTER MORNING SERVICES

Breakfast.....9:00 a.m.
Outdoor Family Worship.....10:00 a.m.

Celebrate your faith this Easter Sunday

COLBY UNITED METHODIST CHURCH

"Open Hearts, Open Minds, Open Doors"

Holy Thursday - April 5th.....7:00 p.m.
Tenebrae Service, Good Friday - April 6th.....7:00 p.m.
Sunrise Service, Easter Sunday.....7:00 a.m.
Breakfast.....following Sunrise Service
Easter Service.....8:30 a.m.
Coffee.....9:30 a.m.
Sunday School.....9:45 p.m.
Easter Service.....11:00 a.m.

950 S. FRANKLIN • 785-460-2761

TRINITY LUTHERAN CHURCH

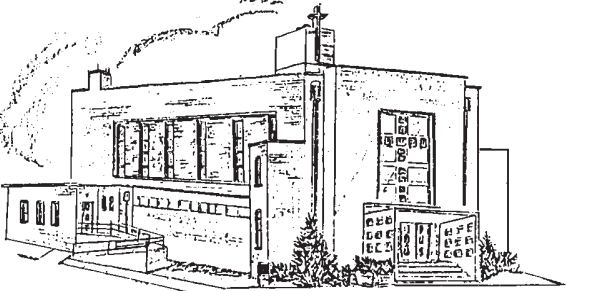


Rev. John L. Schmidt
855 E. 5th St., Colby • 785-462-3497
www.trinitycolby.com

April 6 - Good Friday Service.....7:00 p.m.
April 8 - Easter Sunday Sunrise Service.....7:00 a.m.
Breakfast following
April 8 - Easter Sunday Service with Holy Communion.....10:30 a.m.

Celebrate the Risen Christ With Us!

SACRED HEART CHURCH



Fr. Dana Clark
585 N. French, Colby • 785-462-2179

Holy Thursday 7:00 p.m.
Good Friday 12:05 & 7:00 p.m.
Holy Saturday Easter Vigil 9:00 p.m.
Sunday Masses 8:00 & 10:00 a.m.

FIRST PRESBYTERIAN CHURCH 515 W. 4TH, COLBY, KS

Rev. Carol Rahn



Maundy Thursday Worship & Communion....7:00 p.m.
Good Friday Meditation.....9:00a.m. - 6:00p.m.
Easter Sunday Worship Service and Communion...11:00 a.m.