



‘Wise Up’ to fitness in the coming year

Wise Up and Count Down, Thomas County. Every January, millions of Americans make resolutions to lose weight and eat healthier diets. However, in a few weeks, most of them will lose their resolve and go back to the same old habits.

That’s why this year, the Thomas County Extension Service, the Thomas County Wellness Committee and the Colby City Recreation Department have come up with a plan to help us keep our New Year’s resolutions. They plan to promote exercise and healthy eating with a team-oriented fitness challenge called, “Wise Up and Count Down Thomas County.”

The program will begin on Monday, Jan. 12, with a weigh in at the Colby Community Building from 4 to 7 p.m. There will be classes at 5:30 p.m. Mondays at the Community Building through March 9, the day for the final weigh-in.

Participants will have blood and fitness testing, diet analysis and body composition analysis, and receive weekly newsletters. Prizes will be awarded for most improved body composition, perfect class attendance and the teams and individuals with the largest weight loss and largest percentage of weight loss at the closing of the program on Tuesday, March 10.

People can form teams of four and sign up at the Thomas County Extension Service office on Range Avenue, the Colby Recreation Department at the Community Building, or by downloadin a form at [www.thomas.ksu.edu](http://www.thomas.ksu.edu) by Friday, Jan. 9. Registration is \$30 per person or \$120 per team. No late registrations will be accepted.

The first blood analysis will cost an extra charge of \$25 for participants; the ending blood analysis will be free. Blood will be drawn from 6 to 9 a.m. Jan. 13 to 17 at Citizens Medical Center.

Motivational speakers have been arranged. On Feb. 2, Dr. Denis Medeiros of Kansas State University, will talk about avoiding fad diets. On Feb 16, Dr. Jeffrey Burnett, of Fort Hays State University, will speak on being realistic about fitness. On Feb. 23, Chris Carroll, Colby Medical Center pharmacist, will discuss diet pills and medications. Those not enrolled can attend these sessions for an admittance fee of \$5. For information, contact Diann Gerstner at the Extension Office, (785) 460-4582 or [diann@ksu.edu](mailto:diann@ksu.edu).

Weather Corner

National Weather Service

**Tonight:** A 20 percent chance of snow before midnight. Mostly cloudy, with a low around 18. North wind between 5 and 10 mph.

**Friday:** Mostly sunny, with a high near 37. West wind 5 to 10 mph becoming southeast.

**Friday Night:** Mostly cloudy, with a low around 15. Breezy, with a south wind 5 to 10 mph becoming west between 15 and 20 mph.

**Saturday:** A 20 percent chance of snow. Mostly cloudy, with a high near 21. Windy, with a north wind between 20 and 30 mph, with gusts as high as 35 mph.

**Saturday Night:** Mostly cloudy and blustery, with a low around -1.

**Sunday:** Mostly sunny, with a high near 14.

**Sunday Night:** Partly cloudy, with a low around 0.

**Monday:** Partly sunny, with a high near 22.

**Monday Night:** Mostly cloudy, with a low around 6.

**Tuesday:** A 20 percent chance of snow. Mostly cloudy, with a high near 20.

**Tuesday Night:** Partly cloudy, with a low around 6.

**Wednesday:** Sunny, with a high near 25.

Wednesday: High, 39; Low 10

Precip: Wed. 0.00 inches

Month: 0.11 inches

Year: 20.62 inches

Normal: 20.34 inches (K-State Experiment Station)



Board member Omar Weber (left) and Don Krebs, interim principal at Colby High School, talked as Stan Molstad (seated) and Diana Wieland, curriculum director for Colby schools, discussed issues at the end of a school board meeting Monday.

Schools face cuts in money

From “SCHOOL,” Page 1

the high school, where students can send letters to fellow teachers and students. Some students have been assigned regular post-office jobs including postmaster, carrier and “nixie” clerk, said Trish Starbuck, art teacher at the grade school said.

Harrison told the board she expects a cut in state money because of the state’s budget crisis.

In other business, the board:

- Approved hiring recommendations for Jennifer Gryder as a high school custodian and Jaenene Lee, Flo Rodriguez and Bernice Skiles as teacher aides.

- Approved a supplemental contract for football coach Chris Gardner as eighth grade assistant girls basketball coach.

- Accepted the resignations of Linda Ochsner, consumer and family science teacher at the high school; Doug Finley, social worker; Julie Szoka, an aide at the middle school; and Jason Gryder, a custodian at the high school.

- Agreed to rename the Paul Wintz Orange and Black Classic basketball tournament to the Paul Wintz/Tom Bowen Orange and Black Classic. Wintz and Bowen got advertisers to put up money for the first Orange and Black 24 years ago.

- Heard Gary Barton, director of maintenance and grounds, describe designated tornado refuge areas in each school building. The state had asked districts to review refuge areas, Harrison said.

- Heard that the Kansas Multi-tier System of Supports, created by the state Department of Education, is using ESSDAC, a service center that provides development training for schools in Kansas, to teach Colby school officials how to follow federal regulations under the No Child Left Behind and the Individual with Disabilities Education acts.

- Heard that those using the multi-tier system and the school improvement team are coming together to form one unit.

Power co-op asks judge to hear plea

From “POWER,” Page 1

any issue of Kansas state law,” it says. “Therefore the conduct or outcomes of the state administrative and judicial proceedings are irrelevant to the resolution of Sunflower’s claims here, which are squarely and solely based upon defendant’s denial of Sunflower’s

rights under the United States Constitution.”

In its lawsuit, the company seeks more than \$1.5 billion in damages. Sunflower contends it already has spent \$1.42 million in consultant and attorney’s fees in connection with its preparation and prosecution of its application for the coal-fired plants.

In September 2007, the attorney general’s office told Bremby he had the authority to deny the permit to protect the health of people or environment, even though no state or federal regulations set limits on carbon dioxide emissions. The gas is widely thought to contribute to global warming, however.

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