Walking program starts in March for 10th year

Celebrating its 10th year, a fit- ing on you to contribute can be a more optimistic) attitude. cal activity, seems to be a winner, even for couch potatoes.

couch potatoes?"

Since its introduction in 2001, and Extension's annual Walk Kansas program has attracted nearly 150,000 participants, said Sharolyn Jackson, state coordinator for

"The low-cost program idea was developed to encourage an increasingly sedentary population to get up and move toward a more healthful lifestyle," said Jackson, survey met their goal. an Extension family and consum-

As a fitness challenge, she said, Walk Kansas invites friends, neighbors, family and co-workers to form teams of six to cover the equivalent of the 423-mile distance across the state from east to west during the eight-week pro-

The goal is to encourage at least 30 minutes of aerobic, hearthealthy physical activity five or more days a week, or 150 minutes

Knowing that others are count-

COLBY POLICE

Tuesday

1:51 a.m. – Suspicious incident:

officer was out behind business

checking a man running after a

911 call. Subject would not coop-

6:52 a.m. - Caller reported an

unknown-type alarm going off.

Subject called back to say disre-

road in the 200 block of E. Col-

10:14 a.m. – Brought prisoner

gard; item was in the house.

erate; everything OK.

Security check at

On the Beat

1:23 a.m.

Walmart.

lege Dr.

ness challenge program that en- motivator, said Jackson, who notcourages health-promoting physi- ed that other plusses for the program include encouragement and practical ideas for healthy living Or, should we say "former though newsletters, recipes, programs and special events.

Most who start the program Kansas State University Research complete it, and many return each spring, referring to themselves as "former couch potatoes" who now benefit from improved health, Jackson said.

> In reviewing 1,950 surveys from the more than 18,000 Walk Kansas 2010 participants, Jackson reported that 98 percent of program participants completing the

Seventy-three percent of proer science area specialist based in gram participants completing the survey reported feeling confident that they would continue 150 minutes of aerobic exercise weekly; 40 percent reported adding strength training exercises to their routine, and, thanks to encouragement from the program, 80 percent reported eating more health-promoting fruits and vegetables than they had before.

> Survey results from participants also indicated:

• 65 percent of the participants reported increased energy.

Office.

• 49 percent reported a better (or

10:34 a.m. - Two officers as-

12:45 p.m. - Took prisoner to

3:20 p.m. - Theft from pop ma-

3:50 p.m. – Dog at large at 1225

5:52 p.m. – Caller reported

10:11 p.m. - Report filed for

11:29 p.m. – Someone called

W. Seventh turned over to Colby

sisted deputy in the jail.

Colby Grade School.

Larned State Hospital.

chine. Report filed.

narcotics violation.

Animal Clinic.

8:49 a.m. – Removed item from fight. Report filed for battery.

from Sherman County to Law 911 about their dog being ag-

Enforcement Center for Sheriff's gressive. Report filed for animal

- 41 percent reported improved
- 41 percent reported weight
- 40 percent reported increased muscle strength.
- 30 percent reported increased flexibility.
- 30 percent reported being better able to handle stress.
- 14 percent reported lowering
- blood pressure. 8 percent reported lower levels
- of blood cholesterol.
- 6 percent reported being more

able to manage diabetes. Although initially developed to encourage walking, the program has gradually expanded to include any health-promoting exercise, Jackson said. Swimming, bicycling, playing tennis, pushing a lawnmower and hiking are ex-

Walk Kansas 2011 is scheduled March 13 to May 7. Costs for the program in Thomas County will be

\$7 a person, with six on a team. Information will be available at the Thomas County Extension office, 350 S. Range, by Tuesday, Feb. 1 and online at www.walkkansas.org and www.ksre.ksu.

bite. Dog taken to Colby Animal

Monday

9:05 a.m. - William Mead ar-

9:32 a.m. - Booked, released

2:18 p.m. – Kuper Jones arrest-

2:32 p.m. - Booked, released

3:44 p.m. - Kansas Protective

Report Center of Topeka needed

welfare check in Brewster. Spoke

with subject at home in Levant;

Clinic.

rested on warrant.

ed on warrant.

Kuper Jones.

everything OK.

William Eldon Mead.

11:12 a.m. - Walk-through at THOMAS COUNTY SHERIFF

Is it spring yet?



KEVIN BOTTRELL/Colby Free Press

Jeff Horlacher was cleaning up this morning after Wednesday's storm, which gave Colby a trace of snow and two hundredths of an inch of moisture when the ice was factored in. That brought the year's total to .22, still .23 below normal.

Test home for radon hazard

There's a saying: "What you don't know can't hurt level of the home.

Whether you agree or disagree, Bruce Snead, a Kansas State University Research and Extension residential energy specialist, urges homeowners to test for radon, an odorless, colorless and tasteless gas produced by decay of natural radioactive materials

Radon is a natural environmental hazard that seeps into homes and other buildings through joints or cracks in the foundation, Snead said. It has been found above recommended levels in as many as one in four homes in Kansas.

Radon is known to be the leading cause of lung cancer in nonsmokers and the second leading cause of in smokers. Testing is recommended, said Snead, who explained that it need not be costly, or difficult.

"Many K-State Research and Extension offices offer low-cost test kits for \$5," he said, "and detectors also can be purchased at home, discount-department and hardware stores.

Following the directions provided with the kits and detectors is important so results reveal the potential for elevated concentrations in the lowest inhabited

If the results are low, consider repeating the test every two or three years or whenever there is a significant change in the home's foundation, heating system or air tightness, Snead said.

If radon is found to be present above the recommended level, a confirmatory test should be done. If you want to know the radon concentration in other areas of your home, conduct all tests at the same time. If high results are confirmed, Snead recommends consulting a radon professional to install a mitigation system.

In Kansas, beginning July 1, 2009, all residential real estate sales contracts have a recommendation for radon testing and disclosure of results. Mitigation is not required, Snead said.

More information about radon, including testing and mitigation, is available at most K-State Research and Extension offices, via the Kansas Radon Program at www.kansasradonprogram.org and by phone, tollfree at (800) 693-5343. The Environmental Protection Agency's National Radon Program Services is housed in the Engineering Extension Department at

Kids to compete growing soybeans

This spring, the K-State Department of Agronomy students and advisers must bring entries to the Manand Kansas Foundation for Agriculture in the Classroom will join to hold "Willie and the Beanstalk," a soybean-growing contest for Kansas students. The challenge involves trying to grow the largest soybean plant in 40 days.

The Kansas Soybean Commission sponsors the contest, which is open to school, 4-H, and FFA teams The two age divisions are kindergarten through eighth grade and high school.

Beginning on a common seeding day of Monday, 40 days and document their activities. On April 16, beanstalk@k-state.edu.

hattan campus for judging, held in conjunction with K-State's open house activities.

The plants will be evaluated on documentation, height, mass, leaf area and leaf greenness. Plants will be ranked and prizes will be awarded in each judging category All entrants will receive a T-shirt

The contest can be incorporated in the classroom. interested in the scientific principles of plant growth. The foundation has developed lesson plans that focus on plant growth and development for the contest, available at www.ksagclassroom.org.

Registration opens Tuesday, Feb. 1. For infor-Mar. 7, contestants will grow a soybean plant for mation go to beanstalk.agronomy.ksu.edu or email

Physical therapy students offer massage clinics

Students in the Colby Commumassage for \$22. Faculty, staff and nity College Physical Therapist students will receive a discounted Trudy Wildeman at (785) 460-Assistant Club will offer massage rate of \$10 for a 30-minute mas- 4797 between 8 a.m. and 5 p.m. clinics from 4 to 8 p.m. Tuesday and next Thursday.

ute massage for \$12 or a one-hour ment possibilities.

The clinics, open to the general alism among physical therapist welcome. Proceeds will be used public, will be in room 804 of the assistants, providing lifelong for the club's student spring con-Health Sciences Building. Two learning opportunities and helping ference. options will be offered, a 30-min-students identify career develop-

For an appointment, contact weekdays or e-mail trudy.wilde-The club promotes profession- man@colbycc.edu. Walk-ins are

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