

Family

Walking, reading boost healthy lives

“I have a dream” – I know, I’m a month late, but anyway – to help make Thomas County one of the healthiest places in the country.

With the warm weather this week, we have hope that spring is on its way. With spring comes Walk Kansas, March 13 to May 7, celebrating 10 years. Can you believe it? But more about Walk Kansas later in this column.

The other event I have coming up to help promote healthy lifestyles is the “Water with Lemon” book discussion March 1 at 6 p.m. at the Pioneer Memorial Library basement.

“Water with Lemon” is America’s first weight-loss novel. It is an inspiring story of diet-free, guilt-free weight loss. Everyone who has lived through yo-yo dieting will celebrate the character’s triumph over the pain of the roller coaster diet mentality. Learning from Fowler and living through Karen, readers will walk away with the knowledge and inspiration to conquer their own weight struggles in a way no other book has ever delivered.

Author and registered dietitian Zonya Foco covers the steps for working your way to a healthy lifestyle in the form of a novel. The eight steps to a healthy lifestyle form the acronym DIET-FREE. Read the book to find out what the letters stand for and attend the book discussion at 6 p.m. Tuesday, March 1, at Pioneer Memorial Library. I hope you will read the book, but either way join us on March 1.

With March just around the corner, that means Walk Kansas. The 2011 Walk Kansas challenge will be March 13 to May 7. Now is the time to get a team of six people together and get signed up.

Team captain packets are available at the Extension office, 350 S. Range, in the Thomas County Office complex. Pick one up today or download the materials you need from our website at [www.thomas.ksu.edu](http://www.thomas.ksu.edu). Walk Kansas is a program aimed at helping people strive for a healthy lifestyle by being more active, making better nutrition choices and learning positive ways to deal with stress.

**How does Walk Kansas work?**  
Co-workers, family members, friends and neighbors form teams of six. New this year is the option for teams to choose between two goal options.


Challenge 1: Each participant reaches the minimum goal for physical activity – 2½ hours of moderate/vigorous activity per week. Collectively over eight weeks the team would walk 423 miles, which is the distance across the state of Kansas.

Challenge 2: Each participant logs six hours of moderate/vigorous activity per week. Collectively over eight weeks, the team would walk 1200 miles which is the distance around the perimeter of the state.

Markets

Quotes as of close of previous business day	
<b>Hi-Plains Co-op</b>	
Wheat (bushel)	\$8.08
Corn (bushel)	\$6.25
Milo (hundredweight)	\$10.73
Soybeans (bushel)	\$12.43

Happy 90<sup>th</sup>



Mary Oard

♥ ~ ~ ♥

Come Join Us In  
!!Celebration!!

February 26, 2011  
(DOB 2-24-1921)  
2 p.m. - 5 p.m.

First Christian Church  
(In the basement)  
385 W. 3rd St. • Colby, KS

CARDS ARE WELCOME  
PLEASE NO GIFTS

We want your local news:  
e-mail to [colby.editor@nwkansas.com](mailto:colby.editor@nwkansas.com)

Diann Gerstner

- Knowledge for Life

Participants log minutes of physical activity and fruits/vegetables consumed each day, and report these weekly to their team captain. This logging and reporting will help keep you on track to be accountable to yourself and your team. Fifteen minutes of moderate or vigorous physical activity counts as one Walk Kansas mile. While walking is an activity that most people can do, any activity that is at a moderate or vigorous level (for at least 10 consecutive minutes) can count. This could include activities such as swimming, jogging, bike riding, basketball, aerobic exercise, tennis, even pushing a lawnmower. Strength and flexibility exercises, such as yoga, tai chi, working with resistance bands, and strength training can also count.

Captains report team totals each week. Progress of all teams in Kansas can be viewed at [www.walkkansas.org](http://www.walkkansas.org).

Electronic newsletters each week will include tips for more active living, nutrition advice, a recipe, stress management ideas and healthy living on a budget. For an additional fee, newsletters can be mailed to participants.

Get started! The first step is to gather a team, choose and team name and captain, and choose which challenge to work toward. Stop by the Thomas County Extension office to pick up a team captain packet. We prefer registration materials to be returned before the start of the program on March 13 but the absolute registration deadline is Thursday, March 17.

We will celebrate at the end with a grand finale event at 5:30 p.m. Wednesday, May 11, at the 4-H building, lasting one hour or less. We will have light refreshments and recognize teams for their accomplishments. The top 30 or more teams will receive prizes and one or more big grand prizes will be up for grabs in a “Must be Present and a Walk Kansas Participant to Win” drawing.

Get a team together and sign up today.

Diann Gerstner is the family and consumer sciences agent for the Thomas County Extension office.

Babies

Kenadie Jolea Hernandez

Kenadie Jolea Hernandez, daughter of Emily Simon and Eder Hernandez of Goodland, was born Monday, Feb. 7, 2011, at Citizens Medical Center. She weighed 7 pounds, 12 ounces and measured 20 inches.

Welcoming her home was a brother, Quinton. Grandparents are Terri Simon of Colby, Raymond Simon of Minneapolis, Reina Hernandez of Las Cruces, N.M., and Manuel Hernandez of Goodland. Great-grandparents are Larry and Rita Weber of Grainfield and Mary Francis Flax of Ransom.



Kenadie H.



Madison H.

Madison Lynn Heinrich

Madison Lynn Heinrich, daughter of Travis and Anita Heinrich of Oakley, was born Wednesday, Feb. 9, 2011, at Citizens Medical Center. She weighed 7 pounds, 1 ounce and measured 19 1/2 inches.

Haley, Desaray, and Austin Heinrich welcomed the baby home. Grandparents are Markis and Brenda Krontz, Greg Phillippi and Doneld Heinrich, all of Oakley.

Frankie Jewel Rodriguez

Frankie Jewel Rodriguez, daughter of Jaizy J. Rodriguez of Hoxie, was born Tuesday, Feb. 8, 2011, at Citizens Medical Center. She weighed 8 pounds, 2 ounces and measured 19 3/4 inches.

Grandparents are Frank and Lynette Rodriguez of Hoxie.



Frankie R.

Arts association cancels Atwood ‘Truman’ show

The show “Give ‘em Hell, Harry Truman” with Gary Neal Johnson, set for Sunday at Rawlins County High School in Atwood by the Western Plains Arts Association, has been cancelled due to health issues with the performer.

The next show will be Brett

Family Show from Branson, Mo., at 7:30 p.m. Saturday, Feb. 26, at Oakley High School.

Spokesperson Amie Kendrick said the Truman show won’t be rescheduled. For information, call her at 460-3837.

Colby Rotary Club

Colby Rotary Club met Tuesday with 34 members and guests.

Soup supper chairman Gary Adrian reminded members about the Tuesday, Feb. 22, event. A work schedule sign-up was passed around. The soup supper will be from 5 to 7:30 p.m. at the Community Building in conjunction with the Colby/Norton basketball games.

Glen Kersenbrock had the program. David Nordhues, Colby Community College wrestling coach, spoke about his team and their successes this year. The team qualified eight of ten members for the National Junior College Ath-

letic Association National Championships and finished in third place at the West Central Regional in Powell, Wyo. Coach Nordhues introduced each wrestler that will be competing in nationals Thursday through Saturday, Feb. 24 to 26, in Spokane, Wash. Members are invited to attend the send-off for the wrestlers at 5:30 p.m. Tuesday outside the north side of the campus gym.

Ron Evans presented his always-interesting bit of trivia.

Colby Rotary meets each Tuesday at the college in Room 106 of the Student Union.

— Relda Galli, reporter

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.



Hoxie postpones, moves blood drive

The Hoxie Community Blood Drive, changed on account of snow storms, will be from 10 a.m. to 4 p.m. next Wednesday in the Immanuel Lutheran Church, 1400 Locust. The drive was to be held in the gym at the Hoxie High School, but has been moved due to scheduling conflicts.

“The snow days for the school have disrupted more than just a few classes,” said Dawn Gabel, American Red Cross Donor Recruitment Representative for Northwest Kansas, “The sports teams lost several days of preparation, so the day they planned to give up for the blood drive was needed.... We are grateful the Lutheran church was flexible enough host the blood drive.”

The Red Cross has also posted a blood alert for the first time in over ten years.

“Over 30,000 donations have been lost due to blood drive cancellations across the nation and several hundred of those are in the Kansas region.” Gabel said, “The plan is for a recovery in small increments across the whole of the U.S.”

The goal for the blood drive in Hoxie is 60 donations and the Red Cross is hoping to go over that goal by at least ten percent.

The American Red Cross Red Cross Central Plains Region serves over 100 hospitals. The region includes Kansas and the Oklahoma Panhandle and provides blood product for an overwhelming majority of rural hospitals.

Appointments are encouraged, but walk-ins are welcome. Visit [redcrossblood.org](http://redcrossblood.org) or call (800) RED CROSS, (800) 733-2767. All blood types are needed, especially type O negative and A negative to ensure a reliable supply for patients. Individuals who are 17 years of age (16 with parental permission in Kansas), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements. Please bring your Red Cross blood donor card or other form of positive identification when you come to donate.

Business college receives large scholarship donation

Twenty thousand anonymous scholarship dollars were dropped into Dr. Mark Bannister’s lap over the Christmas break for Fort Hays State University’s College of Business and Leadership.

Bannister, dean of the college, said the money will be used to create a new scholarship called the College of Business and Leadership Academic Achievement Scholarship. It will be used to help recruit students to the college’s on-campus programs.

“Selection for the scholarship will be from students who have applied for programs in the college for the fall 2011 semester,” Bannister said. “The money will be added to Academic Opportunity Awards, Miller Black and Gold or the Hays City Silver Academic Awards. Students are allowed to have other academic scholarships

in their portfolio as well.

Current tuition and fees is \$3,942 a year based on a 15 hour on campus enrollment each semester. The dean said that students with a bundle of other scholarships could likely end up with at least their first year of college tuition paid.

This can be used to support new students in accounting, banking, finance, international business, computer networking and all other business courses including Web development.

Bannister said he believes the donor is an alumni who “benefited from a scholarship and who believes in Fort Hays State University.”

“I am hoping that if we can demonstrate that we can benefit students and use the gift wisely, future gifts may follow,” said Bannister.



Happy BIRTHDAY!

Come help us celebrate

Thurman Cox's 90th Birthday

on Saturday, Feb. 19  
at the Colby Senior Progress Center  
from 2 - 4 p.m.

— NO GIFTS PLEASE —





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