

Wellness Fair offers health bargain for advantage of all Thomas County

Healthy and happy are two main goals for most families and do we – the Thomas County Wellness Committee – have a deal for you.

The 2011 Thomas County Wellness Fair and Healthy Lifestyle Expo will be from 8 a.m. to noon on Saturday, Oct. 8, at the Colby Community College Student Union. You may have read about it but I want to give you a few more details and remind you to mark it on your calendar. For only \$5 you will have access to many low cost or free screenings and educational booths. You can learn a lot about wellness and your own health status and save a lot of money by attending. Saving that money and the reassurance of good health or catching potential problems early can help you to your other goal of happiness.

Preceding the Wellness Fair are the laboratory blood draws and baseline electrocardiogram. These tests will be done from 6 to 9 a.m. Tuesday through Saturday, Sept. 27 to Oct. 1, in the Citizens Medical Center Specialty Clinic area. There is no registration, just show up. Tests being provided this year include:

- Comprehensive Test (\$30) including complete blood count, lipid profile (cholesterol), liver profile, glucose and other chemistries. This test requires a 10-12 hour fast. None of the other tests requires fasting.
- TSH (\$20) thyroid
- PSA (\$25) prostate
- HgbA1C (\$20) diabetes diagnosis and management
- Cardio CRP (\$20) helps determine risk for



Diann Gerstner

- Knowledge for Life

heart disease

- Baseline electrocardiogram

We encourage you to contact your doctor to see which tests they recommend you have taken to take advantage of this cost saving. These tests normally cost in the hundreds of dollars. But also know you do not have to have a doctor's request to have these tests taken. Having them just for peace of mind is a great reason. The only test that requires fasting is the comprehensive test. For questions, contact Jeanene Brown at Citizens Medical Center, (785) 460-4850.

Blood test results will be available for pick-up at the Wellness Fair, Oct. 8. Sessions to explain laboratory values will be held that day at 8:30, 9:30 and 10:30 a.m. A doctor will go over all the tests, talking about what was being tested, why it is important, what the numbers mean, what could cause a high or low score and more. There is generally a short amount of time for questions at the end of the session. Results not picked up at the fair will be mailed to the participant. Results are not sent to medical providers. Participants are encouraged to

share their test results with their health care providers.

The only part of the Wellness Fair that requires pre-registration is the Stroke, Vascular and Osteoporosis Screenings. Call (877) 732-8258 to schedule an appointment during the Wellness Fair on Saturday, Oct. 8. All four tests cost a total of \$90 or you can select individual tests for \$45 each. Again this is a great bargain. All are non-invasive – no needles – great news for people like me that try to avoid needles at all costs.

I did these tests last year and they are a piece of cake. You lay down and they run a hand-held mechanism sort of like a sonogram instrument over your neck, stomach and lower leg. I didn't have any vascular problems but they did find a nodule on my thyroid. They didn't see it as a big red flag but wanted me to know about it and to let my doctor know. Now I'm going to have my thyroid tested at this year's fair just to keep an eye on it.

Remember, these screenings are not diagnostic; they are to help identify possible health concerns.

I'm out of room for this column so I just want to mention the two new features at this year's fair: the Healthy Lifestyle Expo and the Scavenger Hunt. I will tell you more about these in my next column on Oct. 5.

For information call Jeanene Brown at the number mentioned above, call me at 460-4582 or check out our website: www.thomascounty-wellness.org.

Deaths

Helen I. Denton

Helen I. Denton, 95, Goodland, died Tuesday, Sept. 6, 2011, at her home.

She was born Feb. 21, 1916, in Cedar (Smith County), to Charles Edward and Celia Lucinda (Sprague) Cole. Later the family moved to northwestern Sherman County south of Ruleton. She attended Pleasant Plains country school, riding a horse the four miles to school as well as to herd cattle and hunt rabbits. The family attended Harmony Church, which is still standing. She was baptized in Goose Creek on Jan. 28, 1929. In 1947, she joined the First Christian Church in Goodland.

On June 18, 1937, she married Carl Abner Denton in Colby.

She served the community through Home Demonstration and Lend a Hand clubs. For 16 years she was a 4-H leader.

An avid gardener, she also enjoyed baking, making baby quilts, crocheting, sewing and raising African violets.

Preceding her in death were her parents, her husband in 1981, three brothers, three sisters and a great-grandchild, Faith Figgins.

Survivors include five children, Charles Denton and Victoria (Rick) Windell, all of Kanorado; Norma (Neal) McCoy, Kearney, Neb.; Donna (James) Hughbanks, Denton, Texas; and Mary Carver, Douglasville, Ga.; 16 grandchildren; 29 great-grandchildren; five step great-grandchildren; one great-great-grandchild; and one step great-great-grandchild.

Services were to be Saturday, Sept. 10, 2011, at the First United Methodist Church in Goodland, with the Rev. Dustin Petz officiating and burial in the Goodland Cemetery.

The family suggests memorials to Hospice Services-Sherman County, First Christian Church or the First United Methodist Church, all of Goodland, in care of Koons Funeral Home, 211 N. Main Ave., Goodland, Kan., 67735.

Colby Rotary Club

Colby Rotary Club met Sept. 13 at Colby Community College with 28 members and guest Joyce Washburn.

Cindy Cersovsky updated members on the Student of the Month/Rotary Scholarship program.

Marilyn Unger had the program which was an overview of plans for the community walking trail. The club discussed ways to help.

Options include a sign for the entrance area, planting trees, providing lighting, purchasing outdoor exercise equipment and helping with the natural amphitheater.

Gary Adrian won Roto-Lotto. Colby Rotary meets Tuesdays at the college's Student Union, room 106.

— Relda Galli

Atwood barbecue coming up Saturday

The eighth annual Smoking on the Beaver barbecue contest has been rescheduled for Saturday at the lake in Atwood.

A record number of competitive cooking teams are expected to participate. Butts 'R' Us, All Fired Up, Up in Smoke and about 50 other teams will prepare food for sampling and for competition. Competitions for best salsa, barbecue sauces, beans, home brewed and homemade wine will also be

held. Anyone can enter.

Afternoon entertainment will be provided by KXXX radio personality and disc jockey Joe Vyzourek. Barbecue dishes prepared by cooking teams will be served to the public at 6:30 p.m.

After the meal, there will be a dance with performances from Vehicle, a seven-piece band from Denver, and a half hour Blues Brothers revue.

A variety of other events are

scheduled throughout the day.

Beginning at 10 a.m. over the bridge and on the south side of the lake, the second annual Showing on the Beaver will take place. Antique tractors, cars, motorcycles and anything antique will be on display for viewing.

New this year, a chain saw artist will demonstrate his work and have some available for purchase.

There will be drawings for a free-range Red Wattle Hog from

Tecker Pork of Parks, Neb., and a Cajun Fryer.

Purchase of a \$20 ticket includes all drinks, food, music and the dance.

For information and to enter a team, go to www.atwoodkansas.com or www.sunfloweraero.com. Gary Worthy can also be contacted with questions at (785) 626-3344.

Markets

Quotes as of close of previous business day
Hi-Plains Co-op

Wheat (bushel)	\$6.81
Corn (bushel)	\$6.67
Milo (hundredweight)	\$11.07
Soybeans (bushel)	\$12.08

Please Recycle

Check children's safety seats this week

National Child Passenger Safety Week began Sunday and goes through National Seat Check Saturday. Because motor vehicles are the leading cause of death for children ages three to 14, Child Passenger Safety Week marks a national effort to remind parents and caregivers of the lifesaving effect child safety seats have in protecting young children.

"Child passenger Safety Week is inherent to protecting lives on Kansas roads. Our youngest passengers can't make the decision to use a car seat, so as adults, we must help keep them safe," Colo-

nel Ernest E. Garcia, superintendent of the Kansas Highway Patrol, said.

The Kansas Traffic Safety Resource Office provides a helpful tool in determining the best seat and fit for your child at www.ktsro.org/files/Law-Card.pdf.

Adults should always read the child restraint manufacturer's instructions and the instructions found in their vehicle owner's manual before installing a safety seat. Studies show that the three most common mistakes in installing a child safety seat are:

- Not attaching the seat correctly and tightly to the car or truck.
- Not fastening the harness tightly enough.
- Not using the chest clip, or us-

ing it incorrectly.

Information on Kansas' child seat requirements can be found on the Kansas Department of Health and Environment's site at: www.kansasboosterseat.org.

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.

We want your local news:
e-mail to
colby.editor@nwkansas.com

YOUR LEADER FOR HOME LOANS IN NW KANSAS

Farmers & Merchants Bank of Colby

240 W. 4th St., Colby, Kansas
(785) 460-3321

Mortgage interest rates are as low as:

15 year loans - 3.625%* (3.684% APR)
20 year loans - 4.125%* (4.171% APR)
30 year loans - 4.125%* (4.159% APR)

*Rates may change without notice subject to market conditions. APR based on a loan of \$100,000, actual fees may vary. Mortgage products are subject to change and availability. The actual mortgage product you qualify for will depend upon the verification of the value of your home, your credit score and other considerations.

Jacque Golemboski
Mortgage Loan Officer
NMLS #643818
F&M Bank NMLS #528146

Member FDIC
Equal Housing Lender

Rates shown assume:

- ✪ Excellent Credit ✪
- ✪ Conventional Loan, 80% Loan to Value ✪
- ✪ Single Family Residence ✪

Applications for funding are being accepted for grant opportunities at the Thomas County Community Foundation. Non-profit organizations, schools, and government agencies in Thomas County are encouraged to apply by September 30, 2011.

- Kids Can Do! Fund is a \$200 grant that provides funding for classroom and service-learning projects.
- James & Betty G. Secrest Fund supports fine arts, literacy, education, and the professional development of educators.
- Pierre C. Henry Foundation General Public Health Fund and Seele Foundation Fund grant for general public health projects, \$400 is available this quarter.
- TCCF Endowed Youth Fund and Kansas Health Foundation Children's Fund for youth related projects, \$275 is available this quarter.

Go to www.ThomasCountyCommunityFoundation.com for grant applications and guidelines.

THOMAS COUNTY COMMUNITY FOUNDATION

785-460-9152
tccf@st-tel.net

CUMC Hallelujah Luau!

Mission Auction and Dinner

Live and Silent Auction Including:

- Branson Vacation Package
- Pedal Tractors
- Kindle electronic reading device
- Remote control toys
- Golf cart space at Meadow Lake Golf Course
- Chauffer services for Prom ride-in
- Homemade foods & baked goods
- Massages
- Collectibles and antiques
- And much, much more!!!

Sunday September 25th 12:00 noon

Colby United Methodist Church
950 S. Franklin Ave.