

# Though there's no health fair, wellness challenge is coming

We have been getting quite a few calls asking when the Wellness Fair will be held this year.

Due to the participation at the 2011 Wellness Fair events – 94 attended the Health Fair, 360 had blood drawn – we have determined that the real question is when the low-cost blood tests will be done. We believe blood tests are a great way to monitor health, so even though we will not be holding the traditional Health Fair this year we, the Thomas County Coalition and Wellness Committee will once again be sponsoring health screenings and a healthy lifestyle program, the “Thomas County Wellness Challenge.” Read on for more on both.



## Diann Gerstner

### • Knowledge for Life

desired weight in a fun, virtual format.

The program guidance will be: 5-2-1-0

- 5 – or more fruits and vegetables
- 2 – hours or less of screen time
- 1 – hour of physical activity
- 0 – sugary drinks, more water

This program includes: the Comprehensive Profile blood test; Bodpod testing, for percentage of lean and fat body mass – considered the “Gold Standard” for measuring body composition; weekly weigh-ins and lessons on wellness every week. All this for one low price of \$40.

The challenge will get under way Tuesday, Jan. 15, at the Thomas County Health Department, 350 S. Range. Weigh-in will be “come and go” from 7:45 a.m. to 4:45 p.m.

Weigh-ins will be every Tuesday through March 12. Participants will receive correspondence, weekly assignments and reading material via e-mail. The Thomas County Wellness website, www.thomascountywellness.org will also be used for the weekly postings. Provisions will be made for those who need an alternative format.

Weigh-in and assignments are not required, but incentives will be given based on a point system in which points are given for program participation. The final weigh in will be Tuesday, March 12.

There are many benefits in enrolling in the Thomas County Wellness Challenge. By participating in the weekly assignments, participants will learn about making wise lifestyle goals, realistic weight loss, how to improve your fitness, understanding blood test results, choosing correct portions when eating, exercising properly, eating out healthy and emotional eating. With these resources, participants will have the opportunity to learn, be fit, have fun and even keep their New Year’s resolutions.

To register, simply go to the “wellness challenge” tab on the Thomas County Wellness website, www.thomascountywellness.org and fill out the registration form. You will receive a confirmation e-mail after your registration is complete. Payment of \$40 can be made online when you register or with a check to the Wellness Committee in care of Pat Erickson, 1255 S. Range, Colby, Kan., 67701.

For those participating in the free blood work, registration is due Tuesday, Jan. 8; if not having blood work, registration is due Monday, Jan. 14.

If you have questions about the 2013 Health Screenings or the Thomas County Wellness Challenge, contact:

- Citizens Medical Center, Education Department, (785) 460-4850, or e-mail jbrown@nwkshhealthcare.com.
- Thomas County Health Department, (785) 460-4596, or e-mail findir@thomascohealth.com.
- Thomas County Extension Office, (785) 460-4582, or e-mail diann@ksu.edu.

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

## Deaths

### Helen Lois Fields

Helen Lois Fields, 88, Strasburg, Colo., a longtime Thomas County resident, died Friday, Nov. 16, 2012, at the Prairie Creeks Assisted Living Center in Strasburg.

She was born Oct. 5, 1924, on a farm near Colby, the youngest of six children of Frank and Hester (Tracy) Kersenbrock. When she was about 6, her mother died. Following her father’s remarriage, she moved to Springdale, Ark. As a teenager, she moved back to Kansas, living with the Henry and Ellen Fields family, who farmed northwest of Colby.

On Nov. 12, 1944, she married Eugene Fields at the Fields’ farm. In 1945, they took over the farm and ran it together until 1971, when the property was sold. They moved to Lakewood, Colo., and she worked at the Coors Porcelain plant until retiring in 1989.

The couple retired to Yuma, Colo., where they were active in the Yuma Church of Christ. In 2004, they moved to Strasburg to be closer to family, and joined

the Strasburg Community Church. Following her husband’s death, she moved to the assisted living center.

Preceding her in death were her husband, on Feb. 19, 2011; her parents; four sisters, Ina Depe, Nina Fields, Mildred Blakely and Frances Mundt; a brother, Morris “Bud” Kersenbrock; and a daughter, Carolyn Fields, in 1952.

Survivors include two sons, Mick (Marlene) Fields, Strasburg, and Jay (Cheryl) Fields; four grandchildren; four great-grandchildren; and three great-great-grandchildren.

Services were Friday, Nov. 23, 2012, at the church in Strasburg, with Pastor Steve Yohn officiating. Burial was Saturday at the Beulah Cemetery in Colby.

The family suggests memorials to the church or the living center, in care of the Brown Funeral Home, Box 432, Eads, Colo., 81036.

Condolences may be left at www.brownfuneraldirectors.com.

### Daniel C. Harris

Daniel C. Harris, 63, Colby, a truck driver and construction worker who had lived in Oberlin, died Tuesday, Nov. 27, 2012, at the Rawlins County Good Samaritan Center in Atwood.

He was born Nov. 6, 1949, in Oberlin, the son of Donald F. and Irmadene “Dene” (Johnston) Harris. He graduated from the Decatur Community High School in Oberlin in 1968 and attended Fort Hays State University for two years. He served in the National Guard.

His parents preceded him in death.

Survivors include a son, Shane (Virginia) Harris, Oberlin; two

daughters, Shannon Harris, Colby, and Sharee (Danny Gibling) Harris, Kansas City, Kan.; a brother, Douglas Harris, Bazine; a sister, Darcel (John) Roberts, Lincoln, Neb.; and six grandchildren.

Services will be at 10:30 a.m. Friday, Nov. 30, 2012, at the Pauls Funeral Home in Oberlin, with the Rev. Nancy Proffitt officiating and burial in the Oberlin Cemetery.

Visitation will be from 8 a.m. to 8 p.m. Thursday and after 8 a.m. Friday at the funeral home.

The family suggests memorials in care of the funeral home, 121 N. Penn, Oberlin, Kan., 67749.

## Colby Rotary Club

Colby Rotary Club met Tuesday at Colby Community College with 34 members, visiting Rotarians Tyson McGreer and Virgil Scott and guests Randy Berls, Jeff Dennis, Joy Rothfuss, Dr. Phil Shuman and Pat Ziegelmeier.

Joyce Washburn had the program. Her guests were the college’s Sunflower Singers, directed by Randy Berls and accompanied

by Pat Ziegelmeier. The singers performed a variety of musical selections complete with choreography and closed their performance with “We Wish You a Merry Christmas.”

Mark Winger won Roto-Lotto. Rotary meets weekly in Room 106 of the Student Union.

– Relda Galli

## Colby Comets 4-H Club

President Madison Zimmerman called the regular monthly meeting of the Colby Comets 4-H Club to order on Nov. 19 at the Thomas County 4-H Building. Cassandra Zimmerman led the Pledge of Allegiance. Seventeen members answered roll call with “Name one thing you’re thankful for.”

Secretary Olivia Wetter read the minutes of the last meeting, which were approved. Treasurer Samantha Lindberg gave the treasurer’s report. Reporter Abigail Wetter said she had an article published in the paper. 4-H Council Representative Alex Zimmerman reported on 4-H week activities and

upcoming pizza sales. Club leader Angela Zimmerman reported that the club received a red seal and herdsman award for horse and pig.

Club members decided to have a gift exchange and bring finger foods for the Christmas party.

Song leaders Cassandra and Melissa Zimmerman led the club in “Twinkle, Twinkle Little Star.” Recreation leader Jenna Reinert led in the game “Blob Tag.” Vice President Hayden Reinert announced the date of the next meeting. Following the 4-H pledge the meeting was adjourned.

– Abigail Wetter, reporter

## Corrections

A story “Council holds off on contract” on Page 1 of the Monday, Nov. 26, edition of the Colby Free Press gave the wrong date for seeking bids for highway repairs. City Manager Tyson McGreer said the bidding for highway work with the Kansas Department of Transportation is

scheduled for this week. This was a reporting error.

☆☆☆☆

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.

# Rexford chemistry class looks at genetics

By Hailee Spreser

Golden Plains High School

The 11 juniors in the Golden Plains High School chemistry class participated in a two-day pGLO Transformation Lab dealing with genetic transformation, which is used in many areas of biotechnology, said teacher Mindy Fleckenstein.

For the lab Oct. 24 and 25, the class broke into twos to get more hands-on experience. The first day, each group transformed E. coli with a gene that codes for a green fluorescent protein. The same gene causes jellyfish to fluoresce and glow in the dark.

First, the students used a transformation solution containing calcium chloride. Second, they carried out a procedure referred to as heat shock. Lastly, the students provided the transformed cells with nutrients and a short incubation period so they could begin expressing their newly acquired genes.

The second day, the groups collected data and analyzed the results of the investigation to determine if genetic transformation had occurred. Following the procedure, the bacteria expressed their newly acquired jellyfish gene



TAYLER PETERSON/Golden Plains High School

Science teacher Mindy Fleckenstein (left) helped chemistry students Jordan Christensen and Hailee Spreser while marking test plates. The students were labeling agar plates in which they grew the bacteria they genetically transformed.

and produced the fluorescent protein, which causes them to glow a brilliant green color under ultraviolet light.

“It was a fun lab,” Jordan Chris-

tensen said. “I learned a lot about gene transformation and how bacteria grow.”

Macayla Easton added, “It was cool to see how people can manip-

ulate genes like that. It was nice to be out of the classroom, doing it hands-on in the lab.”

# Crash sends two to hospital Monday

Both drivers were hurt when a 74-year-old Colorado man apparently drove through a ditch and into the path of a fast-moving eastbound semi-trailer rig on Interstate 70 at the west Colby exit about 11:20 p.m. Monday.

Trooper Andrew Schippers of the Kansas Highway Patrol said

Philip Burton Halbert of Ouray drove his 1992 four-door Mercedes Benz up the eastbound on ramp at the K-25 interchange, then through the ditch that separates the on-ramp from the highway. The car pulled onto the eastbound lanes in front of a UPS rig hauling twin trailers.

After the collision, Schippers said, Halbert’s car struck the back side of the rig’s front trailer. It ended up disabled in the left lane. The semi rig, driven by Ronald G. Jones, 61, Denver, rolled onto the driver’s side, spun around, and came to rest in the south ditch facing west.

Both men were taken to Citizens Medical Center. Gwen Young, executive assistant at the hospital, said Halbert was treated and released. Jones was transferred out of the hospital, but Young said she was not allowed to say where.

# 12-12-12 wedding canceled

YUMA, Ariz. (AP) – Plans for the extra big day just couldn’t get off the ground.

Organizers who had hoped to have 100 couples marry at a ceremony in Yuma next month have called off the event because they weren’t able to get enough couples to commit to the party to make it financially feasible.

Organizer Perla Wicks tells the Yuma Sun (bit.ly/Vb1M11) that she had hoped for 100 couples to pay \$300 per pair to get married on Dec. 12 – or 12/12/12 – in the Historic Yuma Theatre – at noon, of course – on this numerically auspicious day.

Organizers needed 51 couples to break even.

**Nativi-Tea**  
First Presbyterian Church  
515 W. 4th, Colby  
**December 1 & 2**  
1 - 5 p.m. each day

Over 200 Nativities on display

Everyone is Welcome

My family and I want to thank everyone who celebrated my 80th birthday with me on October 28th.

It was wonderful seeing so many friends and loved ones and getting to visit with you all. I am blessed to have such wonderful, caring friends. Thank you all for filling my life with the love and richness of friendship.

**Estelle Bugbee and Family**

**Markets**

Quotes as of close of previous business day

**Hi-Plains Co-op**

|                      |         |
|----------------------|---------|
| Wheat (bushel)       | \$8.55  |
| Corn (bushel)        | \$7.65  |
| Milo (hundredweight) | \$13.13 |
| Soybeans (bushel)    | \$13.59 |

**BRIDGE CLUB**

Meadow Lake bridge winners for Tuesday were: first, Ken Ptacek; second, Margaret Denneker; third, Sarah Jane Barrett; fourth, Gladys Fisher; fifth, Dave Ulmer.

---

**PRIDE OF THE PRAIRIE ORCHESTRA PRESENTS**

**A WRAPSODY OF CHRISTMAS & HOLIDAY FAVORITES**

Sunday, Dec. 2nd • 3:30 p.m.  
Colby Community College, CAC Frahm Theatre  
Andrew Salvador, Conductor

Featuring: JuBEL Lation - Trinity Lutheran Church Handbell Choir

Admissions Cost: by POP Patron Ticket or at the door - \$10/adults, \$5/seniors, \$3/students

**Winter Arts & Crafts Fair**

Sunday, December 2, 2012  
10 a.m. to 4 p.m.  
Hoxie 4-H Building

**New and Favorite Vendors**

Food Stand - “Home Cooking-Like Grandma’s”,  
Homemade Chicken & Noodle Soup, Sandwich,  
Cinnamon Rolls, pie & other goodies.

Questions call Reba 785-675-3620

**Tasting Room**

Claremont Inn & Winery  
Stratton, Colorado

OPENING, NOVEMBER 17TH

Retail Wine Store } Wine Tasting } Wine by the Glass } Holiday Wines!

800 CLAREMONT DRIVE  
CALL NOW: 719-348-5125  
www.claremontinn.com