

Activities starting again to keep library hopping

We are just three days into our new year, but much is underway at the Pioneer Memorial Library. Tuesday, Story Time at 10:15 a.m. and Family Night at 7 p.m. begin again.

Booked for Lunch will be at noon Wednesday. Come hear Nancy Lepell speak on the book “Outliers: The Story of Success,” by Malcolm Gladwell. This interesting book offers great thoughts to begin the new year.

Did you read John Schlageck’s list of things he is going to try and remember to do in the new year in the *Colby Free Press* Wednesday? Loved the comments. I think I need to add to his list by saying to review his list a few times in the year. The other thing we need to add to the list is to remember to take “quadrant four time” – so named in “The Seven Habits of Highly Effective People,” by Stephen R. Covey – to refuel ourselves so we have the energy and vitality to imagine, create and do the things we know are the life spring of our personal and professional lives.

Remember to read a good book with a good message of joy, inspiration or just plain fun. Watch a movie or read a magazine that will spark enthusiasm and energy in a special area of interest. Share your thoughts and wellbeing with others who may be feeling less than up in their personal lives.

There is an article on the Internet, “Nine Daily Habits That Will



Melany Wilks •Library Links

Make your Happier,” by Geoffrey James (smallbusiness.yahoo.com/advisor/9-daily-habits-that-will-make-you-happier-233939296.html). Some of them are quite good.

The first is to be expectant each morning you wake up. Believe something good is going to happen today. Another one is to believe that people have good motives and then you may find they do. A third is to turn off the TV so all the advertising does not make you so unhappy with your life.

A fourth is to be intentional in your conversations. If a conversation is turning to a negative or partisan bent, politely leave the discussion. And an important one is to be thankful or have gratitude at the end of each day. These are just five I highlight. Read the article – it is short and easy to read in just minutes. Forming these habits will take more time.

While I was on Christmas vacation with family, I watched two movies that were on my radar. The first was “The Hobbit: An Unexpected Journey.” It is not yet out on DVD but when it is we will get it for the library. It was a really

good movie of adventure.

Bilbo Baggins finds himself in many situations where he must overcome his desire to just stay home. He must believe in himself and others, even when others don’t believe in him. My only sorrow was that they ended the movie before the end of the book. I am told they may make this book into a trilogy to complete the story. Go and watch it .

The second movie I watched was “Les Misérables.” Again, it is not out on DVD yet. If you are not a lover of movies but love musicals, historical movies or movies that will be classics, this is for you. The acting and singing were tremendous.

I’d say this movie was one of the best movies with drama, intrigue and message that I have seen in years. You must go see it. Bring Kleenex, but be ready to be given some thoughtful messages to weigh and consider. A great movie to begin your new year, it will help you evaluate your life and intentions. We will be getting the video when it comes out.

Our winter hours have changed a bit on Saturdays, when we will now open at 10 a.m. All other hours will remain the same.

Our normal winter hours are now 9 a.m. to 8 p.m. Monday through Thursday, 9 to 5 Friday, 10 to 4 Saturday and 1 to 4 p.m. Sunday.

Hope your new year has begun with joy. See you in the library!



Third Day will perform in Oakley Sunday, Jan. 20.

Singing group to perform in Oakley

The platinum Christian recording group Third Day, winners of four Grammys and 24 Dove awards, will be performing Sunday, Jan. 20, at the Oakley High School Auditorium.

The group, best known for their chart-topping songs, “Cry Out To Jesus,” “Revelation,” “Call My Name” and “Born Again” will be introducing their new album “Miracle,” released in November.

“When I hear this music ... it’s very inviting. It brings people in,” said recording producer Brendan O’Brien about the album. “It really moves me. I really appreciate the hard work these guys have done”

The song “I Need A Miracle” from the album became the group’s 28th No. 1 hit career radio single.

On the Beat

COLBY POLICE Dec. 20

12:04 a.m. – Provided traffic control on I-70 at mile 53 for highway patrolman (fuel)

12:52 a.m. – Hit and run: vehicle hit the northbound railroad crossing pole in the 1000 block of S. Country Club.

1:46 a.m. – 911 hangup: called back, clerk said everything OK.

1:54 a.m. – Helped motorist in the 1100 block of Zelfer.

2 a.m. – Occupied vehicle stuck in drift.

3:33 a.m. – Provided traffic control at Country Club and Willow for a stuck semi.

4:28 a.m. – Helped motorist under bridge at Exit 54.

5:25 a.m. – 911 caller reported a jackknifed semi at Exit 53 off ramp. Unable to locate.

5:31 a.m. – Received numerous 911 calls of a jackknifed semi at Exit 54 westbound off ramp. Got traffic going, except for semi.

5:48 a.m. – Provided traffic control for numerous vehicles at Country Club and Willow.

7:40 a.m. – Caller reported dog at large. Turned over to Colby Animal Clinic.

9:36 a.m. – Vehicle slid off into ditch.

12:23 p.m. – Caller reported someone tried to break into vehicle. Spoke to reporting party; no report wanted.

1:38 p.m. – Caller reported strange odor. All OK; no odors identified.

2:24 p.m. – Caller needed medical transport. Helped ambulance crew on call.

2:34 p.m. – Caller reported speeding car driving recklessly eastbound in the 800 block of W. College Drive. Not found.

3 p.m. – Caller reported subject being towed by a pickup on slick streets. Not found.

7:20 p.m. – Report filed for fight.

Corrections

A story, “City Council approves pay raise for employees,” on Page 1 of the Thursday, Dec. 20, edition of the *Colby Free Press*, incorrectly said that McCormick Excavation and Paving bid to work on a corridor management study. The firm bid on repaving work under a Kansas Department of Transportation Connecting Links project. McCormick won that bid. 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.

Markets

Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat (bushel)	\$7.51
Corn (bushel)	\$6.90
Milo (hundredweight)	\$11.88
Soybeans (bushel)	\$13.15

Ranch seminar Tuesday in Oakley

Kansas State University will hold its Winter Ranch Management Seminar on Tuesday in Manhattan, with remote sites at eight towns around the state, including the Northwest Kansas Educational Service Center in Oakley.

The conference begins with registration at 4 p.m. at all sites, and the program starts at 4:30 p.m. Dinner is included.

Each seminar features onsite speakers, plus presentations via webinar, including:

- Protection and Restoration of Forage and Range Resources, speaker at each location.
- R.A. Brown Ranch: Management Innovations

Traveling Asian toad gets new home

By Christopher Torchia

The Associated Press JOHANNESBURG – They say cats have nine lives. Now a Chinese toad has joined that club of wily survivors.

South Africans are marveling at the endurance of a toad that got trapped in a cargo shipment from China to Cape Town after jumping into a porcelain candlestick that was made there. South African officials reportedly planned to put down the creature, fearing it would cause harm as an invasive species if it were let go in the wild.

But the toad got a last-minute reprieve. Mango Airlines, a South African airline, transported the toad on Friday to Johannesburg for delivery to an animal sanctuary after officials decided to find a way to let the globe-trotting toad

live. The two-hour flight was a breeze compared to the trip from China, an odyssey of many weeks and thousands of kilometers across the Indian Ocean.

Airline spokesman Hein Kaiser said the toad got “first-class treatment,” sitting in the cockpit in a transparent plastic container with escort Brett Glasby, an animal welfare inspector. There was even a mock ceremony in which the toad’s boarding pass was handed to Glasby.

“He was the star of the show on the flight,” Kaiser said of the amphibious passenger. “I think every passenger stopped to have a look.”

On landing in Johannesburg, the toad, dubbed Jack B Nimble, was brought out of his container for a celebrity-style photo call.

Observers said the mottled

for a Changing Beef Industry, Donnell Brown, Throckmorton, Texas (webinar).

• Fetal Programming: Implications for Beef Cattle Production, Rick Funston, University of Nebraska-Lincoln (webinar).

• Tips and Tools to Reach Your Management Goals, onsite speakers.

The Oakley seminar will be at the service center, 703 W. Second St.

For information or registration, contact Scott Barrows at (785) 743-6361 or rsbarrow@ksu.edu or go to www.asi.ksu.edu/rms.

brown toad seemed like a cool customer. “Pretty chilled,” as Kaiser put it.

It belongs to the Asian Gold Toad species, which breeds during monsoon season. It is believed to have survived the trip from China by hardening its skin to prevent it drying out and also slowing its breathing and heart rate, methods that help the species survive in times of drought.

“We’ve had snakes in the imported timber, scorpions in fruit. We were called because it was right inside the candlestick and we had to break it to get it out,” Glasby, the inspector, told *The Star*, a South African newspaper. “It was manufactured in China and the box was not opened between China and the store here, so we can deduce it has come all the way from China.”

Thank You

Thank you to everyone for the calls, cards, gifts, flowers, & prayers on the loss of our loved one. A special thanks to Father Dana and Jeanie Solko for all their help. Thanks to the Ladies of the church for the delicious meal. We appreciated everything so much.

~The Family of Esther Wieland

Thank You

The family of Jean Mallory wishes to express our heartfelt thanks to the many friends and family for all the visits, cards, flowers, food, masses, memorial contributions, kind words and prayers after the death of our Mother. We also wish to express our gratitude for Jeannie Solko and Father Dana Clark of Sacred Heart Church for their support, comfort and prayers. Sincere appreciation is extended to Brian Unruh, nurses and caregivers at Prairie Senior Living Complex for all her loving care over the years.

Thank you to Brad Kersenbrock for his support before and after the service. Last but not least a special thank you to all the ladies from Sacred Heart Church for providing the delicious lunch served after the service. May God Bless you all.

Pat & Deanna Mallory and families, Bob & Sue Thompson and families, Dick Mallory, and Tim Mallory



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Make your New Year’s Resolution to be a healthier you!

Once again, the Thomas County Coalition /Wellness Committee is sponsoring health screenings and a healthy lifestyle program,

“Thomas County Wellness Challenge.”

HEALTH SCREENINGS

Citizens Medical Center, Inc., working in conjunction with the Thomas County Coalition, will offer health screenings in the Citizens Medical Center Specialty Clinic Lobby on January 9, 10, 11, and 12, 2013 from 6:00 am – 9:00 am.

Screenings include:

- **Comprehensive Profile (includes a Lipid Profile, Glucose, and Complete Blood Count) –requires 10-12 hours fasting - \$30**
- **TSH (Thyroid) – (Recommended for baseline or if having symptoms) \$20**
- **Hgb A1C (3 month glucose average) – (Known diabetics or significant history) - \$20**
- **Prostate Screening/PSA – (males only) - \$25**
- **EKG – (recommended for baseline) - \$35**
- **Pulmonary Screening – Free**

THOMAS COUNTY WELLNESS CHALLENGE

The Thomas County Wellness Challenge is an eight week individual program that encourages increased exercise and healthy eating habits that will promote healthy life styles and desired weight in a fun, virtual format.

The program guidance will be: **5210**

- **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 Thomas County Wellness Challenge will get under way Tuesday, January 15, 2013, at the Thomas County Health Department, 350 S. Range. Weigh-in will be “come and go” from 7:45 am – 4:45 pm.

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 utilized 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 will be March 12, 2013.

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, KS 67701.

Registration deadline: For those participating in the free blood work, registration is due January 8th, if not having blood work, registration is due January 14th.

If you have questions about the 2013 Health Screenings or the Thomas County Wellness Challenge, contact:
Citizens Medical Center, Education Department (785) 460-4850 • E-mail jbrown@nwkshealthcare.com
Thomas County Health Department (785) 460-4596 • E-mail findir@thomascohealth.com
Thomas County Extension Office (785) 460-4582 • E-mail diann@ksu.edu