



ANGIE MOORE/Colby Free Press Takoda Turner and Nathan Brown raced to pass the hula hoop without letting go of hands during the pep rally, moved into the gym when the parade and pep rally downtown were rained out. Nathan Jorgensen crowned Ashley Barrie in the gym when the game was postponed at

Brewster homecoming caught by storm

been busy with homecoming activities.

The art students painted business windows

before the bonfire.

The parade scheduled for Friday after- called due to weather. noon was rained out. Cheerleaders did a Student Council sponsored Spirit Days, fantastic job putting on a fun pep rally for with a victory over Wheatland-Grinnell on with each day having a different theme and the students and community in place of the Saturday afternoon when they were able to activity. The band students auctioned off parade. Ashley Barrie and Nathan Jorgensen play the second half of the game.

Brewster students and community have football players' jerseys Thursday evening were crowned queen and king at half time of the football game – just before the game was

The boys finished the event-filled week

College to sell surplus

from 8 a.m. to 5 p.m. Friday, Oct. 18, on campus in the area between the baseball and softball fields.

Items will be priced before the sale. A partial list includes wood computer desks, older televisions, metal desks, eight-foot wood shelving, seven-foot wood shelv- ties Supervisor Scott Williams at ing, metal bookcase, a metal en- (785) 460-5471.

scheduled a surplus items sale of working condition), three-shelf metal portable cart, cabinets with wheels and sink, a metal typewriter stand, older non-locking file cabinets, miscellaneous television studio equipment and plastic

For information, contact Facili-

Candy supports cause

ignated Oct. 11 to 13 as Helping People with Intellectual Disabilities Days, in conjunction with the Knights of Columbus Tootsie Roll Fund Drive.

Kansas Knights position themselves in front of banks, stores and churches statewide, handing out specially marked Tootsie Rolls and accepting donations for people with intellectual disabilities.

Colby's Tootsie Roll Drive will be held from 9 a.m. to 5 p.m. send checks made payable to on Saturday, Oct. 5, and noon Tootsie Roll Program Fund to to 6 p.m. on Sunday, Oct. 6, at Jerad Lange, 445 Field St., Colby, Walmart, Dillons and the Oasis Kan., 67701.

Gov. Sam Brownback has des- Travel Center.

Proceeds are used for institutions that help those with intellectual disabilities. Eighty percent of the proceeds are distributed by the local council and 20 percent go to the state council to sponsor the Special Olympics Basketball Tournament held at Fort Hays State University each spring and for religious education of people with intellectual disabilities.

If you would like to donate,

Desk work gets more active

By Sam Hananel

Associated Press WASHINGTON - Glued to your desk at work? Cross that off the list of excuses for not having the time to exercise.

A growing number of Americans are standing, walking and even cycling their way through the workday at treadmill desks, standup desks or other moving workstations. Others are forgoing chairs in favor of giant exercise balls to stay fit.

Walking on a treadmill while making phone calls and sorting through e-mails means "being productive on two fronts," said president of benefits at Brown & Brown, a global insurance consulting firm.

Lockerbie can burn 350 calories a day walking 3 to 4 miles on stay healthy, lose weight and reone of two treadmill desks that his company's Indianapolis office purchased earlier this year.

"I'm in meetings and at my desk and on the phone all day," he an option at my work to get some physical activity while I'm actually doing office stuff. You feel better, you get your blood moving, you think clearly."

the workplace are normally set to move at 1 to 2 mph, enough to get the heart rate up but not too fast to distract from reading or talking on the phone comfortably.

tific studies began to show that too much sitting can lead to obesity and increase the risk of developing diabetes, high blood pressure and heart disease. Even going to the gym three times a week doesn't offset the harm of being sedentary for hours at a time, said Dr. James Levine, an endocrinologist at the Mayo Clinic.

"There's a glob of information Andrew Lockerbie, senior vice that sitting is killing us," Levine said. "You're basically sitting yourself into a coffin."

More companies are intrigued by the idea of helping employees duce stress – especially if it means lower insurance costs and higher productivity, said Levine, a supporter of the moving workstations.

"Even walking at 1 mile an hour said. "It's great to be able to have has very substantial benefits," Levine said, such as doubling metabolic rate and improving blood sugar levels. "Although you don't sweat, your body moving is sort of purring along."

Colby Comets 4-H Club Acting President Hayden Reinplications and officer notebooks

Colby Community College has velope unit, a treadmill (unsure ert called the regular monthly meeting of the Colby Comets 4-H Club to order on Sept. 16 at the Thomas County 4-H Building. Jacob Wetter led the club in the Pledge of Allegiance. Members answered roll call with "What grade are you in?" There were 18 members present.

Acting Secretary Abigail Wetter read the minutes from July, minutes were approved as read. The August meeting was the end of the year potluck at Fike Park. Reporter Abigail Wetter had nothing to report.

4-H council representative Karissa Singer reported upcoming dates of the banquet and officers' training. Club leader Annette Wetter told members that Oct. 1 was the deadline for Kansas Award Portfolios (record books), pin ap-

to be turned in to the Extension office. Following up from last month,

club members talked about going to the After School Program and giving a presentation on 4-H. In new business, the club decided to check into painting a window for 4-H week and a committee was

Song leader Mallory Jackson led the club in "Home on the Range." Jenna Reinert and Miah Jackson led the club members in a game of freeze tag.

Next, election of officers for the upcoming year was held. Acting Vice President Courtney Tinkham announced the date of the next meeting. Club members recited the 4-H pledge and the meeting was adjourned.

– Abigail Wetter, reporter

Life chain offers prayer

Thomas County residents are dren. invited to stand with thousands of to 3:30 p.m. on Sunday, Oct. 6, on lawn chairs and strollers. the sidewalks at Range Avenue and Fourth Street in Colby.

Treadmill desks designed for pro-life messages and pray for an penses will be given to Emergenend to abortion, said organizer Geri Landry, who emphasized that the event is not a protest, demonstration or rally.

It's been a decade since scien- said, are intended to provide a visual statement of solidarity among the Christians here that abortion is posed to the killing unborn chil- receive signs.

Landry said she expects at least pro-life church members through- 80 adults to participate here. She out the U.S. and Canada as part of encouraged people to to bring the National Life Chain from 2:30 their families, along with water,

Donations will be accepted to cover the costs of the event here, Participants will hold signs with she said. All proceeds after excy Pregnancy Services of Northwest Kansas.

Individuals whose churches are not planning to attend as a group The signs and silent prayer, she should call Francis or Geri Landry at 460-2258 to sign up.

Participants should meet at the Thomas County Office Complex wrong and that the church is op- at 2 p.m. for instructions and to

Stars spell love for couple

the stars aligned inside a Georgia that appeared at the planetarium planetarium caught the 22-yearold woman by surprise, spelling out the question: "Krystal Sanderson Will You Marry Me?"

Sanderson's boyfriend, Alan

MACON, Ga. (AP) - The way Gilbert, was behind the message of the Museum of Arts & Sciences in Macon. One of their first dates had been under the stars, and they regularly enjoyed gazing up at the night sky.

Carousel Quilters Guild FALL QUILT SHOW Saturday, Oct. 5, 9 a.m. to 5 p.m. MT Sunday, Oct. 6, 11 a.m. to 4 p.m. MT **Burlington Community Center** 340 S. 14th Street, Burlington, CO FREE ADMISSION!

"Hatteberg's People"

A presentation by Larry Hatteberg, an award winning journalist for KAKE news.

Enjoy a look at some of Kansas' fascinating folks.

CCC Cultural Arts Theatre Tuesday, October 8th • 7:30 p.m.

Admission: \$5 per person, donation to Kansas Association of Family and Community Education Scholarship Fund. CCC students admitted free with student ID.

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IS MENTAL ILLNESS IMPACTING YOUR FAMILY? JOIN US FOR OUR ANUAL CONFERENCE IN HAYS October 18 - 19

Registration information at www.namikansas.org at the Upcoming Events tab

NAMI provides support, education and advocacy.

CONTACT: info@namikansas.org 800-539-2660

Deaths

Kenneth V. Thieler

Kenneth V. Thieler, 85, Colby, January 2011 died Sunday, Sept. 29, 2013, at Citizens Medical Center.

He was born Jan. 29, 1928, in nephews. Colby, the son of Harold and Beulah B. (Pierce) Thieler. In 1947, he graduated from Colby High School and entered the Air Force lah Cemetery in Colby. for two years, teaching radio communications in St. Louis.

at Hiett Motor Co. and the Cooper Elevator, as well as driving a school bus and an Ed Miller mail

Due to health issues, he entered alchapel.com. the Deseret Health and Rehab in

Survivors include a sister-inlaw, Lily Thieler, and nieces and

Graveside inurnment services with military honors will be at 11 a.m. Friday, Oct. 4, 2013, at Beu-

No visitation.

The family suggests memorials Returning to Colby, he worked to the American Legion in care of Monte Lewis, Commander, 1850 W. Fourth St., Colby, Kan., 67701.

Condolences for the family may be left at www.kersenbrockfuner-

Thomas A. Waldschmidt

Thomas A. Waldschmidt, 65, Wichita, died Monday, Sept. 30, Webb-Shinkle Mortuary in Clear-2013. The retired Service Oil water, (620) 584-2244. president formerly lived in Colby.

Services are pending with

The Americanism report was

Volunteers for bingo and financ-

District Secretary Joan Wah-

Thiel reported on activities and

Wahrman offered words of ad-

The next meeting will be at 4:30

- Hazel Duffey

\$4.34

\$7.30

p.m. next Wednesday for a quar-

vice and commendations for the

group's work and reports.

terly audit at the post.

spection and presented the growing dollar to the president.

es from bingo were discussed.

food taken to a neighbor.

struction.

VFW Auxiliary

President Anita Thiel conducted Press. the Sept. 11 meeting of the Veterans of Foreign Wars Auxiliary at the post.

There wasn't a quorum, so no official business could be conducted. Following opening, a rman was present for annual inthank you note from the Topeka veterans hospital for comfort and personal items was read. The legislative report was an information from the school of in-

item from the Washington Weekly about women veteran's employment issues. The Veterans and Family Sup-

port chairman reported a funeral dinner served for the Wilma Pabst Publicity report the August

meeting item in the Colby Free

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.

Corrections Markets

Quotes as of close of previous business day **Hi-Plains Co-op** Wheat (bushel)

Corn (bushel) Milo (hundredweight) Soybeans (bushel)

\$11.68 **Partnering To Bring**

Medical Specialists To Colby

Colby Outreach Clinic Schedule

Citizens Medical Center 100 E. College Drive - Colby

> **Cardiology** Clinic Twice Monthly **Dr. Christine Fisher** Monthly

Oncology/Hematology **Dr. January Fields** Twice Monthly Dr. Sameh Abuerreish Monthly

> Orthopedic Dr. Sukchan Lee Monthly

Orthopedic/Spine Dr. Vivek Sharma Monthly

Urology **Dr. Wallace Curry Dr. Darrell Werth** Monthly



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