

Family

Deaths

Maxine Bohme

Maxine Bohme, 75, of Atwood, died Thursday, Feb. 5, 2004 at her home in rural Atwood.

Funeral services were held Tuesday, Feb. 10, 2004 at Atwood United Methodist Church with Rev. Terry McGuire officiating. Special music was provided by Mary Jo Youngblood, organist and Gary Fisher, soloist.

Casket bearers included Paul and J.D. Nelson, Charles and Kenneth Bohme, Ronnie Keith and Jonathan Pancake.

Interment was at Lone Star Cemetery in southeast Rawlins County. Arrangements were handled by Brantley Funeral Home in Atwood.

Mrs. Bohme is survived by her three sons, Lawrence Bohme of Wichita Falls, Texas, Carl Bohme and Bruce Bohme of Colby; sisters Marie Keith of WaKeeney and Iris

Pancake of Atwood; and two step-grandchildren.

She was preceded in death by her parents, her husband, Henry, on Oct. 6, 1995, brothers Lewis and Emery Thomas and sisters Thelma Clark and Mildred Earls.

She was born July 21, 1928 in Sheridan County near Morland to Joseph and Bessie Maxwell Thomas. She married Henry Otto Carl Bohme Feb. 22, 1948 at the Methodist parsonage in Atwood. The couple had three sons. She was a member of Atwood United Methodist Church. All her life was spent on the family farm southeast of Atwood. She enjoyed gardening, canning, sewing and doing chores on the farm. Her dogs were her special companions.

Memorials can be made in her name to Atwood United Methodist Church.

Health, fitness program is easy, cheap

MANHATTAN — Spring-like days invite outdoor activity, but they alone may not be enough to encourage heart-healthy exercise, said Mike Bradshaw, K-State Research and Extension health and safety specialist.

Beginning an exercise program is easy. Sticking with it can be more difficult, said Bradshaw, who also serves as the program coordinator for Walk Kansas, Extension's easy and economical health and fitness program.

"Walk Kansas was developed to encourage people to increase healthful physical activity," he said.

"Thirty minutes of physical activity five or more days a week is

recommended for mental and physical health. It is particularly helpful in managing weight, reducing stress and controlling hypertension."

Although walking is encouraged because it doesn't require a special time, place or equipment (other than shoes), aerobic exercise such as running, bicycling, swimming, dance and step aerobics, yoga, pilates, weight training and team sports also can count. The eight-week program encourages teams of six (family, friends, neighbors, co-workers or others in the community) to log miles or equivalent minutes of physical activity to cover the 423 miles across Kansas, he said.

"Team members may choose to exercise together, but doing so isn't required," Bradshaw said. "What's most important is encouraging each other to exercise at their own pace and log miles that contribute to the team goal of crossing the state."

Walk Kansas program costs vary slightly from county to county, but are usually \$10 or less. Sign-up dates also vary, but will begin soon in many counties.

Participants receive a mileage log and newsletters with food, nutrition and health tips during the program. New this year is the, encouragement to increase the number of health-promoting servings of fruits and vegetables, he said.

Programs generally begin with a kick-off event and conclude with an awards ceremony. Interested persons may want to ask others to form a team and enroll together or ask to be placed on a team so they can meet new people who also have an interest in improving health and fitness.

Walk Kansas was introduced in 2002. In its first year, 43 counties and more than 7,000 people participated. Last year, more than 12,000 people representing 82 of Kansas' 105 counties signed up for the program. This year, 89 counties have signed up to date, Bradshaw said.

For registration or more information, call 462-4582.

Kansas spearheads biotech wheat research, expert says

WICHITA (AP) — More than 10,000 years after nomadic hunters first harvested stands of wild wheat, researchers are working on genetically engineering mankind's oldest crop in what may become the last stand in the battle over biotech foods.

Wheat is genetically so complex (its genome is five times the size of the human genome) it is one of the last major crops to undergo genetic manipulation. This food staple, whose cultivation historians credit with the domestication of civilization, has become the fulcrum in the fight over genetically modified organisms.

Genetically modified wheat won't be released to farmers until it is approved by the Environmental Protection Agency, Food and Drug Administration and the U.S. Agriculture Department.

Because that's yet to happen, the issue is a passionate one for opponents, said Harold Trick, a wheat researcher and assistant professor at Kansas State University. "For the non-GM people this is their last fight on a major crop. If this fails, it will be hard for them to come back from that."

Consumers in Europe and parts of Asia worry that genetically modified foods are unsafe and could harm the environment.

The battle lines on biotech wheat are being drawn in North Dakota, where opponents are proposing a

ballot measure that would give the state agriculture commissioner power to decide whether farmers may plant the crop.

What worries growers most is whether they will be able export genetically modified wheat.

More than half of the spring wheat grown in the United States is exported, and about 47 percent of those exports are now going to countries which have said they will not accept genetically modified wheat, according to the Center for Agricultural Policy and Trade Studies at North Dakota State University. But the furor over transgenic wheat has yet to flare up in Kansas, the nation's biggest wheat grower.

That is in part because introduction of biotech wheat will begin with spring wheat — which is grown primarily in North Dakota, Montana, South Dakota and Minnesota. St. Louis-based Monsanto Co. says it is developing a genetically modified spring wheat that, within six years, would enable farmers to spray weed killer without killing the wheat.

Milk helps slow down process

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milk in your coffee or in most cheeses. (Cheese is made from the part of milk that congeals into curd. It's the liquid part, the whey that contains most of the lactose. During the fermentation process the results in hard cheeses like cheddar, the rest of the lactose is degraded by bacterial enzymes.

You can slow down your lactose digestion. You can give your lactase more time to work by slowing down the rate at which lactose moves from your stomach into your small intestine.

Drinking milk at a meal slows down "gastric emptying." Pizza shouldn't be a problem for most people both because pizza is relatively low in lactose and the lactose in the cheese is being consumed with a mixture of food.

Cold also slows down the stomach.

That's why ice cream doesn't bother some people. But cold milk doesn't make any difference, perhaps because milk is quickly brought up to body temperature.

Fat and, yes, chocolate seem to slow down the stomach which would explain the study findings that full-fat and chocolate milk pro-

duce fewer symptoms than low-fat milk. Chocolate-loving lactose intolerance will also be happy to know that Finnish researchers published a study earlier this year in the European Journal of Clinical Nutrition showing that the lactose in milk chocolate didn't bother people who said they were lactose intolerant.

Eat yogurt. Yogurt is a popular food in many parts of the world where lactose intolerance is common.

Yogurt is well tolerated because it contains bacteria (the often-mentioned "live cultures") that harbor lactase, so the small intestine is temporarily replenished with the enzyme when you eat yogurt.

But even when it's been heated and therefore presumably has fewer live bacteria, yogurt doesn't cause symptoms. It's gel-like consistency may make it easier for lactose maldigesters to digest.

Kefir is another bacteria-laden dairy product that people with lactose intolerance seem to be able to digest without problems.

You can add milk gradually and too much of it.

Several studies have suggested that gradually increasing lactose intake can reduce intolerance symptoms in some people.

The evidence suggests that ex-

posing the colon to lactose can change both the amount and the type of bacteria in the large intestine so it becomes better suited to processing the undigested lactose coming from the small intestine.

Markets

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

Wheat	\$3.52
Corn	\$2.78
Milo	\$4.63
Soybeans	\$8.36

Community Calendar

TUESDAY, Feb. 23

- Rebekahs, Betty Carney, 10 a.m. (2nd & 4th Tuesday)
- Rotary, Student Union, noon
- Alcoholics Anonymous, city hall basement, noon (non-smoking)
- Ladies cards and social, Country Club, 5:30 p.m.
- Weight Watchers, United Methodist Church, 6:30 p.m.
- Domestic Violence Support Group, 7 p.m. Call 462-2860
- Sweet Adelines International, United Methodist Church, 7:30 p.m.
- New Hope Narcotics Anonymous, City Hall Basement, 8 p.m.

WEDNESDAY, Feb. 24

- Genesis Thomas County, 350 S. Range, 10 a.m.-noon & 1-4 p.m.
- Colby Grade School Spelling Bee for fifth graders
- Pioneer Memorial Library storytime, 10 a.m., preschoolers
- TeleFriend Information meeting, 5:30 p.m. (call 462-6996)
- Gem Lions, Gem Community Building, 7 p.m. (2nd & 4th Wednesdays)
- Solid Rock Junior High Youth Group, Armory, 7-8:30 p.m.
- Pinochle, American Legion, 7:30 p.m.
- Alcoholics Anonymous & AI Anon, 1275 West 6th, 8:30 p.m.

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