

# Family

## Health on tap at library

Our first new book, "Change your Brain, Change Your Body: Use Your Brain To Get And Keep The Body You Have Always Wanted," by Daniel G. Amen, is a *New York Times* best seller.



**Melany Wilks**

• **Library Links**

This book reminds me of others recently published, with information on cravings, nutrition, exercise, hormones, heart and energy solutions – all from the perspective of interactions with the brain. Covering stress, sleep, memory, passion, body weight, brain disorders and mental health, this book discusses the role amino acids play in the body. The appendix lists these in paragraph form so that readers can quickly digest the information.

A similar book is the "Younger (Thinner) You Diet: How Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging, and Fight Disease," by Eric R. Braverman.

Focused on combining healthy choices with taste, color and those all-important amino acids. Braverman offers checklists to identify what might be missing in your diet.

He also provides healthy recipes. I loved the clue that cinnamon helps reduce a person's sugar levels and that in coffee it also helps nutritionally.

We have many health-related books on the new book shelf. Three others I will mention are, "Health At Every Size," by Linda Bacon; "Show It Love Workout," by Kacy Duke; and "Dr. Colbert's 'I Can Do This' Diet," by Don Colbert.

Speaking of self-help books, come and check out the new book about the self-help queen herself, Oprah. The book is "Oprah: A Biography," by Kitty Kelley. This is considered to be the "unvarnished look at the stories Oprah's told and her life she led (front flap)."

Kelly has written on such notables as "Jacqueline Kennedy

Onassis, Frank Sinatra, Nancy Reagan, England's Royal Family, and the Bush dynasty (front flap)." Interestingly, she created no special chapter titles. Each chapter is simply given a number. But if a reader wants to dig a little and find a subject they are interested in, an extensive index is provided.

Her afterword is fair to Oprah, followed by four pages of credits due to Oprah from 1984-2009. Next comes 44 pages of notes, three pages of bibliography, five pages of acknowledgments and a full page of photographic credits. I'd say the author has done her homework.

Another funny but interesting book written by a famous woman, is "Permission Slips: Every Woman's Guide to Giving Herself A Break," by Sherri Shepherd (co-host of the View). The cover picture just wants to draw me in and find cute quips to share with others!

In the midst of her humor I found encouragement about a relationship with God, learning beyond comfort zones, allowing a homeless lady to pray for her, the experience and struggle with diabetes, and meeting old hometown friends.

Throughout the book she gives readers permission slips. One that I liked was "So write yourself a permission slip to see the funny part first. Misery is patient, and will wait (p. 243)."

Remember that for the next three months the Kansas State Library is trying out LearningExpress Library, on the web at [www.learnatest.com/LEL/index](http://www.learnatest.com/LEL/index).

cfm/?HR=http://www.kslc.org. It offers extensive online resources, including occupational and scholastic practice tests, as well as job skills and building resources.

When I looked at the site, I saw computer skills training such as Adobe Flash, Photoshop and Illustrator courses, Microsoft courses, and Windows and MAC operating system courses. The website also has occupational practice tests for air traffic controller, civil service, commercial driver's license, cosmetology, electrical, firefighting, law enforcement, military, nursing and applied health, plumbing, real estate and teaching. A workplace improvement feature includes helping to refresh you on writing a resume, interviewing and conducting a job search. Another two areas of the site include college prep testing and skills expected of a college student – English, math, vocabulary, writing, and more. This site does not leave out the elementary, middle or high school students. Each has an area to help the students learn and grow in academic areas. Please visit the site and try out a course.

Hope to see you at the book discussion at 7 p.m. next Thursday. Kansas Humanities Scholar, Steven K. Kite will be reviewing the book, "All the King's Men," by Robert P. Warren.

Mark your calendar for one of the last Chautauquas ever June 2 through 6. The theme is "Bright, Dreams, Hard Times: America in the Thirties." During Chautauqua there will be programming for the young, as well as adults. The library will be hosting 11 different programs, two for children and nine for adults or general groups, during the morning and afternoon times. The information is now out in the library. See you in the library!

### 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.

### Deaths

#### Karinne Claire Larshus

Karinne Claire Larshus, infant daughter of Curtis and Kara Larshus of Oakley, was born and died Monday, May 10, 2010, at Gove County Medical Center in Quinter.

She weighed 3 pound, 3.7 ounces and measured 15 1/2 inches.

Survivors include her parents, sister DaNae, big brothers Noah and Ian, all of the home; maternal grandparents Rod and Janis Martens of Curtis, Neb.; and paternal grandparents Anne and Allan Pritchard of Holdrege, Neb., and Dave Larshus of Oakley.

Services will be at 2 p.m. Fri-

day, May 14, 2010, at the Oakley Christian Church, 200 E. Fourth St., with Pastors Jason Schmidt and Bob Kelly officiating and burial in the Oakley Cemetery.

The family suggests gifts to her memorial fund, in care of the Harrison Chapel, Box 634, Colby, Kan., 67701, for the Choices Medical Clinic in Wichita and the photography foundation Now I Lay Me Down to Sleep, as well as to provide handmade treasure boxes and blankets for other families that face similar bittersweet journeys.

## Health office calls for cancer screenings

The Kansas Department of Health and Environment is joining the U.S. Department of Health and Human Services' Office on Women's Health in celebrating National Women's Health Week this week. The theme this year is "It's Your Time" and encourages women to take the time to live a healthier, happier and longer life.

In support of National Women's Health Week, the department challenges women to get the appropriate cancer screenings.

According to the American Cancer Society, an estimated 192,370 new cases of invasive breast cancer are expected to be diagnosed among women in the U.S. this year. An estimated 4,070 women died from cervical cancer in the U.S. last year.

"One of the simplest ways to reduce your risk of dying from cervical or breast cancer is to detect it early. The way to do this is through regular screening," said Patrice O'Hara, manager of the Kansas Cancer Prevention and Control Program at the department, which provides services for low income, uninsured women through its Early Detection Works program. About 27,000 women in Kansas between the ages of 40 and 64 are eligible for this program.

The program provides clinical

breast exams and mammograms. Should breast cancer be diagnosed through this program, Medicaid through the Federal Treatment Act pays for treatment. For information, visit [www.preventionworks-kansas.com](http://www.preventionworks-kansas.com). Women may call toll free (877) 277-1368 to see if they qualify.

"The appropriate screenings and a healthy lifestyle can help in reducing your risk of cancer," said Dr. Jason-Eberhart-Phillips, State Health Officer. "Get at least two hours and 30 minutes of moderate physical activity, one hour and 15 minutes of vigorous physical activity, or a combination of both each week. Eat a nutritious diet including lots of fruits and veggies. Avoid risky behaviors, such as smoking."

The good news is that 74 percent of Kansas women report having had a mammogram in the past two years and 82 percent of Kansas women report having had a Pap test in the past three years.

For information on cancer in Kansas go to [www.cancerkansas.org](http://www.cancerkansas.org).

For information on National Women's Health Week visit [www.womenshealth.gov/whw/](http://www.womenshealth.gov/whw/).

## Class aims to benefit teen parent

Smart Start Northwest Kansas in Colby is offering a free program for teenage parents beginning Tuesday, June 1.

The program, "Nurturing Parenting for Teen Parents," covers eight three-hour sessions. Topics include brain development in children, having appropriate expectations, praising and disciplining children, taking care of yourself and many other topics that affect the quality of parent-child relationships.

All materials, meals, and supplies will be furnished for participants through Smart Start. Participants will receive a financial bonus for completing the eight sessions.

Anyone under 21 who has or is expecting a child may register should by calling Karen Merryman or Denise Singer at 465-9103. Space is limited.

### Rotary Club

The Colby Rotary Club met Tuesday with 31 members and guests, including Christine Gugelman, Sharon Steele, Jody Harbaugh, Rhett, Russ and Raenette Martin, and Lloyd, Jacob, Al-isha and Emelyn Cersovsky.

Rhett Martin received the 2010 Colby Rotary Scholarship Award.

Nancy LePell had the program, featuring Harbaugh, a social services coordinator for Northwest Kansas Hospice Services based out of Hays. She shared information about the Hospice program and its services provided to patients and their families.

Harbaugh won Roto-Lotto.

The club meets at noon each Tuesday in Room 106 of the Student Union at Colby Community College.



Please Recycle

## River festival runs in June

The Smoky Hill River Festival runs from 4 p.m. Thursday, June 10, through Sunday, June 13, at Oakdale Park in Salina.

The festival features four stages of music, more than 300 artists and performers, fine art and crafts and hand-on children's activities.

Admission to the Festival is by button only.

Festival buttons went on sale May 3 at \$10 each – \$5 off the

gate price. Children 11 and under are admitted free.

### Markets

Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat (bushel)	\$3.95
Corn (bushel)	\$3.19
Milo (hundredweight)	\$5.23
Soybeans (bushel)	\$8.50



**Miracle-Ear**

**John Lang will be here:**  
Thursday, May 20 • 10 - 4 p.m.  
Colby Community Building  
285 E. Fifth St., Colby, Kan. 67701  
785-628-3279  
**Call for an Appointment!**

Mothers and Grandmothers, are the times you spend with family and friends frustrating because you can't hear and understand the conversations?

Get a **FREE HEARING EVALUATION** and receive a free gift during the month of May.

**John will be at the Senior Center**  
May 4th from 1 - 4 p.m.

**Call 866-540-4327**  
TO SCHEDULE YOUR APPOINTMENT

## Woman Plants Spring Flowers on 18th Green After Using Thera-Gesic

BEXAR COUNTY – Apparently inspired by Earth Day, Mary W. applied Thera-Gesic® to her sore lower back and proceeded to plant 55 beautiful petunias on the 18th green of the local golf course during the night. When asked why she chose a busy putting green, she painlessly replied: "None of your dang business!"



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## Kidney Failure Alert

Fleet® Phospho Soda was a bowel cleanser people drank to prepare for a colonoscopy before it was recalled after an FDA warning. If you had kidney failure within two months after drinking Fleet Phospho bowel cleansing solution, you may be entitled to compensation. Please call us at 1-800-920-6499.

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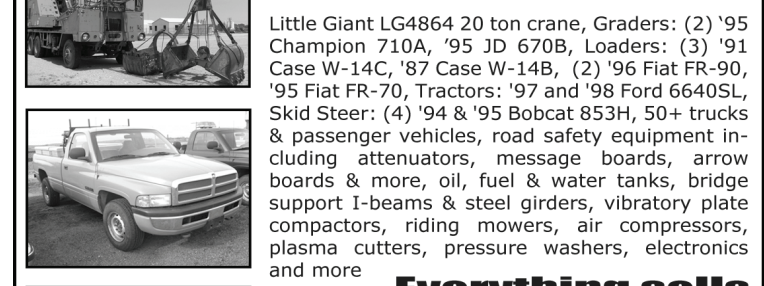
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## KANSAS DEPARTMENT OF TRANSPORTATION NO RESERVE INTERNET AUCTION

**Bidding starts to close Thurs., May 20 at 10 A.M. CDT**



Little Giant LG4864 20 ton crane, Graders: (2) '95 Champion 710A, '95 JD 670B, Loaders: (3) '91 Case W-14C, '87 Case W-14B, (2) '96 Fiat FR-90, '95 Fiat FR-70, Tractors: '97 and '98 Ford 6640SL, Skid Steer: (4) '94 & '95 Bobcat 853H, 50+ trucks & passenger vehicles, road safety equipment including attenuators, message boards, arrow boards & more, oil, fuel & water tanks, bridge support I-beams & steel girders, vibratory plate compactors, riding mowers, air compressors, plasma cutters, pressure washers, electronics and more

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The Colby Free Press is looking for a full-time advertising executive to sell advertising for Nor'West Newspapers. The work week would be 40 hours with occasional evening and weekend duties. Computer skills with Excel, Photoshop, InDesign, and Acrobat helpful but not necessary. Must have good communication skills, and excellent customer service skills with attention to detail. Send a letter and resume to Steve Haynes, publisher, at 155 W. Fifth St., Colby, Kansas., 67701 or [s.haynes@nwkansas.com](mailto:s.haynes@nwkansas.com). This could be the job you've been looking for.



155 W. 5th • Colby, KS 67701 • 785-462-3963