

Weather Corner



National Weather Service
Tonight: Scattered flurries before midnight. Mostly cloudy, with a low around 5. Blustery, with a north wind between 15 and 20 mph becoming calm.

Thanksgiving Day: Mostly cloudy through mid morning, then gradual clearing, with a high near 29. Blustery, with a northwest wind 10 to 15 mph increasing to between 20 and 25 mph. Winds could gust as high as 30 mph.

Thursday Night: Clear, with a low around 5. West wind between 5 and 10 mph.

Friday: Sunny, with a high near 48. West wind between 5 and 10 mph.

Friday Night: Clear, with a low around 18.

Saturday: Sunny, with a high near 50.

Saturday Night: Mostly clear, with a low around 23.

Sunday: Mostly sunny, with a high near 47.

Sunday Night: Partly cloudy, with a low around 22.

Monday: High, 52; Low 13

Tuesday: High, 41; Low 15

Precip: Monday Trace

Tuesday 0.00 inches

Month: 0.21 inches

Year: 18.14 inches

Normal: 19.95 inches (K-State Experiment Station)

Sunrise and Sunset

Thursday 7:39 a.m. 5:23 p.m.

Friday 7:40 a.m. 5:23 p.m.

Man awaits trial for cocaine

From "COCAINE," Page 1

until a second hearing last Wednesday, where Rodriguez plead not guilty to one count of possession of cocaine with intent to distribute.

Rodriguez will stay confined until the trial, currently set for Tuesday, Jan. 18 with U.S. Senior District Judge Wesley Brown presiding.

On Tuesday, Brown issued a general order of discovery. The prosecution has 30 days to make avail-

able any evidence that could help the defendant, cast doubt on prosecution witnesses or might mitigate punishment. This evidence might include records of threats made by government agents, inconsistent witness statements or prior convictions of witnesses.

The prosecution also has to let the defense know of any crimes or acts of the defendant that they intend to use against him at trial.

Once the prosecution has made the evidence available, the defense has 14 days to return the favor.

Military not objecting to wind farms

From "WIND," Page 1

concerns about development of more than 1,200 turbines in Oregon and Washington, he said. Changes in radar technology and modifications to the wind proposals are allowing six of the farms to go forward.

The Flint Hills are considered among the best places in Kansas for wind farms because of existing power transmission lines, though landowners and other often oppose construction in the scenic hills.

The Army's Fort Riley is in the Flint Hills, outside Junction City. McConnell Air Force Base, near Wichita, and the Great Plains Joint Training Center, outside Salina,

are near the hills. The Army's 1st Combat Aviation Brigade, based at Fort Riley, uses combat and cargo helicopters to move soldiers and equipment.

State Sen. Jay Emler, a Lindborg Republican and chairman of the security panel, said he wanted the briefing to make legislators mindful of the potential conflicts as the state pushes for more wind development.

"There are consequences to all of our actions," Emler said.

Rasmussen said Kansas legislators didn't need to take any action now to regulate development or add another layer to the permitting process to avoid conflicts with wind turbines.

"I don't know that it's really necessary," he said.

K-State's purple potatoes are a healthy invention

By Kevin Hardy

The Hutchinson News

MANHATTAN — Some professors at Kansas State University think even your Thanksgiving fare could use a little dose of purple.

K-State researchers recently completed a lengthy process of breeding bright purple sweet potatoes, which are healthier than traditional sweet potatoes. The fruits, or vegetables, of their labor were made into brightly colored desserts that researchers think could one day sit alongside traditional holiday food.

Weiqun "George" Wang, associate professor of human nutrition, said the purple spuds have more anti-aging and antioxidant components than other sweet potatoes and are believed to have cancer-fighting qualities.

The potatoes' deep purple shade stems from anthocyanin, a pigment associated with reducing risks of cancer. The specially developed K-State spuds have very high levels of the anthocyanin. Derivatives of that pigment in the potatoes were found to inhibit human colon cancer cell growth, Wang said.

Wang said it took researchers several years to grow their brand of purple potatoes. More than 2,000 clones were grown through cross breeding until researchers found their prized tater.

Wang is currently calling the potatoes a "functional food," which means a food known to have disease-preventing or health-promoting qualities.

K-State's spuds aren't yet available on the general market though other varieties of purple potatoes have been sold for years.

"Purple potatoes are available, but ours is very different," Wang said. "The color is much brighter than any commercial purple potato out there."

To test the purple potatoes on human subjects, Wang, other researchers and students baked what they called Purple Pride Sweet Potato Pies.

Doctoral candidate Soyong Lim said orange-flesh sweet potatoes are known for being high in carotenoids, which the body digests into Vitamin A. But the purple potatoes have higher levels of anthocyanins, dietary fiber and other vitamins, Lim said.

The pies were recently given away for donations to help cover some research costs, Wang said.

Though the deep color was surprising, Wang said most eaters enjoyed the taste of the pies.

"It actually is really good," he said. "People really liked them."

With the first batch of Purple Pride Sweet Potato Pies baked and consumed, Wang said researchers will continue to investigate the healing power of their taters. Wang is currently calling the potatoes a "functional food," which means a food known to have disease-preventing or health-promoting qualities.

Agents give tips for holiday parties

From "TIPS," Page 1

day meal with a healthy snack or by drinking a big glass of water.

Daily discussed healthy tips on the "good, the bad and the ugly" of fats. Good fats, she said are the unsaturated kind found in nuts, fish and olive oil. Bad fats are the saturated kind in beef, pork, poultry cheese and dairy, with the ugly fats are the trans fats found in shortening, cookies or anything with a shelf life.

"What we eat affects how long we live and the quality of life," she said, "so it's always better when we follow healthy eating habits. We need to remember that when we feed our kids, because what we put in front of them will affect them the rest of their lives."

Diann Gerstner, Thomas County agent, demonstrated

several sauces, dips and seasoned salts and sugars she had made that are more healthy and much less expensive than those purchased at specialty stores.

She demonstrated what size of a pie crust to use depending on the nature of the pie and whether it was a single-crust or double-crust pie. She also taught the group how to properly flute the edges of a pie.

Nearly all of the attendees won one of her homemade sauces or rubs.

Everyone was invited to help themselves to strands of yarn of various colors and taught how to make their own neck scarf by tying knots in several strands of the yarn.

The recipes for the Harvest of Holidays goodies are available at the Extension office at 350 S. Range Ave. in Colby or by calling (785) 460-4582.

LOCAL TV LISTINGS sponsored by the COLBY FREE PRESS. Includes images of a family and a building.

Saturday Evening November 27, 2010. Table listing TV programs, times, and channels.

American Profile We Celebrate Hometown Life. Stories from hometowns just like yours. Look for us each week in this paper. Table listing stories.

Sunday Evening November 28, 2010. Table listing TV programs, times, and channels.

Underwear beats scanners

DENVER (AP) — It's a special kind of underwear — with a strategically placed fig leaf design — and a Colorado man says it'll get you through the airport screeners with your dignity intact.

Jeff Buske says his invention uses a powdered metal that protects people's privacy when undergoing medical or security screenings.

Buske of Las Vegas, Nev.-based Rocky Flats Gear says the underwear's inserts are thin and conform to the body's contours, making it difficult to hide anything beneath them.

The men's design has the fig leaf, while the one for women comes in the shape of clasped hands.

It's unclear whether wearing one would lead to an automatic, more intrusive pat down by security.

Thanksgiving Day NOVEMBER 25. Our office will be CLOSED and there will be no paper on Thursday, Nov. 25, to observe the holiday. We will be back and ready to deliver your Free Press on Friday, Nov. 26!

Don't need it? Sell it in the classifieds! To place your ad, call 462-3963