

Come learn about budgeting

The Pioneer Memorial Library is cooperating with the Topeka Shawnee Public Library along with the Housing and Credit Counseling Inc. to bring you a panel discussion from experts about ways to enhance your budget and secrets to saving money. Mark your calendars for next Thursday for the web-conference “Money & You & 2011.”

The first book we will be putting on the shelves this week is “Before I Go To Sleep,” by S.J. Watson. This is Watson’s first book. He has written it as the result of studying in the first Faber Academy Writing Novel course in London. He works in health care, so he is well versed in those issues, found mixed into this thriller.

Christine has amnesia. She forgets everything each day she awakes, so has no memory of her past, even the experiences of the preceding day. Her husband Ben has been encouraged to help Christine each day with remembering. Christine also begins to write a daily journal so she can remember circumstances in her more recent past.

The problem comes when she writes in her journal that she should not trust Ben. However, she does not write down why and thus becomes distrustful of most circumstances. The intrigue builds and keeps readers on the edge of their seats. If you love thrillers, you will love this. All the best



Melany Wilks

•Library Links

authors who read it gave it a very strong endorsement.

The second book to tell you about is “The Silent Girl,” by Tess Gerritsen. It is the ninth in the Jane Rizzoli and Maura Isles series. Detective Rizzoli is flung into trying to solve the gruesome murder of a Caucasian woman found with her head almost severed from her body. Dr. Maura Isles is a Boston police department pathologist. Detective Rizzoli must delve into Boston’s Chinatown to solve this murder. Unfortunately, those in the community do not talk to police.

Rizzoli has interviewed the Sifu or Iris Fang, owner of the Dragon and Stars Academy of Martial Arts, to no avail. She does not know the victim, but also has no information. As time goes by it becomes evident there is an evil force killing persons in China Town. They need to get Iris Fang to help them solve the murders.

A third mystery is “Now You See Her,” by James Patterson and Michael Ledwidge. Nina Bloom is a successful lawyer practicing in New York. A murder has just hap-

pened in New York and she finds herself face to face with a past she had hoped to have buried 19 years earlier.

Earlier in life she had run away from circumstances in Key West. Married and a child on the way, Nina found she must hide herself and her child. Until now she has successfully kept this fact from even her own child. Now a man’s life depends on her allowing this truth to come to light. Here is where the suspense is really located in the book.

A third item is a riveting biography written by Erik Larson, the best selling author of “The Devil in the White City.” Larson’s most recent book, “In the Garden of Beasts” is about Berlin in the 1930s.

Ambassador William E. Dodd of the United States is now the first to work with Hitler’s Germany. Dodd brings his family which includes his impressionable daughter, Martha. She proves to be enamored with those in high position within the government. Dodd however begins to hear about the atrocities being committed by the Third Reich.

He writes the State Department who summarily disregards his warnings. Larson writes descriptive details of the experiences of the father and daughter and the way the first year of Hitler’s administration began to unfold. This nonfiction book has 57 pages of

endnotes, pictures throughout the book and an index that will help readers find important topics of the era. This will be a great read for the historian or person who loves historical fiction.

A fourth item is “Twelfth Proph-ecy” by Bodie and Brock Thoene. This is the 12th book in the *A.D. Chronicles* series, about Abigail, a Samaritan woman who lives in the village of Sychar in the first century. Abigail’s life was tarnished early in life. Now she is pregnant, but not by her husband. She expects the father of her unborn child to rescue her, but instead is befriended and aided by Leah, a local beggar.

Leah knows of a special one helping people in her time. She counsels Abigail. Through words of the well known Peniel of Jerusalem she is encouraged and given the testimony of Jesus. The great addition to this book is that each chapter has a small study that the person can work through and consider.

Remember to pickup your audio books or download eBooks for your long trips! If you have not gotten your new library card, drop by and let us update your account.

Our summer schedule is 9 a.m. to 6 p.m. Monday to Wednesday; 9 a.m. to 8 p.m. Thursday; 9 a.m. to 5 p.m. Friday; 9 a.m. to 4 p.m. Saturday; and 1 to 4 p.m. Sunday. See you in the library!



Steven Michael Juenemann and Amanda Lynn McInay

August rite planned at Colby Sacred Heart

Amanda Lynn McInay and Steven Michael Juenemann of Colby plan to marry Saturday, Aug. 13, 2011, at the Sacred Heart Catholic Church in Colby.

The bride is the daughter of Joe and Sheryl McInay of Colby and the granddaughter of Doreen and the late William Kennedy of Hoxie and the late Leland and Celeste McInay. She graduated from Colby High School in 2006, Colby Community College in 2008 with an Associate’s of Applied Science in business technology and Fort Hays State University in 2010

with a Bachelor’s in childhood education. She works at CHS Agronomy Center in Colby.

The groom is the son of Steve and Sara Juenemann of Colby and the grandson of Eleanor and the late Stan Rogers of Selden and Mary Ann and the late Lawrence Juenemann, also of Selden. He graduated from Colby High School in 2007 and Fort Hays State University in 2011 with a bachelor’s in agriculture business. He works at BP Miller Farms in Colby.

The couple plans to live in Colby following the wedding.

Fluids important to managing heat

In recent years, reusable water bottles have taken on stylish new looks, but making a fashion statement pales in comparison to the life-saving role fluids play in reducing risks from too much summertime heat and humidity.

Drinking eight to 12 cups of fluid a day is recommended under normal circumstances to replenish essential body fluids, and more is needed as summer temperatures and humidity rise, said Mary Meck Higgins, K-State Research and Extension nutrition specialist. “We sometimes forget that 55 to 75 percent of the body’s weight is water; the brain is 70 percent water; blood is 82 percent water, and the lungs are nearly 90 percent water,” said Higgins. She noted that water carries nutrients and oxygen to cells; cushions organs, tissue, bones and joints; removes waste; and regulates body temperature. In high heat, humidity, and times of high activity, such as working outdoors or participating in athletic activities, water is lost through perspiration, which helps cool the body through the evaporation of fluids on the skin.

Exposure to the sun or a sunburn will speed fluid loss, and so will drinking beverages containing caffeine or alcohol, which both act as diuretics, said Higgins, who explained that excessive water loss or dehydration can impair body function and lead to heat exhaustion and/or heat stroke that can be life threatening. “Fluid replacement is essential,

but it’s best to not wait until you’re thirsty,” said Higgins, who added that people often become slightly dehydrated before they become thirsty.

Checking to see if your body is well hydrated is easy, said Higgins, who explained that if urine is pale yellow in color, fluids intake are likely adequate. If urine is dark yellow or appears concentrated, more fluids are needed.

Water is recommended for the majority of the fluid replacement because it is readily absorbed; cool water is preferred because it is absorbed more readily than warm, hot or ice water.

“Other good sources of fluids include milk, 100 percent fruit juice, low-sodium vegetable juices and foods that have a high water content, such as melons and other fruits, tomatoes and other vegetables, and soups, smoothies, puddings, gelatin salads and other foods made with milk, fruit juices or broths,” the nutrition specialist said.

Beverages that contain caffeine, including coffee, tea and some soft drinks, or alcohol act as a diuretic that speeds fluid loss, so are not recommended as essential fluid replacements, Higgins said, adding that only half of the amounts of these beverages be counted towards total fluid replacement.

Sports beverages may be helpful for athletes who are exercising more than one hour and are in need of lost electrolytes and quick

energy, but she recommends diluting them with an equal part of water to help replenish fluids and reduce calories.

Low-fat chocolate milk also can be a good fluid replacement for athletes, said Higgins. She cautioned that sugary sports drinks or carbonated beverages can add unnecessary calories.

Before working in the heat, exercising or participating in athletics, Higgins recommends drinking 14 to 22 ounces of cool water. She also recommended drinking 1-1 1/2 cups of water every 15-20 minutes during exertion, and encourages parents to make sure that children take frequent water breaks (one-half cup after each 15 minutes of activity).

Older adults need to drink fluids, even if they are not thirsty. The ability to sense thirst declines over the years, leaving older people unable to rely on their thirst to prompt them to drink enough fluids.

The ability to regulate body temperature easily also declines with age. So, if a caregiver is thirsty, a dependent older adult, infant or small child probably is, too. Higgins recommended holding a glass of water or other nourishing liquid up to them when offering a drink.

In order to make sure that peo-

ple who work outdoors, athletes and active children get enough fluids to replenish fluid loss, she suggested weighing before and after an activity and drinking 16-24 ounces of water for each pound lost.

“Parents also are encouraged to monitor their children’s (including infants and toddlers) fluids. Water is recommended for infants who have started on solid foods,” said Higgins. Weighing children before and after play or participation in an athletic event can be helpful in gauging a child’s fluid loss and replacement needed.

In addition to replacing fluids, Higgins recommends wearing a hat with a brim and sunglasses; choosing loose, comfortable clothes that breathe; using sun screen; and taking occasional breaks to help minimize the effects of heat and humidity.

Information about nutrition, health, and managing summer meals and snacks is available at K-State Research and Extension offices throughout the state and online: www.ksre.ksu.edu/human-nutrition and www.rrc.ksu.edu.

We want your local news: e-mail to colby.editor@nwkansas.com

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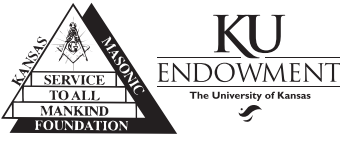
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