

# King James Bible is 400; celebrate with lunch at library

Happy New Year to all! We at the Pioneer Memorial Library are preparing for a very busy year. I feel like we need to start off next week like a car in a drag race, but know we really need to put the car in gear and prepare for a long endurance speed-way race of several hundred laps.

And since we don't want to hit the wall as some recent race drivers have; control, spacing, and timing is everything.

Booked for Lunch is at noon Wednesday. Carol Rahn will be speaking on the book, "God's Secretaries: The Making of the King James Bible," by Adam Nicolson.

This is the 400th year since the publication of the King James Bible and Carol wanted to share this with other patrons in our community. Lunch is simple and we will start serving at noon. The speaker will start around 12:15 and speak until 1 p.m. It is casual, so if you need to leave early, please know that is fine.

A fantasy book I have not reported on yet is "A Dance with Dragons: A Song of Ice and Fire," by George R.R. Martin. This is the fifth book in the *Song and Ice Fire* series. The flap of the cover says Martin has been dubbed the "American Tolkien" of the fantasy world.

In this book Daenerys Targaryen holds control of the last scion of the house of Targaryen. Three dragons and she must fight off the many enemies converging to take over the kingdom.

A young man, Tyrion Lannister, is seeking her but not for evil. Others aligned with him have other intentions. Here is where intrigue and tension arises. Jon Snow, the 998th Lord Commander of the Night's Watch features strongly, guarding the stronghold as well. A riveting book to explore.

A second fantasy item is the book written by Anne McCaffrey and Todd McCaffrey, "Dragon's Time." Mother and son combine their talents to bring readers back to the time in Pern just after the great plague that nearly destroyed dragon-kind.

Having just survived that peril, the time to fight the threat that destroys all plant, animal, human and any other organic material



A truckload, including seven boxes and five bags of food, was delivered to Genesis-Thomas County Wednesday, marking the end of the Food for Fines campaign of 2011.



## Melany Wilks

### Library Links

on the planet must continue to be controlled and conquered.

The problem is that it takes thousands of dragons and riders to fight against Pern's mortal enemy. Lorana, Harper Kinden and Weyrwoman Fiona are a threesome that is intent on solving the problem.

Lorana is having dreams and visions that inspire her to consider time travel in a way that goes beyond the rules taught them by their elders. However, desperate measures always require sacrifice and testing of ones limits and knowledge of the possible. These three will together test their strengths and commitment to save all of Pern.

A third book of fantasy is "Graveminder" by Melissa Marr. I'd classify this more than fanta-

sy. I'd say it is a ghost of a story. Rebekkah Barrow is brought into the world of the dead who want to control the afterlife of those in her area.

Rebekkah has always noticed that her grandmother, Maylene, attended all funerals in the area. A few times she had noticed the comment spoken by her while sipping from a special silver flask, "Sleep well, and stay where I put you."

Rebekkah always wondered why she said this, but strange happenings began after her grandmother passed away. Rebekkah discovers her grandmother had been the protector of the area. Now she must learn all her grandmother knew and did to keep evil from taking over their lives in Claysville.

Another recent addition to our list of science fictions is "How Firm a Foundation," by David Weber. This is book five of the *Safehold* series, about an empire struggling against an evil church empire trying to dominate the free world.

I have not read the book and do

not know all the intrigue but it is a 564-page tome with glossary and list of characters that rivals most of science fiction literature. I'd recommend starting with book one, "Off Armageddon Reef," to better understand book five. At least that is what I plan to do!

Mark your calendar for Game Night at 7 p.m. Thursday, Jan. 19. Due to popular demand, we have decided that the library will hold a game night where individuals or teams can come and play various board games or group games. We will not have the great prizes as in trivia night, but we will have the fun and food. We ask if you want a snack to bring something with you and we will supply the drinks.

We will be closed Sunday. Starting Monday we go back to our normal winter hours: Monday through Saturday, closing at 8 p.m. weeknights, at 5 p.m. Friday, and at 4 p.m. Saturday. Sunday hours are 1 to 4 p.m.

See you in the library!

## High Plains Art Club

Co-President Bev Kern presided at the High Plains Art Club Dec. 13 for a Christmas luncheon at Montana Mike's in Colby. Others present were Marj Brown, Marion Boyd, Marlene Carpenter, Margaret Denneker, Barbara Highland, Alice Wolf, Ruth Hughes, David Ketchum, Maxine Nelson, Fritz Ostmeyer, Tom and Kathie Peyton and Poppy Dean. Cynthia Henningson was a guest.

Plans were discussed for the art show Friday through Sunday, June 1 to 3, at Heartland Christian School. Brown said the school students will have a display, but it will be in another area of the school and will not be judged.

It was decided to pay mileage and meals and provide a place to stay for the judges.

Treasurer Shirley Baker will pay the prize money at the show,

assisted by Wolf.

For the program, members brought large turkey-size feathers on which they had made a painting. Several had painted Christmas trees and other decorations, as well as animals and scenes from wildlife. Members guessed who had painted each one, but took their own feathers home with them.

Highland, Ketchum, Tom Peyton and Hughes won the door prizes.

The next meeting will be Tuesday, Jan. 10, at the Colby United Methodist Church. Ketchum will give the program and Dean will bring the refreshments. Members are to bring and show all the feathers they painted. Guests are welcome.

— Maxine Nelson, secretary

## Men trade card for decades

WHITEHOUSE, Texas (AP) — A Christmas card that crisscrossed the country as part of an old joke between two Texas men will rest this holiday for the first time in 61 years.

Acker Hanks mailed the card to his former neighbor Lee Kelley in 1950. Kelley, a prankster, mailed it back a year later.

The two continued sending the card back and forth, and when

Kelley died, his widow mailed the tattered message for over a decade. Last year, it returned to Hanks unread. He believes Kelley's widow moved to a nursing home.

A list of dates and places in the worn card documents its journey. Hanks plans to frame it.

"I always looked forward to getting the card," he told the *Tyler Morning Telegraph*. "I don't think it'll ever leave me now."

## Deaths

### Adam S. Goalden

Adam S. Goalden, 41, a Colby construction worker, died Wednesday, Dec. 28, 2011, at Lutheran Exempla Healthcare Center in Wheatridge, Colo., following an extended illness.

He was born Feb. 26, 1970, in Goodland.

In 1989 he graduated from Colby High School.

Survivors include his mother and stepfather, Dona (Stegman) and John White, Colby; his father and stepmother, Randy and Mary Jane Goalden, Selden; a brother,

Stephen Goalden, and a sister, Valerie Colgan, both of Colby.

Services will be at 11 a.m. Saturday, Dec. 31, 2011, at the Kersbrock Funeral Chapel in Colby, with the Rev. James Mardock officiating and burial in Beulah Cemetery in Colby.

Visitation will be from 4 to 8 p.m. Friday at the funeral chapel.

The family suggests memorials in his name to be designated at a later date, in care of the funeral chapel, 745 S. Country Club Dr., Colby, Kan., 67701.

# Healthy resolution: schedule a checkup

Heart disease is the number one killer of Americans, but most of the risk factors that cause heart disease are preventable. By taking charge of your health and scheduling yearly check-ups, you increase your odds of catching preventable conditions early. And what better time is there to resolve to take control of your health than the New Year?

Check-ups may seem like a waste of time, but they are invaluable when it comes to detecting underlying problems.

"The largest predictors of heart disease are conditions that you may not know that you have," said cardiologist Jeffrey Bissing, Shawnee Mission Medical Center. "High blood pressure and diabetes often have no associated symptoms, yet; if left untreated can have very significant consequences on your health and will put you at a very high risk of a heart attack and stroke. A routine health exam could assess these, start treatment and reduce your risk substantially."

Major risk factors of heart disease include high blood pressure, high cholesterol, obesity, lack of physical activity, smoking, high blood sugar and lack of physical activity. At a routine yearly check-up, a doctor will take into account your overall health, including your risk factors, talking with you about your family history, medications and any new conditions that have arisen.

Bissing recommends coming

prepared to your check-up to make the most of your time:

- Go to your check-up fasting in case your doctor needs to order fasting labs. It may save you an additional trip to the lab on another day.

- Bring a list of medication prescribed by all of your doctors so that your primary doctor knows what your specialists are also prescribing you.

- Ask your family about their health history so that you can tell your doctor about your own possible risks.

- Between regular visits keep track of any procedures that you may have had done by another physician or exams performed by other physicians such as your eye exams, mammograms, well-woman exams etc. Also keep track of your immunizations if not received by your regular doctor so that he can update your records.

- Make a list of questions you have been wanting to ask your doctor.

You can also keep track of your health progress by taking the My Life Check assessment through the American Heart Association. The assessment pulls together a variety of health information and gives individuals a "health score" based on the data. Individuals are encouraged to make healthy lifestyle changes and take the assessment again to improve their scores.

For information, log on to [www.mylifecheck.org](http://www.mylifecheck.org).

# Airport security officer confiscated her cupcake

PEABODY, Mass. (AP) — A woman who just flew back home from Las Vegas says an airport security officer confiscated her frosted cupcake because he thought the icing on it could be a security risk.

Rebecca Hains said the Transportation Security Administration agent at McCarran International Airport took her cupcake Dec. 21, telling her its frosting was enough like a gel to violate security restrictions on allowing liquids and gels onto flights to prevent them from being used as explosives.

"I just thought this was terrible logic," Hains said Friday.

Hains, who lives in Peabody, just north of Boston, said the agent didn't seem concerned that the cupcake could actually be explosive, just that it fit some bureaucratic definition about what was prohibited. She said he even offered to let her eat it away from the airport security area.

Hains, a 35-year-old communications professor at Salem State University, said she told the agent she had passed through security at Boston's Logan International Airport earlier in the week with two cupcakes packaged in jars, gifts from a student. But she said

the agent told her that just meant Transportation Security in Boston didn't do its job.

The TSA, which is entrusted with protecting the nation's transportation system, was reviewing the incident, agency spokesman Nico Melendez said. Passengers are allowed to take cupcakes through checkpoints, he said.

Hains ultimately surrendered the cupcake. But she said the encounter highlighted a lack of common sense by the agent and the ludicrousness of Transportation Security policies.

"It's not really about the cupcake; I can get another cupcake," she said. "It's about an encroachment on civil liberties. We're just building up a resistance and tolerance to all these things they're doing in the name of security, when it's really theater. It is not keeping us safe."

## Markets

Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat (bushel)	\$6.49
Corn (bushel)	\$6.29
Milo (hundredweight)	\$10.71
Soybeans (bushel)	\$10.63

# Quitline offers smokers help with New Year's resolutions

The Kansas Department of Health and Environment can help people keep their resolutions to quit tobacco in 2012. The department offers free cessation support and information online at [www.QuitNow.net/Kansas](http://www.QuitNow.net/Kansas) or toll-free at (800) QUIT-NOW, (784-8669).

"Quitting tobacco use will improve your health and reduce your risks of cancer, heart disease, respiratory diseases and stroke," said Robert Moser, state health officer. "For people with diabetes, quitting tobacco use will also reduce the risk for diabetes complications."

When Kansans are ready to quit using tobacco, the Kansas Tobacco Quitline is ready to help. The Quitline is a service provided at no cost to Kansas participants. Enrollment is available 24 hours a day, seven days a week online or by phone. A counselor works with participants during e-mails, live chats or one-on-one phone calls to prepare for a quit date and create a plan to fight cravings and face other challenges. Follow-up e-mails, live chats or phone calls are arranged around participants' schedules. Studies have found that using a tobacco Quitline can more than double a person's chances of successfully quitting tobacco.

Another common New Year's resolution is losing weight, and weight gain is often a concern for people quitting tobacco use. Planning ahead is key. Exercise can be an effective tool in quitting tobacco use. When the urge to use tobacco hits, people should take a walk, go for a short run or participate in another physical activity they enjoy. Instead of replacing smoking or chewing tobacco with sweets or fatty food to fill the oral gratification, try chewing sugarless gum or snack on carrots, celery, other vegetables, air-popped popcorn, dried fruit or nuts.

For additional information visit [www.kdheks.gov/tobacco](http://www.kdheks.gov/tobacco).

## Bridge Club

Meadow Lake bridge winners for Tuesday were Ken Ptacek, first; Mary Molstad, second; Larry Barrett, third; Katie Melvin, fourth; and Elaine Ptacek, fifth.

For additional information visit [www.kdheks.gov/tobacco](http://www.kdheks.gov/tobacco).

## Corrections

A briefly entry in the Wednesday, Dec. 28, edition of the *Colby Free Press*, incorrectly said the Thomas County Clerk's office will be closed Friday. The treasurer's office will be closed Friday for end-of-the-year bookkeeping. The clerk's office will be open.

This was an editing error.

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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.

## New Year's DJ Dance

Saturday, Dec. 31, 8 p.m. - 1 a.m.

**Skyline Ballroom**  
E. Hill Drive, Atwood

\$8 Couple      BYOB  
\$5 Individual      Smoke Free

(No one under 21 admitted)

Don't miss our **Annual YEAR-END**

## OUTRAGEOUS SALE!!!

Saturday, December 31 • 7:30 a.m. - 5 p.m.

40% OFF Storewide

Excluding Fresh Flowers

Someplace Special

Storewide savings so "Outrageous" this sale only happens once a year.

185 W. 4th 785-462-7136

Don't Miss It!

OPEN TO THE PUBLIC

## New Year's Celebration

Saturday, December 31<sup>st</sup>

Dining 6 - 9 p.m. • Dancing 9 p.m. - 1 a.m.

\$1.00 Drafts All Evening

Free Champagne Toast at Midnight

Free Biscuits & Gravy at 1 a.m.

### MEADOW LAKE

GOLF COURSE & RESTAURANT

785-460-6443 1085 E Golf Club Rd., Colby