

Celebrate spring by reading about Yellowstone Park's founding

March is almost over and seems to be going out like a lamb. The days have been warm enough for the lambs and calves to be out with their mothers in the pasture. When I lived on a small ranch, I always loved spring for just this reason.

This week I am going to tell you about a few new fiction and non-fiction items we are adding.

The first is a nonfiction book called "Empire of Shadows: The Epic Story of Yellowstone," by George Black. The author takes the reader through the history of Yellowstone as it became a national park. He tells of explorers finding Yellowstone, the Indian nations that inhabited the area, and the cavalry's impact, both good and bad. Black also takes the Civil War and its events into consideration in this well-written book.

The second nonfiction item is "Behind the Beautiful Forevers: Life, Death and Hope in a Mumbai Undercity," by Katherine Boo.

The writer produces a compelling description of the meager subsistence of those trying to claw their way out of poverty. Boo shares how others conspired to defraud citizens by using government-backed help to the poor to fill their pockets. Having worked in this type of environment in another country, I see the writing as



Melany Wilks

• **Library Links**

keenly true to the life experienced by many in the Third World born to poverty.

A fiction book that will be interesting to many is "Illusion: A Novel," by Frank Peretti. Mandy awakens to a life as a 19-year-old in an age beyond her time. She finds she can do illusions and is thought to be extremely talented. Dane, who was her lover years before, discovers her while performing some of her tricks; he knows her and where she came from. He seeks the only way he knows how to get closer to her: become her mentor. Through this novel the two find out about others involved in her plight and seek to thwart their further involvement in their lives.

A second fiction book is "The Wolf Gift," by Anne Rice. Rueben is a 23-year-old writer for the *San Francisco Observer*. He has been assigned to write about the grand castle-like estate on a cliff in Mendocino County, Calif.

This wonderful estate was previously owned by Felix Nideck. He mysteriously disappeared and his 38-year-old niece inherits the place. Rueben, the journalist, is especially interested in the estate, having lived in San Francisco's Russian Hill district. Marchent, the niece, is taken with Rueben. He has the truth about the area thrust upon him while walking when he is attacked by a wolf. He discovers that this will not only change his life, but his whole view of life and the outside world. Within him begins to grow the character of a wolf and passions he never thought imaginable. He must learn to live, cope and thrive with this new gift within.

A third fiction item is "The Underside of Joy," by Sere Prince Halverson. This is a book exploring the tragedy of death, rediscovery of lost children and the reconciliation of women who became the step-mother of two beautiful children. Halverson writes about the emotional turmoil experienced by relatives, friends, children and, most of all, the two women whose lives have become intertwined.

Other books being added are: "Secrets of the Fire Sea," by Stephen Hunt; "Stand by Me," by Neta Jackson; "The Lost Saints of Tennessee," by Amy Franklin-

Willis; "Rainshadow Road," by Lisa Kleypas (in large print); "More Than Words Can Say," by Robert Barclay (in large print).

Remember that the library is closed the next two Sundays: Palm Sunday and Easter, April 8. Also, we moved our *Booked for Lunch* event in April to the second week, when we celebrate National Library Week. From April 9 to 13, the library will have authors and special guest speakers each lunch hour beginning at 11:45 a.m. Lunch is free to all who come, though we do take donations. We have three authors and three special speakers for the week.

On Wednesday, April 18, after lunch, the library will be closing to all regular business for one month for refurbishing. We will be moving items out of the general library area, tearing up carpet and getting ready for the dusty work of installing new carpet, tile and other necessary repairs and updates. Fear not. We are allowing patrons to check out items for a month.

The library opens at 9 a.m. 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!

Deaths

Ronald D. Grubb

Ronald D. Grubb, 51, a Colby concrete finisher, died Tuesday, March 27, 2012, at Citizens Medical Center in Colby.

He was born Dec. 2, 1960, in Topeka.

Survivors include his wife, Tayna (Mahorney) Grubb, of the home; his mother, Doris Jenkins, Topeka; a brother, Terry Donaldson, and a sister, Melanie Donaldson, both of Topeka, and another sister, Kathy Green, of Perry.

Memorial services will be at 2 p.m. Friday, March 30, 2012, at the Kersensbrock Funeral Chapel in Colby, with Pastor Jarrod Spencer officiating. Inurnment will be later.

No visitation.

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

Thomas E. Hurtt

Thomas E. Hurtt, 86, a retired U.S. mail contract driver from Colby, died Wednesday, March 28, 2012, at Citizens Medical Center in Colby.

He was born Sept. 7, 1925, in Chardon, the son of Scott B. and Mary Jane (Leonard) Hurtt.

Survivors include his wife, Mary (Ponceja) Hurtt, of the home; three sons, Tommy S. Hurtt, Trenton, Neb.; Ronald E. Hurtt, Colby; and David Mohr, Tampa, Fla.; two daughters, Marsha D. Eichenauer, Lakewood, Colo., and Jane Gaschler, Shawnee; a brother, Kenneth Hurtt,

Mesa, Ariz.; 11 grandchildren; one great-grandchild; and one great-great-grandchild.

Services will be at 10:30 a.m. Saturday, March 31, 2012, at the Kersensbrock Funeral Chapel in Colby, with Father Dana Clark officiating and burial in Beulah Cemetery.

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

The family suggests memorials to the American Legion for the Veterans' Memorial, in care of the funeral chapel, 745 S. Country Club Dr., Colby, Kan., 67701.

Grants help research on historical collections

The Kansas Historical Society says the application deadline for its academic and non-academic research grants is Sunday, April 15. Grants are intended to help defray expenses while conducting research at the Historical Society in Topeka.

The Alfred M. Landon Historical Research Grant is presented annually to graduate students researching at the State Archives, Kansas Museum of History or the historical society's archeology collections. The total amount available is \$1,000 to be used between Sunday, July 1, and June 30, 2013. Funds are provided by an endow-

ment established in memory of Gov. Landon.

The Edward N. Tihen Historical Research Grant is presented annually to non-academic researchers to use the collections at the Historical Society. The total amount available is \$500 to be used between July 1 and June 30, 2013. Money is from the Tihen Endowment, established in appreciation of his role as an amateur historian.

Further information and applications for both of these programs are available online at www.kshs.org/p/research-grants/15798.

World Salt Awareness Week encourages reduced sodium

The Kansas Department of Health and Environment is promoting World Salt Awareness Week this week to raise awareness of the link between a diet high in sodium and high blood pressure and to encourage Kansans to monitor their sodium intake.

"The salt shakers on our tables are not the major sources of excess sodium in our diets. I recommend you look at all your sources of food for just one week to see where you can make an effort to reduce salt in your diet," said Robert Moser, state health officer.

"To reduce sodium intake and keep blood pressure in check, eat more fresh or frozen fruits and vegetables, eat fewer processed foods, read nutrition labels while shopping and request lower sodium options when eating out."

Reducing sodium intake can help prevent or delay high blood pressure, a leading cause of stroke, heart attack and heart and kidney failure in the U.S. Information can be found at www.kdheks.gov/cardio/risk.htm.

According to the Centers for Disease Control and Prevention about 90 percent of Americans eat more sodium than is recommended for a healthy diet. The U.S. Dietary Guidelines recommend limiting sodium to less than 2,300 milligrams, which is equal to about a teaspoon a day. People age 51 and older, African-Ameri-

cans and anyone with high blood pressure, diabetes or chronic kidney disease should limit sodium to 1,500 mg a day.

Most of sodium is hidden in everyday foods that might not even taste salty. According to the Centers for Disease Control, 65 percent of the sodium people eat comes from processed food sold in grocery stores and 25 percent comes from foods prepared in restaurants. More than 40 percent of sodium comes from the following 10 types of foods.

- breads and rolls
- cold cuts and cured meats
- pizza
- poultry
- soups
- sandwiches
- cheese
- pasta dishes
- meat dishes
- snacks such as chips, pretzels and popcorn

To learn more about reducing sodium visit www.cdc.gov/Features/VitalSigns/Sodium/ or contact the Kansas Heart Disease and Stroke Prevention Program at (785) 296-8150.

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.

Not exactly a fun ride



KATHRYN BALLARD/Colby Free Press

Janet Gipson of Colby got a rude surprise Monday when she turned from Willow onto County Club Drive. Her SUV was struck by a northbound vehicle and rolled onto its side about

1:55 p.m. The Colby Fire Department rode to the rescue, righting her vehicle with Gipson still inside.

Chicken beaks aimed at record

By Mike Householder

Associated Press
GRAND RAPIDS, Mich. — A comedy festival in Michigan is pecking away at chicken-themed world records.

In 2011, organizers of Gilda's LaughFest in Grand Rapids set a Guinness World Record for the most rubber chickens tossed, 925.

On March 8, 607 revelers packed a downtown city block and donned chicken beaks, clucking their way to the record for the most people wearing animal noses at a single venue.

Assuming, that is, the folks at Guinness World Records agree.

Organizers said those who braved the 30-degree temperatures wore the beaks for 11 minutes and 39 seconds, eclipsing the 10 minutes mandated by Guinness.

Since there isn't a current world record in the animal nose-wearing category, if the paperwork checks out, then those who busted a move to the Chicken Dance have set the mark.

"What an event. It really brought the community together. It was incredible," Sharon Irwin, a 54-year-old legal secretary from

nearby Kentwood, said as she was leaving the fenced-in area known as "the coop."

The event served as the official kickoff to Gilda's LaughFest, which runs through March 18 and is sponsored by the nonprofit Gilda's Club Grand Rapids. The festival honors the memory of comedian Gilda Radner, who died in 1989. This year's headliners include comedians Whoopi Goldberg, Martin Short and Kevin Nealon.

Radner's brother, Michael, was on hand for the beak-wearing.

"It's a wonderful legacy of my sister, and I'm so happy to be a part of it," he said.

Gilda's LaughFest began last year, and more than 55,000 people from 25 states and Canada attended.

Markets

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

Wheat (bushel)	\$6.21
Corn (bushel)	\$5.95
Milo (hundredweight)	\$10.14
Soybeans (bushel)	\$12.28

Inspections available online

A website will assist Kansans who want to know how restaurants they frequent fare during state food safety inspections.

The website, www.ksda.gov/food_safety/content/336, allows visitors to search for and view inspection results based on business name, county, city or inspection date.

"The inspections are a snapshot of the conditions our inspectors document at the time of their unannounced inspection," said Kansas Department of Agriculture Food Safety and Lodging Program Manager Steve Moris.

The Kansas Department of Agriculture Food Safety and Lodging program promotes public safety by regulating lodging facilities and the production, distribution and storage of food products in Kansas.

The program inspects grocery stores, restaurants, convenience stores, schools, senior meal sites, mobile food units, food wholesalers and warehouses, food processors, food manufacturers and lodging facilities.

Restaurants and other food facilities in Kansas are inspected at least once a year. While the inspection reports provide information about conditions inspectors found on a given day, the department encourages people to look at the inspection history of a facility to get a broader picture of its track record.

The inspection report website existed in the past, but had not been updated since an internal upgrade in May. For information about the Kansas Department of Agriculture Food Safety and Lodging program, visit www.ksda.gov/food_safety/.



You are invited to Richard and Elsie Cox's 60th Wedding Anniversary
Saturday, April 7th • 2 - 4 p.m.
City Limits • Colby, KS

Colby Trap Club 2012 Summer League

Summer trap league begins Tuesday evening April 3rd then the first Tuesday each month following through October 2nd.

Put together a 5 person team or show up Tuesday evening, there are teams that are in need of a shooter and are still looking for additional teammates.

League Fees are \$50 per 5 person team due the first shoot. Shooting Fees are \$15 per shooter each monthly shoot.

If you are wanting to learn how to shoot and have fun with friends while learning, this is your chance. We have several members that are certified range masters and are always willing to give helpful pointers.

• • We welcome all • •
You can also join the trap club for a \$50 annual fee which will give you a punch card for 8 nonleague 25 round trap or skeet shoot

The trap range will be open at 5 p.m. on April 3rd
If you have questions call Paul 785-460-2839

Kiwanis Club ANNUAL EASTER EGG HUNT!
Saturday, March 31st • Fike Park

Ages 3 & under	Ages 4-6	Ages 7-9
10 a.m. sharp	10:10 a.m.	10:20 a.m.

In case of bad weather, listen to KXXX/Q100 for information.