



Heather Noel Griggs and Bradley Shane Dible

Colby couple plan July wedding here

Heather Noel Griggs and Bradley Shane Dible of Colby plan to marry Friday, July 6, 2012, at the Colby United Methodist Church.

The bride is the daughter of Gerald Griggs and Judy Linville and granddaughter of Opal Linville, all of Colby.

She is a 2010 graduate of Colby High School and a 2012 graduate of Colby Community College with an associate de-

gree in business administration technology. She works at The Loft, a gift shop in Colby.

The groom is the son of Kent and Carla Dible of Colby and grandson of Almetha Mendenhall of Oakley.

He is a 2008 graduate of Colby High School and works at McDonald's in Colby.

The couple plans to honeymoon in Texas.

Recent research has practical value

As you know I work for K-State Research and Extension.

We work to bring research-based information to the people of Kansas to help better their lives. Research is constantly cranking out new information. As I review recent research I look for information I think you will find interesting and/or helpful. Below is information that I found interesting and hope you do too.

Free obesity counseling. Medicare now covers free weight-loss screening and counseling for obese patients for up to one year with no co-pay or deductible.

Here's how the program works. You get one weekly visit for intense behavioral therapy with your primary care provider for the first month. Over the next five months, you meet with your provider for continued counseling twice a month. But if you want to take advantage of a full year's worth of counseling, there's a catch: You must lose 6.6 pounds by the end of the first six months to be eligible to continue counseling for the rest of the year. (Source: Centers for Medicare and Medicaid Services)

Tylenol precautions. People who take more than the recommended dosage of Tylenol and other acetaminophen products over as little as just a few days are setting themselves up for fatal liver damage, says U.K. researchers. Acetaminophen builds up in the body, causing an overdose that can be more deadly than taking a single, intentional overdose.

The accidental poisoning is a result of what's called "staggered overdoses," when people take extra doses to relieve pain. The likelihood of death increases if treatment is delayed; most people don't connect symptoms like vomiting to Tylenol or similar painkillers and neglect to tell their doctor they took them. (Source: *British Journal of Clinical Pharmacology*)

If you take **blood pressure medication**, consider taking it in the evening, rather than the morning. A recent review of 21 studies found that taking the drugs in the evening results in slightly lower 24-hour blood pressure readings. A Spanish study found that those



Diann Gerstner

• Knowledge for Life

who took their hypertension drug at bedtime not only had better blood pressure control, but also had far fewer heart attacks, strokes and other cardiovascular events over a five-year period than those taking the drugs in the morning. (Source: University of California, *Berkeley Wellness Letter*)

Nutrition and cataract prevention. Cataracts affect over 20 million Americans age 40 and older. By age 80, more than half of all Americans will have a cataract. While aging is a primary factor for cataracts, other factors also play a role, including exposure to sun and nutrition.

A recent study found people who had low levels of vitamin C in the blood had higher rates of developing cataracts. Super sources of vitamin C include citrus fruits such as oranges. But, there are also many other fruits and vegetables which are excellent sources of vitamin C. These include peppers, broccoli, sweet potatoes, carrots, melons, strawberries, tomatoes and winter squash.

To get a better night's sleep, exercise regularly. In a national survey, people who met federal exercise guidelines – at least 150 minutes of moderate activity or 90 minutes of vigorous activity a week – were much less likely to report poor sleep and daytime sleepiness than those exercising less.

Evaporated cane juice, despite the claims, is no healthier than refined white sugar. Found in many "health foods," it is simply a less processed form of sugar cane that has as many calories as regular sugar.

Make sure your **shoes** are big enough. About one out of four adults wears the wrong-size shoes. Feet grow longer and wider with every passing decade, especially if you gain weight.

Diann Gerstner is the family and consumer sciences agent for the Thomas County Extension office.

Duct tape patch fails on semi

LIVINGSTON, Mont. (AP) – Maybe duct tape doesn't fix everything.

Officials in southern Montana say a Canadian truck driver found that out the hard way when he tried to stop a fuel tank leak with the all-purpose tape before going to sleep at a truck stop near Livingston.

The *Livingston Enterprise* reports a truck stop employee called Park County firefighters at about 3 a.m. Thursday to report the leak. Fire Chief Dann Babcox estimates about 100 gallons of diesel fuel leaked from the tractor-trailer onto

the ground.

The truck driver works for a company based in Saskatchewan. He says he thought he might have hit something on Interstate 90, but when he stopped at the time, he didn't notice any damage.

Deaths

'Bill' Summers

Memorial services for William Eugene Summers will be at 10:30 a.m. Saturday, June 30, 2012, at the Colby United Methodist Church, with the Rev. Jim Mardock and Kaye Metzler officiating. Following the service, his ashes will be scattered along the Solomon River in Penokee, east of

Colby on U.S. 24. He was born Sept. 14, 1939, in Penokee, the son of Clair Willard and Beatrice Irene (Bean) Summers. He died Friday, June 15, 2012, in Firestone, Colo.

The family suggests memorials to the Bluegrass Committee or to hospice.

James Bernard Merica

James Bernard Merica, 91, Colby, died Wednesday, June 13, 2012, at the Prairie Senior Living Complex in Colby.

He was born Feb. 5, 1921, in Quinter, the son of Homer and Pansy (Watts) Merica.

On Aug. 22, 1942, he married Loraine D. Cook.

During World War II he served in the Army and was awarded the Bronze Star.

He was preceded in death by his wife in 2003.

Survivors include a son, Rick Merica, of California; a grandson, Derek Merica; and a great-grandson, Malikiah Kunse.

Memorial services will be at 2 p.m. Saturday, June 30, 2012, at the First United Methodist Church in Winona. Baalman Mortuary in Colby is in charge of arrangements.

Activities canceled due to extreme temps

Due to the extreme heat forecast for today and the rest of the week, Picnic in the Park this week was canceled. Since next Wednesday is the Fourth of July, there is no concert that day as well.

Picnic in the Park will resume on Wednesday, July 11, with entertainment by Margie Schoenfeld.

"Sorry for the inconvenience," said Chamber of Commerce Executive Director Holly Whitaker, "but everyone's safety is our first priority."

For questions, all the Chamber office at 460-3401.

In addition, the Colby Recreation Department canceled all youth baseball games this week, though as of Monday the men's softball league games for Thursday night were still on the schedule.

State gets settlement

More than \$560,000 in workers compensation insurance settlement money paid recently to the Kansas Insurance Department will be deposited into the state's general fund, Sandy Praeger, Commissioner of Insurance, announced today.

The settlement money comes from AIG, the national financial services company, as a result of a multi-state market conduct examination. The examination by state regulators focused on allegations that the company underreported its workers compensation insurance revenues.

By Kansas law, insurance settlement money is regularly returned to the state general fund.

"Underreporting of premium revenues allowed AIG to pay less in taxes," said Commissioner Praeger. "And since workers comp premiums are taxed at a higher rate than auto, liability and other types of insurance, the company gained an unfair competitive advantage."

Under the nationwide settlement, the company will pay a total of \$146 million to the states.

Market conduct examinations include reviews of insurance com-

pany practices regarding treatment of policyholders, the way premium rates are charged and the way the insurer handles claims. The investigation began in 2008.

The Kansas Insurance Department, a fee-funded agency, contributed nearly \$143 million to the state general fund last year from premium fees and taxes paid by insurance companies. The department's annual operating budget also comes from insurance company fees and taxes, not the state general fund.

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.

Markets

Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat (bushel)	\$6.82
Corn (bushel)	\$6.56
Milo (hundredweight)	\$11.18
Soybeans (bushel)	\$13.40

Duct tape prom outfits could win scholarships

SOLOMON (AP) – A Kansas teen has earned a spot as a finalist in a national design competition with a prom dress made entirely from duct tape.

Brooke Wallace, 17, of Solomon, spent more than 200 hours fashioning a western-style prom dress for herself and a suit for her date from 42 rolls of duct tape. Wallace told *The Salina Journal* (bit.ly/Mhlluh) the effort wasn't just for kicks: She and her date, Mark Aylward, could each win \$5,000 scholarships and their school could get \$5,000, too.

The couple was recently named one of 10 finalists in a design contest sponsored by duct tape maker Duck Tape. The competition required couples to make and wear outfits made from duct tape to their spring proms and post pictures on a website. The winners will be chosen through online voting that runs through July 11.

Wallace said she went with a rodeo theme for their outfits because "we both live in the country, so it fits our style."

For her dress, she made a slip out of light cotton material and then sewed sections of duct tape onto the fabric. The torso of Wallace's dress and Aylward's cowboy vest were made from 1,500 to 1,800 hand-folded triangles of

tape, she said. Ruffles on her skirt and trim on his vest were crafted from turquoise and hot pink tape.

"I wanted colors that looked good together, along with an intricate design that would stand out," said Wallace, who will start her senior year at Solomon High School in the fall.

She also created accessories to go with the outfits, including a purse and earrings for herself and a bolo tie, lariat, gun and holster for Aylward, all from duct tape.

Wallace said there is one significant difference between her dress and her date's suit. While both were made with duct tape, her dress was sewn entirely from tape. It can be worn short or long because it has a detachable skirt.

To make Aylward's suit, she took ready-made pants, a vest, a coat, boots and a cowboy hat and covered them in duct tape. The only thing not taped was his shirt.

Aylward, 16, said the outfits attracted a lot of attention at the prom and people especially wanted to touch them.

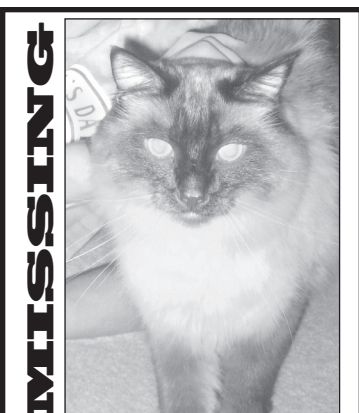
"We stood and took pictures longer than anyone else," he said.

The duct tape dress wasn't Wallace's first foray into unusual design. She won a blue ribbon at the Tri-Rivers Fair last summer with a dress made from 60 Mountain Dew cans and nearly 600 pull tabs.

But for her senior prom next spring, she said, she'll probably do something "more normal."

Bridge Club

Meadow Lake bridge winners for Tuesday were: first, Margaret Dennerler; second, Joy Davis; third, Bob Renner; fourth, Al Koenig; fifth, Thelma Shalz; and sixth, Lyle Worthy.



MISSING
Lost medium haired siamese in the area of East Plum.
\$500 Reward
Call 785-443-1356

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

friends don't let friends drive drunk.

Happy 35th Anniversary
Calvin & Glenda Sharpe
We will be celebrating this Anniversary with a dance **Saturday, June 30 • 7 - 11 p.m.** **American Legion, Colby**
All well wishers are invited to attend.

End of the Bolt BLOWOUT

June 27th • 27% OFF
June 28th • 28% OFF
June 29th • 29% OFF
June 30th • 30% OFF
9 a.m. - 5:30 p.m.

Interior Connection & Quilt Cabin 1525 S. Range 785-462-3375

celebrating **AMERICA**

The Colby Free Press will be **CLOSED** Wednesday **JULY 4th**

to observe Independence Day
(there will be no paper on this day)

We will reopen for normal business hours Thursday, July 5th.

COLBY FREE PRESS
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