

Follow through on good intentions

Five birds are sitting on a telephone wire. Two decide to fly south. How many are left?

Most people would say three. Actually, all five are left. You see, deciding to fly isn't the same as doing it.

If a bird really wants to go somewhere, it's got to point itself in the right direction, jump off the wire, flap its wings and keep flapping until it gets there. So it is with most things. Good intentions aren't enough. It's not what we want, say, or think that makes things happen; it's what we do.

I frequently think of writing thank you, birthday and congratulatory notes. Unfortunately, only a sad few of these good sentiments ever make it to paper. Still, if I don't look too closely, I can delude myself into thinking that based on my good thoughts, I'm a gracious and grateful person.

A truer and less admirable picture of my character is drawn by my actions. In the end, we either do or don't do.

We either make the time to do the things we want to and should do or we make excuses. As Alfred Adler said, "Life happens at the level of events, not of words. Trust movement."

What do you want to do? Do



Clint Milliman

- Knowledge for Life

you want to take a course, change your job, lose weight, make new friends, or spend more time with and appreciate more the ones you have? What's stopping you from jumping off the wire and flapping your wings?

There are a lot of good things happening at the fair.

You can see the projects that are on display in the 4-H building. The arrangement of the project displays on the 4-H side has changed a little so go in and check it out to see how well your relatives', friends' or neighbors' kids placed. The kids worked hard on these projects that are on display for your enjoyment.

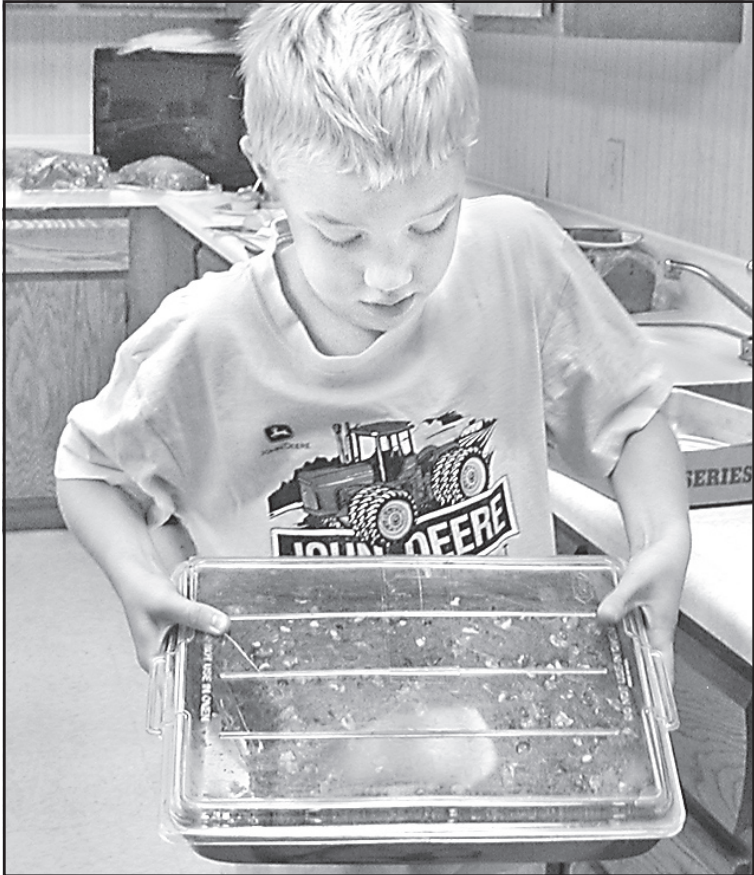
We completed the swine, sheep and goat shows earlier today.

The beef show will be starting at 8:30 a.m. Thursday morning.

The 4-H livestock sale will be at 5:30 p.m. Thursday evening.

The Round Robin Showmanship judging will be at 9 a.m. on Friday.

I hope you have or will take the time to go to the fair to enjoy the



MARIAN BALLARD/Colby Free Press

Jacob Wetter, son of Mike and Annette Wetter, showed off his completed entry, a blue-ribbon-winning zucchini cake, after judging Tuesday. He's a member of the Colby Comets 4-H club.

many exhibits and activities.

Clint Milliman is the Thomas County agriculture and natural resources agent with Kansas State

Research and Extension. A native of Illinois, Milliman works with area 4-H clubs, farmers and ranchers.

Immunizations still remain necessary

In its work to help Kansans protect themselves from serious diseases, the Kansas Department of Health and Environment is participating in National Immunization Awareness Month.

Immunizations can prevent infectious diseases like chickenpox, whooping cough, measles and meningitis. Though vaccine preventable diseases may seem uncommon, Kansas continues to investigate cases and outbreaks of these diseases on a regular basis in the state as do many other states across the United States.

"Immunizing is the main reason certain diseases do not run rampant," said the department's Immunization Program Director Ryan Burns. "However, the extraordinary success of vaccinations also creates vulnerability: the better vaccines work, the less people think about getting them. This is why National Im-

munization Awareness Month is so important for reminding people about one of the greatest medical advances in history."

According to the Centers for Disease Control, more than 17,000 cases of pertussis – whooping cough – and nine pertussis-related deaths have been reported in the U.S. so far this year. The majority of these deaths occurred among infants younger than 3 months of age who were either unvaccinated or not fully vaccinated yet.

The incidence rate of pertussis among infants exceeds that of all other age groups. The second highest rates of pertussis disease are observed among children 7 through 10 years old. Rates are also increased in adolescents 13 and 14 years of age. In Kansas, 121 confirmed cases of pertussis have been reported this year.

Immunizations work, but in order for them to work correctly it's important to know which immunizations or vaccinations you need and when to get them. Vaccinations work best when they are given at certain ages. Here are some general guidelines:

- Everyone over age 6 months needs to be vaccinated against seasonal flu every year.
- Children need a series of vaccinations from birth to age 6.
- Pre-teens need recommended vaccinations at age 11 or 12, as well as teenagers as they enter into high school and college – vaccinate before you graduate.
- All adults need a variety of vaccinations to prevent diseases such as whooping cough, pneumonia, flu and shingles.

For information on immunizations, go to www.kdheks.gov/immunize/index.html.

Take precautions during heat wave

Temperatures holding in the hundreds can take a toll on everyone including office workers as the heat can slowly dehydrate people over several days. While certain age groups and people with health conditions are at greatest risk, seemingly healthy people can succumb to heat-related illnesses during a heat wave.

"Even folks working in an office can lose fluids slowly over several days in this high heat and not realize it," Dr. Lee Norman, senior vice president and chief medical officer said. "The warning signs are more subtle. Sometimes people lose their sense of humor as they slowly dehydrate. If a family member or friend seems a little grumpy these days, offer them something to drink."

Norman prefers water or sports drinks during a heat wave over carbonated beverages that bloat the stomach, making you feel full, and caffeinated beverages which act as a diuretic.

"Unless you have heart or kidney conditions which restrict fluid intake, then consistent water consumption is the best prevention against dehydration," Dr. Norman continued. "Drink enough to require going to the bathroom every

three to four hours and watch to make sure your urine is diluted. If it's dark or yellow, you are not drinking enough."

Norman says certain age groups, conditions, medications and circumstances put people at greater risk during a heat wave. He reminds everyone to check on neighbors frequently, know the warning signs of too much heat exposure and most importantly, take precautions.

Medications: Antidepressants, antihistamines and heart medications don't always mix well with hotter temperatures. People taking these medications can dehydrate more quickly. Drink plenty of fluids and check with your physician if you don't feel quite right.

Stroke, brain injuries, dementia: Patients who have suffered a stroke, a traumatic brain injury or dementia might not feel the effects of the heat like a healthy person. Take care they are drinking plenty of fluids and are not overcome.

Heart Health: Hotter temperatures put added strain on the heart as it works to keep the body cool. Overtaxing yourself in the heat can lead to heart problems even in healthy people. Among the warning signs of overtaxing your heart

are dizziness, extreme fatigue, feeling faint and chest pains. The elderly are especially at risk and should take precautions.

Asthma, allergies and lung disease: The current heat wave is producing a drier heat than normal for this time of year. While pollen counts are down, extreme temperatures still making breathing difficult for people suffering breathing conditions. Stay indoors in air conditioning as much as possible during the highest heat of the day.

Burns: The potential for severe burns on the feet is real as the sun heats up concrete and asphalt surfaces to 125 degrees or hotter. Young children are especially susceptible when they run outside barefoot. Make sure children have proper shoes on to avoid burns.

Markets

Quotes as of close of previous business day Hi-Plains Co-op	
Wheat (bushel)	\$8.23
Corn (bushel)	\$8.11
Milo (hundredweight)	\$13.73
Soybeans (bushel)	\$16.11

VOTE Mike Baughn

Republican for
3rd District Thomas County Commissioner

"My intent is to work with the other Commissioners and county officers in continuing to provide quality, common sense and fiscally responsible county government."

Paid for by Baughn for Commissioner, Mike Baughn, Treasurer

CORRECTION

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Cards to honor 90th

The family of Verna Wiens is having a card shower to celebrate her 90th birthday, which is Sunday, Aug. 5, 2012.

She has two daughters, Berna and Larry Towns and Georgetta and Robert Schoenfeld, all of Colby, four grandchildren and seven great-grandchildren.

Cards may be sent to her at Fairview Estates, 1630 Sewell Ave., Apartment B9, Colby, Kan., 67701.



Verna Wiens

Public Notice

ORDINANCE NO. 59

AN ORDINANCE APPROVING ADOPTING A NEIGHBORHOOD REVITALIZATION PLAN FOR THE CITY OF MENLO, KANSAS, AND ALL PROVISIONS, TERMS AND CONDITIONS THEREOF, AND AUTHORIZING THE EXECUTION OF A CERTAIN AGREEMENT FOR INTERLOCAL COOPERATION WITH THOMAS COUNTY, KANSAS AND ALL PARTICIPATING PUBLIC AGENCIES FOR THE PURPOSE OF PROVIDING A PROGRAM FOR NEIGHBORHOOD REVITALIZATION.

WHEREAS, The Kansas Neighborhood Revitalization Act as set forth in K.S.A. 1996 Supp. 12-17, 114 et. seq. authorizes and empowers the Governing Body of the City of MENLO, Kansas (herein CITY) to designate any area within the CITY as a Neighborhood Revitalization area if the Governing Body finds that one or more of the conditions described in of K.S.A. 1996 Supp. 12-17, 115 (b) exists thereby encouraging and facilitating the rehabilitation, conservation and redevelopment of any such designated area and also, thereby protecting and promoting the public health, safety and welfare of the residents of the CITY; and,

WHEREAS, the CITY, pursuant to the aforesaid statute, has found and determined that all area and land lying within the corporate limits of the CITY is eligible for designation as a Neighborhood Revitalization area; and,

WHEREAS, the Governing Body of the CITY hereby determines it necessary and advisable to enter into an Interlocal Agreement with Thomas County, Kansas (the County) for the purpose of considering, adopting, and coordinating a Neighborhood Revitalization Plan, and establishing a Neighborhood Revitalization Fund for the purpose of administering the redevelopment fund and to provide rebates as provided by law.

NOW THEREFORE, BE IT ORDAINED BY THE GOVERNING BODY OF THE CITY OF MENLO, KANSAS:

SECTION 1. REVITALIZATION PLAN APPROVED AND ADOPTED. The four (4) page document produced and present at this meeting of the Governing Board entitled "Revitalization Plan" and each and every part thereof is, in all respects, approved,

authorized, confirmed and adopted by the City of MENLO as the Revitalization Plan for the City of MENLO, County of Thomas, Kansas, such Plan to be in force and effect on and after July 12, 2012. A fully executed copy of such Revitalization Plan shall be filed in the office of the City Clerk and shall be available for inspection by the public at any time during regular business hours.

SECTION 2. EXECUTION OF INTERLOCAL AGREEMENT. The City is hereby authorized to enter into, execute and deliver an Interlocal Agreement with Thomas County, Kansas under which the City, County, and all participating public agencies shall cooperate in the consideration, adoption, and coordination of a Neighborhood Revitalization Plan, and the establishment of a Neighborhood Revitalization Fund, upon the terms and condition as set forth in said Agreement.

SECTION 3. EXECUTION OF REVITALIZATION PLAN AUTHORIZED. The City shall, and the officers, agents and employees of the City are hereby authorized and directed to take such action, spend such funds and execute such other documents, certificates and instruments as may be necessary and desirable to carry out and comply with the provision of this Ordinance and to carry out, comply with and perform the duties of the City with respect to the Interlocal Agreement, all as necessary to carry out and give effect to the terms of the Agreement.

SECTION 4. AUTHORITY FOR ADOPTION. This Ordinance is adopted pursuant to the provisions of the Kansas Neighborhood Revitalization Act, as set forth in K.S.A. 1996 Supp. 12-17, 114 et. seq.

SECTION 5. EFFECTIVE DATE. This Ordinance shall be in force and take effect from and after the date of its approval and adoption as shown below and its publication in the official City newspaper.

PASSED AND ADOPTED by the Governing Body of the City of MENLO, Kansas on the 12th day of July, 2012.

ATTEST:
Sharon Munk, Clerk

(Published in the Colby Free Press on Wednesday, August 1, 2012)

Richard H. Fields

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