



Shirley and Paul Brown

## Surprise open house to celebrate 65 years

Paul and Shirley Brown will celebrate their 65th wedding anniversary with a surprise open house and card shower from 2 to 4 p.m. Sunday at 1385 Lue Dr., Colby.

Their children and daughter-in-law would like to invite family and friends to help them celebrate.

The Browns live with their one daughter, Dana Unruh of Goodland. They also have one son, Doug (Wanda) Brown of Colby. They have 10 grandchildren and 13 great-grandchildren.

The couple was married Oct. 12, 1947, at the Rawlins County Courthouse in Atwood.

Shirley is the daughter of Maude and Murray Edwards, who farmed southeast of Atwood. Paul is the

son of Paul and Floss Brown, who farmed south of Atwood for many years.

They were raised and attended school, met and married in Rawlins County. Shirley is an accomplished seamstress and cook. Paul loves to golf and hunt.

After spending 15 years in their retirement home of Roseburg, Ore., the couple moved back to Goodland in June 2009.

Those unable to attend may send cards to the home of Doug and Wanda Brown, at 1385 Lue Dr., Colby, Kan., 67701, or e-mail congratulations or memories to [doughbrown71@hotmail.com](mailto:doughbrown71@hotmail.com).

## Smoky Hill Trail meet to be at Abilene museum

The sixth annual Smoky Hill Trail Conference, “Abilene, Cowboys, Cattle Country and the Smoky Hill Trail,” will be held Friday to Sunday, Oct. 19 to 21, at the Eisenhower Presidential Library and Museum in Abilene.

Mike Baughn, president of the Smoky Hill Trail Association, said the conference will feature educational information, entertainment and a silent auction of items collected from cities along the trail.

The public is invited to attend any or all of the conference.

Baughn is a former sheriff of Thomas County, mayor of Brewster and an unopposed candidate for county commissioner. The trail ran from Atchison and Leavenworth to Junction City and on to the Denver goldfields.

People can register for the full conference for \$40 or pay a daily fee of \$20. Registration will be from 7:30 a.m. to noon Oct. 20 and from 7:30 a.m. to 11:30 a.m. Oct. 21.

The association was established in 1997 to preserve the historical legacy of the Smoky Hill Trail, promote its designation as a National Historic Trail and interpret the events, remnants and locations along the trail, and preserve the history of Butterfield Overland Despatch, successor freight and stage lines and the railway and highways that replaced the trail.

Friday evening at the conference, a welcome gathering at the historic Union Pacific Depot in Abilene will feature Prairie Larkspur, a group which performs music of the 1890s using instruments such as pioneers might have had while traveling west.

The conference gets underway at 8 a.m. Saturday when Jim Gray of Ellsworth presents “Kansas Cattle Towns.” Jeff Sheets, director of the Dickinson County Historical

## Markets

Quotes as of close of previous business day	
<b>Hi-Plains Co-op</b>	
Wheat (bushel)	\$8.27
Corn (bushel)	\$7.53
Milo (hundredweight)	\$13.09
Soybeans (bushel)	\$14.40

### Colby Fall Fling



Home Based Business and Craft Show

**October 6<sup>th</sup>**  
**9 a.m. - 3 p.m.**  
**Colby 4-H Building**

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Over 25 tables of products for your shopping pleasure.

## Food research holds surprising findings

I received several good comments about the article I did a while back on the findings of recent research, so here's another sampling. Below is the information I found interesting. I hope you do, too.

Snacking on a one-ounce handful of almonds might add only 129 calories to your diet – 24 percent fewer than previously thought. The recalculation by Department of Agriculture Research Service scientists may have implications for the calorie counts of other nuts as well as whole grains. The rigid structure of cell membranes in almonds, and possibly other plant foods, seems to lock in some fats and keep them from being digested. If some of the fat in almonds never gets digested, the actual calorie impact will be less. Researchers noted that this would apply to whole almonds, while ground nuts might be more completely digested.

Add some more spinach to that salad, or any other way you enjoy it. A new Swedish study suggests that Popeye may have been onto something: In tests with mice, nitrates like those found naturally in spinach, beetroot, chard and lettuce had a powerful effect on boosting muscle strength. The mice given nitrate had much stronger muscles, particularly in the legs and feet. They also had higher concentrations of two proteins involved in the body's calcium balance, an important factor in muscle contraction.

Did you know that the type of oil in your salad dressing could make a big difference in how well your body utilizes the nutrients in those leafy greens and other salad fixings? Monosaturated fats, like those found in higher amounts in olive and canola oil, are most effective at liberating the fat-soluble nutrients in salad veggies, according to new Purdue University research. The findings also raise a caution about low-fat salad dressings, suggesting that you may be losing out on nutrients as well as cutting fat.

You read in a magazine or see every day on television how to lose fat, especially belly fat, but as you know, most – if not all – those



**Diann Gerstner**

- Knowledge for Life

methods are hoaxes. Well, as a K-State Research and Extension agents, we only share legitimate, research-based information.

A recent study in Australia showed evidence that high-intensity exercise, such as sprinting, works better than jogging or other moderate aerobic exercise for burning off body fat. They assigned 46 sedentary 20-something men to either an exercise or a control group. Those in the exercise group did 20-minute routines, three times a week, in which they sprinted on a stationary bike for eight seconds, then rested for 12 seconds. After 12 weeks, the sprinters lost an average of four pounds of body fat while adding 2.6 pounds of muscle. Most important, was that the sprinters saw a 17 percent reduction in the belly fat stored around internal organs, which has been linked to higher risk for heart disease. Men in the control group, by contrast, gained weight and increased waist circumference. Researchers are finding sprinting to be a very efficient form of exercise. Maybe we will have to start a “Sprint Across Kansas” – food for thought.

On the same note of weight loss, a recent study in both mice and humans demonstrated that smaller pieces of food are more rewarding and satiating than one large piece. Larger portions also led to increased consumption. In a study among 301 college students, participants were served a three-ounce bagel either whole or cut into pieces. A meal was served 20 minutes later, and subjects were told they could eat as much or as little as they wanted. Those who ate the whole bagel ate more calories from the bagel and the meal than those who ate the bagel pieces. Researchers said smaller, multiple pieces are perceived as being a larger quantity and provide recipients with greater satiation.

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



## 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.

## Deaths

### Sandra K. Hurtt

Sandra K. Hurtt, 50, a Colby nursing home office manager, died Monday, Oct. 1, 2012, at the Good Samaritan Hospital in Kearney, Neb.

She was born Nov. 27, 1961, in Havre, Mont., the daughter of James B. and Shirley A. Howard.

Survivors include her parents, of Watkins, Colo.; a son, Douglas C. Hurtt, Colby; three brothers, Robert Sergeant, Spokane, Wash.; Marty Howard, Bennett, Colo.; and Guy Howard, Watkins; and four sisters, Brenda Howard, Denver; Sheila Sergeant, Bozeman,

Mont.; Sharon Sergeant, Wisconsin; and Destiny Cameron, Laurel, Mont.

Services will be at 2 p.m. Friday, Oct. 5, 2012, at the Kersenbrock Funeral Chapel in Colby, with Pastor Larry Booth officiating and burial in Beulah Cemetery.

Visitation will be from 2 to 8 p.m. Thursday at the funeral chapel.

The family suggests memorials to the Northwest Kansas Foundation for Hope, in care of the funeral chapel, 745 S. Country Club Dr., Colby, Kan., 67701.

## September reunion held with dinner at Red Barn

Fall has definitely come to Rexford.

The Thieler reunion was held Sept. 9 at the Red Barn in Rexford. After a carry-in dinner, the afternoon was spent visiting, looking at pictures and reminiscing.

Those attending were Don and Lily Thieler of Colby; Carl, Janet and Ruth Miller of Gem; Loretta House of Colorado Springs; Virginia Solko of Ludell; Martin Jr. and Jane Waterman, Donna Waterman and Keith Barnett of Atwood; Vesta Roth of Rexford; and Rex



### Gwen Griffiths

• Rexford Correspondent

and Betty Carswell of Selden.

The blood pressure clinic will be Monday at the Red Barn.

I hope you enjoy these beautiful fall days! You can call 687-2076 or e-mail [griffithsgang@gmail.com](mailto:griffithsgang@gmail.com) with news for this column.

Have a great week!

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**Oncology/Hematology**  
**Dr. January Fields**  
Twice Monthly

**Orthopedic - Dr. Robert Bassett**  
Monthly


**Orthopedic/Spine**  
**Dr. Vivek Sharma**  
Monthly

**Urology**  
**Dr. Wallace Curry**  
**Dr. Darrell Werth**  
Monthly

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**Sunday, October 14<sup>th</sup>**  
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