

Card shower to honor 80th birthday Sunday

The children of Maxine Nelson are inviting people to send cards to their mother in honor of her 80th birthday on Sunday, Nov. 4, 2012.

She has five children, Paula (Paul) Boyd, of Derby; Carl Nelson and Bob (Christine) Nelson, of North Platte, Neb.; Johanna (Mike) Vandenberg of West Jordan, Utah; and Eric (Gail) Nelson of Bellevue, Wash. She has 15 grandchildren and 11 great-grandchildren.

In 1973, she moved to Colby with her husband, the late Albert K. "Keith" Nelson. He was the Social Security representative here.

Active throughout the community, she is known for her work as a former columnist and society editor at the *Colby Free Press*, volunteer work at the Genealogy Center of the Church of Jesus Christ of Latter Day Saints in Colby, involvement in



Maxine Nelson

the High Plains Art Club and efforts advocating for the Americans with Disabilities Act.

Friends and family can send birthday wishes to 760 S. Garfield, Colby, Kan., 67701.

Staff leaders valued in citizen advocates

Performing the day-to-day work of the Kansas Insurance Department requires diligence, intelligence and persistence. I'm proud of our staff members and the work they do for Kansans. They fulfill a critical mission to regulate, educate and advocate for our citizens who have insurance products.

What makes me even prouder is the continuing education and leadership roles that my colleagues pursue in the quest to help their fellow citizens. Many of them have completed courses on their own to enhance their knowledge of their particular insurance area. Believe me, if you think insurance is hard to comprehend, so is the training you take to do your job better.

Many of our staff members can proudly point to the letters of professional designations following their name on business cards and correspondence. They represent a continued desire to know as much as possible about their areas of expertise.

Often, that continuing education transfers into a leadership role as well, not only in the department but through national roles in insurance regulation. We have several staff members who chair committees, subcommittees or working groups for the National Association of Insurance Commissioners, the nationwide organization for insurance officials that has been in existence since 1871.

Staff members participate in at least 34 national association committee activities, ranging from antifraud, information technology, producer licensing, senior issues, title insurance, health and managed care, financial conditions, consumer and state government liaisons and actuarial issues. Our leaders of those groups are sought after for their regulatory knowledge, because our department is known nationwide for common-sense, practical and meaningful ways to provide useful solutions to consumer and insurance industry issues.

Those committee activities



Sandy Praeger

• Kansas Ins. Commissioner

don't always involve personal meetings; many of the activities are now conducted through conference calls and webinars among the state regulators, saving travel, expense and time.

The designations and leadership roles complement our consumer-oriented mission. We also have a public presence through our award-winning website, www.ksinsurance.org, the numerous publications we produce throughout the year and the many speaking engagements we provide to Kansans groups and organizations.

Our website, www.ksinsurance.org, has been nationally cited twice as one of the top six insurance department websites in the country during the past five years. In addition to providing an electronic presence, we send out nearly 30,000 hard copies of our publications each year, and even more are printed by consumers because we make them available for download on our website.

Also, our Facebook page, www.facebook.com/kansasinsurancedepartment, provides many of the same consumer news updates and features in real time.

In 2011 we sent department representatives to more than one-third of our Kansas counties for speaking engagements ranging from general consumer issues to property/casualty and health topics. We gave 128 speeches/presentations and staffed 19 department exhibits.

The work we do is not often high profile or glamorous. It's the type of work-a-day, thoughtful, practical and consumer-friendly involvement that I believe you expect from a state governmental agency. The continuing education our staff members take, the leadership we provide to state and national organizations and our consumer outreach programs are all an outgrowth of our commitment to do what's best for Kansans.

Deaths

Anton 'Tony' Riedel

Anton Riedel, 94, Lee's Summit, formerly of Colby, died Sunday, Oct. 28, 2012, at his home.

Services are pending with the Kersensbrock Funeral Chapel in Colby, 462-7979.

Colby Rotary Club

Colby Rotary Club met Tuesday at Colby Community College with 33 members and guests Lauren Bell, Max and Renell Bell, Sheila Frahm, David Frey, Larry Maxwell and John Strecker.

President Melany Wilks gave the welcome and club announcements. The monthly collection for Polio Plus was taken.

Rotarian Dr. LaDonna Regier was presented with a donation from the club for her medical missionary work in Ghana, West Africa. Regier will be returning to Ghana to continue her work at Centroso Government Hospital.

Lauren Bell was recognized as the October Student of the Month. She reviewed her high school and community activities with the club. She plans to study pre-pharmacy at the University of Kansas upon graduation from Colby High School.

Ken Frahm had the program. His guest was David Frey with the Kansas Wheat Commission Research Foundation. Frey spoke on the future of wheat research in

Kansas. He noted this research is vital, as it is estimated global food production will need to double by 2050 to feed an estimated 9 billion people. He also noted the food will need to be produced with both less water and on fewer acres.

While Kansas remains the largest wheat producer and flour milling state, the number of Kansas wheat acres declined from 1981 to 2011 from 13.9 million to 8.4 million. These statistics show there is a need for innovative research to satisfy global food demands of the future. Two new initiatives are in place to help with research on varieties that are more disease and drought resistant.

The Kansas Wheat Commission Research Foundation was established in 2011 and a Kansas Wheat Innovation Center is being built at Kansas State University. The innovation center will house laboratories, greenhouses and a test kitchen.

Rotary meets weekly in Room 106 of the Student Union.

— Relda Galli

Eco-friendly choices can trim food expense

Changes in food shopping behaviors and cooking can cut grocery costs and improve food quality and health, while also reducing utility bills and one's own environmental impact, according to Kansas State University professor Mary Meek Higgins.

"We hear about the importance of sustainable agriculture, but don't always associate sustainability with our own habits," said Higgins, who is a food and nutrition specialist with K-State Research and Extension and a registered dietitian.

"Sustainability simply means meeting our own needs without compromising the needs of future generations, including our children and grandchildren," she said. For example, many of us take going to the grocery store and choosing the foods we want for granted.

Grocery shoppers may not realize that the farmer raising the food is typically earning about 14 cents on the dollar, said Higgins, adding that a large part of consumer food costs is driven by the costs of storage, transportation, processing, packaging and marketing.

Higgins, who advises choosing nutrient-dense foods in their most natural, unprocessed form, said, "Think about it. When was the last time you saw an advertisement for a pear?"

Consumers have choices, in that they can pay more to cover the cost of all the extras – or pay less, by adopting eco-friendly, health-promoting habits. To begin, she makes the following recommendations:

- Explore your community and area to learn more about foods that are grown locally or within 50 to 100 miles.

- Learn more about seasonal foods grown in your area, which often can be lower priced when in season. For example, in Kansas, strawberries are most plentiful in late spring and early summer; apples reach their peak in early fall. Zucchini squashes are abundant during summer months, while acorn and hubbard squashes are available during fall and winter months.

- Shop farmers' and other seasonal markets. Talk with local growers about seasonal foods and ask for cooking, preserving, storage and other tips on foods they grow. Shopping locally 1) typically offers fresh, local foods; 2) enhances community vitality, as the money stays within the community and 3) reduces the need for

long-term food storage and transportation and the environmental impact attributed to it.

- Look for markets that support sustainable agriculture by selling local foods and practice sustainable business practices, such as food bins that allow consumers to choose such items as dry cereal, fruits and nuts that match their needs with minimal packaging.

- Explore local food cooperatives, community-supported agriculture programs and lower food cost programs, including those through which consumers can invest time in community service to qualify for discount purchases.

- Learn more about food and nutrition and their connection with health, quality of life and disease prevention. Many resources, including the U.S. Department of Agriculture's "My Plate" program are free (www.choosemyplate.com).

- Take a look at the number of meals eaten at home each week and meals eaten away from home. A restaurant meal typically costs twice as much as the same food prepared at home.

- Brush up on cooking skills or sign up for a class to learn more and meet others who share your interest in preparing healthy meals and snacks.

- Plan meals and snacks for a week at a time; review recipes and make a list of ingredients needed, and compare the list of ingredients needed with ingredients on hand before shopping.

- Make a shopping list, take it with you and stick to it.

- Shop when markets will be least crowded, usually early morning, after supper or mid-week.

- Check advertised specials that could yield a savings, but dismiss ads for products that don't match your needs.

- Buy quantities that do match your needs; a bushel of apples will not be a bargain if time for freezing, drying, canning or making applesauce is not available.

- Make grocery shopping the last errand before you go home.

- Once home, store perishable items first. Store staples in pantry or cool, dry place, and rotate stored foods with consideration for use-by dates to reduce waste.

More eco-friendly time and money-saving ideas are available at local K-State Research and Extension offices and online at www.ksre.ksu.edu/library/fntr2/mf3060.aspx.

Center helps business entrepreneurs

By Amy Bickel

The Hutchinson News

ULYSSES (AP) — Jeani Gustafson admits she is an artist and not, necessarily, a business-minded woman.

However, Gustafson wanted to become an entrepreneur in rural Kansas and dreamed of opening a small custom frame shop and art studio in the southwest Kansas town of Ulysses, population 6,200.

She learned what it took, from tax laws and bookkeeping to marketing, through the Kansas Small Business Development Center and opened up her shop, The Main ARTery, in 2006.

"I had basic business questions," she said.

In addition, she said, with her small profit margin her first year in business, "I never had to pay a dime."

She is just one of many fledgling rural entrepreneurs that the Kansas small business center has helped, said the center's state director, Greg Panichello during the center's statewide team meeting in Hutchinson last week. Some of the discussions during the two days of meetings included continued ways to help their clients work to revitalize rural Kansas,

which is where 80 percent of the center's work takes place.

The center, at no cost to clients, offers free, confidential counseling to individuals with start-up ideas, and works with already established small business owners.

Last year alone, the state and federally funded center helped start 360 businesses statewide, Panichello said. The group also works to reinvigorate existing businesses.

In all, about 3,000 jobs were created or saved in 2011, he said.

The benefits are far reaching.

The organization runs on an approximately \$3 million a year budget, which is funded through the U.S. Small Business Administration and the Kansas Department of Commerce, he said, but added that the dollars are a wise investment.

"For every dollar the state and federal government puts into the program, it comes back as \$17 in

Voters can check status at state voting web site

Next week, Kansans will cast their ballots to elect the next president of the United States and other elected officials.

"I encourage any voter who is unaware of his or her voting registration status to check online using Kansas VoterView, a tool at www.myvoteinfo.voteks.org," Secretary of State Kris Kobach said.

Just by entering your first name, last name and date of birth, you can find your voter registration status, precinct, current voting districts and even your sample ballot.

"After the federal court redrew the district lines, some voters' polling locations changed accordingly. This internet resource provides an easy way to verify your voting location," Kobach said.

Got photo identification? Take it to the polls.

State law requires that all voters show photo identification each time they vote. Acceptable forms of ID include driver's license, nondriver's ID, concealed carry license, U.S. Passport, government employee ID, military ID, college student ID, public assistance ID or Indian tribe ID. For specifics and answers to frequently asked questions, visit www.gotVoterID.com.

Voting hours are from 7 a.m. to 7 p.m. on Election Day, Nov. 6. Some counties may open the polls earlier and close them later. To find out about your county's voting hours, contact the county election office or call the secretary of state voter hotline at (800) 262-VOTE (8683). All voters who are in line at 7 p.m. are allowed to vote.

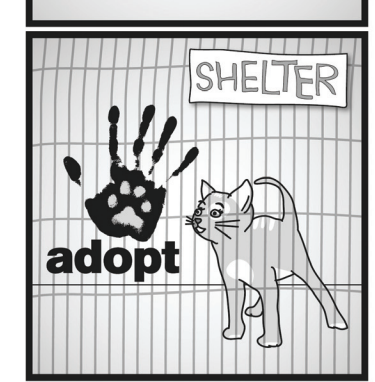
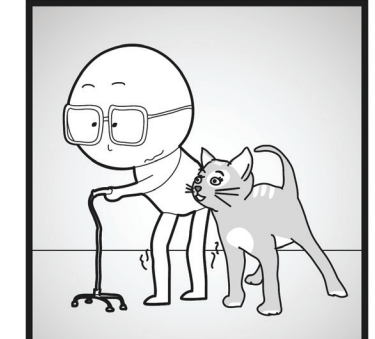
Markets

Quotes as of close of previous business day

Hi-Plains Co-op	
Wheat (bushel)	\$8.44
Corn (bushel)	\$7.42
Milo (hundredweight)	\$12.71
Soybeans (bushel)	\$14.71

it's not a cat's fault

by TheShelterPetProject.org



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An Old Fashioned Thanksgiving DINNER

Sunday, November 4th
Serving: 11 a.m. - 1:00 p.m.
Colby Sacred Heart Church Basement

Please join us for:
Turkey, Ham, Dressing,
Mashed Potatoes &
Gravy, Green Beans,
Rolls, Salads,
Homemade Pie,
Iced Tea, and Coffee

Meals-on-Wheels available by calling 462-2179 before Sunday.
On Sunday, please call, 443-2298

Elevator access to the basement!
Free will donation will be accepted.