

Deaths

Shirley Brown

Shirley Brown, 83, Goodland, died Saturday, Aug. 31, 2013, at the Goodland Regional Medical Center after an extended illness. She was born May 21, 1930, in Rawlins County to Murray and Maude Edwards. On Oct. 12, 1947, she married Paul Brown Jr. They lived in Colby where they farmed until moving to Roseburg, Ore., for about 15 years, returning to Goodland in recent years. Preceding her in death was a

Robert G. 'Bob' Harrison

Robert G. Harrison, 73, brother of Don (Cathy) Harrison of Colby, died Thursday, Aug. 15, 2013, in Houston. He was born Feb. 27, 1940, in Gooding, Idaho, to George A. and Luetta (Moore) Harrison, who preceded him in death. He graduated from Colby Community High School in 1959.

son, Jerry Brown. Survivors include her husband, of the home; two children, Doug (Wanda) Brown of Colby and Dana Unruh, Goodland; a brother, Cliff (Neva) Edwards, Hays, and a sister Rita (Ralph) Hilmes, Montrose, Colo.; eight grandchildren; and four step-grandchildren. Inurnment will be in the Atwood Fairview Cemetery, with a private family memorial service later.

Other survivors include his wife Cathy Harrison of Houston; three daughters, Kristan (Dan) McCullough of Maunelle, Ark.; Stacey (Raul) Paniagua of Houston; and Keely (Darran) Belknap of Kansas City, Kan.; and eight grandchildren. No services are planned.

Abilene Hustlers 4-H Club

The regular monthly meeting of Abilene Hustlers 4-H Club was held Monday September 2, at the Thomas County 4-H building on the fairgrounds. President Jory Koon called the meeting to order and Cassie Wells led the members in the pledge of allegiance. Sarah Lamm called roll, which was answered by a planet, star or constellation. Seven members along with parents and leaders attended. Cassie Wells introduced Tate Emigh as a prospective new member. Sarah Lamm read the minutes from the previous meeting, followed by reports from Tucker Gerstner, treasurer, Cassie Wells, reporter, and Sarah Lamm, 4-H

Council representative. Community Leader Donna Lamm, gave the leaders' report and talked about up-coming 4-H events. Due to the lack of attendance because of Labor Day the election of officers could not be completed and will be continued at the October meeting. Club members discussed the club project for the upcoming year during the short business meeting. Tucker Gerstner announced next month's program and meeting. Tatum Rundel led members in the 4-H Pledge and the meeting was adjourned. Refreshments were served by the Gerstner family.

- Cassie Wells, Reporter

Chronic conditions addressed by workshop

The staff of Citizens Medical Center Inc. will help patients learn to cope with chronic health conditions at a Kansas for Optimizing Health Program workshop addressing chronic disease self-management. The six-week workshop begins with a session from 3 p.m. to 5:30 p.m. on Monday. Sessions will run each Monday in the hospital's conference room. Through the workshop, participants will learn ways to improve

health behaviors like exercise, pain management and communication and improve health status indicators like fatigue, disability, social activities and health distress. The program, developed by Stanford University, is free. Registration is required and is limited to the first 20 people to sign up. For additional information or to register, contact Jeanene Brown at 460-4850.

Blood drive in Oakley

The Red Cross will offer blood donation opportunities in Oakley, encouraging donors to recognize September as National Preparedness Month. Cari Merrill, a Red Cross representative in Wichita, says blood can take up to three days after donation to be processed and made

available for patients. Thus, having a constant supply of blood donations is important when disaster strikes. Donations will be accepted from 9 a.m. to 3:15 p.m. Tuesday at the Logan County Hospital in Oakley.

Man source for Manson book

DODGE CITY (AP) - A Kansas man who struck up a pen-pal relationship with Charles Manson has become a source for a new book about the cult killer. The Dodge City Daily Globe (is.gd/rTtL2N) reports that Bob George's correspondence with Manson began back in 1997. At the time, George was a teacher at Dodge City High School, looking for a way to bring to life for his pupils lessons about the psychology of cults.

His first response came from fellow inmate Roger Dale Smith, who introduced himself as Manson's secretary. Through Smith, Manson began communicating, asking for stamps and cigarettes. George's insight into Manson led him to become a valuable source for author Jeff Quinn. His book, "Manson: The Life and Times of Charles Manson," was published this month by Simon and Schuster.

Markets

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

Wheat (bushel)	\$6.89
Corn (bushel)	\$6.15
Milo (hundredweight)	\$9.70
Soybeans (bushel)	\$13.91

Arts Association opens season with Nebraska Brass in Oberlin

The Western Plains Arts Association will kick off its 44th season with one of the Midwest's most popular brass quintets at 7:30 p.m. Saturday at The Gateway in Oberlin. Founded in 1987, the Nebraska Brass is still going strong 25 years later. This season, the group offers a varied repertoire from baroque and classical to 20th century jazz and popular music. The members, who will perform a world premiere of a new composition for brass quintet, plan to releasing their fifth compact disc. The group - Dean Haist and Brad Obbink, trumpet; Ric Ricker, horn; Mark Mendell, trombone; and Ken Kielniarz, tuba - perform in other professional groups, including the Lincoln and Omaha Symphony orchestras and the Lincoln Municipal Band. Members serve as teachers in the public school systems of Omaha and Council Bluffs, Iowa, and on the faculty of Nebraska Wesleyan University. The performance is jointly sponsored by Western Plains and the Oberlin Arts and Humanities Commission. Admission is with season ticket for either organization or at the door, adults \$12 and students \$7.



Nebraska Brass

Stretch your nutrition know-how here

How well did you score on the quiz last week? Let's see how you do this week!

1. Say "calcium" and most people think milk, but some plant foods are rich in calcium as well - such as which of the following? (a) dried figs, (b) broccoli, (c) soybeans, (d) almonds.
2. Sulforaphane, a compound thought to protect against cancer, is found in (a) broccoli, (b) cabbage, (c) tea, (d) kale.
3. True or false: Yogurt is as nutritious as milk - often more so.
4. Ounce for ounce, which of these has three times as much vitamin C as oranges? (a) sweet potatoes, (b) green peppers, (c) spinach.
5. If you're trying to lower your blood cholesterol, you know you should eat more fiber. But only soluble fiber helps lower cholesterol. Which of these are good sources? (A) oat bran, (b) kidney beans, (c) whole-wheat bread, (d) apples.
6. Flaxseeds are a good source of alpha-linolenic acid, a healthy omega-3 polyunsaturated fat. To get the nutritional benefits of the seeds, you should (a) toast them thoroughly, (b) grind them before using, (c) buy yellow seeds, not brown ones.
7. Many people avoid beans because they cause gas. To cut down on the gas-forming substance in beans you should (a) add a teaspoon of baking soda to the soaking water, (b) discard the soaking water and cover with fresh water when you cook them, (c) let the cooked beans sit in the fridge overnight and then reheat.
8. True or false: Celery has "negative calories" because chewing it burns more calories than the vegetable contains.
9. Rank the following for potassium, from most to least: (a) a cup of orange juice, (b) a cup of yogurt, (c) 3 ounces of halibut, (d) a medium banana, (e) a cup of broccoli
10. Rank the following for sodium, from most to least: (a) a bagel, 4 ounces, (b) canned tuna, 4 ounces, (c) soy sauce, 1 tablespoon, (d)



Diann Gerstner

• Knowledge for Life

1. All. In fact, ounce for ounce, dried figs and soybeans have even more calcium than milk.
2. A, B, D. It is found in members of the Brassica family, also known as cruciferous vegetables, such as broccoli, cabbage, kale, and cauliflower. These also contain other potentially protective substances.
3. True. Yogurt starts out as milk, which is fermented by "probiotic" bacteria that may confer health benefits. It is usually thickened with nonfat milk solids, so it has even more calcium and B vitamins than milk. But unlike milk, only a few yogurts are fortified with vitamin D.
4. B. Moreover, red and, in particular, yellow peppers have even more vitamin C than green peppers.
5. A, B, D. Whole-wheat bread is rich in insoluble fiber, which helps promote regularity and may reduce the risk of color cancer.
6. B. Whole seeds simply pass through the body. And you'll get better flavor if you grind them just before eating. Use a spice grinder or food processor. Pre-ground seeds may turn rancid faster.
7. B. Carbohydrates called oligosaccharides produce the gas. Replacing the soaking water with fresh water at least once gets rid of some of them. Baking soda may help a bit - but can increase the loss of B vitamins. You can also

- add Beano (or a generic version), which contains an enzyme that breaks down oligosaccharides.
 8. False. Celery - like iceberg lettuce and cucumbers - is nearly calorie-free because of its high water content. A stalk has only 6 calories. But chewing it burns an insignificant number of calories.
 9. B, A, C, E, D. Bananas may be the best-known source of potassium, with 420 milligrams, but other foods have even more, per standard serving: yogurt, 530 milligrams; orange juice, 500; halibut, 490; broccoli, 460. A potassium-rich diet helps control blood pressure. The goal is 4,700 milligrams a day.
 10. C, D, A, B. Soy sauce has about 900 milligrams of sodium per tablespoon; even "reduced-sodium" soy sauce can have close to 700 milligrams. Cottage cheese has about 800 milligrams per cup. A 4-ounce bagel typically has a little more sodium (600 milligrams) than 4 ounces of canned tuna (500 milligrams), though some companies are reducing the sodium in canned tuna.
 11. False. The meat is 25 percent fat by weight, which is very different from the percentage of calories from fat. This deceptive type of labeling continues to exist because of a loophole for ground beef allowed by the USDA. A patty of this meat (3 ounces after broiling) would have about 235 calories and 16 grams of fat. If you multiply 16 by 9 (the number of calories in a gram of fat), you get 144, which is about 62 percent of the total calories. Even ground beef labeled "85 percent lean" derives about half of its calories from its fat.
- How did you do? I hope you learned something that will help you to make better food choices for a healthy lifestyle.
- Diann Gerstner is the family and consumer sciences agent for the Thomas County Extension office.

Cosmosphere launches conservation website

An Apollo F-1 Conservation Project, commissioned by Bezos Expeditions, is well underway at the Kansas Cosmosphere and Space Center's SpaceWorks conservation lab in Hutchinson. Public tours of the project are offered Monday through Saturday every week to allow visitors to watch the conservation process as it happens and learn the history of the Apollo program and the process behind the recovery and conservation of the F-1 engines that powered project Apollo to the Moon and back. The SpaceWorks team, Jim Remar, Dale Capps, Don Aich, Jerad Alexander and Larry Goodwin, along with Senior Conservator Paul Mardikian, lead conservator and co-owner of Terra Mare Conservation, work meticulously to remove debris and corrosion from the engine components, and to find identifying information. Recently, a serial number on one of the thrust chambers was confirmed that identified the piece as

belonging to the Apollo XI mission. The majority of the more than 25,000 pounds of engine pieces have been moved into immersion tanks, where they sit in a mixture of deionized water and anti-corrosion agents. Some pieces may be in the containers for up to a year to remove existing corrosion. Other pieces will be taken apart and cleaned by hand to insure as much debris is removed as possible. To open up the live viewing of the conservation process to the world, the Cosmosphere launched a new website with live webcams that show the interior of the SpaceWorks facility and allow visitors to watch the conservation process in action from any internet-enabled device. The website, www.f1engine-conservation.org, follows the engines from their Apollo launches to their current stage of conserva-

tion, providing specifics about the conservation process. Historical videos and photos give visitors a clear view of the significance this project has in honoring the history and inspiring the future of space exploration, the core elements of the Cosmosphere's Mission. "This recovery and conservation isn't just important to the Cosmosphere, or even the United States," said Jim Remar, Cosmosphere president. "These engines represent a time and a program that affected people across the globe. It was important to us to share the process with explorers from all walks of life, so that they might find their own inspiration in this project." Access to the website is free and open to the public. Members of the SpaceWorks crew work on the engines from about 6:30 a.m. to 4 p.m. Monday through Friday and from noon to 4 p.m. Saturday.

Public tours of the project are available at 3 p.m. Monday through Friday and at 1 p.m. and 3 p.m. Saturday. Tours begin in the Hall of Space Museum's Apollo Gallery and continue with a trip via Cosmosphere bus to the SpaceWorks facility to view the Observation Gallery and the conservation in process. Tours are \$1 for Cosmosphere members, \$5 for the general public. The Smithsonian-affiliated Cosmosphere houses the largest collection of U.S. space artifacts outside of the National Air and Space Museum in Washington and the largest collection of Russian space artifacts outside of Moscow. The SpaceWorks division has an international reputation for historic artifact preservation. SpaceWorks has completed projects for NASA, the Smithsonian, and Hollywood films. It is at 1100 N. Plum in Hutchinson.

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.

Randa Lewis & Jordan Spresser

Wedding Date
September 7, 2013

REGISTERED AT
Someplace Special
Bed, Bath & Beyond
Walmart
Target
Kohl's

Fall Festival

Winona United Methodist Church
501 Bellview Ave.
Sunday, Sept. 8th

Begins at 4 p.m.
Bar-B-Q with
Salad & Dessert
Bar from
5 - 6:30 p.m.

- Games, Cakewalk
- Home-made Ice Cream
- Wagon Rides
- Country Store
- Crafts and Bake Sale

Love Offering Drawing for Gift Basket and Drawing for Quilt "Pheasants in Flight" at 6:30

Everyone Welcome!

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