



Joshua Ryan and Michelle Spence

## Colby couple to wed

Michelle Spence and Joshua Ryan of Colby plan to marry Saturday, Oct. 5, 2013. The bride is the daughter of Les and Mary Spence of Linn and the granddaughter of Merle Schmale of Palmer. She is the office manager of Adams, Brown, Beran and Ball

in Colby. The groom is the son of Kevin and Elda Ryan and the grandson of Francis Ryan, all of Colby. He works for Frontier Ag in Breton. The couple plans to live in Colby.

# Keep your brain healthy and sharp with help from some new reading

Fall's here and so are some new books!

The first one is a nonfiction item, "Reboot Your Brain: A Natural Approach to Fighting Memory Loss, Dementia, Alzheimer's, Brain Aging and More," by Gary Null. Null is a bestselling author with a doctorate in health and nutrition. He has a nationally syndicated health radio show and has written 70 books.

Like the publisher and the author, I do not guarantee everything in this nutrition book will work for you or suggest that you implement something without consulting your doctor, but I do endorse picking the good off the skeleton of the fish and throwing away the bones

Topics besides those in the title are mental fatigue, Parkinson's disease, anxiety, headaches, brain trauma, brain allergies, and insomnia. Null also presents a study on the effects of menopause on the brain. It includes information on vitamins and herbal information.



**Melany Wilks**  
•Library Links

The next nonfiction item is "Grain Brain," by David Perlmutter. This book is about how wheat, carbs and sugars effect your brain. Perlmutter contends that these are silent killers. This book also talks about fats, controlling the matter switch that affects your genetics, supplements, leptin and hormones. It provides a four-week plan of action to help you begin your new way of life. With this comes recipes and meal plans.

The next nonfiction item is "Breach of Trust: How Americans Failed Their Soldiers and Their Country," by Andrew Bacevich. The author contends that it is "we" the people who are responsible for defending our country, not just the

soldier.

Bacevich says that we may become a people disconnected from the reality of the cost of freedom. We would rather have professionals wage war and protect us. However, he says, when this happens we lose the moral fiber necessary to sustain freedom and the republic we have.

The fourth nonfiction item we have added is "Old Man River: The Mississippi River in North American History," by Paul Schneider. This author has written "Bonnie and Clyde," "Brutal Journey," "The Enduring Shore" and "The Adirondacks." If you know nothing about the Mississippi, this book will help bring you up to speed.

The titles of each chapter brings a word picture of the various characteristics that can frame this discussion: River of Giants; River of Mounds; River of Fortune; River of Empires; Life on the Mississippi; River of Blood; On the Lake of the Engineers.

The Pioneer Memorial Library Book Club members may want to peruse this item since we just finished "The Adventures of Huckleberry Finn," by Mark Twain, for a fun, easy read. Twain's book was set on the great Mississippi. Schneider's historical treatise has source notes, bibliography and index for the serious scholar.

Other nonfiction items I may not have mentioned are "The Guns at Last Light," by Rick Atkinson; "Mathew Brady: Portraits of a Nation," by Robert Wilson; "The Deserters: A hidden history of World War II," by Charles Glass; "Into the Abyss: an Extraordinary True Story," by Carol Shaben; and a biography, "Zealot: The Life and Times of Jesus of Nazareth," by Reza Aslan.

Our fall hours remain 9 a.m. to 8 p.m. Monday to Thursday, 9 a.m. to 5 p.m. Friday, 10 a.m. to 4 p.m. Saturday and 1 to 4 p.m. Sunday. See you in the library!

## Fort Hays to hold alumni reception

High Plains Chapter Alumni and Friends of Fort Hays State University in northwest Kansas are invited to a reception at 6:30 p.m. Monday at the Meadow Lake Country Club, 1085 N. Country Club Drive, Colby.

Fort Hays President Edward H. Hammond, making a stop on his annual media tour, will give an overview of the latest developments and happenings at Fort Hays State. Other Fort Hays State guests include Kent Steward, director of university relations, and DeBra Prideaux, executive alumni

director.

Registrations are accepted online at [www.goforthaysstate.com/](http://www.goforthaysstate.com/) events. Cost of \$5 per person will be used to support area students attending Fort Hays State University. Registration deadline is Saturday.

Hosts will be Darwin and Tammi Strutt and Megan Horinek, High Plains chapter president.

For information, go to [www.goforthaysstate.com/](http://www.goforthaysstate.com/); e-mail [alumni@fhsu.edu](mailto:alumni@fhsu.edu); or call (888) 351-3591.

## Campbell family reunion gathers in Hoxie

The descendants of the Michael and Mary Campbell family gathered for their 12th triennial reunion on Sept. 1 in Hoxie.

Mass was said at St. Frances Cabrini Church for the living and deceased members of the pioneer couple's family.

Ninety-five guests attended the reunion, including the five remaining cousins: Ed Campbell, Wichita; Mary Ellen Meier, Hoxie; Agnes Winter, Hays; Alice Lindeman, Oakley; and Millie Baalman, Grinnell. Gilbert Campbell's widow, Charlene Gosha, Oakley, also attended.

Father Thomas Mangat led the family in grace before the catered meal.

The group helped Dyke Lindeman observe his 89th birthday.

Family members were introduced, and the original reunion committee, Vivian Wegman, Geneva Campbell and Florence Tews, though deceased, were recognized for convening the first reunion in 1980.

Attendants shared stories of possessions of the original six children as well as war memo-

ria, including Bernard Campbell's work on the Enola Gay before its flight over Japan, Aunt Annie's prayer book, Grandmother Mary's purse and Hugh's tux from 1921 and his silver stud button box of that era.

Group pictures taken at the previous 11 reunions were on display.

Sheryl Hays, Wichita, the family genealogist, had updated copies of the family tree and the family history book was available for purchase.

The next reunion will be held by the Margaret Stegeman family in 2016.

Those present from the John Campbell family were: John and Juanita Gatz, John Campbell, Colby; and Ron and Jackie Campbell and Lacie, Hoxie.

From the Margaret Stegeman family: John and Judy Franklin, Ronda Lease and Robbie, Dan and Renae Teemley, Janice Barker, Pat Hall, Lisa Dehn and Torrie, all from Colorado.

From the Edward Campbell family: Edward Campbell, Peggy Campbell, Sheila Campbell, Jim and Sheryl Hays, Katherine Boleski, Ava

and Alexander, Wichita; Jim and Jane Wahlmeier, Concordia; Charlene Gosha, Mark Campbell, Oakley; Vic Campbell, Fort Collins, Colo.; Mike Campbell, Goodland; Harold and Bridget Koster, Hoxie; Eric and Lorinda Koster, Julia, Clara and Augustine, Colorado; Joe and Heidi Arb, Amelia and Levi, Melvern.

From the Hugh Campbell family: Jerry and Helen Sellentin, Lincoln, Neb.; Mary Ellen Meier and Don Pratt, Hoxie; Roch, Marilyn and Melissa Meier, Sharon Munk, Andy and Christie Munk, Jacob, Nicholas and Gracie, Robbie and Sara Meyer, Darion, William, Gabby and Tyler, Menlo; Agnes Winter, Chris and Lori Appelhans, Brett and Aubry, Cole and Sara Appelhans, Owen and Layla, Amy Kershner, Olivia, Madison and Ella, Hays; Vic and Joan Winter, Sydney, Kassydy and Gannon, Ellis; Dan Pratt, Selden; Angie Pratt, Menlo; Dyke and Alice Lindeman, Oakley; Murray and Millie Baalman, Grinnell; Maurice and Nancy Baalman, Raymore, Mo.; John Baalman, Harrisonville, Mo.

—Millie Baalman

## Hispanic business to be focus of forum

The Kansas Hispanic and Latino American Affairs Commission, along with the Wichita Hispanic Chamber of Commerce and the Hispanic Chamber of Commerce of Greater Kansas City, will hold an open discussion with the Hispanic business community about economic development in Kansas on Wednesday, Oct. 23. The event will take place at the National Center for Aviation Training in Wichita.

To attend, go to [KansasCommerce.com/HispanicForum](http://KansasCommerce.com/HispanicForum) to register. The deadline to register is Friday, Oct. 11.

The forum will begin with a panel titled "Resources to Make Your Business a Success," and will include: Rhonda Harris, minority and women-owned business director, Kansas Department of Commerce; Corey Mohn, director of statewide programs, Network Kansas; Charles Dilliehunt

Jr., program consultant, Kansas Department of Transportation; Diana Ramirez, owner, Express Employment Professionals and Specialized Recruiting Group, Topeka; Wayne Bell, district director, U.S. Small Business Administration, Wichita; Patricia Ramirez-Ceberg, president, Earles Engineering & Inspection Inc., Wichita.

Caleb Asher, president of Sprout Communications in Topeka, will give a general session presentation titled "Showcasing Your Business."

A second panel will follow, and will include Kansas Commerce Secretary Pat George and other state officials.

To register for the forum, go to [KansasCommerce.com/HispanicForum](http://KansasCommerce.com/HispanicForum) or contact Diana Feldhausen at [dfeldhausen@kansascommerce.com](mailto:dfeldhausen@kansascommerce.com) or (785) 296-2994 by Oct. 11.

## Farm and Food conference to meet in November

Farmers, ranchers, community food organizers, conservation and wildlife enthusiasts, landowners and others interested in farming practices and local food systems may attend the Kansas Rural Center's 2013 Farm and Food Conference, 9 a.m. to 5 p.m. Saturday, Nov. 2, at the Meridian Center, 1420 E. Broadway Ct. in Newton.

The conference theme will be "Farming as if People Matter: How to Feed Ourselves, Build New Farms and Adapt to a Changing World." The conference will feature keynote speaker Wes Jackson, founder and president of the Land Institute, Salina. The institute's primary work has been

to develop a perennial polyculture using nature as model. Jackson is the author of several books, including "Nature as Measure" and "Consulting the Genius of the Place: An Ecological Approach to Agriculture." He is recognized as a leader in sustainable agriculture.

This event will offer 14 workshops that cover: family farm transitions; farming with limited access to land, credit and capital; pricing of farm products for local

markets; encouraging pollinators; farm to school; emerging policy issues in Kansas; building soil health; insurance for specialty and organic crops; and establishing community gardens.

The day will also provide an opportunity for networking with others who share the same interests, concerns or challenges. These will include a session for women on the farm and a session intended to connect beginning and established

farmers. An exhibition will be available throughout the day.

To register, go to [www.kansasruralcenter.org](http://www.kansasruralcenter.org). Registration is \$45 per person, which includes conference materials and lunch.

This conference is an annual event presented by the Kansas Rural Center.

Contact conference coordinator, Natalie Fullerton, [nfullerton@kansasruralcenter.org](mailto:nfullerton@kansasruralcenter.org) or (402) 310-0177 for information.

### Markets

Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat (bushel)	\$7.39
Corn (bushel)	\$4.34
Milo (hundredweight)	\$7.30
Soybeans (bushel)	\$11.73

### Corrections

In an obituary for Wilma Jean Baughn on Page 3 of the Monday, Sept. 30, *Colby Free Press*, Janice Volk's name was incorrect. This was an error in information provided to the *Free Press*.

☆☆☆☆☆  
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.

*Thank You*

We wish to extend our sincere and heartfelt thanks to our family, relatives, and our many friends from near & far who gave the beautiful cards and gift cards and those who came to share the fellowship, coffee and rolls after the 10 a.m. mass at Sacred Heart. Special thanks to Fr. Dana and Jeannie for making the mass so special. This is a very precious milestone to be able to celebrate 60 years in Sacred Heart, Colby.

Our Thanks with Love and Prayers,  
*Jerry & Darline Huffles*

You are invited to the

**Colby Community College Endowment Foundation**

**Annual Meeting**

**Thursday, October 10, 2013 at 6 p.m.**  
in the Multipurpose Room  
of the Robert Burnet Memorial Union

Dinner will be served with Entertainment by the CCC Sunflower Singers and a Guest Speaker

\$25 donation per person  
RSVP by October 8th  
**785-460-4684**

THANK YOU

I would like to thank family & friends for the calls & cards I received for my 80th birthday.

*God Bless All,*  
Robert Tubbs

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