Weather Corner



National Weather Service Tonight: A 30 percent chance of showers and thunderstorms before 1 a.m. Mostly cloudy, with a low around 62. East wind between 10 and 15 mph.

Friday: A 30 percent chance of showers and thunderstorms after 1 p.m. Mostly cloudy, with a high near 92. South wind 5 to 10 mph becoming north.

Friday Night: A 20 percent chance of showers and thunderstorms. Mostly cloudy, with a low around 62. North wind between 5 and 10 mph.

Independence Day: Mostly cloudy, with a high near 85. Northeast wind between 5 and 10 mph.

Saturday Night: A 30 percent chance of showers and thunderstorms before 1 a.m. Mostly cloudy, with a low around 61. Sunday: Isolated thunder-

storms after 1 p.m. Mostly cloudy, with a high near 86. Chance of precipitation is 20 percent. Sunday Night: Scattered

thunderstorms. Mostly cloudy, with a low around 61. Chance of precipitation is 30 percent.

Monday: Isolated thunderstorms. Mostly cloudy, with a high near 89. Chance of precipitation is 20 percent.

Monday Night: Isolated thunderstorms. Partly cloudy, with a low around 62. Chance of precipitation is 20 percent.

Tuesday: Mostly sunny, with a high near 94.

Tuesday Night: Partly cloudy, with a low around 62.

Wednesday: Mostly sunny, with a high near 95.

Wednesday: High, 92; Low 63 Precip: Wed. 0.00 inches Month: 0.08 inches Year: 13.92 inches Normal: 13.76 inches (K-State Experiment Station) Sunrise Friday 6:22 a.m. 9:15 p.m. (U.S. Naval Observatory)

Colby water use Wednesday 2,735,000 gal. (Colby Public Works)

U.S. Congressman visits Logan County fire station

From "MORAN," Page 1

and where's the freedom?

"DC doesn't care for you. Your community cares for you. What do we do? It's about who we elect. California wants a voice for agriculture.... They are the biggest ag state for the country and they have no voice, and sort of adopted me.

"Don't just wring your hands.... Fight for what matters to you. Don't be shortterm thinkers. Business thinks the next quarter; Washington, D.C., thinks the next election; Farmers think how will what we do affect our kids and grandkids and future generations, and I'd advise you to take the farmer's way of thinking.'

School Superintendent Dane Porter told Moran his classes spend 20 percent of

their time preparing for required assessment tests, and that's time teachers need for teaching.

"In education, common sense is so important," Moran replied. "(It says) that all kids can improve, but that no kid is the same as the other, and to have them all test at the same percentage level is not realistic."

He said he believes vocational skills should be taught in public schools. He said the way to save money is not in eliminating small schools.

Health care was a concern to many. Moran said he is opposed to a government-paid

"If it all worked like Medicare, that would be fine," he said," but they are 75 trillion dollars out of balance, and to expand just makes more debt.

"It's not whether we can reduce costs, but It's unthinkable for some congressmen that if we can slow costs."

We need to reduce malpractice insurance costs, he said.

"Every time a patient needs something done," he said, "the same tests are performed by referring doctors because of the fear of lawsuits, and in this day of electo carry those test results with them so that they aren't repeated and repeated.... Also, doctors should get paid for performing a procedure, not for referring.

"Rural health care needs to be made available, and most congressmen don't even have to think about it, because they are from an area with a hospital nearby. Rural health delivers health care in different ways, such as volunteer emergency crews.

someone from a hardware store could give emergency care.

"Public health doesn't have stable funds or reliable funds, and an emphasis should be put on wellness, fitness, diet and nutri-

Jill Hanson, a farm wife from Logan tronic records, the patient should be able County, questioned the congressman on the prairie dog issue, and thanked him for the letter he had sent to the U.S. Fish and Wildlife Service.

He listened closely as she told him the problem is far from being solved, and of the ongoing damage being done to farm land in Logan County. The congressman promised to get in touch with Fish and Wildlife again to keep on top of the issue.

Farmers markets shoppers take home healthy eats

MANHATTAN - Consumers Beckman said. shopping at local farmers markets how to choose and use it.

"Getting to know growers can help a consumer build confidence in food systems and in the kitchen," said Jana Beckman, coordinator of the Kansas Center for Sustainable Agriculture and Alternative Crops, which is based at Kansas State University.

the U.S. Department of Agriculture's recent Agricultural Census, reported that from 2002 to 2007, direct food sales rose 49 percent to

Direct sales to consumers instand to take home more than a creased from 116,733 to 136,817 good meal - growers at the lo- - a 17 percent gain - during the cal markets will know the vari- same period, she said. In addition ety, where and how the food was to shopping a growing number of grown, when it was harvested, and farmers' and local markets, consumers also are buying produce at U-Pick farms and buying shares in local farm production.

Choosing healthy foods need not be difficult, but understanding the language used in food labeling can be helpful, Beckman said. The term "local foods" is an example. It's typically used to de-With local markets reporting scribe food grown within 50 to 100 growing numbers of customers, miles of the market at which it is being sold. Local foods may also

may not quite meet organic grow- ducers use agricultural systems ing standards, yet include a single or short list of ingredients, usually without added coloring or preservatives. The term "natural" should not be considered synonymous with healthy – or organic.

So, what makes an organically grown food "organic?"

The USDA has established legal standards for organically produced foods and for labeling foods as a certified organically grown food, ed as certified organic crops, she Beckman said. Organic food pro-

and methods that mimic natural ecosystems by choosing to use natural fertilizers such as manure required to obtain and display a or compost, naturally occurring pesticides, such as pyrethrum, and traditional farming methods such as crop rotation.

Organically grown food must be grown on land certified to be free K-State Research and Extension of synthetic pesticides for at least three years prior to being market-

OCAL TU IISTINGS

Local growers who produce and sell less than \$5,000 of organically grown food annually are not notice of certification, but must comply with specified organic growing procedures.

More information on choosing and using food is available at county and district offices and on Extension Web sites: www.ksre. ksu.edu/foodsafety, www.ksre. ksu.edu/humannutrition/.

sponsored by the fall into the homegrown, natural or organic categories. "Homegrown" foods might eas-\$1.2 billion, from \$812 million in ily have been grown by a friend 2002. When adjusted for inflation, or neighbor with a passion for the increase was about 30 percent, gardening, and a "natural" food Two new traffic laws Saturday Evening

take effect this week

From "LAWS," Page 1

ous materials are exempt from this law. Butler said that when a result in a warning ticket, the pahazardous materials vehicle has an accident, the patrol requires that the accident scene remain as is. There are also safety concerns with not spreading leaking materials, she said.

The patrol says drivers still need ers is intoxicated, one of the driv- place until June.

ers has no insurance or one of the drivers has left the scene.

For the first year, violation will trol said. After June 30, 2010, officers can give out a \$60 ticket.

Another change effective July 1 adds a \$10 surcharge to court costs in all cases. The patrol said this charge, ordered by the state Supreme Court, is intended to to report an accident to police if help compensate for \$15.9 milthere are injuries, the damage is lion cut from the Judicial Branch more than \$1,000, one of the driv-budget. The charge will remain in

July 4, 2009 9:30 10:00 10:30 11:00 11:30 7:00 7:30 8:00 8:30 9:00 Harper's Island **Boston Pops** Local Law & Order: SVU Saturday Night Live July Fireworks Cops Talkshow Local Cops CSI: Miami CSI: NY The Sopranos The Sopranos True Lies Terminator 3 Dogs 101 Dogs 101 Dogs 101 Dogs 101 Dogs 101 Crimson Tide Crimson Tide Can You Duet Can You Duet The Singing Bee Extreme-Home Larry King Live Campbell Brown Newsroom Campbell Brown Larry King Live Dave Chappelle Deadliest Catch eadliest Catch Deadliest Catch Deadliest Catch Happy Feet Wildest The Soup Chelsea Picture Perfect Baseball Tonight The Program Baseball Tonight MLS Soccer Boxing Boxing Home Alone Fresh Pr Iron Chef America Chopped Chopped Chopped Genevieve Color

We Celebrate Hometown Life Stories from hometowns just like yours. Look for us each week in this paper. The History of Sex History of Sex Intimate Stranger Intimate Strange Can't Hardly Wait 16 and Pregnant 16 and Pregnant All You've Got The Nanny The Nanny Fam. Mat. Fam. Mat. Carly Jackson Naked Lopez Twilight Twilight Twiliaht Twilight Twilight Star Wars VI: Return Star Wars VI: Return Kill Bill: Vol. 1 Mr. Deeds Fun With Dick & Jane Practical Magic 48 Hr-Evidence 48 Hr-Evidence NASCAR Racing BrainRush Destroy Otherside Otherside King-Hill Boondocks Star Wars Bleach Extreme Terror Rides xtreme Terror Rides Extreme Waterparks Brown Surf Patr Roseanne Roseanne Roseanne Roseanne Roseanne Roseanne Law & Order: SVU Casino Royale The Wedding Singe Advent.-Babysit Daisy of Love The Bullw Patriot American Sailors WGN Boston Legal WGN News at Nine emium Channels HBO Burn After Reading True Blood Burn Afte Apollo 13 **Ghost Town SHOW** Nurse Nurse Nurse The Kite Runner

Sunday Evening July 5, 2009											
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
KAKE/ABC	Extreme-Ho	ome	Desperate I	Housewives	Brothers &	Sisters	Local				
KBSL/CBS	Million Dollar		Cold Case		Without a Trace		Local				
KSNK/NBC	Merlin		The Bourne Supremacy				Local		Dateline NBC		
KSAS/FOX	Simpsons King-Hill		Fam. Guy Simpsons		Local		•		•		
Cable Ch											
A & E	Dog	Dog	Dog	Dog	Hammertim	ne	Hammer	Hammer	Dog	Dog	
AMC	Jumanji				Jumanji			•			
ANIM	Monsters Inside Me		Untamed and Uncut		Whale Wars		Monsters Inside Me		Untamed and Uncut		
BRAVO	Law Order: CI		Law Order: CI		Law Order: CI		Law Order: CI		Law Order: CI		
CMT	Field of Dre	ams					Shanghai Noon				
CNN	Campbell Brown		Larry King Live		Newsroom		State of the Union		Larry King Live		
COMEDY	Bill Engvall		Ron White: Beh		Dave Attell		Louis C.K.		Dave Attell		
DISC	Deadliest Catch		Deadliest Catch		Deadliest Catch		Deadliest Catch		Deadliest Catch		
DISN	Hannah Mo	ntana	Sonny	Jonas	Wizards	Wizards	Wizards	Montana	The Suite	Cory	
E!	The E! True	Hollywood	Story	Kendra	Kendra	Richards	The Soup	Chelsea	Kendra	Richards	
ESPN	MLB Baseb	all	-					SportsCenter		SportsCtr	
ESPN2	Series of Po	oker	Series of Poker		Series of Poker		Series of Poker		Series of Poker		
FAM	The Mask		•	The Mask					J. Osteen Feed		
FOOD	Challenge		Next Food Star		Iron Chef America		Flay Flay		Next Food Star		
FX	Ice Age		Ice Age: Melt				Rescue Me		Life-Something		
HGTV	Income For Rent		House House		HGTV Showdown		Renovatn Buck		Income For Rent		
HIST	Ice Road Truckers		Ice Road Truckers		Expedition Africa		Decoding the Past		Ice Road Truckers		
LIFE	Mother, Ma	y I-Danger	Army Wives		Army Wives		Army Wives		Army Wives		
MTV	Scream				Scream						
NICK	Malcolm	Malcolm	Malcolm	Malcolm	Malcolm	Malcolm	Malcolm	Malcolm	Malcolm	Malcolm	
SCI	Total Recall Pirates-Carib.			ib.					Sands of Oblivion		
SPIKE	Ultimate Kn	ockouts 7	UFC's Ultimate 100		Jesse James		Jesse James		Kill Bill: Vol. 2		
TBS	Monster-in-Law				Monster-in-Law						
TCM	Mr. Hulot's Holiday			To Catch a Thief					Mockery		
TLC	Dateline Myst.		Dateline Myst.		Dateline Myst.		Dateline Myst.		Dateline Myst.		
TNT	Independence Day						Independence Day				
TOON	Richie Rich		Total Star Wars		King-Hill	Fam. Guy	Fam. Guy	Robot Chic	ken		
TRAV	Colorado: River		Natrl Wonders		Natrl Wonders		Ten Wonders		Colorado: River		
TV LAND	Roseanne	Roseanne	Roseanne		Roseanne	Roseanne	Roseanne	Roseanne		Roseanne	
USA			Borat: Cultu	Borat: Cultural				In Plain Sight		Borat: Cultural	
VH1	Brooke	Brooke	Brooke	Brooke	Brooke	Charm Sch		Brooke	Goes to Wo		
WGN	Newhart	Newhart	Newhart	Newhart	WGN News	Replay	Bewitched	Bewitched	Jeannie	Jeannie	
	Channels										
НВО	Hung True Blood			True Blood		True Blood		Real Time			
MAX	Hellboy 2 Ghost Towr		1		I Now Pronounce You				Babylon A.D.		

Livestock Association program to look at wastewater irrigation A proposal submitted by Kan- partnerships to tackle priorities in with a history of working with ag

operative Conservation Partnership Initiative.

sas Livestock Association Envi- areas of special significance, said selected to participate in the Co- ist for the U.S. Natural Resources Conservation Service. Under the initiative, money awarded to state The initiative is a voluntary pro- and local governments and agengram set up to foster conservation cies and private organizations

producers. Kansas Livestock Association

Environmental Services submitted a proposal that will focus on assisting confined-animal feeding operations to implement variable rate irrigation on fields used for land application of wastewater generated by the operation. The primary conservation objective is to protect surface water that might be affected by wastewater applications, he said..

Feedlot operators interested in applying for the program and related conservation practices need to sign up by Friday, July 17, at their county Conservation Service office. Financial assistance is available through the Environmental Quality Incentives Pro-

The service will be responsible for approving applications and administering financial assistance to complete program requirements. Environmental Services will partner with the agency in carrying out this proposal. For information, go to www.ks.nrcs.usda.gov.

holds Rexford reunion From "REUNION," Page 1 traveling men were stopping there regularly for meals. Boston. Corder also built a livery stable

Hotel owner's family

across the street from the hotel. It burned to the ground one night, but neighbors had a barn raising, and shortly Corder was back in business.

The family history records also show that Corder bought a farm

come every summer to catch them and milk them of their venom, which he sold to laboratories in

The Lonesome Dove hotel today has been nicely refurbished and is owned by the Shepherd's Staff organization in Rexford. It is used for family reunions, kids' camps and workshops.

Area families, with a tie to the Corder family who attended Satsoutheast of Rexford, but that the urday's festivities were Lyle Gilrattlesnakes in the draw there were lispie, Joanne Vaughn, and Larry so plentiful, that he hired a man to and Sarah Jane Barrett.

Economy getting you down? Worried about making bills on time? We've got good news! The Colby Free Press is looking for some people to make some extra cash in the Colby Area! Call 462-3963 if you're interested

in a newspaper delivery route.



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