

Weather
Corner

National Weather Service

Tonight: A 40 percent chance of showers and thunderstorms, mainly before 1 a.m. Mostly cloudy, with a low around 46. South wind around 10 mph becoming west.

Saturday: Mostly sunny, with a high near 74. Breezy, with a northwest wind between 10 and 20 mph.

Saturday Night: Partly cloudy, with a low around 43. West wind between 5 and 10 mph.

Sunday: A 20 percent chance of showers and thunderstorms. Partly sunny, with a high near 72. Breezy, with a west wind between 10 and 20 mph, with gusts as high as 30 mph.

Sunday Night: Mostly cloudy, with a low around 44.

Columbus Day: Sunny, with a high near 78.

Monday Night: Mostly clear, with a low around 43.

Tuesday: Mostly sunny, with a high near 61.

Tuesday Night: Mostly cloudy, with a low around 34.

Wednesday: Sunny, with a high near 70.

Wednesday Night: Mostly clear, with a low around 40.

Thursday: Sunny, with a high near 77.

Thursday: High, 87; Low 49

Precip: Thursday 0.00 inches

Month: 0.00 inches

Year: 17.73 inches

Normal: 19.19 inches

(K-State Experiment Station)

Sunrise and Sunset

Saturday 7:48 a.m. 7:14 p.m.

Sunday 7:49 a.m. 7:13 p.m.

Monday 7:50 a.m. 7:11 p.m.

(U.S. Naval Observatory)

Some like it HOT...

and some like to shop the COOL way!!



The Colby Free Press - 462-3963

Author
says food
a danger

From "AUTHOR," Page 1

with food allergies.

Her website, AllergyKids.com, reveals some alarming figures: attention deficit-hyperactivity disorder (ADHD) in kids has increased by 400 percent; asthma has increased 300 percent with a 56 percent increase in asthma deaths; allergies have increased 400 percent; and that one child in every 150 are affected by autism, a 1,500 percent increase in the last two decades.

"What we are feeding our children is threatening to them," she said, "and I ask the question, 'is there something foreign in our food, It's there, but not labeled.'"

She said she learned that in 1994, the dairy industry began giving cows a synthetic hormone (rBGH) to increase their milk production.

"No tests have been run," she said, "so why aren't we addressing it?" The hormone has been shown to cause mastitis, ovarian cysts and who knows what else, she said, and the American mothers weren't made aware of it through labeling, while other governments, including Canada, the United Kingdom, Australia and New Zealand, were asking if it was safe.

She said her research led to a full-time quest to do something about the unsafe additives by informing the public so people would be aware of what the food industry is doing to the health of Americans and their children.

She said research led her to a nonprofit company high in the chain on her so-called help list, only to find that it was supported by food companies.

"Maybe I should be using soy (milk)," she remembered thinking, "and then I learned that soy is used to fatten livestock. The soy-bean industry is in it, too.

"As early as 1994, U.S. and U.K. scientists were raising concerns about genetically modified soy and allergies. Then I learned about corn. Bio-technology and genetic modification in the corn seed industry — well, they just aren't talking.



VERA SLOAN/Colby Free Press

Author Robyn O'Brien from Boulder, Colo., signed copies of her book, "The Unhealthy Truth," after speaking at Colby Community College on Tuesday.

"We are the only developed country in the world to allow modifications, without information to the public."

O'Brien told her audience that American food giants like Kraft re-formulate products they sell to other countries to remove some agents, but not here.

"I even wrote to Erin Brockovich," she said. "She told me what I was doing was so important. She said she had lost a 37-year-old brother to a food reaction."

She said in the meantime, she stopped feeding her kids fluorescent mac and cheese with yellow dye No. 5, and began shopping and cooking like her grandmother, which was the "natural" way — with baby steps — and her kids did admit to feeling better: no tummy aches, no headaches.

She talked about kids who have stomach aches and headaches and just don't feel good, and about the alarming number of children with hyperactivity, autism and allergies.

She said her research led her to Iowa, Colorado and California, where she talked to farmers, where she learned how passionate they are about the food they produce.

"Where would we be without our farmers?" she asked. "The most patriotic thing we can do is to support our farmers in their

food production and to make sure our children are eating safe food."

RE
HE

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October
2010

Pastor asks for grace

From "CITY," Page 1

construction meter from the city. This put the church over the 40 kilowatts in July.

Pastor Gene Rothfuss asked the council if the church could have "grace" one time as long as it stays at under 40 kilowatts from now on. They agreed. Armstrong said the new transformer installed at the church will be placed in inventory and a smaller transformer will replace it.

Discussed the future of existing businesses in industrial districts if additions to the zoning ordinance being discussed by the City Planning Commission are approved. City Attorney John Gatz said existing businesses will not have to adjust their practices. Armstrong said any expansions to existing businesses after changes have been put in place will have to follow the new rules, however.

The planning commission will set a public hearing date on the issue at a meeting next Thursday. The proposals would require new businesses to have an all-weathering surface for outside storage or

for driving on, said city building official Rick Dickman. He said the commission also discussed extra fencing requirements. Armstrong said the additions are designed to keep Colby clean.

Agreed to have Trinity Consultants of Lenexa help the city meet new regulations from the Environmental Protection Agency requiring the city to put catalytic converters on six engines at the power plant.

The consultants group was hired by the Kansas Municipal Energy Agency to provide this service to member cities. The combined costs for the 29 cities that will be working with the company is \$20,000. The price for Colby is \$690. The changes must be implemented by May 2013, Armstrong said.

Approved hiring Bucher, Willis and Ratliff, an architecture and engineering firm from Salina, to take bids from companies that will provide containment facilities for the above-ground storage tanks at the power plant, Public Works.

Decided to approve repairs on Engine No. 7 at the plant for \$42,640.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
					Cardiac Rehab	
3	4 Dr. Rubinowitz Oncology	5	6	7	8	9
	Ultrasounds Cardiac Rehab		Ultrasounds Cardiac Rehab Diabetic Clinic	MRI's	Cardiac Rehab	
10	11	12	13 Dr. Frankum Surgery	14	15	16
	Ultrasounds Cardiac Rehab		Bone Density Ultrasounds Cardiac Rehab Diabetic Clinic	MRI's	Cardiac Rehab	
17	18	19	20 Dr. Curtis Cardiology	21 Dr. Saba Orthopedics	22	23
	Ultrasounds Cardiac Rehab	Nuclear Stress Test	Ultrasounds Cardiac Rehab Diabetic Clinic	MRI's	Cardiac Rehab	
24	25	26 Dr. Frederick C. Miller Cardiology	27	28 Dr. Reeves Podiatry	29 Dr. Reeves Podiatry	30
	Ultrasounds Cardiac Rehab	Nuclear Stress	Mammograms Ultrasounds Cardiac Rehab Diabetic Clinic	MRI's	Cardiac Rehab	
31	TO SCHEDULE AN APPOINTMENT WITH A VISITING PHYSICIAN, PLEASE CALL (785) 626-3211 Cheryl Banister, RN Specialty Clinic Director					HALLOWEEN SAFETY MONTH

LOCAL TV LISTINGS

sponsored by the

COLBY
FREE PRESS

Monday Evening										October 11, 2010	
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
KAKE/ABC	Dancing With Stars				Castle		Local	Nightline	Jimmy Kimmel Live		
KBSL/CBS	How I Met	Rules	Two Men	Mike	Hawaii Five-0		Local	Late Show Letterman	Late		
KSNK/NBC	Chuck		The Event		Chase		Local	Tonight Show w/Leno	Late		
KSAS/FOX	House		Lie to Me		Local						
Cable Channels											
A & E	Hoarders		Hoarders		Hoarders		Intervention		Hoarders		
AMC	Random Hearts						Rubicon		Mad Men		
ANIM	River Monsters		River Monsters		River Monsters		River Monsters		River Monsters		
BRAVO	Housewives/Atl.		Housewives/Atl.		Thirtintervention		Housewives/Atl.		Housewives/Atl.		
CMT	Hidalgo						The Dukes of Hazzard		Smarter		
CNN	Parker Spitzer		Larry King Live		Anderson Cooper 360				Larry King Live		
COMEDY	Nick Swardson	South Pk	South Pk	South Pk	South Pk	Daily	Colbert		South Pk	Ugly Amer	
DISC	Man vs. Wild		Man vs. Wild		Man vs. Wild		Man vs. Wild		Man vs. Wild		
DISN	The Incredibles				Suite	Suite	Hannah	Hannah	Hannah	Hannah	
E!	Kids of Killers	Kardas	Kardas		Fashion	The Soup	Chelsea	E! News	Chelsea	Fashion	
ESPN	Countdown	NFL Football						SportsCenter			
ESPN2	2010 Poker		2010 Poker		2010 Poker		E:60		SportsNation		
FAM	The Wedding Date		The Wedding Date				The 700 Club		Whose?	Whose?	
FOOD	Unwrapped	Unwrapped	The Best	The Best	Diners	Diners	Good Eats	Good Eats	The Best	The Best	
FX	Night at the Museum						Two Men	Two Men	Halloween 6		
HGTV	Property	First	House	Designed	House	Hunters	My First	My First	House	Designed	
HIST	Pawn	Pawn	American Pickers		Pawn	Pawn	American Pickers		Pawn	Pawn	
LIFE	P.S. I Love You		Reviving Ophelia				How I Met	How I Met	Reviving Ophelia		
MTV	Jersey Shore		Jersey Shore		World	Buried	World	Buried	Jersey Shore		
NICK	iCarly	Big Time	Chris	Chris	George	George	The Nanny	The Nanny	Malcolm	Malcolm	
SCI	Scare	Scare	Scare	Scare	Scare	Scare	Gundam	Gundam	Darkness	Darkness	
SPIKE	UFC Fight Night		Taking Lives				Knockout	Knockout	Knockout	Knockout	
TBS	MLB Baseball				MLB Baseball						
TCM	The Big Sleep				His Girl Friday				Perils-Pauline		
TLC	Cake Boss	Cake Boss	Cake Boss		Texas Qui	Texas Qui	Cake Boss	Cake Boss	Cake Boss		
TNT	Bones		Bones		The Closer		Men of a Certain Age		CSI: NY		
TOON	Adventure	MAD	Total	Scooby	King/Hill	King/Hill	Fam. Guy	Fam. Guy	Chicken	Aqua Teen	
TRAV	Bizarre Foods		Bizarre Foods		No Reservation		No Reservation		Bizarre Foods		
TV LAND	Sanford	Sanford	The Nanny	The Nanny	The Princess Bride				Roseanne		
USA	NCIS						Pirates-Dead				
VH1	8 Mile						NWA: Dangerous Group		8 Mile		
WGN	Chris	Chris	Chris	Chris	WGN News at Nine		Scrubs	Scrubs	South Pk	South Pk	
Premium Channels											
HBO	Real Time/Bill Maher		Love Happens				Convictio	Notorious			
MAX	Ninja	Trapped			Public Enemies					Erotic	
SHOW	The Vicious Kind		Dexter		Weeds	The Big C	Weeds	The Big C	Dexter		

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AUCTION

FOR: ROGG HEIRS

MONDAY, OCTOBER 18TH, 2010

MANNER OF SALE: Tracts to be offered individually then collective

640 ACRES MORE OR LESS

THOMAS COUNTY, KS

AUCTION LOCATION: City Limits Convention Center, Comfort Inn, 2227 S. Range Ave. Colby, KS. **TIME: 11:00 a.m. CST**

TRACT 1

LEGAL DESCRIPTION: North Half (N/2) of Section Twenty Seven (27) Section Ten (10) South, Range Thirty Six (36) West of the 6th P.M. Thomas County, Kansas

F.S.A. INFORMATION: 321.3 acres cultivation

Base Acreage
Wheat 171.2 acres
Oats 20.5 acres
Grain Sorghum 37.4 acres
Sunflowers 19.1 acres

TRACT 2

LEGAL DESCRIPTION: South Half (S/2) of Section Twenty Seven (27) Township Ten (10) South, Range Thirty Six (36) West of the 6th P.M. Thomas County, Kansas

F.S.A. INFORMATION: 315.9 acres cultivation

Base Acreage
Wheat 172.2 acres
Oats 20.6 acres
Grain Sorghum 37.5 acres
Sunflowers 19.2 acres

TRACT 3 (Combination of Tracts 1 & 2)

LEGAL DESCRIPTION: All of Section Twenty Seven (27) Township Ten (10) South, Range Thirty Six (36) West of the 6th P.M. Thomas County, Kansas

F.S.A. INFORMATION: 637.2 acres cultivation

Base Acreage
Wheat 343.4 acres
Oats 41.1 acres
Grain Sorghum 74.9 acres
Sunflowers 38.3 acres

LAND LOCATION: From Brewster, Kansas, I-70 exit 36, stay on and follow the blacktop, 14 miles South then 1 mile East to the Southwest corner. From Winona, Kansas, 5 miles West, 6 miles North then 1 mile East to the Southwest corner.

TERMS: Terms: 10% down day of sale, balance upon title approval and delivery of deed, said closing to be on or before November 17th, 2010, or as soon as title requirements, if any, can be corrected.

TAXES: Seller to pay all 2010 and prior taxes. Purchaser to pay all 2011 and subsequent taxes.

POSSESSION: March 1st, 2011 on the S/2 of 27-10-36 W.6.P.M. Thomas County, KS. Possession after the 2011 wheat harvest on the N/2 of 27-10-36 W.6.P.M. Thomas County, KS., with the landowners 1/3 share of the harvested wheat delivered to the nearest elevator or storage facility in the purchasers name together with the purchasers responsibility for 1/3 share of the chemical and fertilizer costs.

MINERALS: All sellers interest to be conveyed on the N/2 & SE/4 & E/2 of SW/4 of 27-10-36 W.6.P.M. Thomas County, KS. Surface only on the W/2 of SW/4 of 27-10-36 W.6.P.M. Thomas County, KS.

GOVERNMENT PROGRAMS: Purchaser to stay in compliance with all US Government Agricultural Programs the property is in enrolled in. Purchaser to receive crop interest payment for 2011 and future.

AGENCY DISCLOSURE: Farmland Auction & Realty Co. Inc., is the agent of the seller. If the purchaser desires representation, legal counsel is advised.

NOTE: Announcements made day of sale shall take precedence over printed material.

Farmland Auction & Realty Co., Inc.

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