#### Weather Corner



National Weather Service Tonight: Scattered flurries before midnight. Mostly cloudy, with a low around 5. Blustery, with a north wind between 15 and 20 mph becoming calm. Winds could gust as high as 30

Thanksgiving Day: Mostly cloudy through mid morning, then gradual clearing, with a high near 29. Blustery, with a northwest wind 10 to 15 mph increasing to between 20 and 25 mph. Winds could gust as high as 30 mph.

Thursday Night: Clear, with a low around 5. West wind between 5 and 10 mph. Friday: Sunny, with a high

near 48. West wind between 5 and 10 mph. Friday Night: Clear, with a

low around 18. Saturday: Sunny, with a high

Saturday Night: Mostly clear, with a low around 23.

Sunday: Mostly sunny, with a high near 47.

Sunday Night: Partly cloudy, with a low around 22.

Monday: High, 52; Low 13

Tuesday: High, 41; Low 15 Precip: Monday Trace

0.00 inches Tuesday 0.21 inches Month: 18.14 inches 19.95 inches Normal: (K-State Experiment Station)

**Sunrise and Sunset** 

7:39 a.m. 5:23 p.m. 7:40 a.m. 5:23 p.m.

#### Underwear beats scanners

DENVER (AP) – It's a special kind of underwear – with a strategically placed fig leaf design – and a Colorado man says it'll get you through the airport screeners with your dignity intact.

Jeff Buske says his invention uses a powdered metal that screenings.

Rocky Flats Gear says the underwear's inserts are thin and conform to the body's contours, making it difficult to hide anything beneath them. The mix of tungsten and other metals does not set

The men's design has the fig leaf, while the one for women comes in the shape of clasped

It's unclear whether wearing one would lead to an automatic, more intrusive pat down by security.

## Man awaits trial for cocaine

From "COCAINE," Page 1

until a second hearing last Wednesday, where Rodriguez plead not guilty to one count of possession of cocaine with intent to distribute.

Rodriguez will stay confined until the trial, currently set for Tuesday, Jan. 18 with U.S. Senior District Judge Wesley Brown presiding. A motion hearing will be held on Friday, Jan. 7, but the defendant could change his plea to guilty at any time.

On Tuesday, Brown issued a general order of discovery. The prosecution has 30 days to make available, the defense has 14 days to return the favor.

able any evidence that could help the defendant, cast doubt on prosecution witnesses or might mitigate punishment. This evidence might include records of threats made by government agents, inconsistent witness statements or prior convictions of witnesses.

The prosecution also has to let the defense know of any crimes or acts of the defendant that they intend to use against him at trial. The defendant can object to the use of this evidence up to 14 days be-

Once the prosecution has made the evidence avail-

#### Military not objecting to wind farms

From "WIND," Page 1

concerns about development of more than 1,200 turbines in Oregon and Washington, he said. Changes in radar technology and modifications to the wind proposals are allowing six of the farms to go forward.

The Flint Hills are considered for wind farms because of existing power transmission lines, though landowners and other often op- of our actions," Emler said. pose construction in the scenic hills.

McConnell Air Force Base, near Wichita, and the Great Plains Joint with wind turbines. Training Center, outside Salina,

The Army's 1st Combat Aviation Brigade, based at Fort Riley, uses combat and cargo helicopters to move soldiers and equipment.

State Sen. Jay Emler, a Lindsborg Republican and chairman of the security panel, said he wanted the briefing to make legislators mindful of the potential conflicts among the best places in Kansas as the state pushes for more wind development.

"There are consequences to all

Rasmussen said Kansas legislators didn't need to take any action The Army's Fort Riley is in the now to regulate development or Flint Hills, outside Junction City. add another layer to the permitting process to avoid conflicts

"I don't know that it's really

necessary," he said. "If we just have good coordination early on, we don't need to have more permitting."

Rasmussen said Kansas air space is used not just by aircraft and military units based in the state but by units from Missouri, Texas, Colorado, North Dakota and South Dakota, as well as aircraft from Canada, which will stay several days or weeks at a time in

'We don't want to lose that as part of our economic development portfolio," Emler said.

## Agents give tips for holiday parties

From "TIPS," Page 1

day meal with a healthy snack or by drinking a big glass of

Daily discussed healthy tips on the "good, the bad and the ugly" of fats. Good fats, she said are the unsaturated kind found in nuts, fish and olive oil. Bad fats are the saturated kind in beef, pork, poultry cheese and dairy, with the ugly fats are the transfats found in shortening, cookies or anything with a shelf life.

"What we eat affects how long we live and the quality of life," she said, "so it's always better when we follow healthy eating habits. We need to remember that when we feed our front of them will affect them the rest of their lives,."

County agent, demonstrated

several sauces, dips and seasoned salts and sugars she had made that are more healthy and much less expensive than those purchased at speciality stores.

She demonstrated what size of a pie crust to use depending on the nature of the pie and whether it was a single-crust or double-crust pie. She also taught the group how to properly flute the edges of a pie.

Nearly all of the attendees won one of her homemade sauces or rubs.

Everyone was invited to help themselves to strands of yarn of various colors and taught how to make their own neck scarf by tying knots in several strands of the yarn.

The recipes for the Harvest of kids, because what we put in Holidays goodies are available at the Extension office at 350 S. Range Ave. in Colby or by call-Diann Gerstner, Thomas ing (785) 460-4582.

## K-State's purple potatoes are a healthy invention

By Kevin Hardy

The Hutchinson News

MANHATTAN – Some profes-

sors at Kansas State University think even your Thanksgiving fare but ours is very different," Wang could use a little dose of purple. K-State researchers recently

completed a lengthy process of breeding bright purple sweet potatoes, which are healthier than traditional sweet potatoes. The fruits, or vegetables, of their labor were made into brightly colored desserts that researchers think could holiday food.

Weiqun "George" Wang, associate professor of human nutrition, said the purple spuds have more anti-aging and antioxidant components than other sweet pocancer-fighting qualities.

The potatoes' deep purple shade stems from anthocyanin, a pigprotects people's privacy when ment associated with reducing undergoing medical or security risks of cancer. The specially developed K-State spuds have very Buske of Las Vegas, Nev.-based high levels of the anthocyanin. Derivatives of that pigment in joyed the taste of the pies. the potatoes were found to inhibit human colon cancer cell growth, said. "People really liked them."

> several years to grow their brand of purple potatoes. More than 2,000 clones were grown through cross breeding until researchers found their prized tater. Researchers at tatoes a "functional food," which tural Center in Haysville grew the ease-preventing or health-promotpotatoes, which yielded a harvest ing qualities. of about 400 pounds this year.

K-State's spuds aren't yet available on the general market though other varieties of purple potatoes have been sold for years.

"Purple potatoes are available, said. "The color is much brighter than any commercial purple potato out there."

To test the purple potatoes on human subjects, Wang, other researchers and students baked what they called Purple Pride Sweet Potato Pies.

Doctoral candidate Soyoung one day sit alongside traditional Lim said orange-flesh sweet potatoes are known for being high in carotenoids, which the body digests into Vitamin A. But the purple potatoes have higher levels of anthocyanins, dietary fiber and other vitamins, Lim said. And they tatoes and are believed to have are naturally sweeter than regular sweet potatoes, so the pies require less sugar.

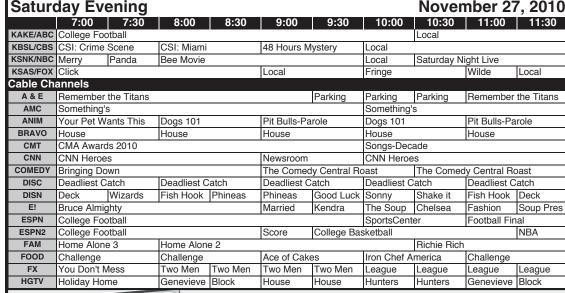
The pies were recently given away for donations to help cover some research costs, Wang said.

Though the deep color was surprising, Wang said most eaters en-

"It actually is really good," he

With the first batch of Purple Wang said it took researchers Pride Sweet Potato Pies baked and consumed, Wang said researchers will continue to investigate the healing power of their taters. Wang is currently calling the po-K-State's John C. Pair Horticul- means a food known to have dis-

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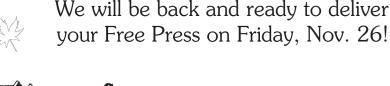


We Celebrate Hometown Life Stories from hometowns just like yours. Look for us each week in this paper. HIST Woodstock Triassic Attack Jurassic Park Star Wars-The Phantom Menace The Wizard of Oz Princess Diaries 2 Glory-Dz A Star Is Born Funny Girl 48 Hours: Hard Evid Ocean's Eleven John Grisham Underdog King/Hill Amer. Dad Amer. Dad Bleach TRAV Carnivore World Mysteries-Museum Carnivore Ghost Ghost Raymond Raymond Raymond Raymond TV LAND Raymond Raymond Raymond Raymond The Pacifier Semi-Pro SNI in '90s Saturday Night Lopez Funniest Home Videos NBA Basketball WGN Bones News/Nine Channels Leap Year MAX Earth Stood The Informant! SHOW Boxing

Sunday Evening November 28, 2010 NFL Footba Dateline NBC KSAS/FOX Simpsons Cleveland Fam. Guy Amer. Dad Local Paranorma Paranorma The Ghost Paranorma Psychic Kids The Walking Dead The Walking Dead The Mummy The Walking Dead Breaking Bad I Shouldn't Be Alive Fatal Attractions Fatal Attractions I Shouldn't Be Alive Fatal Attractions Housewives/Atl ousewives/Atl The Real Houses Watch What Happens: Live Unforgiven CNN Heroe Newsroom CNN Heroes Dane Cook: Rough Around Nitty Gritty Brew Masters Dirty Jobs Sonny Bridalplasty Kendra Married to Rock Bridalplasty Kardashian SportsCtr Countdown 30 for 30 SportsCenter ESPN2 ollege Basketball ollege Basketbal FAM Dog Who Saved Dog Who Saved . Osteen FOOD Challenge Chopped Iron Chef America Food Chopped Sons of Anarchy The Family Stone Deck the Halls The Family Stone **HGTV** Holiday Battle Holmes on Homes House Income Holmes on Homes IRT Deadliest Roads IRT Deadliest Roads Top Gear Top Gea IRT Deadliest Roads LIFE 12 Men of Christmas Comfort and Joy Nicki Minaj My Time Nicki Minaj My Time Lopez The Rocketee Eragon Star Wars IV TBS The Wizard of Oz No Orchids The Crimina Sister Wives TLC Sarah Palin's Alaska To Be Announced Michael Clayton TOON Clone Wars Delocated Fam. Guy Fam. Guy Robot Chicken When Vacations Mysteries-Museum Mysteries-Museum Mysteries-Museum Mysteries-Museum TV LAND Cleveland Cleveland Cleveland Clevelar USA NCIS antasia How I Met How I Met How I Met How I Met News/Nine Replay Channels Leap Year Boardwalk Empire Big Love The Informant Panic Room SHOW Dexter



Our office will be CLOSED and there will be no paper on Thursday, Nov. 25, to observe the holiday.



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