

Deaths

Mary Helen Bixenman

Mary Helen Bixenman, 90, Baalman Mortuary of Colby, Colby, died today, Thursday, Aug. 1, 2013, at the Prairie Senior Living Complex in Colby.

Robert C. Petersen

Robert C. Petersen, 66, Colby, died Wednesday, July 31, 2013, at the Citizens medical Center in Colby.

Colby Rotary Club

Colby Rotary Club met Tuesday at the Thomas County Fairgrounds with 31 members and guests Marc Alwin and Lisa Schewe.

President Marilyn Unger conducted the meeting. Nick Wells gave a program on Boer goats. He said there has been an increase in the demand for meat goats in the United States since the 1980s due to changes in the ethnic makeup of the population.

and they like the hot, dry climate of Kansas.

The goats are ready for market at 80 pounds. They gain weight slowly at an average of two pounds per week.

Wells said the goats are a popular 4-H project as they are docile animals, have interesting personalities and adapt well to their surroundings.

Rotary meets at noon each Tuesday at Colby Community College.

- Relda Galli

Fort Hays state names Colby grad as scholar

Taylor Young, a 2009 graduate of Colby High School, has been named one of the Spring 2013 Honors Scholars by Fort Hays State University's College of

Business and Entrepreneurship. Young is a senior at Fort Hays State University, majoring in finance.

Library will offer steep discounts on the last days of week-long sale



Melany Wilks • Library Links

The book sale has been going well, but the next few days you will get the best deals! We are super-selling VHS tapes by the flat. A person can purchase a flat of movies for \$1.

We have lots of fiction, non-fiction, paperbacks, children's, Christian and large print items. From 9 a.m. to 4:30 p.m. Friday, books are \$3 per bag. From 10 a.m. to 3:30 p.m. Saturday, they are \$1 per bag. Sunday they are free.

We have added a number of great books this week. The first is "Cain at Gettysburg," by Ralph Peters. Peters is not only a novelist but a former career soldier and a commentator on 24-hour-news stations. He often opines about the Iraq and Afghanistan, and most recently about the Snowden news coverage.

This historical fiction item covers events between Robert E. Lee and George Meade in 1863 when the two armies meet at the border of Pennsylvania and Maryland. What I like about this type of historical fiction is that it puts flesh and voice to the events.

If a person struggles with dates and specifics in history, reading a historical fiction account helps to embed the specifics about the history into memory. Granted, a per-

son also gets a bit of the writer's view on things, but it is often said that the victors write history. Is this much different?

The next book is "Shattered Trident," by Larry Bond, No. four of the *Jerry Mitchell* series. In this book, protagonist Commanding Officer Jerry Mitchell watches while a Chinese boat torpedoes a Vietnamese merchant ship. The Littoral Alliance is enacted and the USS North Dakota, a USS Trident combat vessel is put to work.

Asking what "littoral" means, I did a quick Internet search and found it is a technical term for the shoreline area of the ocean, lake or river. This definition may help enlighten you as you read this book.

"The littoral zone is the part of a sea, lake or river that is close to the shore. In coastal environments the littoral zone extends from the high water mark, which is rarely inundated, to shoreline areas that are permanently submerged. It al-

ways includes this intertidal zone and is often used to mean the same as the intertidal zone. However, the meaning of "littoral zone" can extend well beyond the intertidal zone.... The littoral zone extends from the shoreline to 600 feet (183 meters) out into the water. This area of the ocean contains high-energy waves and tidal motions that influence both human and marine activity.... The littoral zone is broken into three main subcategories: the supralittoral, the eulittoral and the sublittoral zone.... The supralittoral zone is also commonly referred to as the splash zone.... The eulittoral zone is also called the midlittoral zone.... The sublittoral zone has a depth of about 200 meters and extends to the end of the continental shelf. The supralittoral zone is also commonly referred to as the splash zone (www.ehow.com/facts\_7218619\_littoral-zone\_.html).

The next item is from best-selling authors Janet Evanovich and Lee Goldberg, "The Heist." This is No. one of the *Heist* series, so get your name on reserve to read it.

In this novel, the two authors give us a new twist. FBI Special Agent Kate O'Hare has her eye on a talented and ever-so-handsome

crook named Nicolas Fox. They team up to catch a crook in Indonesia. These two get many others players involved and it turns into a great escapade that include even her father.

Other new items added are: "The Activist," by John Grisham (book four of the *Theodore Boone* series); "First Sight," by Danielle Steele; "Charlotte Figg Takes Over Paradise," and "Griselda Takes Flight," both by Joyce Maginn; and "Letters From Sky," by Jessica Brockmole; and "Bad Monkey," by Carl Hiaasen. We are also adding large print items: "One Heart To Win," by Johanna Lindsey; "Sea Glass Island," by Sherryl Woods; and "The Hit," by David Baldacci.

Come enjoy our cool environment to read the newspaper, magazine, book, or tablet. Put some earphones in and listen to an audio book. Bring in your laptop or tablet and do some business or emailing.

Our summer hours are 9 a.m. to 6 p.m. Monday to Wednesday, to 8 p.m. Thursday and to 5 p.m. Friday. Saturday hours are 10 a.m. to 4 p.m. and Sunday hours are 1 to 4 p.m.

See you in the library!

Manager trainee starts work at district

Katherine Anne Wilkins-Wells has been hired as the manager trainee for the Northwest Kansas Groundwater Management District No. 4 in Colby. She is expected to take over as manager when Wayne Bossert, the current manager, retires.

Wilkins-Wells grew up in Colorado where she attended Colorado

State University and worked for the Montezuma Valley Irrigation Company in Cortez, the Colorado Water Institute, Colorado Cattleman's Association and Trimble Navigation and Precision Planting.

"I have been raised to know and appreciate the importance of natural resources," she said. "Es-

pecially in regards to water, as well as in protecting agriculture as a whole."

Wilkins-Wells describes herself as very willing to learn. "I understand I could spend the next hundred years in this field and never know everything there is to know about water, but I would like to increase my knowledge of the issues

every day and attempt to continuously serve the user better."

She invites the district's customers to stop by the office at 1175 S. Range Ave. or call at 462-3915 to meet with her or discuss questions and concerns.



Laura Dee Sweet and Chase Richard Vaughn

Couple to marry here

Laura Dee Sweet and Chase Richard Vaughn plan to marry Saturday, Sept. 28, at the United Methodist Church in Colby.

The bride is the daughter of Robbie Dee and Kathy Sweet of rural Colby and granddaughter of the late Willie and Lee Sanders of Valley Mills, Texas, Paul and Julia Raburn of Wimberley, Texas, and the late Robbie Dee Sweet of Somerville, Texas.

She is a 2008 graduate of Colby High School and a 2012 graduate of the William Allen White School of Journalism and Mass Communications at the University of Kansas. She

works for Ronald S. Shalz, Attorney at Law, in Colby.

The groom is the son of Rick and Kathy Vaughn of Colby and the grandson of Stella and the late Ed Krannawitter of Hoxie, Max and Bev Vaughn of Colby and Art and Virginia Weis of Minneapolis.

He is a 2008 graduate of Colby High School and a 2009 graduate of Northwest Lineman College in Meridian, Idaho. He works for Midwest Energy in Oakley.

After a honeymoon in St. Lucia, the couple will live in Oakley.

Inflammation in cows not is always a bad thing

Inflammation. The word typically has a negative connotation. Arthritis - infection - numerous maladies come to mind.

But a Kansas State University researcher found that inflammation that occurs naturally in dairy cows the first few days after giving birth may play a surprisingly beneficial role in the complex process of going from late pregnancy to lactation.

"We know that during the first several days after giving birth and going into the lactating phase, dairy cows naturally experience some degree of inflammation," said Barry Bradford, associate professor in K-State's Department of Animal Sciences and Industry. "We also know that many disorders, including metabolic diseases such as ketosis and fatty liver, occur during this time of transition."

He, along with a team of researchers from K-State, Iowa State University and Michigan State University, wondered if inflammation actually causes the

metabolic problems.

Thinking that reducing inflammation during this period might be beneficial for the cow's transition from gestation to lactation, plus limit metabolic disease, Bradford and the team conducted a study. The objective was to determine if using an anti-inflammatory drug (sodium salicylate) for the first seven days of lactation would prevent liver fat accumulation, improve the supply of glucose for lactation, and limit metabolic disease in dairy cows entering lactation. Sodium salicylate was delivered to the animals in a controlled way to their drinking water.

The team did not get the result they expected.

"Our findings suggest that mild inflammation may be a necessary part of a cow's adaptation to lactation," Bradford said.

Among the significant findings, the research showed that rather than preventing fatty liver by blocking the inflammation, liver fat content was actually increased

in the first week of lactation. Similarly, anti-inflammatory treatment led to a dramatic drop in plasma glucose concentration in mature cows. Both of these responses are often associated with metabolic disease in early lactation cows.

"The study improved our understanding of the re-prioritization process by suggesting that inflammatory pathways promote a temporary state of insulin resistance in dairy cows, resulting in conservation of glucose for use by the mammary gland," Bradford said.

The results of the study, which was funded by the U.S. Department of Agriculture's National Institute of Food and Agriculture, indicate that inflammation-induced insulin resistance is in some cases an adaptive, rather than pathological, phenomenon. It may help clarify why the links between inflammation and metabolism have survived the evolution process, he said.

And it's not just cattle that experience the shift in demands on the body: "Many species experience these dramatic shifts," Bradford said. "The role of inflammation in this process has not been studied very much. We are missing some information about why our bodies are wired the way they are - even after evolutionary refinement of the immune system, there seems to be a role for inflammation in metabolic function."

The research team's findings have been published by the *American Journal of Physiology*, at: [ajpregu.physiology.org/content/early/2013/05/08/ajpregu.00152.2013.abstract](http://ajpregu.physiology.org/content/early/2013/05/08/ajpregu.00152.2013.abstract).

"Our findings suggest that we want some degree of inflammation at this time because it helps the animal shift gears," Bradford said.

The research team plans to look further and is seeking funding to find evidence of the phenomenon

Dog catches ride under hood

DANIA BEACH, Fla. (AP) - South Florida firefighters came to the rescue of a dog that traveled 5 miles while trapped under the hood of a car.

The Broward Sheriff's Office says firefighters were called Thursday afternoon to Dania Beach to free the dog. The animal

had been trapped between the car's axle and steering mechanism.

A sheriff's office spokesman says the dog suffered no injuries, even though it had been driven roughly 5 miles from Hallandale Beach.

It wasn't immediately clear how the dog became trapped.

**VISION SOURCE**  
COLBY • GOODLAND • BURLINGTON • ATWOOD

Introducing our newest Optometrist

**Dr. Andrea Sis**

NOW ACCEPTING PATIENTS IN OUR COLBY & ATWOOD LOCATIONS

Dr. Sis recently completed her residency in Pediatrics, Vision Therapy & Vision Rehabilitation at the Pacific University College of Optometry. While Dr. Sis has an emphasis in working with children, vision and learning issues and special needs patients, she enjoys seeing patients of all ages. She joins Dr. Jeff Morrison, Dr. Mark Wahlmeier and Dr. Jordan Hagler in serving patients here in Northwest Kansas.

COLBY - 785-462-8231 • ATWOOD - 785-626-9234  
[www.eyeclinic.com](http://www.eyeclinic.com)

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.

Markets

Quotes as of close of previous business day

Hi-Plains Co-op	
Wheat (bushel)	\$6.96
Corn (bushel)	\$6.29
Milo (hundredweight)	\$9.95
Soybeans (bushel)	\$12.11

Colby Community College Adult Education Classes

Enrolling Now: Official GED Prep and Academic Success Classes in Colby Flexible Scheduling

Classes and Materials are FREE! (The GED Test will be changing January 1, 2014. Students who have started the process are encouraged to complete prior to January 1.)

Questions: Call Nance Munderloh at (785) 460-4663 or Dian Organ at (785) 460-5486.



Colby Community College (785) 462-3984 [www.colbycc.edu](http://www.colbycc.edu)

HOME SECURITY SPECIAL monitoring starting around \$9.99 per week

Did You Know?

- A burglary occurs every 14.6 seconds.
- 1 out of every 5 homes will experience a break-in or home invasion.
- A home without a security system is 3 times more likely to be burglarized.
- 85% of Police Officers surveyed believe home alarms deter burglary attempts.

Call Today, Protect Tomorrow!  
**1-888-766-5996**  
Mon-Fri 8am - 11pm • Sat 9am - 8pm • Sun 10am - 6pm EST

599.00 Customer Installation Charge. 36-Month Monitoring Agreement required at \$36.99 per month (\$1,331.64). Form of payment must be by credit card or electronic charge to your checking or savings account. Offer applies to homeowners only. Local permit fees may be required. Satisfactory credit history required. Certain restrictions may apply. Offer valid for new ADT Authorized Dealer customers only and not on purchases from ADT LLC. Other rate plans available. Cannot be combined with any other offer. Licenses: AL-12-1106, AK-3321, AR-598-016, AZ-900217217, CA-A002626, CT-EC-019399415, DE-07-212, FL-EC13905472, IL-EC3003491, GA-IM-020395, HI-CT39246, IA-AC-0036, IN-39131, IL-127-001042, IN-City of Indianapolis: 80988, NY-City of Louisville: 483, LA-F1082, MA-1355C, MD-107-1626, ME-IM50017382, MI-3601202773, MN-1501807, MO-City of St. Louis: CC54, St. Louis County: 53328, MS-15007958, MT-247, NC-2310-SP-PALEV, NC-1622-USA, NE-14651, NJ-34800021800, NM-353366, City of Las Vegas: 814-00075-6-121756, C11-11262-L-121756, NY-Licensed by the N.Y.S. Department of State 01012000286451, OH-53391446, City of Cincinnati: A-36, OK-1048, OR-170997, Pennsylvania Home Improvement Contractor Registration Number: PA2299, RI-3582, SC-BA3510, TN-C120, TX-81374, UT-3492, VT-62229-6201, VA-15120, VT-65-2882, WA-60288694-PROFIT1919485, WI-City of Milwaukee: 0001097, WI-042633, WY-LI-62-1459, 3750 Priority Way South Dr., Suite 200 Indianapolis, IN 46240 For full list of licenses visit our website [www.protectyourhome.com](http://www.protectyourhome.com). Protect Your Home - 3750 Priority Way South Dr., Ste 200, Indianapolis, IN 46240.

RECOVERY.....  
The Bright Side of Addiction  
Narcotics Anonymous is there for you and your family!  
Meetings are Open to the Public  
City Hall Basement

The Colby Free Press  
Please recycle this newspaper