

## Colby Volleyball Hosts July Camps

COLBY, Kan. (May 27, 2026) — The Colby Community College volleyball program will host two youth camps in July at the Colby Event Center for students entering grades 5 through 12. Instruction will be led by head coach Carey Jones and CCC volleyball players. All campers will receive a Trojan volleyball T-shirt.

The middle school camp for students entering grades 5 through 8 will be held July 7-8. Participants will focus on fundamental skill development, including passing, setting, serving, and serve-receive, and will also be introduced to hitting and blocking techniques. Athletes will participate in competitive drills and controlled gameplay designed to build confidence and improve understanding

of the game. The registration fee is \$125 for overnight campers and \$100 for commuters, both of which include meals.

The high school overnight skills camp for students entering grades 9 through 12 will be July 9-10. Registration is \$125 for overnight campers and \$100 for commuters. The camp will feature advanced training, including position-specific instruction, faster-paced drills, and an emphasis on strategy, systems, and court awareness. Athletes will refine key skills while competing in game-like situations.

Camp registration forms can be downloaded at [colbytrojans.com](http://colbytrojans.com). For more information, contact Jones at (785) 269-7728.

## Kansas Governor Proclaims June 2026 as National Safety Month

TOPEKA – Governor Laura Kelly has officially proclaimed June 2026 as National Safety Month in the state of Kansas. National Safety Month is observed each June to raise awareness about preventing workplace injuries, reducing risks and creating safer communities. We recognize the importance of workplace safety and encourage employers, workers and communities to remain committed to preventing injuries and promoting safe environments.

The proclamation highlights the ongoing efforts of the Kansas Department of Labor Division of Industrial Safety and Health to help save lives through safety education, hazard identification and proactive workplace practices.

“National Safety Month serves as an important reminder that workplace injuries and accidents are preventable,” said Allen Vinyard, Director of Safety. “By working together with public and private employers we can identify workplace hazards, correct unsafe working conditions and prioritize safety education. Kansas employers, workers and community partners play a critical role in preventing injuries and strengthening workplace safety statewide.”

The full proclamation can be accessed here: [National Safety Month 2026 Proclamation](https://www.kansas.gov/office-of-the-governor/press-releases/2026/06/04/governor-laura-kelly-proclaims-june-2026-national-safety-month)

For more information about workplace safety programs and services available through the Kansas Department of Labor, visit [dol.ks.gov/ish](http://dol.ks.gov/ish).

## Ticks

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from lone star ticks can also cause sensitivity to the alpha-gal protein. This protein is produced by most mammals, so humans that develop this sensitivity have an allergic reaction to eating beef and other mammals that produce that protein.

So, how can we protect ourselves from tick bites? Before heading outdoors, treat your clothing with permethrin (read and follow label instructions), an insecticide that interferes with the nervous system of insects that touch treated clothes. You can avoid ticks by

walking in the center of trails. After you come indoors, do a ‘tick check’. Ticks like to climb until they run into a tight spot, like around the waist, between the legs, under the arms, and in and around the hair. Also check your clothing, gear, and pets. The CDC also recommends spraying pesticides around your home or removing leaf litter, but be aware that these practices will also kill desirable bees, butterflies, moths, and other insects that birds use to feed their young.

## Understanding the Ups and Downs of Pain During Recovery

By Kory Zimney, PT, DPT, PhD

Many equate pain with injury and thus assume that pain should be a straight line when recovering. So, if pain flares up a bit, they worry that something is wrong. Maybe the injury is getting worse, or they “overdid it” the day before. In reality, pain often rises and falls during normal recovery, and these ups and downs do not automatically mean you’re injuring yourself. Pain is more complex than a simple measure of tissue damage.

Healing tissues and a sensitive alarm system

Pain is best thought of as your body’s alarm system. Early after an injury or surgery, that alarm is turned up on purpose to protect healing tissues. Even as the tissues recover normally, the alarm may remain slightly sensitive for a while. This means everyday movements, increased activity, or changes in routine can trigger pain, even when the tissues themselves are safe.

This sensitivity usually settles with time, movement and confidence. A short-term increase in pain does not automatically mean damage has occurred. It often reflects a nervous system that’s still learning what is safe again.

Next day pain

Pain that shows up later, such as soreness the next day, is often blamed on “overdoing it.” While extreme overload can contribute to flare-ups, changes in pain from one day to the next are often a normal response to increased movement. Your body adapts to activity gradually, and mild soreness or stiffness can be part of that process, especially when trying something new or returning to activities you’ve avoided.

Pain levels don’t always match how well your body is healing. You are recovering successfully, even on days when pain feels worse.

Stress, sleep and mood matter

Your nervous system doesn’t work in isolation. Poor sleep, emotional stress, worry or fatigue can increase pain sensitivity. We often say, “You’re getting on my nerves” when someone stresses us out. Biologically, that’s true. Stressful events release chemicals that make nerves more sensitive. On stressful days, the pain alarm becomes easier to trigger, which is why pain

may spike during busy weeks, after poor sleep or during emotional strain without any change in the injury itself.

These influences are real and biological; they are not imagined or “in your head.”

Your body’s healing chemistry

Your body naturally produces both pro-inflammatory chemicals (which increase sensitivity) and anti-inflammatory chemicals (which reduce sensitivity) as part of the healing process. This balance shifts from day to day, like a teeter-totter. Some days you may feel more sensitive, and other days less so. These shifts are a normal part of recovery and help explain why pain often fluctuates.

Pain doesn’t equal harm. One of the most important principles of recovery is this: pain does not always mean damage. Pain is often a sign of sensitivity rather than danger. Gradually continuing to move, even with some discomfort, is often part of restoring normal function and confidence.

When to check in

While fluctuating pain is common, steadily worsening pain, new symptoms or pain accompanied by significant swelling, weakness or loss of function should be discussed with a health care provider. Otherwise, ups and downs are a normal and expected part of recovery.

Healing isn’t about eliminating every painful moment. It’s about helping your body and nervous system feel safe enough to move forward, one step at a time.

Kory Zimney, PT, DPT, PhD is a professor at the University of South Dakota, School of Health Sciences Physical Therapy Department and director of the PhD in Health Science program. Dr. Zimney is part of the Center for Brain and Behavioral Research at the University of South Dakota and the Therapeutic Neuroscience Research Group, conducting research specifically in the areas of pain science and therapeutic alliance. Follow The Prairie Doc® at [www.prairiedoc.org](http://www.prairiedoc.org), Facebook, Instagram, YouTube, and Tik Tok. Prairie Doc Programming includes On Call with the Prairie Doc®, a medical Q&A show (most Thursdays at 7pm on YouTube and streaming on Facebook), 2 podcasts, and a Radio program (on SDPB, Sundays at 6am and 1pm).

## Hot Grilling and Flavor Trends for the Summer

(StatePoint) Playing with fire has never been hotter when it comes to flavor and summer grilling. A new grilling trend report, released by the McCormick brand, spotlights three red-hot trends centering on new ways grillers are layering flavors, expanding the sizzle beyond steak, and taking advantage of the transformation of appliances.

“Above all, flavor complexity will become the new standard in grilling with global flavor layering, and grillers are continuing to delve beyond meat, poultry and fish with barbecued vegetables and sweet ingredients,” says Jordan Carfagno, Executive Chef at McCormick, which distributes herbs, spices, seasonings and condiments globally. “New technology is also powering our prediction that smart, modular grills will redefine when and where consumers grill.”

Here are the top findings from Fire & Flavor 2026 Grilling Trends issued by McCormick, along with their recipe for Double Stacked Smashed Cheeseburgers.

### The Art of Layering

This trend celebrates the intentional build of flavor, where rubs, marinades, glazes and finishing sauces work in concert to create depth, contrast and complexity. This comes at a time when there’s been a 78% increase in social media mentions for “umami” compared with just two years ago, according to Datassentials, and a 53% increase in U.S. consumers interested in “swicy” – sweet and spicy combinations, according to research from the Food Institute.

Layering flavor is part of a gourmet trend emphasizing intentional, creative and personalized grilling experiences. Flavor transformation happens within three different stages – Base, Build and Finish. Flavor layering techniques draw inspiration from global cuisines like Indian tandoori, Korean bulgogi and Moroccan tagines.

### More than Steak

From jackfruit to peaches, unexpected ingredients are expanding the boundaries of BBQ. The experts at McCormick predict that grillers will continue to embrace global flavors, vegetables, and sweet ingredients, noting that millennials grill fruit two times more than the

average griller.

Favorite flavors beyond steak include juicy bone-in cuts of chicken grilled to the perfect tenderness level, smoky and caramelized veggies enhanced with warm spices and honey for bold, irresistible flavor, and fresh salad made with crisp, ripe tomatoes charred to perfection.

### Appliance Transformation

Grilling is being redefined by smart technology and modular design, turning grills into adaptive, multifunctional hubs that cater to modern lifestyles.

Developments, such as IoT-enabled grills with Wi-Fi and Bluetooth, allow remote temperature control and monitoring via mobile apps for perfect cooking. Modular grills provide customizability with interchangeable surfaces offering versatile cooking options catering to diverse styles and preferences.

The experts at McCormick note that appliance-enabled flavors include the use of smokers beyond the classic cuts, enhancing deep, complex flavors of various proteins and elevating everyday staples. Flat tops also unlock new extra crispy textures and allow for new techniques. They also note that the global portable grills market is projected to continue to grow, driven by the rise of home entertaining and tailgating.

### New Smashed Burger Recipe

To accompany the release of the trends report, McCormick is spotlighting a new recipe for grillers: the Double Stacked Smashed Cheeseburgers Recipe. These juicy burgers are smashed onto a hot flat top grill or cast-iron skillet to create an epic crust. Seasoned with the new Grill Mates Signature Blend Seasoning and layered with homemade burger sauce, this is bound to be a favorite on the grill this season.

More recipes made for the grill, along with information on McCormick’s top-performing grill spice blends, can be found at <https://www.mccormick.com/pages/fireandflavor>.

This season, grill masters should consider innovative ways to level-up summer cooking with global flavors and new techniques.




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### Ag Loan Officer/ Credit Analyst

Due to increased loan growth, Farm Credit of Western Kansas is accepting applications for a full-time loan officer/credit analyst. The Position requires a four year college degree in Agriculture, Business, Accounting, Economics, or related field. Prefer a minimum of 3-years agriculture lending, financial statement analysis, accounting or equivalent combination of education and experience, but college graduate or entry level applicants are welcome to apply. The successful applicant will have an understanding of agriculture production in Northwest Kansas and will display strong communication, marketing and computer skills. Salary to be determined based upon qualifications, with benefit package provided. To apply submit letter of application and resume to Farm Credit of Western Kansas, PO Box 667, Colby, KS 67701 attention Jessica Vaughn or email to [jessica.vaughn@fcwk.com](mailto:jessica.vaughn@fcwk.com). Applications will be accepted until the position is filled. EEO/AA/Minorities/Female/Veteran/Disability



The Prairie Doc



The City Wide Garage Sale will be Friday, June 12 & Saturday, June 13, 2026.  
Deadline will be at 9:00 a.m. on Monday, June 8, 2026. If you would like your name and address listed, there will be a \$5.00 charge. Please come by the office or call. 785-672-3228 Thank you!



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