

Family

Deaths

Ralph Roopchan

Ralph Roopchan, 62, of Colby, died Wednesday, July 5, 2006, in Denver, Colo. Mr. Roopchan was born Aug. 1, 1943, in Cunupia, Trinidad, Caribbean. Services are pending with Harrison Chapel.

4-H clubs hold joint meeting for June

By Layton Werth
Prairie Gem 4-H Club

Brewster Prairie Gem 4-H Club was invited by the Solomon Valley (SV) 4-H Club to have a joint meeting June 12. The meeting began with the flag salute led by Dana Wilson (SV). Roll call was answered by Brewster members stating where they wanted to live when they grow up. 12 members were present.

The Eicher Family has set the July Tour Meeting for 4 p.m. at the Goodland Pool. The club will swim, bring pictures of their projects to show and will end with a meal.

There will be a county livestock project meeting on July 15. Pre-enrollment packets are due back at the Extension Office on July 13. There are sewing and cooking opportunities available as listed in the latest

extension newsletter.

The program for the evening began with project talks. Tim Knox told about a cake for the foods project. Stephanie Eicher explained how to hatch your own eggs for the poultry project. Michael Eicher gave a talk on "Safety from Weapons of Mass Destruction." He explained that a person or family should seal their basement windows with duct tape, have a 6 month supply of food, have a battery powered radio and flashlight, and that they should wait for the government okay to come out.

Andrew Starns and Baylee Westover led the Brewster Club in a match of card tossing into a hat. The meeting adjourned with the club members reciting the 4-H pledge led by Chandler Comfort (SV). The Solomon Valley Club provided refreshments.

Grasshoppers are back, but numbers are unknown

MANHATTAN — If gardeners are nervous now because they've noticed grasshoppers in their yard, they have good reason. The Great Plains has a long history of periodic, devastating grasshopper outbreaks. Besides, trying to control grasshoppers in a single yard can be an exercise in frustration.

"Typically, grasshoppers start out in grassy-weedy areas. They move into yards when they're running out of food in their ditch, pasture, fence row or vacant lot. Mower use in those areas can affect how quickly that happens," said Ward Upham, horticulturist with Kansas State University Research and Extension.

Unfortunately, the best time to control grasshoppers is when they're small and can't fly.

"In many cases, that means while they're still in those grassy-weedy areas — which probably are just beyond your home property line," Upham said.

Sevin (carbaryl) is the insecticide typically recommended for home gardens because it's safe to use on a wide variety of vegetables. Nosema locustae (a protozoan) is the active ingredient in a number of organic products now available in bait form. But, neither is all that ef-

fective at controlling mature grasshoppers, he said.

Grasshoppers reach their full 1-1/2 to 2 inches in length by midsummer. Then they can easily jump or fly from yard to yard. So, trying to control their damage can require repeated sprays, Upham warned.

"Acephate — which you find in such products as Acephate and Ortho Systemic Insect Control — may be the chemical of choice for larger 'hoppers. It has longer residual activity and is able to move systemically within a plant," he said. "But, its use is approved mostly for landscape plants, not many vegetables."

More often than not, Mother Nature keeps grasshopper numbers in check with her own controls.

"That's why we don't have a big outbreak every year," Upham said. "That's also why a homeowner's decision often comes down to how much they care about controlling a population, but not a true invasion of the pests. I suspect that's what we'll see this year."

The U.S. Department of Agriculture is forecasting that the risk is high for a 2006 rangeland grasshopper invasion in isolated parts of Nebraska, Texas, Montana and Idaho.

Community Calendar

SATURDAY, JULY 8

League Swim Meet, Colby Municipal Pool, 8 a.m.
MAYB basketball tournament, Colby Community Building and school gyms, 8 a.m.
Golden Buckle Square Dance Club, Colby Community Building, 8 p.m.

SUNDAY, JULY 9

MABY basketball tournament, Colby Community Building and school gyms, 8 a.m.
Car races, Thomas County Speedway, 7 p.m.

MONDAY, JULY 10

CMS volleyball camp, Colby High School gym, 8 a.m.
CHS volleyball camp, high school gym, 10 a.m.
Summer League Volleyball, high school gym, 5 p.m.

Markets

Quotes as of close of previous business day
Hi-Plains Co-op

Wheat	\$4.75
Corn	\$2.32
Milo	\$3.41
Soybeans	No bid



Would the party who dumped the tree limbs in the 100 block of North Court on Friday June 30th please remove them. You were observed.

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Summer in full swing at Brewster



Betty Jo Baird

• Brewster Correspondent

Seems everyone had a great Fourth of July, with all the fireworks in town, and bar-b-que's to finish the long weekend off. Still some wheat harvesting going on, but the fields look mostly finished.

Janet Carpenter and I went to Denver Friday night and came home Sunday evening, was a little cooler out there. Did a little shopping and took a drive down town to see Invesco Field, Coors Field, and the Pepsi Center. Then took a drive up to the Red Rocks in Morrison. She had never seen any of them. Spent the evenings with my son Pat

and wife Tammie and 8 1/2 month old Samantha, she is crawling all over the place. Pat is on the fire dept., so he was on special duty because of the fire danger, so didn't see much of him.

Jonathan and Angela Moore of Lakin are parents of a baby girl,

Sara Abigail, born June 28. Brothers Seth and Keaton were happy to have a sister. Grandparents are Carlene (Crumrine) Moore and Joe Moore of Lakin. Great-grandparents are Marion and Coleen Crumrine of Brewster.

The Brewster United Methodist Church does not recycle clothing, shoes and other items. Please do not leave garbage bags of items at the north door of the church.

Lawrence and Lila Mayer have a new great-grandson, Gabriel Lee, born June 30.

Ruth and Duane Jones enjoyed a

potluck supper at Marie Edwards' June 24 in honor of their 60th wedding anniversary. There were guests from Kansas, Colorado, Texas and Nebraska present. A good time was had and a lot of visiting done.

Ruth and Duane also want to say "Thank You" to everyone who came to wish them "Happy Anniversary" and all who sent cards and flowers. Also the Senior Center for the fun day and cake and card for their anniversary.

Those spending the weekend with Ruth and Duane were Linda and Larry Hoffner, Brad Hoffner, Eric and Logan Hoffner all from Greeley, Colo. and Caleb Blank from Mansfield, Texas.

Agsun LLC, owners Phil and Sharon Knox and manager Don Allen recently went to Phillipsburg to a meeting put on by the Kansas Department of Commerce. Phil was awarded by them the Kansas Business Appreciation Award for building a business in a small community that helps the economy in that area of the state. Congratulations, Phil.

Dear child of mine, Has it ever occurred to you that even I rested on the seventh day! Do you think that I was tired?

The God of all power and might? The God of unfathomable strength? No, I rested on the seventh day so that you would see and understand that rest is part of the rhythm of my creation. It is woven into the fabric of my plan. It is my commandment for you.

Turn your heart toward me and delight in my Sabbath. If you honor me by ceasing from your own drivenness by turning away from your own restless pursuits to spend time with me, - you will discover my joy! Rest in me, God.

Kids can eat healthy on vacation

Experts offer advice on how to help kids keep healthy during summer trips.

Despite skyrocketing gas prices, time-honored summer road trips are sure to persist. Anyone who has ever traveled with a child KNOWS that snacks are an integral part of the ride! Rather than those fatty, salty, sugary traveling snack staples, caregivers can — and should — offer children healthy travel-friendly fare instead. It's easier than you may think.

Consider these suggestions "served up" by Healthy Kids' Catalog CEO Merilee Kern, author of the award-winning fictional children's book "It's Not Your Fault That You're Overweight: A Story of Enlightenment, Empowerment and Accomplishment for Overweight and Obese Kids":

- Any kind of pre-washed fresh fruit — nature's gift to humanity
- Popcorn: Top AIR popped popcorn sprinkled with "butter buds" or with light parmesan cheese
- Pretzel sticks
- Nuts: roasted or raw almonds, walnuts or peanuts (not oiled or candied)
- Low fat string cheese or chunked low fat cheese
- Cereal bars (first ingredient should be whole grain; each should have less than 10 grams of sugar per bar and maximum 3-4 grams of fat).
- Dried or dehydrated fruit: raisins; apricots, pears, apples
- Frozen grapes make deliciously icy finger popping foods
- Baked chips, or healthy Pita

Chips. Quarter whole wheat pitas; season, bake and bag to go.

• Don't forget the water.

In the spirit of promoting healthy family vacations this season, Healthy Kids, Catalog Advisory Board member Susan Burke, MS, RD/LD, CDE, also offers this advice on how to avoid "health traps" while traveling:

When eating out at a restaurant, steer your child toward healthy menu selections. Cooking technique can make all the difference in the nutritional content of meals! Help your child avoid foods that are fried, and order baked, grilled, poached, sautéed, or stir-fried instead.

At breakfast, the child can choose an egg white omelet or egg substitute product for those kids who won't eat eggs that are not yellow, and ask they be prepared dry without added butter. Cold or hot cereals are good choices, to enjoy with nonfat or 1 percent milk. Add fruit and low-sugar yogurt if available.

Fast food is sometimes unavoidable, so be sure to choose a restaurant that offers grilled chicken breasts, or have the child opt for a plain hamburger with relish and onions and mustard. Children should avoid the sauces and mayonnaise, though, which can up the calorie, fat, sugar and sodium content of the meal significantly. Any sub sandwich shop can be a good choice, with lean meat such as turkey breast, roast beef, or lean ham on a whole-wheat roll or wrap serving as body-friendly se-

lections. Add lettuce, tomato and any other vegetable and even mustard or ketchup to jazz it up.

In a pinch, most hotels have a gift shop or other store that sells healthy items like bottled water, pieces of fresh fruit and individual servings of cereal.

These are usually fairly high priced, however, so it's best to prepare ahead to assure your child can snack healthy during the vacation. Dedicate a small piece of luggage to edibles.

As well, don't let kids get caught hungry without healthy snacks, because then you'll be far more apt to allow the child to eat foods that, shall we say, are less than nutritious.

And even though your family vacation may be intended to let everyone relax and unwind, a good dose of activity will do everyone good.

Family walks (even walking tours) are a great way to spend quality family time.

SUNDAY CHINESE Buffet
Every Sunday ~ 11 a.m. - 2 p.m.
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