

Family

Deaths

Frances M. Wallace

Frances M. Wallace, 78, of Colby, died Thursday, Aug. 31, 2006, in Colby. Mrs. Wallace was born Nov. 7, 1927, in Oxford, Neb. She married Robert Wallace and was a homemaker.

Mrs. Wallace is survived by two sons, Michael L. Kirkland of Tulsa, Okla., and Phillip P. Kirkland of Owasso, Okla.; one daughter, Diana J. Pence of Derby; a sister, Mary Schippert of Goodland; seven grandchildren and one great-grandchild.

She was preceded in death by her husband, Robert Wallace, June 19, 1989.

Services were Tuesday, Sept. 5, 2006, at Kersenbrock Funeral Chapel in Colby. Burial was at Beulah Cemetery. Kersenbrock Funeral Chapel was in charge of arrangements.

Memorials are suggested to the Senior Progress Center in Colby and may be sent in care of Kersenbrock Funeral Chapel, 745 S. Country Club Drive, Colby, Kan. 67701.

Rain doesn't hamper school barbecue

"Shall we go ahead and set up more tables?" Superintendent David Porter asked, as it intermittently sprinkled late Friday afternoon. By 5:30 everyone was scrambling to move tables and chairs inside the school building just as the deluge hit.

The annual back-to-school barbecue has grown in numbers each year. Approximately 250 came to enjoy the meal and support Triplains. That truly is proof of sense of community. Mr. Porter said, "Their patience, having to wait in long lines, is a tribute to the people."

They visited and never complained about the inconvenience of the change in plans. It was an overwhelming success," he added. The Brewster boys' football team and coaches were introduced. Some



Jean Lowe

• Winona Correspondent

Brewster patrons were present to support the merger of the high school football teams. The combined high school cheerleaders performed.

They will be seen in Triplain's Columbia blue and Brewster's red, cheering for the TITANS during the football season. Pep talks were given by each school's volleyball coaches.

Those who desired were given an opportunity to participate in a silent auction. As the enthusiastic crowd was leaving the clouds disappeared

and the sun was setting in the western horizon; surely an omen for a good year to come.

Tracie Trent of Lawrence spent Saturday and Sunday night with Lynn Moulden. She came to visit with her grandmother, Dorothy Moulden, at the Logan County Manor in Oakley. Lynn and Tracie took Dorothy out for dinner.

Evelyn Langdon attended the funeral of her brother-in-law, Mac Anderson, in Goodland Saturday morning. Gene and Doris Langdon of Leoti came to Winona and Evelyn accompanied them to Goodland.

John and Kay Repshire and Juanita Repshire left Monday morning for Cheyenne, Wyo., to attend the funeral of Debra Martinez, a niece of Neat's. John and Kay spent Monday night with

Becky Thomas and Neat stayed with Betty Thomas. They returned home Tuesday.

Jenaya Dobberstein returned to her home in Seattle Friday after spending the week with her grandmother, Jean Lowe.

Condolences to the Gfeller, Zerfas, and all the families of Helen Gates who died Tuesday, Aug. 29. The funeral will be Friday at the Bethesda Lutheran Church in Page City.

Memories will be shared Saturday night when the Russell Springs Alumni gather at the Triplains School for dinner and a business meeting.

The Lady Vikings' volleyball team traveled to Scott City Thursday for a quad involving Triplains, Scott City, Ness City, and Dighton.

If I were an exchange student, I'd want Guy Gaskill to choose me from the profiles. It takes a commitment to be a host parent but it's a fun way of parenting. Guy could hardly wait for his umpteenth charge to arrive. Guy is a unique single parent. He disciplines, yet guides and entertains them. By the time I was able to interview Guy and meet his young man from the Czech Republic, they were enroute west to experience "new cultures." To be continued.

A caller, proud of her community, asked that I divulge the fact that Winona is a caring and giving community. Organizations have productive meetings seeking betterment of the community. The church doors are open for funerals, weddings, and dinners regardless of race or creed. She said, "Everyone should give themselves a pat on the back for the way they contribute to any need that arises." Accolades to WRSPC.

Markets

Quotes as of close of previous business day Hi-Plains Co-op	
Wheat	\$4.35
Corn	\$2.25
Milo	\$3.48
Soybeans	No bid

Good shrub pruning ensures good shape

Q: I want to trim back some of my shrubs, just to maintain their shape. Where is it okay to cut?

A: Actually, your first question should be "When is it okay to cut?"

The best time for most shrubs is 1) late winter or early spring, when upcoming weather should favor a quick recovery, or 2) just after they bloom, before they begin to prepare next year's flowers (especially such spring-flowering shrubs as lilac, forsythia, quince and the like).

The best place to make a cut is just above a set of leaves. Once the end of the branch is gone, the lateral buds above that leaf set will sprout out to the sides.

This approach is particularly important on plants that have a large space (inner node) between leaves. If you don't cut just above a bud, the end result will be a dead stem part, sticking out as the branch's new end.

The time to prune evergreens is when they are actively growing, from May through September.

But, the rule of thumb about where to cut applies for ever-

greens, too. Look for lateral branching and then cut about 1/4 inch above a side branch.

Shearing is acceptable on multi-stemmed deciduous shrubs with lots of smaller branches. But, the shrubs' natural shape can disappear at the whim of the person holding a trimmer trigger. That's one reason so many hedge plants develop an odd-looking vase shape — bare and skinny-bottomed.

Shearing basically is indiscriminate pruning, with no consideration of where new shoots will form. Achieving a more natural-looking shape takes the time and patience to prune shrubs selectively.

Twice a year tends to be the upper limit for pruning to maintain shrub health, as well as shape. The major work should happen at a best time of year.

If a followup trimming seems necessary, choose a period when the shrubs are under little to no stress — which may mean fall, rather than summer.

Source: Emily Nolting, landscape horticulturist, K-State Research and Extension

Missionary speaks at Brewster church

Esther Goosen was the guest speaker at the regular August meeting of the UMW at the Brewster Methodist Church on Wednesday, Aug. 30. Esther has been a missionary in Brazil for 44 years and is with Avant Ministries. Esther has been on leave and visiting family in the Mingo area. There were 24 in attendance. The unit was also honored to have three ladies from Bird City: Barbara Waters, District officer connecting link, and two friends, Joan Smith and Velda Wright.

In last week's Brewster news the following names were omitted from the UMW visit to the Prairie Living Center: Lucille Smith, Lewis Patten, Carl and Irene Wilcox, and Velma Lee Cooper. Lucille Long



Betty Jo Baird

• Brewster Correspondent

was also present and she is a former Bird City friend of Lola Marrs so they enjoyed seeing each other.

Had a birthday coffee and cake for Ceci Allen and Thesia Aschenbrenner on Tuesday morning. Bonnie Reid furnished a wonderful angel food and peach cake. Fifteen ladies were present.

Brewster and Winona Titans football team lost their game Friday to Wheatland-Grinnell 40 to 30.

Babies

Breckyn Shay Wahlmeier

Mark and Amanda Wahlmeier of Colby announce the birth of their daughter, Breckyn Shay Wahlmeier, Wednesday, Aug. 13, 2006.

Breckyn was born at Hays Medical Center and weighed 8 pounds, 15 ounces.

Grandparents are Sally and the late Francis Wahlmeier of Norton; Jacque and Rock Bedore of Colby and Terry and Linda Stover of Atwood.

Breckyn was welcomed home by sister Kellyn and brothers Jordan and Peyton.

Brandt Donald Stupka

Dustan and Kylie Stupka of Wichita announce the birth of their son, Brandt Donald Stupka, Tuesday, Aug. 1, 2006. Brandt weighed 8 pounds, 2 ounces and was 20 1/2 inches long.

Grandparents are Nancy Wilson and the late Don Wilson of Wichita, Ramona Stupka and the late Sonny Stupka of Colby.

Brandt was welcomed home by brothers Brigdon and Brock.

Community Calendar

SUNDAY, SEPT. 10

Sunday Morning Sixth Street Alcoholics Anonymous, 9:30 a.m.
Wings Upon the Praire drop-in center, 485 N. Franklin, 2-6 p.m.

MONDAY, SEPT. 11

Grade School Site Council meeting, grade school auditorium, 4 p.m.
Downtown Alcoholics Anonymous, City Hall basement, 8:30 p.m.

Exercise also benefits mind

It appears that exercise is not only beneficial for the body, but for the mind as well. We all know the importance of exercise in maintaining our physical health and appropriate weight. Now, it seems that regular exercise is one of the best ways to prevent the development of dementia and Alzheimer's disease according to a study that appeared earlier this year in the Annals of Internal Medicine.

Researchers studied a group of more than 2,200 people over the age of 65 without dementia from the mid 1990s through 2003. Their mental abilities were measured with standard tests and their physical performance was measured by strength and agility tasks. The results of the study included the following:

Over time, 319 people developed dementia; of those 221 had Alzheimer's disease. It is noteworthy that the poorer their physical performance at the start of the study, even among people with no signs of dementia, the more likely they were to develop dementia.

• These associations held even after adjusting for age, family history of dementia, heart disease, and other factors.

• The study also found that the more frail a person is, the more he or she may benefit from exercise.

Even those elderly people who did modest amounts of gentle exercise (e.g. walking for 15 minutes three times a week) appeared to benefit from the activity.

Eric Larson, MD, MPH was a co-author of the study. He believes that exercise may improve brain function by improving blood flow to areas of the brain used for memory. Perhaps the increase in blood flow prevents damage or helps repair early signs of brain damage caused by dementia.

Dr. Larson emphasizes that maintaining physical fitness is likely to delay cognitive decline and maintaining cognitive fitness and activities help us remain more physically active.

This appears to be one more good piece of evidence that a healthy mind and body are intimately linked in the aging process.

Contributed by Ken Loos, MS, LMLP LCP Consultation and Education Department. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help. Mail questions to: High Plains Mental Health Center, PLAIN SENSE, Consultation and Education Department, 208 East Seventh, Hays, Kan., 67601. Visit on the Internet at www.highplainsmentalhealth.com.

FIRST NATIONAL BANK in COLBY WILL CHANGE SATURDAY DRIVE THRU HOURS BEGINNING SATURDAY, SEPTEMBER 9, 2006

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