

# Family

## Babies

### Sadie Jo Cheney

C.W. and Melinda Cheney of Colby announce the birth of their daughter, Sadie Jo, Thursday, July 3, 2008, at Citizens Medical Center in Colby.

She weighed 8 pounds, 11 ounces and measured 20 inches in length.

Grandparents are Joe and Mary Cramer of Healy and Bill and Sherry Cheney of Utica.

Welcoming home Sadie are sisters Isabella and Janessa.

### Mariell Denae Neff

Marcy and Randall Neff announce the birth of their daughter, Mariell Denae, born July 1, 2008, at Hays Medical Center.

She weighed 6 pounds, 3 ounces.

Grandparents are Mary Smith

of Colby and Monty and Betty Neff of Emporia. Great-grandparents are Kathleen O'Neal, Jim and Marian Smith, Betty Jacobs and Les Neff.

Welcoming home Mariell is brother, Riley.

## Military News

A Colby man graduated with honors from U.S. Army basic training at Ft. Sill, Okla. in June.

Pvt. William G. Romine, III, will remain at Ft. Sill for further training as a multiple weapons launcher, family members said. After training, he will return to Colby briefly before reporting to his duty station for the remainder of his enlistment.

He is the husband of Jennifer (Luvender) Romine of Colby. Prior to his enlistment, Romine worked for the Dillons Store in Colby.



Romine

# Fearing the fade of dark jeans

By Heloise

Hints from Heloise

Dear Heloise: I love my deep, dark denim jeans. How can I keep them from fading in the wash?

— Gerry R., Roanoke, Va.  
**Fortunately, today's denim is manufactured with modern dyes, so you shouldn't have to worry too much. Wash as the care label indicates, turn inside out and use cold water. Some new laundry products will help denim keep its dark color.**

— Heloise

Scratchy tags

Dear Heloise: Thanks for all the wonderful hints I've learned from your column, and now I have one to share. To cure the problem of a scratchy brand-name tag in a clothing item, rather than remove the tag, I clip the corners off of it. If that still doesn't help, I look closely at the stitching for a tiny nylon thread end, and if I see one, I snip it off. This has worked very well for me on many occasions.

— Another Texas Gal, via e-mail

Think green

Dear Heloise: All of us want to go "green" for the environment, so I have a way of getting more people to use cloth grocery bags. Why don't stores add their city and state to the bags so they look like a T-shirt? I'm sure many of us would love to buy them as souvenirs and use them to show where we have visited.

— G.J., Southeast Ohio

Restaurant leftovers

Dear Heloise: I read a hint about how not to forget to take your camera or anything else for which you might be charging the battery by putting your car keys near the charger. Well, how many times have people walked off without their takeout container from a restaurant? I have been laying my car keys on the box for years and have not left without it since.

— Harriet Samad, San Angelo, Texas

Noodle soup

Dear Heloise: My col-

lege-age sons are always eating the packaged noodle soup because it's cheap and they say it fills them up. So, I bought some for them while they were at home recently. The soups were pretty good doctored up with some veggies or leftover meat. I looked at the nutritional information and thought 190 calories and 710 milligrams of sodium weren't too bad for a meal. Then I read it again and realized that's for half a package! No wonder I put on a few pounds! A simple bowl of soup and noodles was 380 calories, 52 grams of carbs and 1,420 milligrams of sodium. Yikes! So, now I read the labels very carefully. Just thought I would pass this along.

— Sally S. from D.C.

Easy-clean outdoor furniture

Dear Heloise: I faced the challenge of cleaning all of my outside furniture, specifically the resin and/or plastic chairs and tables. I had an idea of how to make it easier — a power washer. Rather than rent one, I loaded the furniture into my truck and went to the car wash. It took about 10 minutes, cost \$1.50, and I had clean furniture. It dried on the way home and was ready to be put in place.

— Nancy in Illinois

Editor's note: Send a money-saving or timesaving hint to Heloise, P.O. Box 795000, San Antonio, Texas 78279-5000, or e-mail it to [Heloise\(at\)Heloise.com](mailto:Heloise(at)Heloise.com).

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## Markets

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

Wheat	\$7.70
Corn	\$6.41
Milo	\$10.75
Soybeans	\$14.07

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# Senior center to have ice cream cones

Ice cream cone day will be at the Senior Progress Center at 11 a.m., Wednesday.

Monday, July 14 — 10:30 a.m. cones.

Tuesday, July 15 — 10 a.m. exercise; Mint Day.

Thursday, July 17 — 10 a.m. exercise; 10:30 a.m. Scrabble

Friday, July 18 — 10 a.m. exercise; 10:30 a.m. shuffle board.

July activities include: July 17, 31, Scrabble; July 18, shuffle board; July 24, dominoes; July 22,

bingo; July 25, horseshoes; July 27, birthday party.

The Thomas County Nutrition Center in Colby wants to invite those 60 and older, along with their guests, to attend daily luncheons in Colby, Monday through Friday. Reservations may be made by calling (785) 460-2901 the day before by noon.

Home delivery is also available for those unable to attend due to social or physical disabilities. We also invite those working who

would like to pick up a meal to order by noon the day before. Those meals are available at noon. For people over 60, the cost is \$2.50 and for those under 60, the cost is \$4.75 per meal.

The public transportation van is available and calls should be made after noon to (785) 443-9208.

The menu for July 14-18 is as follows:

• Monday — Cook's choice entree, cheesy broccoli, rice pilaf, bread, mixed fruit.

• Tuesday — Chicken fajita salad, watermelon, bread sticks, cranberry crisp.

• Wednesday — Macaroni and cheese, tomatoes, seasoned carrots, cook's choice vegetables, bread, heavenly hash.

• Thursday — Meatloaf, mashed potatoes and gravy, peaches, bread, cake.

• Friday — Tuna salad sandwich, tomatoes and cucumbers, citrus slices, bread, crisp rice treat.

# Kansas State Olathe Center hosting field day

Area gardeners can talk with experts and get a look at what's new for yard and garden Saturday, July 26. Kansas State University's Horticulture Research and Extension Center near Olathe will be hosting its once-a-year public field day.

"The field day's most popular showcase is probably the flowering plant trials. Companies from around the world submit their newest developments for testing in Olathe. The center has thousands of annuals growing on two acres," said K-State horticulturist Dennis Patton, whose Johnson County Extension Master Gardeners cosponsor the event.

The center also has extensive turf plots. It's known for the "high

tunnels" used in fruit and vegetable research projects. Plus, it serves as one of the nationwide network of test trial sites for All-America Selections.

"The facility is an important part of how K-State keeps updating its horticultural plant recommendations," Patton said. "The field trials are a clear illustration of the fact that not all varieties are created equal. Visitors will see firsthand that some do well but others just aren't suited for our climate."

New on the program for this year's field day is a hot pepper planting that starts with the mildest and progresses up to the world's hottest pepper. To help celebrate the International Year

of the Potato, visitors can see and taste more than 50 varieties of potatoes grown in the Kansas City area. The center's demonstration plot of ornamental grasses now includes more than 100 different varieties as possibilities for the smallest to the largest landscape.

"Our Master Gardeners will be staffing a plant clinic, too," Patton said. "Visitors can bring ailing houseplants. They can bring garden plant, disease or insect specimens for help with identification."

Johnson County's master gardeners also maintain their own demonstration plot at the center, which they simply call The Backyard Garden. They'll have guides there to answer questions during

the field day.

"Their aim is to provide an interesting display of the diversity possible in any home garden if you just apply research-based techniques. They have flowers, vegetables, herbs, and small fruits," Patton said.

The Olathe center is at 35230 West 135th - about nine miles west of Kansas Highway 7 on 135th Street. It will be open from 8 a.m. to 3 p.m. for its July 26 field day.

For questions, call Center Director Alan Stevens at (913) 856-2335 or horticulturist Dennis Patton at (913) 715-7000. Johnson County's K-State Research and Extension office field day's events is online at [www.johnson.ksu.edu](http://www.johnson.ksu.edu)

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