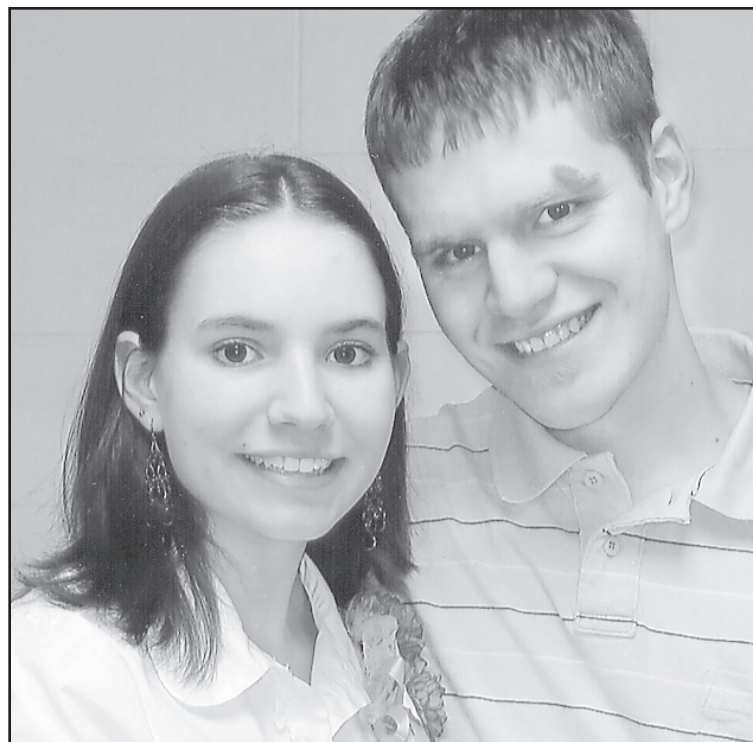


# Family



Justine Kropp and Bryan Higerd

## Colby couple to marry

Charles and Rhonda Kropp and Kent and Janet Higerd of Colby announce the engagement of their children, Justine Kropp and Bryan Higerd.

The bride-to-be is the granddaughter of Myrtle Kropp and the late John Kropp of Colby and the granddaughter of Bar-

bara Dolan and the late Dale Hauser.

The groom-elect is the grandson of Ron and Norma Higerd of Colby and Clarian and Lucille Shinkle of Fredonia.

The wedding is planned at 4 p.m., Saturday, Sept. 13, at Colby Berean Church.

## Lawn ornament stolen

A missing fawn has is being looked for by the Colby Police Department.

Colby Police Chief Randy Jones said this morning a spotted fawn concrete lawn ornament was taken from the yard of Rex Buford in the 900 block of East Eighth Street in Colby.

The ornament was reported missing shortly after 9 a.m. on

Tuesday. Jones said the ornament is "portrayed lying down." The estimated value of the ornament is \$150.

Jones said there are no suspects in the case, which remains open, and if anyone has knowledge about the incident of whereabouts of the fawn they are asked to call the police department at (785) 460-4460.

# Reader suggests vascular screenings

Dear Heloise: In 1987, I had a quintuple bypass, which was the wake-up call I needed to take better care of my heart and arteries. I established the Larry King Cardiac Foundation to provide funding for lifesaving treatment for individuals who, due to limited means or no insurance, would otherwise be unable to receive the treatment and care they so desperately need.

Treatment, however, is only the first part. We need to do more to keep people from getting sick in the first place. That is why I am encouraging all of your readers to know their blood pressure, weight, cholesterol and blood sugar numbers, and to talk to their doctors about vascular screening.

Vascular screening is not as well-known as other screenings, such as mammography, and sometimes is not covered by insurance. But with cardiovascular disease the No. 1 killer in the world for both men and women, it is growing in prominence.

Vascular screening looks for atherosclerosis — fatty plaque buildup in the arteries that can lead to heart attack and stroke — using ultrasound, which is painless and has no radiation. Key areas of concern are the carotid arteries in the neck and the peripheral arteries in the arms and legs. I encourage everyone over the age of 50 to consider vascular screening as part of their preventive health care and to talk to their doctors to see if it is right for them. To learn more about how to take care of your heart and arteries, visit [www.lkcf.org](http://www.lkcf.org). Yours in health. — Larry King Sr.

Thank you so much for sharing this important information for our readers. I'm sure many will be helped. — Heloise

### Vinegar to the rescue

Dear Heloise: Thanks so much for all the helpful advice you have passed on to us. I put straight vinegar into a spray bottle, then put the nozzle of the bottle flush against the holes in the shower head and give each hole a few squirts. Let it sit overnight or several hours. This beats taking the loose shower head and soaking it in a container of vinegar. — Dorothy, via e-mail

Dorothy, don't you just love vinegar? Did you know that vinegar has been around for more than 10,000 years? It has been used as a preservative, a condiment, a beverage and, during World War I, to treat wounds. It has so many money-saving uses. FYI: Pour vinegar that you've used to clean your coffee maker over a rubber drain board. It removes soap scum and lime deposits in no time! — Heloise

### Recycle shredded paper

Dear Heloise: We use shredded paper to mix in our soil for gardens, flowerpots and worm beds, and for birds to make nests. — Nancy, via e-mail

### Fast facts

Dear Readers: Here are five ways to use a coffee filter besides filtering your coffee. Hope you find one of them useful:

- Use to hold a handful of snacks.
- Use when drying windows.
- Hold a taco in one.
- Use to hold an ice-cream cone.
- Place in the bottom of a plant pot to hold soil in.

— Heloise

### License-plate reminder

Dear Heloise: My husband and I both read your column faithfully. On the subject of taking a picture of your license plate with your cell

## Hints from Heloise

phone, my clever husband had one more suggestion. When you check into a hotel, you are always asked the make, model and license-plate number of your car. Neither one of us can remember the whole number. What a timesaver to open your phone and have the information at your fingertips. — Sherry, Ojai, Calif.

This is a great way to remember your license plate! — Heloise

### Shopping bags

Dear Heloise: Like so many other environmentally conscious shoppers, I bring my own bags. And then, like so many other green-conscious people, I remem-

ber only at the checkout that I've left the bags in my car!

It would be an enormous help if shopping centers posted prominent signs in their parking lots reminding customers to take their reusable bags inside with them. — Em Saks, Falmouth, Maine

### Spice hint

Dear Heloise: My husband has started doing the cooking. Here is a hint I learned from him: When using a lot of a spice, he just takes the sprinkle top off! I used to shake and shake! -- Susan, via e-mail

Editor's note: Have a good idea? E-mail: [Heloise\(at\)Heloise.com](mailto:Heloise(at)Heloise.com)

## Mary Alice Vette

Mary Alice Ryman Vette was born to Louis Morton and Cora Ryman on January 29, 1917 at Climbing Hill, Iowa. She and her family moved to Colby and Levant area on a farm where she grew up and attended school. She married Charles Elmer Vette on July 10, 1943. To this union were born two children, Barbara Ann and Charles Elmer Vette Jr. She and her husband Charles and family moved to Enders in 1952 where Charles was employed as the caretaker of the Enders Dam. She was an active member of the Mt. Zion United Methodist Church near Wauneta, Nebraska, and later attended the Imperial United Methodist Church, and United Methodist Church of Fort Wayne, Indiana. Following the death of her husband Charles in 1967 at Enders, Nebraska she moved to Imperial Nebraska where she worked at several businesses and took in sewing to keep her busy. In 1983 she moved to Fort Wayne, Indiana to be near family and doctors. She enjoyed an active life there until recent years when she entered the Park View Assisted Living in Fort Wayne where she strived to be a positive influence on her friends and staff there. She entered into her heavenly home on August 22, 2008.

Mary was a farm girl at heart and loved to help her dad on the family farm along with her brothers and sisters. She especially loved animals and working in the garden with her vegetables and flowers. She also was a wonderful cook. Many family and friends loved to slide their legs under her table for her special meals. She loved to prepare her famous hamburgers to grill for anyone who might stop by or for large family gatherings. She loved to can her produce and share the extra with her neighbors. Mary loved the life of wife, mother, and grandmother. She taught her children to believe in God, work hard, learn how to do many things, and live with integrity. When someone of the family would show anxiety or stress about the future, she would often tell them, Oh Ye of little Faith, where is your Faith? Mary loved to send cards and letters regularly to family and friends. She loved to receive the flowers and goodies and visits from Heath, Michelle and Matt, and so enjoyed the phone calls, pictures, and long letters from Bobby, Crystal, and Lane and Kelcie. She enjoyed watching professional sports on TV and could tell you almost everything you need to know about the players. She also enjoyed attending sporting events of her grandchildren while living in Fort Wayne. She was blessed to have family close by to help her during her ailing health. She especially looked forward to her regular Saturday night phone visits with Chuck and when Chuck wasn't present she and Betty carried on the conversation with much laughter and girl talk. She will be truly missed by her family and friends.

Preceding Mary in death were her parents, her husband, Charles, and brothers Donald, Mick, Frank, Dale, Marlin, Jack and sisters Lucille and Ruth.

Survivors include her daughter Barbara and husband Doug McCoy of Fort Wayne, Indiana, her son Chuck and wife Betty Vette of Wauneta, Nebraska, Grandchildren, Tammy and husband Mike Plummer, Rob McCoy, Michelle, and husband Heath Seeker, Bobby and wife Crystal Vette, and Katrina and husband Sean Baker, and Great Grandchildren, Brian and Katie Plummer, Matthew Seeker, Lane and Kelcie Vette, Tyson Baker and other family and friends.

Funeral services were held at 2:00 p.m., August 27, 2008, at the Harrison Chapel, Colby KS. Officiating was Pastor Judy Dye. Music by Lucille McBride and Diane Ham CD. Interment was at the Beulah Cemetery, Colby Kansas. Casket Bearers were Michelle Seeker, Bobby Vette, Crystal Vette, Katrina Baker and Sean Baker.

## Sunflower has potential for south central Kansas

MANHATTAN — It's the state flower of Kansas and plenty of them are grown in the western part of the state, but a Kansas State University agronomist is encouraging agricultural producers in another part of the state to give sunflowers a try.

Sunflowers can fit well into a rotation with wheat and other summer annual crops in south central Kansas, said K-State Research and Extension crops and soils specialist Stu Duncan. The development of new weed control technologies coupled with attractive commodity prices have sparked renewed interest in sunflower production.

Early May to early June planting dates are recommended for south central Kansas, said Duncan, who is based in northeast Kansas.

Duncan, who gave a presentation on sunflower production at the K-State Agronomy Field Day Aug. 22, referred to data from studies in the mid-late 1990s at K-State's South Central Experi-

ment Field near Hutchinson and the Harvey County Experiment Field near Hesston.

"It is important that soil moisture and temperature are adequate to produce uniform stands. May planting enhances the opportunity for greater seed yields and oil percentages vs. mid-June or later planting," he said.

Early planting is not without risk from sunflower head moth and stem weevil damage, however.

"Head moth has long been a challenge for Kansas growers, and the old adage of planting in mid-June or later to avoid moth flights and treatment is no longer valid," Duncan said. The increased use

of no-till farming practices has resulted in increased stem weevil damage in the past decade as well. Successful sunflower production can be enhanced with timely and effective scouting and treatment for both of these pests if necessary.

Targeted final plant stands for dryland sunflowers are similar to those recommended for dryland corn, the agronomist said. The target at the South Central Experiment Field is 22,000 plants per acre, which should produce heads of 5 to 6 inches in diameter.

Sunflowers develop deep roots and effectively explore the soil (up to seven feet deep) for water

and nutrients. About five-and-a-half inches of available soil moisture plus precipitation is needed to bring sunflowers to the point of producing seed, Duncan said. Early- to mid-May planting in south central Kansas with a 100-day hybrid usually lends itself to an early September harvest, allowing for ample time to recharge soil moisture from late summer and fall rains, he said. Sunflower information is available at the county K-State Research and Extension offices in the High Plains Sunflower Production Handbook, MF2384 and [sunflowerat http://www.oznet.ksu.edu/library/crps12/MF2384.pdf](http://www.oznet.ksu.edu/library/crps12/MF2384.pdf).

## Markets

Quotes as of close of previous business day  
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