

Family

Review garden, plan next year

I've been doing a little reviewing of this past gardening season this week, and also a little planning for the season to come.

Planning ahead, despite the fact that it will be six months before we plant anything in next year's garden, is important to me. I must write down some "do's and don'ts" for next year, or I'll surely forget them all before next season. I also enjoy comparing this year's results with last year's ideas, written on this same day last year.

So let's talk about some of my successes and some of my failures this gardening season before I decide what to do next year.

My most notable failure this year was my beets. So how, you might ask, can you have a beet failure? Really, it was quite easy. The beets came up very nicely, but shortly after they grew their first true leaves, something ate them. I suppose it was a rabbit, but nothing else was bothered, just the beets.

Actually, if I could have asked some varmint to eat something in my garden, I would have invited it to check out the beets. Or maybe the zucchini. Anyway, I didn't get the beets replanted, so no pickled beets on the pantry shelves this winter.

My peppers weren't very good this year, either. I planted them too close to the cantaloupe and the melon vines overran the pepper plants and managed to do bad things to them. Still, I had plenty for the annual salsa-making binge.

Incidentally, one of my pleasant surprises this summer was a new bell pepper – one called Flavorburst. True bell-pepper lovers may not care for them



Kay Melia

- The Gardener

Here are my top five vegetables in the garden this summer:

1. Peas. They were the Maestro variety, and I thought they would never stop producing last spring. We have many bags stored in the freezer.
2. Onions. Candy was again my best one, many weighing a pound and a half. The Texas Supersweets (1015y) are still the sweetest.
3. Tomatoes. I planted six varieties this year and one called Super Tasty outdid all the others, not only in total production but in overall quality. Northern Exposure was a distant second.
4. Green beans. My two short rows of Derby green beans are still blooming and producing. Someone please shut 'em off!
5. Sweet corn. Mike Elliott told me about a new variety this year and it was super! It's called Marai. It is simply the sweetest of any sweet corn I've ever eaten. The Ambrosia was also good.

Those were my best this year, not particularly because of anything I did, but because of superior-quality seed varieties, and even more important, a beautiful growing season. Timely rains and no hail work wonders, not only in the wheat field, but in the garden.

On the Beat

COLBY POLICE Thursday

- 1:03 a.m. – Dog at large at 1005 Court Terrace taken to Colby Animal Clinic.
- 1:36 a.m. – Security check at Twister's.
- 2:01 a.m. – Security check at Oasis.
- 3:48 a.m. – Barking dog at 980 E. Ninth. Unable to make contact, left noted.
- 11:46 a.m. – Dog at large in alleyway behind 265 S. Lincoln. Not found.
- 11:49 a.m. – Subject came in wanting advice on how to find someone last living in St. George, Utah.
- 1:04 p.m. – Dead kitten in alleyway to the northeast of 255 W. Second. Disposed of.
- 4:30 p.m. – Removed debris from road at Franklin and College.

Celebrate birthdays

Come and celebrate the birthdays of Gerald Plantz and Shirley Cranston with a free dance, snacks, and Coke from 7 p.m. to midnight Friday at the Colby Community Building.

The celebration will be come-and-go. No gifts please, just your company is requested.

Colby man promoted

Schuyler Sharpe, a native of Colby, was promoted to staff sergeant in the Wyoming Air National Guard on Sept. 11.

Sharpe, a medical technician in the 187th Aeromedical Evacuation Squadron, has been a member of the Guard for four years.

He is a full-time student at Laramie County Community College in Cheyenne.

Babies

Grant Matthew Watkins

Grant Matthew Watkins, son of Matt and Krysten Watkins of Larned, was born July 6, 2009, at Great Bend Regional Hospital. He weighed 6 pounds, 9 ounces and measured 19 inches. Grant was the first baby born at the new hospital.

Sister Reese, 3, welcomed the baby home. Grandparents are Jerry Miller of Gem, Carolyn Miller of McCook, Neb., and Daniel and Judy Watkins of Hoxie. Great-grandparent is Pat Nelson of Colby.



Grant W.

Harper Shea Mauck

Harper Shea Mauck, daughter of Tate and Heather Mauck of Hoxie, was born Tuesday, Sept. 22, 2009, at Citizens Medical Center. She weighed 8 pounds, 3 ounces and measured 20 1/4 inches.

Sisters Sydney, Beilly and Avery welcomed the baby home.

Grandparents are Glen Taylor and the late Donna Taylor of Mulvane and Roger and Delores Mauck of Hoxie. Great-grandparents are Duffer and Joann Mauck of Hoxie and Ray and Germaine Weis of Hoxie.



Harper Mauck

Cancer risks recognized

September is prostate cancer awareness month.

This disease is the second leading cause of cancer death among men in the U.S. and the most common form of cancer in men other than some forms of skin cancer.

The U.S. Centers for Disease Control and Prevention say that in 2005 (the most recent year for which statistics are available), 185,895 men developed prostate cancer and 28,905 died from the disease. In Kansas, 1,938 cases were diagnosed and 256 died.

Medical experts do not fully understand what causes prostate cancer or how to prevent it. While all men face some risk, factors that increase risk include age, family history, and race or ethnicity.

Some prostate cancers become a serious threat to health, while

others do not. The main screening tools for prostate cancer are the digital rectal examination and the prostate-specific antigen test. These tests only suggest the need for further tests.

"Evidence is mixed about whether early detection improves health outcomes," said Dr. Jason Eberhart-Phillips, state health officer. "Given the uncertainty about the benefit of screening, the centers support informed decision making about screening."

"When a man understands the nature and risks of prostate cancer and the risks, benefits and alternatives to screening, he can make a decision consistent with his preferences and values."

For Kansas cancer information and resources, go to www.cancer-kansas.org.

Corrections

The Colby Free Press wants to maintain an accurate record of our town. Please report any error or lack of clarity in a news story to us at 462-3963.

Bridge Club

Meadow Lake bridge winners for Tuesday were first, Elaine Ptacek; second, Margaret Denneler; third, Sarah Jane Barrett; fourth, Ken Ptacek; fifth, Thelma Shalz; sixth, Barb Ulmer.

Family dinners mark September weekends

A carry-in dinner was held for the Thieler family reunion at the Red Barn in Rexford on Sunday, Sept. 20, with 12 present. The afternoon was spent visiting, playing cards, and reviewing family history.

Family attending included Harlan and Elaine Morgan of Agra; Don and Lily Thieler and Kenneth Thieler of Colby; Donna Waterman and Keith Barnett of Atwood; Janet Miller of Gem; Virginia Solko of Ludell; Loretta Haux of Colorado Springs; and Rex and Betty Carswell, Rexford.

Cleda Moeder and Buck Harper drove to Shawnee on Sept. 11 to surprise Cleda's son Tim for his birthday on Sept. 12. They returned the following Monday.



Vicki Allison

- Rexford Correspondent

Red Barn happenings:
Monday: 2 to 5 p.m. Barnswallows.
Wednesday: 10 a.m., ladies' Bible study.
Thursday: 2 to 5 p.m. Come on Down.
Fridays: 9:30 to 10:30 a.m. Koffe Klatch.
Every second Saturday of the month there is bingo for the 50-plus crowd.
Until next time, make your week memorable.

Entries welcome in contest

The Christian Fine Arts Society is taking entries in a poetry contest. Poems may be on any subject, using any style. Deadline to enter is Sunday, Oct. 25.

"We sponsor this contest once a year," said contest director, the Rev. Elton Richards. "It is our way of helping poetry, the Cinderella of the arts, find her glass

slipper."
To enter, send one poem of 21 lines or less to Free Poetry Contest, 7308 Heritage Dr., Mt. Vernon, Ind., 47620. Or enter online at www.freecontest.com.
The grand prize is \$1,000. Twenty-five prizes will be awarded, totaling \$5,000. A winner's list will be sent to all entrants.

Markets

Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat (bushel)	\$3.64
Corn (bushel)	\$2.88
Milo (hundredweight)	\$4.35
Soybeans (bushel)	\$7.96

Call us with your news:
(785) 462-3963



NOW SHOWING
September 25th - October 1st

GAMER
Starring: Gerard Butler
Genre(s): Adventure/Thriller
R 1 Hour, 40 Minutes
Friday & Saturday 7:00 & 9:00
Sunday -Thursday 7:00

THE TIME TRAVELER'S WIFE
Genre(s): Drama/Romance
PG-13 1 Hour, 50 Minutes
Friday & Saturday 7:00 & 9:00
Sunday -Thursday 7:00

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Credit card not required in MA & PA. *Eligibility based on service address. **PROGRAMMING OFFER:** Featured package name and price: PREMIER \$109.99/mo. 2009 NFL SUNDAY TICKET billed in five monthly installments of \$59.99 each. In the sixth month, PREMIER package will automatically continue at the then-prevailing rate and DVR service will continue at \$6.00/mo.; unless customer calls DIRECTV to change service. NFL SUNDAY TICKET automatically continues each season at a special rate, unless customer calls to cancel prior to start of season. Blackout restrictions and other conditions may apply. DIRECTV System has a feature which restricts access to channels. In certain markets, programming/pricing may vary. **INSTANT REBATE:** Advanced equipment instant rebate requires activation of the CHOICE XTRA package or above; FAMILIAR ULTRA or above; Jadeworld; or any qualifying international services bundle, which shall include the PREFERRED CHOICE programming package (valued at \$35.99/mo.), DVR service (\$5.00/mo.) required for DVR and HD DVR lease; HD Access fee (\$10.00/mo.) required for HD and HD DVR lease. **LIMIT ONE ADVANCED EQUIPMENT REBATE PER ACCOUNT. **INSTALLATION:** Standard professional installation only. Custom installation extra. **SYSTEM LEASE:** Purchase of 24 consecutive months of any DIRECTV base programming package (\$29.99/mo. or above) or qualifying international services bundle required. **FAILURE TO ACTIVATE ALL DIRECTV SYSTEM EQUIPMENT IN ACCORDANCE WITH THE EQUIPMENT LEASE ADDENDUM MAY RESULT IN A CHARGE OF \$150 PER RECEIVER NOT ACTIVATED. IF YOU FAIL TO MAINTAIN YOUR PROGRAMMING COMMITMENT, DIRECTV MAY CHARGE A PRORATED FEE OF \$480. RECEIVERS ARE AT ALL TIMES PROPERTY OF DIRECTV AND MUST BE RETURNED UPON CANCELLATION OF SERVICE OR ADDITIONAL FEES MAY APPLY. VISIT directv.com OR CALL 1-800-DIRECTV FOR DETAILS.** Programming, pricing, terms and conditions subject to change at any time. Pricing residential. Taxes not included. Receipt of DIRECTV programming subject to DIRECTV Customer Agreement; copy provided at directv.com/legal and in first bill. NFL, the NFL Shield design and the NFL SUNDAY TICKET name and logo are registered trademarks of the NFL and its affiliates. NFL team names and uniform designs are registered trademarks of the teams indicated. ©2009 DIRECTV, Inc. DIRECTV and the Cyclone Design logo are registered trademarks of DIRECTV, Inc. All other trademarks and service marks are the property of their respective owners.**

The H1N1 Flu – Protect Yourself. Be Informed.

As with any illness or disease, educating yourself about the H1N1 Flu (Swine Flu) is one of the best means of protection. There are plans to have the flu vaccine available in mid-October, but meanwhile knowing the symptoms, knowing what to do, and knowing when further medical attention is needed will go far to prevent the spread of the flu virus. Most people will recover from H1N1 flu without needing any medical attention whatsoever. However, treatment is available for those who are seriously ill.

To help you determine if you should seek medical attention, Citizens Medical Center, Colby, and Hays Medical Center have partnered to bring you a toll free information hotline to call before you call your healthcare provider.

Recognize the symptoms
Symptoms of H1N1 flu virus are similar to symptoms of seasonal flu:

- Fever greater than 100°F

usually for 3 days, but may persist for 4 to 8 days. Sometimes fever will go away and return a day later.

- Aching muscles
- Cough
- Headache
- Joint aches
- Eye pain
- Feeling very cold or having shaking chills
- Feeling very tired
- Sore throat, runny or stuffy nose
- Diarrhea and vomiting

The elderly, children under 5, pregnant women, people of any age with chronic medical conditions (such as asthma, diabetes or heart disease) and people who are immunosuppressed are at higher risk of serious complications.

Stay home
If you have some of the above symptoms:

- Stay at home, get plenty of rest, drink fluids and take fever reducers such as acetaminophen or ibuprofen.

- Avoid contact with others.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- If you must leave the house to seek medical care, wear a facemask.

Know when to seek further medical attention
If you believe you or a family member may need additional medical care, first call this toll free number:

H1N1/Swine Flu Hotline 1-877-261-7140

A service of Citizens Medical Center, Colby, and Hays Medical Center

More information is also available online: www.flu.haysmed.com



HAYS MEDICAL CENTER
2220 Canterbury – Hays