

Family

Deaths

Rodney M. Ryan

Rodney M. Ryan, 75, Colby, died Wednesday, Nov. 10, 2010, at his rural home. He was born Dec. 9, 1934, in Halford.

Services are pending with the Harrison Chapel in Colby, 462-2331.

Jim Schippers

Jim Schippers, 56, a Monument-area farmer, died Sunday, Nov. 7, 2010, at his home.

He was born in Oakley Dec. 9, 1953, the son of Herman Joseph and Loretta (Ort) Schippers. After graduating from Oakley High School in 1972, he attended Dodge City Community College, graduating with an Associate of Arts degree in 1974.

He was preceded in death by his parents, sister and brother-in-law Donna and David Jennings, infant brother Joseph Schippers, godson Jeffrey Jennings and stepbrother Mark Robben.

Survivors include three brothers, Tim (Pat) Schippers, Oakley; Jerry (Lois) Schippers, Salina; and Terry "Shug" (Jacque) Schippers, Overland Park; two sisters,

Kathy (Dave) Losey, Plainville, and Pat (Mike) Wilcox, Greeley, Colo.; his step-mother, Edna Schippers, Oakley; and three step-sisters, Kathleen (Lyle) Crothers, Fayetteville, Ark.; Barbara (Lee) Broeckelman, Grinnell; and Carolyn Robben of Oakley.

Services will be at 10:30 a.m. Friday, Nov. 12, at St. Joseph's Catholic Church in Oakley, with Fathers Dana Clark and Jim Grennan officiating and inurnment in St. Joseph's Cemetery.

Visitation will be from 5 to 9 p.m. today at the Kennedy-Koster Funeral Home in Oakley, with a rosary and wake set for 7 p.m.

The family suggests memorials to St. Joseph's School in care of the funeral home, Box 221, Oakley, Kan., 67748.

Mildred Yarnell

Mildred Yarnell, 87, a Colby homemaker, died Wednesday, Nov. 10, at Citizens Medical Center.

She was born March 18, 1923, in Salina, the daughter of Charles and Sarah (Hubbs) White. Growing up in the Dorrance area, she earned a teaching certificate from Fort Hays State College and taught country school for a year.

On April 26, 1942, she married Earl Yarnell in Salina.

She was a Sunday school teacher, a Girl Scout leader and a volunteer delivering Meals on Wheels. She was a member of the Veterans of Foreign Wars Auxiliary and the Colby United Methodist Church.

Preceding her in death were her parents, her husband, a daughter, Earlene Johnson, and a brother, Eugene White.

Survivors include two sons, Chuck (Nancy) Yarnell, Gillette, Wyo., and Robert (Karen) Yarnell, Scottsbluff, Neb.; two daughters, Jean (Howard) Wissinger, Arkansas City, and Janice (Bobby) Magathan, Herrington; a brother, Howard (Gail) White, Odessa, Texas; 15 grandchildren; 17 great-grandchildren; and a great-great-grandchild.

Services will be at 10 a.m. Saturday, Nov. 13, 2010, at the Harrison Chapel in Colby, with Pastor James Mardock officiating and burial in Beulah Cemetery.

Visitation will be from 10 a.m. to 8 p.m. Friday at the chapel.

The family suggests memorials to the Colby Community College nursing program in care of the funeral home, Box 634, Colby, Kan., 67701.

Theresa Catherine Luckert

Theresa Catherine Luckert, 79, Goodland, formerly of Brewster, died Saturday, Oct. 30, 2010, at her home.

She was born Feb. 2, 1931, at Hemdon, the daughter of Anthony and Mary (Versch) Hafner, and attended school there.

On April 17, 1950, she married Charles "Bud" Luckert at Sacred Heart Catholic Church in Colby, and they lived in Brewster until 1997, when they moved to Goodland.

She was a member of Our Lady of Perpetual Help Catholic Church and the Veterans of Foreign Wars Auxiliary, which she had served as chaplain. She enjoyed gardening, sewing, volunteering and spending time with her grandkids.

Preceding her in death were her parents; two sons, Clark Richard

Luckert and Charles Anthony Luckert; two brothers, Leo Hafner and Kenny Hafner; and a sister Philomena "Winnie" Korte.

Survivors include her husband, of the home; a son, Wayne (Debbie) Luckert, Brewster; a daughter, Janet Ewing, Eaton, Colo.; a brother, Max Hafner, Oberlin; three sisters, Vi (Leonard) Korte and Maryetta Yoos, Denver, and Eileen Kastens, Hays; and five grandchildren.

Services were Nov. 3, 2010, at the church in Goodland, with Father Norbert Dlabal presiding and burial in the Sacred Heart Cemetery in Colby.

The family suggests memorials to the auxiliary in care of Koons Funeral Home, 211 N. Main, Goodland, Kan., 67735.

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.

Thank You

We want to thank everyone who made our cancer benefit such a huge success. Thank you to all who organized the event, those who donated for the meal and auction items, those who bid on those items, and everyone that has donated money and helped in any way. Words cannot express how thankful we are to everyone. You have forever changed our lives and boosted our spirits by showing us how much we are loved. We are truly blessed. Thank You!!

Tim, Alicia and Wyatt Rippe

Spotlight's on nation's strengths

Today is Veteran's Day. I hope you did not forget the parade downtown this afternoon celebrating this special day. Remember to thank those who have served and those whose families are serving today.

This year, we at the library have been especially aware of those serving overseas since Judy Kleinsorge's son, 1st Lt. Theo Kleinsorge, deployed to Afghanistan in October. Last week, I wrote about books honoring veterans and have seen many items checked out. This is a way to help prepare us for the day of remembrance.

This week, I want to talk about several nonfiction books new at the library. The first, just released, is "Decision Points" by George W. Bush. I've seen an interview of President Bush about this book and was surprised that he told the interviewer that he wrote the book so the public could decide for themselves if his decisions were right or reasonable.

In his book, he speaks frankly about decisions he would have made differently if hindsight was allowed rather than the fast pace demanded of the commander in chief and president of the United States. The book has some nice color photos from his presidency



Melany Wilks

Library Links

and a detailed index.

A related book now on our shelves is "Spoken from the Heart" by Laura Bush. I have not read it because it came into the library and was whisked off the shelf so fast by those who were already on the list to read it that I did not even get to open the cover. So I will have to leave the opinions to you. I have reviewed some discussion on Amazon.com and the comments run the gamut.

Some think it is a gracious look at her growing-up years and time at her husband's side while he was president, and others think she could have shared more. Some were relieved it was not written with spiteful depictions of others.

What I think these critics miss is that Laura Bush is not a spiteful person and hopes to share the richness of her life for others to understand. One reviewer could see the influence books played in her life. Being a librarian, I look forward

to seeing this in her writing.

A third book I mention because I know presidents and their wives are always interested in the raising of the next generation for a strong and healthy nation. So please consider reading "YOU: Raising Your Child: The Owner's Manual from First Breath to First Grade," by Michael F. Roizen and Mehmet C. Oz.

This book helps parents grapple with the cycle of learning for their child, creating good habits and health as seen in the digestive tract, infections, allergies, asthma, minimizing accidents, understanding the medical maze.

Another part is a "tool kit" section covering "new born survival guide, other caregivers in baby's life, family-friendly recipes, fitness for family, vaccines, and the fine art of discipline." Drawings help illustrate concepts. At the end is an index for specific help with a subject.

Now let me tell you about DVD animated or cartoon movies we have gotten in for children and the family: "How to Train Your Dragon," starring Jay Baruchel and Gerard Butler; "Ponyo," starring Noah Lindsey Cyrus, Frankie Jonas, Cate Blanchett, et al; "Astro Boy," starring Nicolas Cage and

Kristen Bell; "The Incredibles," starring Craig T. Nelson, Samuel L. Jackson, Holly Hunter, et al; "Thomas & Friends: Misty Island Rescue," starring Michael Angelis and Michael Brandon; "Alvin and the Chipmunks," starring Jason Lee, Ross Bagdasarian Jr., Janice Karman, et al; and "Strawberry Shortcake: The Glimmerberry Ball Movie."

If the item you want is checked out, please call us or request on line that we place your name on the "hold" list. When the item is returned, we call the next person on the list to pick up the item. Make sure we have your current phone number when requesting an item be placed on hold for you.

Christmas is coming. Remember the library has a cookbook published by the Friends of the Pioneer Memorial Library. It has great recipes. We also have note cards featuring the four winning photos from our contest, "The Day in the Life of Thomas County."

Our winter library hours are 9 a.m. to 8 p.m. Monday through Thursday, 9 a.m. to 5 p.m. Friday, 9 a.m. to 4 p.m. Saturday and 1 to 4 p.m. Sunday. We still are your free Wi-Fi place.

See you at the library!

Reducing salt intake improves health

That frozen Italian entrée looks tempting, but one serving has more than 1,000 milligrams (mg.) of sodium, nearly two thirds of the daily intake of 1,500 mg. recommended for adults with elevated blood pressure, ages 50 or older, or African Americans.

A bowl of soup might seem an alternative, but one serving might have 1,000 mg. or more of sodium, said Sandy Procter, Kansas State University nutrition specialist.

It's tempting to say, why should I care? But wait a minute:

A diet high in sodium (salt) contributes to high blood pressure that is linked to heart disease and stroke, the first and third leading causes of death in the U.S., Procter said.

For a healthy adult under 50, the daily recommendation for sodium is 2,300 mg., but as many as 90 percent of Americans get more, according to the Centers for Disease Control and Prevention. Most get twice that.

Removing the salt shaker can help, but not enough to reduce the risks, Procter said.

According to a Mayo Clinic report, five percent of dietary sodium is added during cooking; six

percent at the table, 12 percent occurs naturally in foods and the remaining 77 percent is attributed to processed foods, said Procter, a registered dietitian and coordinator for the U.S. Department of Agriculture's Expanded Food and Nutrition Education Program in Kansas.

To reduce sodium, Procter recommends:

- Eat home-cooked meals – restaurant meals are high in salt.

- Choose foods with minimal processing, such as lean meats, poultry and fish, fresh fruits and vegetables.

- Read Nutrition Facts labels before buying food, and look for labels such as "No Salt Added" (less than 5 mg. of sodium); "Very Low Sodium" (35 mg. or less of sodium); or "Low Sodium," which is defined as 140 mg. or less of sodium.

Don't be fooled by labels for "Reduced" or "Less Sodium," as there is no telling how much the original product contained, Procter said.

Reducing sodium in the diet gradually is most successful.

"We learn to make substitutions that will enhance flavor without

salt," said Procter, who explained that garlic or onion powders, rather than garlic or onion salts, or low-salt soy sauce still add zip.

Using herbs and spices, perhaps in a rub, can add flavor without increasing sodium, said Procter, who encouraged tasting before adding seasonings.

As a parent and specialist charged with children's nutrition, Procter also advised parents to not salt children's food.

"There's a reason baby food tastes bland," said Procter, who explained that salting a child's meals and snacks could make seasoning with salt a lifelong, potentially unhealthy, habit.

Information is available at www.ksre.ksu.edu/humannutrition and www.rrc.ksu.edu.

Thank You

My sincerest thanks to everyone for the many cards, calls, flowers and visits from my family and friends for my 90th birthday celebration. Special thanks, to those who donated food items to Genesis in my honor. I am truly blessed by your kindness and you helped make my birthday so special.

God Bless You,
Dorothy Sloan

Cat starts toaster oven fire

PORT TOWNSEND, Wash. (AP) — Investigators believe a cat who liked to sleep on top of a toaster oven started a kitchen fire in Port Townsend by depressing the toaster lever.

Lois Lund told the Peninsula Daily News she doesn't hold a grudge against her cat Osiris. Lund says he had been sleeping on top of the oven to avoid a pet

dog and probably stepped on the lever.

Lund heard the fire early Sunday and put it out with a garden hose.

Fire investigator Kurt Steinbach says the fire originated in the oven, which had been left on and overheated.

The cat escaped, and no one was hurt in the fire.

Bridge Club

Meadow Lake Bridge winners for Nov. 9 were first, Elaine Ptacek; second, Lyle Worthy; third, Katie Melvin; fourth, Jean Snyder; fifth, Dave Ulmer; sixth, Larry Barrett.

Markets

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

Wheat (bushel)	\$6.32
Corn (bushel)	\$4.98
Milo (hundredweight)	\$8.55
Soybeans (bushel)	\$11.74

"Dog-gone" it... I shoulda used the Classifieds!
Call 462-3963



Western Fall Festival & Five Soup Supper

Sponsored by: The United Methodist Jr. High Youth Fellowship
Saturday, Nov. 13th • 6:00 to 8:00 p.m.
Colby United Methodist Church

Bring the Whole Family!

Homemade Chicken Noodle, Potato, Chili, Ham & Bean, and Vegetable Soup, and Dessert Supper (FREE WILL OFFERING)

Carnival Events:
Face Painting, Marriage Booth, Plinko, Cake Walk, Putt-Put, Spinning Wheel, Fish Pond, Basketball Shoot Out, Ping Pong Toss, Western Jail.

ALL PROCEEDS GO TO: Ministry and Missions Disaster Relief & Drilling for water for a community in Africa or India.

Christmas OPEN HOUSE

Saturday, Nov. 13
9 a.m. - 5 p.m. (Central Time)

- Special Sales on many items
- Mini Classes all day
- Drawings every hour
- Lots of Refreshments



the craft peddler
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2010 Annual Hospice Event

Just **WANNA** have fun!

Saturday evening, November 13th
Comfort Inn Convention Center in Colby
5:30 p.m. - Social Hour

Social hour sponsored by F & M Insurance Store and Peoples State Bank

6:00 p.m. - Dinner
7:00 p.m. - Live Auction

Dance to follow with music from the 80s with Paul B. Heskett
Please present ticket at the door.

To purchase tickets call 785-462-3305 Ask for Coleena or Radonda

Celebrating OUR VETERANS

Our Veterans

Lloyd Chick	Merrel Mikesell
Joe Cousins	Allen Fell
Marvin Cousins	John Fell
Jay Donelan	Elizabeth Edwards
Bill Donelan	Leonard Hopper
John Donelan	John Urban

Women's Auxillary Mary Cousins

These names were left off of or misspelled on the Veterans list on Monday Nov. 8. We will add them to the list for next year. If you know of any other names left off please contact us. • Colby Free Press • 785-462-3963

Twisters Bar & Grill
785.460.7888
735 E. College Dr.
Friday and Saturday
9 p.m. - 2 a.m.