

Family

Deaths

Danette M. Ryan

Danette M. Ryan, 69, died Sunday, Jan. 30, 2011, at her home in Colby.

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

Jump start planning for summer's garden

A quick check of the calendar tells me I have no business taking up your valuable time by tempting you with thoughts of gardening, but what else have I got to do? And really, if you weren't reading this you would probably be reading about Afghanistan or high gas prices or Obamacare. So just relax for a couple of minutes and we'll get started on another few months of discussions about digging in the dirt and making important decisions on whether or not to plant any zucchini this year.

Greetings to you all, and I sincerely hope you are wintering well. Soon, it will be the season to play outside again as we do our best to grow a little of our own fresh food, as well as attempting to beautify a bit of the area where we live.

A little planning right now will help us to be ready for the day we can plant those first seeds outside. Some of us are looking forward to getting a jump on the outside planting season by starting our own tomato and pepper transplants indoors, one of the truly satisfying projects to kick off the new season.

There are any number of other gardening thoughts that should be running through your head right now. Chances are, we might con-



Kay Melia

The Gardener

sider whether or not this will be the year to invest in a rototiller. Or maybe we should do a layout on paper to plan a new drip system in the garden that would enhance our ability to apply water precisely where it is needed.

Perhaps you are thinking about your garden layout - where will I plant the cucumbers this year, or should I plant the zinnias over by the fence, or close to the garden shed. Pruning your fruit trees should be Job No. 1 in the next couple of weeks, unless you have no fruit trees. In that case, consider planting a couple of peach trees or an apple tree this spring. So many things to consider and so little time to prepare for those early projects outside.

I'm happy to report that my seed order is on the way. I've thumbed through all those seed catalogs until they have become dog-eared and memorized. Yeah, I order a pack of zucchini seed, but I reserve the right to decide later whether or not to plant any of it.

Some transplant seeds can be started indoors

The seed catalogs that often appear just after New Year's Day are more than mind candy, designed to tempt gardeners and perhaps do some planning.

Two other uses can be just as important, according to the newly revised "Kansas Garden Guide" from Kansas State University Research and Extension. Both involve gardeners' thinking ahead:

- If you want to grow your own transplants, start seed indoors six to eight weeks before those transplants can safely go into the garden. In Kansas, late March is when to set out broccoli, Brussels sprouts and cabbage. Early April is the time for beets, Swiss chard and cauliflower transplants. So, six to eight weeks before that is - as soon as possible.

- To get the varieties you want, buy seed early in the year. If you're lucky, you'll find them at a local dealer's, where the personnel know and stock the varieties that perform best where you live. Otherwise, "power shop" through

catalogs and Web sites to find what you want.

With few exceptions, the garden guide recommends not using seed harvested from last year's plants. Hybrids won't breed "true" from their own seed. Commercial seeds often are treated to prevent disease and packaged and stored to ensure good germination and health.

The "Kansas Garden Guide" is available at no cost at www.ksre.ksu.edu/library/hort2/s51.pdf. For those who would prefer a printed copy, the cost is \$5.29. Ordering is possible at any local K-State Research and Extension office, as well as on-line at www.ksre.ksu.edu/library/hort2/S51.aspx.

Page 76 will be a useful tool season-long. It's a one-page graphic "calendar" of when Kansans can plant, grow and harvest the vegetables that tend to do well in the state. Elsewhere, the guide also provides instructions on starting seeds indoors and recommendations on the best field-tested vegetable varieties to grow in Kansas. - Kansas State University Research and Extension

Bridge Club

Meadow Lake bridge winners for Jan. 18 were first, tie between Margaret Denneker and Joy Davis, second, Gail Vacca, third, Barb Ulmer, fourth Ken Ptacek, fifth, Thelma Shalz, sixth, Mary Kersenbrock and seventh, tie between Jean Snyder and Sarah Jane Barrett.

Winners for Tuesday were first, Elaine Ptacek, second, Mary Molstad, third, Margaret Denneker, fourth, Ken Ptacek and fifth, Dave Ulmer.

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.

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Happy Birthday

Hulda Wark of Rexford will be celebrating her 90th Birthday on Saturday, Feb 5th with an open house at the Trinity Lutheran Church in Colby. Friends and relatives are welcome between 2 - 4 p.m. in the fellowship basement. No gifts please, but you are welcome to bring birthday cards. If you can share a special memory with her, we know that she would appreciate that. Celebration is hosted by her children. If you cannot attend, cards can be mailed to Sheridan County LTC, P.O. Box 167, Hoxie, KS 67740.

Scholarships open in health care fields

Four scholarships are available this year for anyone in the nine-county Northwest Kansas area who plans to continue or begin a career in health care from Citizens Foundation at Citizens Medical Center in Colby.

The scholarships are the \$1,000 Dr. Jeff Jennings Memorial Scholarship, the \$1,500 Citizens Medical Center Health Care Scholarship, the \$1,500 Dr. Floyd and Mary Smith Endowed Scholarship and the \$2,000 Leonard P. and Twila M. Harrison Endowed Scholarship, all being awarded at the end of May.

Applications are open to anyone planning to prepare for a medical discipline, including those hoping for a second career, according to Tama Unger, the foundation's director of fund development. Some examples she offered were licensed practical nurses who wish to train as registered nurses and students wanting to become medical administrators.

The deadline for applying is at 3 p.m. Saturday, April 30.

Applications are available via e-mail at citizensfoundation@nwkshcare.com, or contact Tama Unger at the foundation at (785) 460-1214 for details.

Tips help keep kids free of injury

The cold weather does little to keep winter sports enthusiasts inside - especially kids 14 and under, who have a high risk for winter sports injuries.

In 2007, there were an estimated 17,000 injuries among children from skiing and snowboarding, 24,500 from sledding and 1,500 from snowmobiles and other equipment.

According to the U.S. Consumer Product Safety Commission, ski helmets could prevent or reduce half of all head injuries suffered by children under 15 while skiing or snowboarding.

"Kids should always wear helmets when they ski, sled, snowboard or play ice hockey," says Cherie Sage, state director for Safe Kids Kansas, "but parents should know that there are different helmets for different activities. Make sure your child's helmet meets federal safety standards and know how to check that the helmet fits correctly so it won't come loose"

Along with having them wear a helmet, parents should know these tips to keep their children safe:

- Sledding**
Kids can suffer head injuries from sledding and should wear a helmet. When sledding, do not go down a hill head-first. Sit up, face forward, use a clear, safe path free of trees, rocks and bare spots and make sure an adult is watching.

- A good sledding hill does not lead to a street, water, fence or crowded gathering place. Inspect sleds regularly for worn, damaged or loose parts that could break or snag.

- Never tether a sled to a vehicle. The results can be deadly.

- Snowmobiles**
Children under 6 should not be riding a snowmobile and no one under 16 should drive one. All snowmobile drivers and passengers should wear helmets designed for high-speed motor sports - a

- bike helmet isn't sufficient for 90 mph.

- Ice Skating and Hockey**
There is no consensus about the need for helmets while ice skating, but parents should consider them for kids just beginning to skate.

- Helmets are a must for ice hockey, along with mouth guards, knee pads and elbow, shoulder and shin equipment.

- Teach kids how to protect themselves if they fall through ice. Remind them to stretch their arms out wide and kick as if swimming, shout for help, and try to crawl backward onto solid ice.

- General**
Always wear sport-specific, properly fitting safety gear in winter sports activities. Since fit is important, take your child along when shopping.

- Dress in layers and wear warm, close-fitting clothes. Make sure that long scarves are tucked in so they don't get entangled.

- Keep everyone hydrated and have them wear sunscreen with a rating of SPF 15 or higher.

- If children become distracted, irritable or begin to hyperventilate, they may be suffering from hypothermia, or may be too tired to play safely. They should go indoors, rest and warm up.

- "Remember, your children learn safety habits by watching you," Sage said, "so parents should always be aware of their own safety practices for their winter activities, too."

- For information about sports safety, call (785) 296-1223 or go to www.safekids.org.

Markets

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

Wheat (bushel)	\$7.77
Corn (bushel)	\$5.79
Milo (hundredweight)	\$9.91
Soybeans (bushel)	\$12.73

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Cell phone project has good response

The Royal Neighbors have collected close to 40 phones and most have been sent overseas to our military men and women.

The members would like to thank everyone for donating their used cell phones and encourage continued donations. There is a drop-off box at the Red Barn.

The family of Hulda Wark will be holding a 90th birthday open house for her from 2 to 4 p.m. Saturday at Colby Trinity Lutheran Church. If you prefer, cards can be to her address, Sheridan County Long Term Care, Box 167, Hoxie, Kan., 67740, or an e-mail to savyseniors@sheridan.hpmin.com with her name in the subject box.

Other February birthdays to mention: Pat Williams on the 4th; Phyllis Cheney on the 10th; and Ken Johnston on the 29th - a leap year birthday.

February activities at the Red Barn: book club, 7 p.m. Tuesday; bingo, 7 p.m. Saturday, Feb. 12;



Vicki Allison

Rexford Correspondent

and blood pressure clinic, 1:45 p.m. Monday, Feb. 14.

At Shepherd's Staff Sunday and Monday, a group of pastors from Wichita County spent time relaxing together and finding out more about the conference center. A pastor from Hutchinson stayed in the Prairie House all week. During the weekend a planning group from a church in Scott City joined the pastors. These couples and singles stayed in the Lonesome Dove Boardin' House and remarked how much they enjoy visiting Rexford for their annual retreat.

Until next time, make your week memorable.

Golden Plains students named to academic team

Golden Plains High School had six seniors named to the Western Kansas Liberty League All-League Academic Team and two who received honorable mention.

The students who made the team included Avery Spresser, Melissa Ritter, Devinn Ritter and Randi Cressler. Twenty four students made the all-league team.

Rilee Spresser and Jacy Moss received honorable mention as students that were nominated,

but not selected for the academic team.

League commissioner Harve Kahle said that in order to be selected, students must be entering the second semester of their senior year, have participated in six athletic and six non-athletic activities up to the second semester of their senior year and have a grade average of 3.70 or higher up to the second semester of their senior year.

Program looks at depression

Depression is the topic for this week's *Doctors on Call* on Smoky Hills Public Television.

Dr. Roger C. Trotter, Family Practice Associates of Western Kansas, Dodge City and Dr. George Jerkovich, Veridian Behavioral Health at Salina Regional

Health Center will answer call-in questions in this live program at 7 p.m. Tuesday with a repeat recorded program scheduled for 3:30 p.m. Sunday

For information, visit www.smokyhillstv.org.

Get Well Brittany

Anyone wishing to send get well cards to Brittany Fringer may do so by addressing them:

Brittany Fringer
c/o Wesley Medical Center
550 N. Hillside
PICU Room 1503
Wichita, KS 67214

HAPPY 90th Birthday!

Anna Rohn
February 5th

If you would like, please send birthday wishes to:
515 W. Cherry
Colby, KS 67701

Jack Reed

Jack Reed, 85, of Grand Island died Thursday, January 27, 2011 at St. Francis Medical Center with his family at his side.

The family will be receiving friends from 2 to 4 pm Saturday at Livingston-Sondermann Funeral Home.

Cremation services were provided by Westlawn Memorial Park. Mr. Reed was born on January 30, 1925 in Monument, Kansas to Jack and Ellen (Dobbs) Reed. He grew up in Kansas and graduated from Colby High School in 1943. He then attended Kansas University and the University of Colorado. He served an apprenticeship at a wood-working shop in Denver before returning to Colby and starting an Iron Foundry with his father. Jack also started a business building quonsets throughout Kansas, Nebraska, Iowa and Colorado. While working in Ponca, Nebraska he met Naida Ann Reed.

Jack and Naida were united in marriage on September 5, 1952 in Sioux City, IA. The couple moved to Florida in 1953 where they farmed. They moved to Colby in 1959 and Jack continued to work at the foundry. He retired in 1982 and the couple moved to Grand Island. Mrs. Reed preceded him in death on July 28, 2008.

Jack enjoyed gardening, reading and traveling.

Survivors of the immediate family include two daughters and sons in law, Susan and Bill Gutknecht of Dallas and Laurie and Tom Niederec of Salt Lake City; a son and daughter in law, Conrad and Judy Reed of Colby, KS; a brother in law and sister in law, Leon and Jenny Conrad of Ponca; two sisters in law, Faris Conrad of Sioux City and Leona Conrad of Ponca.

Additional survivors include six grandchildren, April, Ryan, Heath, Elyse, Abbie and Trent, and many cherished nieces, nephews and cousins.

He was preceded in death by his parents, his wife, an infant sister, Grace and a brother Jerry.

Memorials are suggested to the Leukemia Research Foundation.

Online condolences may be directed through www.livson.com

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