

# Family

## Plant this veggie for health benefits

Alright, go ahead. Guess which garden vegetable is growing in popularity faster than any of the rest. Back in the 60's, you seldom saw it on the dinner table, let alone in the garden. In fact, most gardeners couldn't even spell it! Now, it is a "must" crop in many home gardens, in school lunch programs, in tasty casseroles, and on party platters of raw vegetables accompanied by a good dip for those summer cookouts.

It's broccoli, of course, and you can hardly believe the amount of food value contained in those dark green florets, either cooked or raw. Nutritionists say it is rich in calcium, niacin, thiamine, potassium, vitamins A and C, and lots of fiber. As a member of the cabbage family, broccoli is also considered a valuable antioxidant. With all those healthful designations, we all should run, not walk, to the nearest supermarket and buy couple of heads, shouldn't we? At the very least, we absolutely must make a note to plant some in our garden this spring.

But most of us will do neither, and the reason is simple. We just don't like the taste of it! Our taste buds refuse to cooperate with our brain cells that suggest there are very few foods that are as healthy for the human body as broccoli, and then we will reach for another slice of pizza.

I've learned to like it, kinda, but



**Kay Melia**

• The Gardener

only when utilized in a good thick soup; heavy on the cheese, please! I set out about 20 homegrown plants about the 15th of April each year, and we freeze most of the crop.

It is relatively easy to grow here in Northwest Kansas, but it must be transplanted into the garden as early as possible since it detests heat. Those young plants can withstand a bit of frost, but must be protected from the wind.

Those loathsome cabbage worms can be a serious threat to broccoli and can decimate a crop rather quickly once they arrive if we don't catch them in time.

Always buy your transplants at a reputable garden center. Varieties to look for include Packman, Green Comet, or Premium Crop.

When you pick a head of broccoli in the garden, always drop it in a pan of warm salt water as soon as you come in the house, and then check the water for those green cabbage worms that will lose their grip in the salt water. If they refuse to loosen their hold, rest assured they will do so when you boil it for lunch.



Brandon J. Mai and Katherine E. Jones

## Hays wedding planned by couple with local ties

Katherine E. Jones and Brandon J. Mai plan to marry Saturday, June 25, at the First United Methodist Church in Hays.

The bride is the daughter of Mary and Jim Anderson and Robert L. Jones of Concordia. Her grandparents are Ed and Janet (Emery) Hayes of Bella Vista, Ark., the late Dr. Fred Emery of Concordia, and the late Bill and Olita Jones of Colby. She is studying speech and language pathology at Fort Hays State

University and hopes to receive a Master of Science degree in 2012.

The groom is the son of Melinda Chestnut and Ethan and Tracy Mai, all of Hays. His grandparents are Alberta Chestnut and Nancy and the late Dale Chestnut. Brandon is studying management at Fort Hays and plans to receive a Bachelor of Business Administration degree in May.

## New group begins for human resources

The Society for Human Resource Management has a new chapter in Colby.

The new satellite chapter, affiliated with the Western Kansas Human Resources Management Association in Hays, is inviting anyone interested employee and human resources issues to join.

Members from throughout northwest Kansas meet the second Wednesday each month at the Colby Community College for a lunch meeting, with a speaker that presents on a wide range of employer related topics.

This month's meeting will be Wednesday, with Art Bierschback of Mid-America Manufacturing Technology Center speaking on

"Leading Change."

The society is the world's largest professional association devoted to human resource management. With expanding laws and regulations imposed upon employers, all employers should be aware and informed, regardless of their size.

Individuals benefit from networking with other employer representatives, discussing employment related issues, talking with experts and having a resource available in all areas of human resources and employer issues.

For information, call Melanie Fortin (785) 460-4677 or Tracee Mackley (785) 694-2256 for information, or visit the website at [www.wkhrma.org](http://www.wkhrma.org).

## Customs finds iguana meat

LAREDO, Texas (AP) — Longing for some lizard?

Two ice chests on a bus from Mexico bound for Texas have yielded nearly 58 pounds of alleged iguana meat hidden in corn dough, which is normally used in tamales.

U.S. Customs and Border Protection on Tuesday announced the seizure by agriculture specialists at the Laredo Port of Entry.

Luggage was being examined at the Lincoln-Juarez International Bridge when the undeclared food items, worth nearly \$1,600, were discovered.

A female passenger was questioned and processed for return to Mexico.

The case has been turned over to U.S. Fish and Wildlife Service special agents for further investigation.

## Shakespeare Club

The Colby Shakespeare Club met at the home of Amie Kendrick on Feb. 25. Kendrick called the meeting to order, followed with the flag salute, club collect and roll call. A letter of thanks from Lois Van Horn let the members recall her celebration as a 50-year member.

Members were reminded of the Three of Clubs gathering at 1:30 p.m. Friday at the Pioneer Memorial Library. The next Shakespeare Club meeting will be Friday, March 25. Verna Wiens and Joyce Hanson will have the program.

For the program, Amie introduced her sister, Kristi Schmitt of Scott City. Schmitt, a specially trained nurse, is a mother, wife, farmer, National Guard officer and the medical team member for the Western Kansas Child Advocacy Center. She showed a video featuring the advocacy center program, specifically the mobile therapy/medical unit. A full-size travel van has been outfitted as a safe haven for children in need of interview, examination, therapy or even just a restful place to feel safe. The cost was covered by several grants including the United Methodist Health Ministries Fund.

She also shared statistics that one in four girls and one in five

boys, as well as one in five women, potentially have suffered physical or sexual abuse and trauma or have witnessed a violent crime or act.

It was a sobering program, but gave Shakespeare members an opportunity to know of the services available. In addition to the Scott City location and the mobile vans, there are service locations in Sublette and Colby and there are various ways to assist with the advocacy center program. Blankets, tote bags and back packs, toys and yes, donations are always welcome and very much needed.

Each member was given a small blue ribbon to wear as a reminder of these among us who need assistance and support. Schmitt recommended the book "Miss America by Day," by Marilyn Van Derbur. Members purchased two copies and will review the books and then donate them to the collections at Pioneer Memorial Library and the Colby United Methodist Church library.

Kendrick served surprise brownies and ice cream with coffee and tea. The remainder of the snowy and cold afternoon was spent visiting.

— Sheila Frahm, Recorder

## Cowboys rescue stuck horse

MEMPHIS, Tenn. (AP) — A group of cowboys in Memphis for a roping competition helped save a horse on Beale Street.

Philip Murrah told WREG-TV that he and four buddies were eating at the Rum Boogie Cafe on Saturday when they noticed the problem. A horse had slipped on a bunch of manure and its back legs had gone into a drain hole in the street.

The cowboys took charge, sliding the horse back out of the drain.

The horse walked away without a scratch but Murrah was covered in manure.

That didn't stop the restaurant from welcoming him and the

others back and giving them free drinks.

Murrah said, "They give us the biggest applause and stuff when we got the horse out of there. It was really cool."

The men were in Memphis for the United States Team Roping Championships.

## 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.

## Markets

Quotes as of close of previous business day

Hi-Plains Co-op	
Wheat (bushel)	\$7.93
Corn (bushel)	\$6.57
Milo (hundredweight)	\$11.35
Soybeans (bushel)	\$12.84



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