

Deaths

Adella P. Harry

Adella P. Harry, 91, a Colby homemaker, died Friday, July 1, 2011, at Citizens Medical Center in Colby.

She was born June 19, 1920, on the family farm north of Atwood, the daughter of Frank and Mary Anna (Bartosovsky) Vrbas and lived in the area all her life.

After completing the eighth grade at Forest Hill Grade School in Rawlins County, she moved to Stratton, Neb., to work for Dr. Brown.

On Nov. 19, 1946, she married Everett Reese Harry at St. John's Nepomucene Catholic Church north of Atwood. The lived first in Atwood and later in Colby, where he worked at Central Kansas Power Co.

She was a member of the Sacred Heart Catholic Church in Colby and the church's altar society.

Preceding her in death were her parents; her husband in 1986; a son, Calvin E. Harry; a son-in-law, Richard D. Pabst; five brothers, Frank Vrbas, William Vrbas,

Bernard Vrbas, Charley Vrbas and Raymond Vrbas; six sisters, Helen Horinek, Alice Horinek, Antoinette Horinek, Gertrude Havel, Martha Soucek and Frances Hamm; and a grandson, Roy Calvin Depperschmidt.

Survivors include a son, Phillip (Dorothy) Harry, Colby; four daughters, Gloria Pabst, Oakley; Regina Depperschmidt, Loveland, Colo.; Cheryl (Michael) Maggard, Wichita; and Glinda (Gary) Guard, Colby; a sister, Marian Ruda, Atwood; 15 grandchildren; and 19 great-grandchildren.

Services were to be at 10 a.m. today, Wednesday, July 6, 2011, at the Sacred Heart Catholic School Gym in Colby, with Father Dana Clark officiating and burial in the Sacred Heart Cemetery.

Visitation, prayer vigil and rosary were Tuesday at Harrison Chapel.

The family suggests memorials to the school in care of any Colby bank or the funeral chapel, Box 634, Colby, Kan., 67701.

Take time now to build memories

This August I will send my third child off to college, leaving just one at home. I am starting to feel the nest empty and I'm not sure I like it.

I have to admit I remember the hectic times keeping up with four different schedules and thinking I would look forward to the nest emptying. I remember older people saying to enjoy it as it would all be over way too quickly and I truly doubted it. But they were right.

So this article is to remind you to celebrate and enjoy your family, as the stages pass quickly and they will be off making their own lives all too soon.

Below are listed ideas for ways to enjoy your family. Find what works for your family. Some families are into music, others find nature or board games a great way to connect. Take the time now.

We schedule everything else and plan around meetings and other less important things than our family. My first suggestion may be to have a scheduled family night to do your chosen activities. Also remember to be spontaneous and enjoy the moment. It's hard to schedule a fun run splashing in puddles and rain! Lastly, remember "The cat's in the cradle..."

1. Visit the library and find a book that you can read together.
2. Turn off the television and take a walk.
3. Enjoy a ride in the country. Contrary to belief, we do live in a beautiful area.
4. Bake cookies. Take cookies and visit an older neighbor or friend.
5. Start a "Once upon a time..." story and everyone add to it.
6. Rent or go to a movie. Then share your opinion and thoughts about the movie. This can even be done with animated movies - what the villain did that wasn't nice etc.
7. Go on a picnic.



Diann Gerstner

• Knowledge for Life

8. Fly a kite.
9. Volunteer together, showing them how easy it is to make a difference.
10. Make a homemade pizza.
11. Invite another family for dinner.
12. Go on a bike ride.
13. Sing old songs.
14. Play leap frog.
15. Have a banana split party.
16. Play a board game or card game.
17. Roast marshmallows.
18. Look at old family pictures.
19. Tell old family stories.
20. Go to a lake.
21. Lie on your back and watch the clouds or stars. Do you know how to spot a satellite? Yes, you can see one or more most nights.
22. Skip up and down the block.
23. Visit your state capital.
24. Give everyone a hug and slip in an "I love you."
25. Celebrate your heritage. Learn more about the history, customs, and heritage of your family. Then decide on some ways you can celebrate - prepare a special meal, make a traditional craft etc.
26. Learn more about an ethnic group different from your own.
27. Blow bubbles.
28. Cook out.
29. Go fishing.
30. Have a scavenger hunt.

31. Do your own exercise video.
32. Talk to older persons about their lives.
33. Have a band with kitchen pans.
34. Put a puzzle together.
35. Bury a time capsule.
36. Dream about the future.
37. Watch a sunset.
38. Start a journal.
39. Make a collage with magazine pictures.
40. Discuss global issues.
41. Begin a wisdom list of quotations, sayings, and advice.
42. Fingerprint family and compare and contrast any similarities or differences.
43. Invite an international exchange student to dinner.
44. Make holiday and birthday cards.
45. Write notes to each other. A great idea for this one is to make the note about "What I love most about you is..."
46. Observe the media critically.
47. Roll down a hill.
48. Make homemade ice cream.
49. Visit a local historical site. Most people know less about the historical sites/events closest to their homes.
50. Create a special events family calendar. Other times of the year ideas include: Plant a flower, tree or vegetable garden. Collect fall leaves. Jump in a pile of raked leaves. One of my family's favorites is to rake the leaves into lines forming a house with rooms divided off. My kids had great fun and they learned a lot as they realized the need for hallways etc. Create a snow family or sculpture. Most of all, what ever you do, enjoy one another!

Diann Gerstner is the family and consumer sciences agent for the Thomas County Extension office.

Colby Rotary Club

The Colby Rotary Club met Tuesday, July 5 with 30 members and guests Sally Toth and visiting Rotarian Art Mai from Sharon Springs.

Installation of officers for the 2011-2010 Rotary year was conducted by Mike Tubbs, board member. New officers are Connie Renner, president; Melany Wilks, vice-president; Marilyn Unger, secretary; and Nancy LePell, treasurer.

Dr. LaDonna Regier gave an update on the clinic in Ghana and her first six months in West Africa. She said the population of Ghana is 23.5 million and there are fewer than 2,000 physicians. Regier has been practicing at a government hospital where malaria is the number one disease that she treats, along with many cases of HIV and

AIDs. She said sanitation conditions in the country are extremely poor and until those conditions improve, malaria will continue to prevail.

Ghana has had a national health insurance program for the past six years and if people can afford a small payment, they are able to get some medications. However, the poverty rate for the majority of the population is extreme and as a result many people have to do without.

Regier will return to Ghana at the end of the month.

Wilks won the Roto-Lotto. Colby Rotary meets weekly on Tuesday in Room 106 of the Colby Community College Student Union.

- Relda Galli

Eat and drink to fight heat

As the heat of summer intensifies, it's important to stay properly hydrated, well fed and covered up when venturing outdoors for extended periods of time, said a physician at Baylor College of Medicine (www.bcm.edu).

Dr. Steve Rosenbaum, assistant professor of medicine and section chief of general internal medicine at the Baylor Clinic (www.baylor-clinic.com), offered tips on how to prepare your body to withstand the intense heat this summer.

What to drink

"If you are staying outdoors for just an hour, drinking water alone should be fine," said Rosenbaum. "But if you stay longer, you will need to replace lost electrolytes. Mixing a little bit of premade sports drink into your water is a great way to do this."

Rosenbaum said a good rule of thumb is one part sports drink to three parts water. "There is a lot of sugar in these sports drinks so you do not want to add too much."

He advised using the premade (not powdered mix) sports drinks to ensure the proper combination.

What not to drink

"Avoid drinking any caffeine right before or while you are outside," said Rosenbaum. "The caffeine causes even more dehydration and acts like a diuretic."

Remember to eat

"Eating is important as well. Do not spend extended periods of time outside on an empty stomach," said Rosenbaum. "You will need some fuel in your body to burn."

What to wear

Rosenbaum said key items to wear while outdoors include hats and light clothing to cover up your skin.

Also, remember to lather on good sports sunblock. "SPF 30 and up works," said Rosenbaum. "You'll want the sports sunblock because it performs better against perspiration."

When to avoid outdoors

In June, the heat of the day is between noon and 4 p.m., Rosenbaum said. In July and August, that expands to between 11 a.m. and about 6 p.m.

"We are not saying you should never go outside, but if you are running or walking for exercise, these are the best times to avoid," he said.

Keep these tips in mind to enjoy a happy and healthy summer, Rosenbaum said.

Kids' cookoff coming up

If you are the parent, grandparent or guardian of a 9- to 13-year-old child and the two of you love to cook Grandma's beef dishes for your family, the Kids in the Kitchen Beef Cookoff is the contest for you.

Teams of one child, aged 9 to 13, and the child's parent, grandparent or legal guardian should submit an American classic or old-time family favorite beef recipe that has been improved, revised or modified to be more convenient, healthier or both for today's busy family.

Three major ingredient, preparation or cooking changes from the original would constitute a revised recipe.

Include comments telling how you changed the recipe in 50 words or less. Recipes should include no more than nine ingredients, including beef (not including water and plain salt and pepper), and be prepared and cooked in 30 minutes or less (not including marinating time). Recipes may include main dish lunches or dinners, one-dish meals, sandwiches or wraps, pasta- and grain-based dishes or main dish salads.

Send recipes to Kansas Beef Council, Attn: Kids in the Kitchen Beef Cookoff, 6031 SW 37th

Street, Topeka, Kan., 66614. Entry deadline is Friday, Aug. 5.

Eight finalists will be notified by Aug. 19. Finalists will prepare their recipes on Saturday, Sept. 17, during the Kansas State Fair in Hutchinson.

Only one recipe per contestant may be submitted.

All contestants must be residents of Kansas. Food professionals, such as a chef, food writer, home economist, food educator, or caterer, are not eligible. Employees or officers of any state beef industry organization or their family members may not enter.

The grand prize is \$300. Second, third and fourth places will receive \$200, \$150 and \$100.

All recipes will become the exclusive property of the Kansas Beef Council.

For complete rules and regulations, visit www.kansasbeef.org.

Markets

Quotes as of close of previous business day

Hi-Plains Co-op	
Wheat (bushel)	\$6.62
Corn (bushel)	\$5.96
Milo (hundredweight)	\$10.09
Soybeans (bushel)	\$12.05

The Colby RC Flyers would like to thank the following businesses and people for their contributions to the 2011 Fun-Fly:

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|------------------------------|--------------------------|
| Vic Rasmussen | Twister's Bar & Grill |
| Montana Mike's Steakhouse | A & A Coors Inc. |
| Wagoner Repair & Performance | Rasure Lumber & Hardware |
| Colby Ag Center | China Buffet |
| McDonalds Restaurants | Sonic Drive-In |
| Pizza Hut | Mabel's Cafe |
| Wal-Mart Stores | Radio Shack |
| Stan's Automotive | Bamboo Garden's |
| Kansas Quick Lube | Vap Distributing |
| Cummins Central Power | Foley Tractor |
| Sears Stores | KXXX/KQLS Radio |
| S & W Supply | Gambino's Pizza |
| Village Inn Restaurants | |

Corrections

In the item "Modifieds racer gets first win at speedway" on Page 10 of the Thursday, June 23, Colby Free Press, the girl in the picture was misidentified. She is Brittany Foss, daughter of Justin Foss, who is the track assistant flagman. This was a reporting error.

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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

The family of Smokey Stover would like to thank everyone who provided food, flowers, memorials and support during this difficult time. Your expressions of kindness are genuinely appreciated by all of us.

Rosie Stover & Family
Terry & Linda Stover and Family
Ross & Tawny Stover and Family
Lynn & Lori Stover and Family



A Big Thank-You to the following sponsors of Thomas County Relay for Life:

Citizens Medical Center, KXXX, Colby Free Press, Colby High School, CHS Sports Boosters, Farm & Ranch Realty, S & T, John Patterson Family, Wendy's; Arby's, Rock Bedore, Beringer Hardware, Cersovsky Insurance, City of Colby, City Limits, Colby Automotive, Colby Bowl, Colby Cinema, Colby Furniture & Hardware, Colby Photo, Commercial Sign, Dillons, Doggone Critters, Donelan Jewelry, Cara Drag, El Dos de Oros, Cindy England, F & M Insurance, Farm Bureau Financial, Farm Credit, Farmers & Merchants Bank, Franz Chiropractic, FritoLay, Golden Plains Greenhouse, Great Plains Spraying, Grinnell Locker, Tina Harris PT, Harrison Chapel, Health Cottage, Horlacher Jewelers, Mary Hurrst, Inlow Interiors, In Memory of Jeff Hartwell, J & B Meats, JS Fitness, KS Country Store, Leroy's Printing, Lion's Club, Loft, Lyle's Body Shop, Made of Iron, Marie Lane Children's Boutique, MC Auto Outlet, Office Works, P & D, Palace Drug, Pioneer Mem. Library, Pizza Hut, Plum Creek, Prairie Sr. Living Center, Quilt Corner, Vanessa Scheideman, Sears, Grant Smith Family, Jeannie Solko, State Farm Insurance, Stephens Construction, Sunflower Bank, Swartz Veterinary Hospital, Taco John's, Tarbett, Tubbs Chiropractic, Twisters, Van's Body Shop, Vanderbilt's, VFW, VisionSource!, Wagoner Repair, Wal-Mart, Western Sprinklers, Wayne Williams;

...and to the Relay teams and volunteers who helped make this year's event a success.

Surprise celebrates birthday

Colby resident, Berniece Luker, was surprised with a special dinner in celebration of her 84th birthday. She was born June 10, 1927.

The dinner took place on the evening of Sunday, June 12, at the home of Luker's sister, Hedy Tubbs of Colby.

Luker's sons, Dennis Metzler of Slidell, La., and Bruce Metzler and his wife, Marsha of Rancho Murieta, Calif., traveled to Colby and planned the event.

Attending guests included LeAnna Soehner and her daughter Libby of Brewster. Colby residents included Bud and Peggy Stupka; Bettie Hamill; Joe Rudell; Duane Tubbs and his children Elizabeth and Travis; Luke and Jada Tubbs and their children Liv, Guy and Fia; Dale and Alana Tubbs and Lesa Beamer.

Partnering To Bring Medical Specialists To Colby

Colby Outreach Clinic Schedule

Citizens Medical Center
100 E. College Drive - Colby

Cardiology - Dr. Christine Fisher
Monthly - (785) 625-4699

Orthopedic - Dr. Robert Bassett
Monthly
(785) 261-7599 or (866) 428-8221

Orthopedic/Spine
Dr. Vivek Sharma
Monthly
(785) 261-7599 or (866) 428-8221

Urology - Dr. Wallace Curry
Monthly
(877) 312-1619 or (785) 628-6014

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Colby Medical Surgical Center
175 S. Range - Colby

Urology - Dr. Darrell Werth
Monthly
(877) 312-1619 or (785) 628-6014

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