

Deaths

Beverly J. McCormick

Beverly J. McCormick, 81, Colby, died Sunday, July 24, 2011, at the Prairie Senior Living Complex in Colby.

She was born May 30, 1930, at the family home in Thomas County, to Hugh and Theda (Williams) Parsons.

For about 17 years, she owned and operated a beauty salon in Brewster before marrying E.L. “Bud” McCormick on Dec. 26, 1964, in Brewster.

They lived on a farm near Menlo. Following his death on Feb. 18, 1996, she moved to Colby in 2000.

Also preceding her in death was a son, Roy Lee McCormick; her parents; five brothers, Norman, Orval, Donnie Darrel and Gary Parsons; a sister, Joyce Lohr; and a son-in-law, Robert Keith.

Survivors include three daughters, Brenda Keith, Menlo; Beth (Matthew) Welsh, Meade; and Karen (L.J.) O’Neal, Colby; and four grandchildren.

She enjoyed her family, quilting and music.

Services were to be at 2 p.m. today, Wednesday, July 27, 2011, at the Kersenbrock Funeral Chapel in Colby, with burial in the Hoxie Cemetery.

The family suggests memorials to the Puddle Duck Child Care Center in Colby or to the Western Plains Arts Association in care of the funeral chapel, 745 S. Country Club Dr., Colby Kan., 67701.

Viola Katherine Newman

Viola Katherine Newman, 82, a Colby homemaker, died Sunday, July 24, 2011, at the Colby Care Center.

She was born Aug. 15, 1928, in Gem, the youngest child born to Henry S. and Mary (Romberg) Rogers.

On June 28, 1948, she married Lafayette “Laf” Newman. They lived in Colby, where she was a homemaker and helped with her husband’s yard business.

She was a member of the First Baptist Church in Colby and active until she was unable to get out. She was known for her sense of humor, her inner strength, and her memory for family connections.

She lived on her own until about two years ago, when she moved to the care center.

Preceding her in death were her parents, her husband, a brother, Carl Rogers, and two sisters, Vesta Bebb and Laverne Shields.

Survivors include two nieces, Carol Mallor, Topeka; and Karen Bebb, Colby; a nephew, Dean Bebb, Atwood; and several great-nieces and nephews.

Services will be at 10 a.m. Thursday, July 28, 2011, at Harrison Chapel in Colby, with the Rev. Craig Crossman officiating and burial in Beulah Cemetery.

Visitation was to be from 8 a.m. to 5 p.m. today.

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

Zeta M. Zellmer

Zeta M. Zellmer, 81 of Norton, mother of Oneta, (Gary) Walker of Colby, died Saturday, July 23, 2011, at the Via Christi St. Francis Hospital in Wichita.

She was born Oct. 1, 1929, in Densmore, the daughter of Cleon and Racheal (Weekly) Wray. She grew up in Norton County, attending country school and graduating from Norton Community High School.

On Dec. 10, 1949, she married John “Bud” Zellmer in Wakeney.

They lived in Norton, where she worked as a cook at the Serve You Well and what is now the Town and Country Kitchen restaurants. She also cooked at the Norton County Hospital for 25 years.

Her health recently required her to move to the Andbe Home in Norton.

She was a member of the Norton Christian Church, prayer groups at the church, the American Legion Auxiliary, Willing Workers, and Golden Glow.

Preceding her in death were her parents, her husband in 1991, one infant daughter, two sons, Wayne and Warren Zellmer, and two brothers, Keith and Donald Wray.

Survivors include another daughter, Wanda (Tim) Warner, Burr Oak; and nine grandchildren.

Services will be at 2 p.m. Wednesday, July 27, 2011, at the Enfield Funeral Home in Norton, with burial in the Norton Cemetery.

Visitation was to be from 3 to 8 p.m. Tuesday at the funeral home.

The family suggests memorials to the nursing home or to Harry Hynes’ Inpatient Hospice Services, in care of the funeral home, 215 West Main, Norton, Kan., 67654.

Online condolences may be sent to [www.enfieldfh.com](http://www.enfieldfh.com).

Hours to be reduced at Social Security office

Effective Monday, Aug. 15, the Hays Social Security office will be open to the public Monday through Friday from 9 a.m. to 3:30 p.m. – a reduction of 30 minutes each weekday.

While agency employees will continue to work their regular hours, this shorter public window will allow them to complete face-to-face service with the visiting public without incurring the cost of overtime. Congress provided Social Security with nearly \$1 billion less than the President requested for the budget this fiscal year, which makes it impos-

sible for the agency to provide the amount of overtime needed to handle service to the public as we have in the past.

Most Social Security services do not require a visit to an office. For example, anyone wishing to apply for benefits, sign up for direct deposit, replace a Medicare card, obtain a proof of income letter or inform us of a change of address or telephone number may do so at [www.socialsecurity.gov](http://www.socialsecurity.gov) or by dialing toll-free (800) 772-1213. People who are deaf or hard of hearing may call the TTY number, (800) 325-0778.

State touts website

TOPEKA (AP) – Kansas is promoting its redesigned government website as fresher-looking and easier to navigate.

The home page is [www.kansas.gov](http://www.kansas.gov), and it links visitors not only to state officials and agency sites but to their social media sites and blogs.

A new mapping feature is designed to help people find state government offices, as well as colleges, parks, libraries and lakes.

Another feature allows people

And you say it can do a back flip?

KEVIN BOTTRELL/Colby Free Press

Morgan Sanguinetti answered questions from a judge about her cat at the 4-H and Open Class Cat, Rabbit, Hand Pet and Poultry Show on Tuesday at the Thomas County Free Fair. Sanguinetti’s cat won grand champion.



It’s fair – and zucchini – season

The fair is well underway – the event of the summer. I hope you are taking advantage of all the entertainment and social opportunities. Be sure to stop in the 4-H building to see the exhibits. I think you will be pleasantly surprised by all the wonderful items.

Also be sure to check out the Extension Office booth. We have loaded it with publications we thought might interest you. We’ve tried to make sure there is information on a wide variety of topics. Don’t forget to see all the animals and remember that the livestock sale is at 5:30 p.m. Thursday evening.

What else is going on? The gardens are growing and we are approaching zucchini season – yes beware. It soon won’t be safe to leave your car unlocked, as you may return to sacks of zucchini left on your back seat. Others of you may find it sitting by your front door.

Don’t be alarmed, it’s just good-natured gardeners trying to distribute their abundance of zucchini. Zucchini plants are very prolific. Luckily they are also versatile and nutritious. Since it is zucchini season I thought you might enjoy some information about them and ideas on how to prepare them.

How to select

The skin should be glossy, firm and free of cuts and bruises.

How to store

Store zucchini in a plastic bag in the refrigerator for four to five days. Do not wash it until you are ready to use it. Cooked zucchini can be stored in the refrigerator as well, but should be used within two days.

Nutrition benefits

Fat free, saturated fat free, sodium free, cho-



Diann Gerstner

• Knowledge for Life

lesterol free, low-calorie, high in vitamin C, and a good source of manganese and molybdenum.

Top 10 ways to enjoy zucchini

**Stuff ‘em.** Slice zucchini in half and scoop out seeds. Brown lean hamburger or turkey and drain. Then mix your favorite seasoning and vegetables in with the meat. Fill zucchini boats and top with low-fat cheese. Bake on a cookie sheet for 30 minutes at 350 degrees.

**Zesty zucchini stir-fry.** Cut zucchini lengthwise into quarter-inch slices. Brush both sides with olive oil and sprinkle with Italian seasoning. Place directly on a hot grill and cook until fork-tender. Add onions, mushrooms, peppers, and squash for a dish that’s not only tasty but visually pleasing.

**The veggie omelet.** Sauté zucchini, onions, peppers, tomatoes, broccoli, spinach and all of your favorite vegetables in a pan. Top your omelet with your vegetable mixture and a small amount of reduced-fat or low-fat cheese.

**Nutrition-packed casseroles.** Add zucchini to any casserole or lasagna. It’s an easy way to pump up the vegetables and pack in the nutrition.

**Sauce with substance.** Add puréed zucchini to 3/4 jar pre-made spaghetti sauce. This will

bulk up your sauce, add nutrients, and decrease the amount of sodium in the sauce while altering the taste very little!

**Zucchini burger.** Grate zucchini and form into patties just as you would potato cakes. Use olive oil and lightly brown them on both sides. You may want to add some egg to help the “burger” hold together.

**Slice or dice and add to pasta.** Zucchini is a great match for pasta! Simply slice or dice, sauté with a little olive oil and garlic, then toss in with your favorite shape of cooked pasta.

**Variety and versatility.** Zucchini works well as a side dish with most meats or can fill in for meat as a vegetarian- or vegan- friendly main dish.

**Just slice and grill.** Zucchini tastes great cooked on the grill. Cut thick slices so they won’t fall through the grill grates, lightly brush with olive oil, add seasoning or a dash of salt, then grill away.

**Cakes, brownies, and pies – oh my!** A less nutritious way to use zucchini is in baked goods. It adds a little nutrition and wonderful moisture to the product for a moist melt in your mouth product. There are many recipes to choose from. One of my favorites is Zucchini Mock Apple Pie. It’s a great way to use those zucchini that got away from you and are bigger than you normally want. If you don’t tell anyone, they won’t know that it isn’t apple pie! The recipe I use will be in the Extension Booth in the 4-H building.

See you at the fair!

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

Markets

Quotes as of close of previous business day Hi-Plains Co-op	
Wheat (bushel)	\$7.05
Corn (bushel)	\$7.04
Milo (hundredweight)	\$11.86
Soybeans (bushel)	\$12.73

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.

Kansas State recognizes students

Several students from Thomas County earned semester honors from Kansas State University for their academic performance in the spring 2011 semester.

Students earning semester and/or graduation honors receive commendations from their deans, with the honors recorded on their permanent academic records. K-State semester honors are awarded to students who earned a 3.75 grade point average or higher for the semester. Students had to be enrolled in at least 12 semester hours

of graded course work.

**Colby:** Heath Christian Bieker; Matthew Marvin Coplin; Mitchell Gregory Gatz; Kelly Kylinn Gerstner; Jeremy John Harter; Gerald Joseph Hutfles; Taylor Nicole Mc-Lemore; Jedediah James Oesterreich; Matthew David Oesterreich; Courtney Elizabeth Ress; Janelle Grace Rice; Cody A Wark.

**Gem:** Todd Matthew

Ziegelmeier.

**Golden Plains High School graduates:** Andrew Gerald Broeckelman; Jonathan Paul Broeckelman.



90<sup>th</sup> Birthday Celebration!

All relatives & friends of Dorothy Renner are invited to attend her 90th Birthday Celebration Open House on Sunday, July 31, 2011, from 2 - 4 p.m. at Fairview Estates, 1630 Sewell Ave, Colby, KS 67701.

If unable to attend, cards may be mailed to her at the above address. No gifts, please.



Fair Special

5 Classic Roast Beef Sandwiches for \$5.99



10 a.m. to Close  
2005 S. Range, Colby

All your floor covering needs  
Residential and Commercial  
All your cabinet needs

- Kitchen
- Bathroom
- Office

All your countertop needs

- Laminate
- Silestone
- Sensa Granite
- Granite
- Corian

36 years in the Community



DECORATING CENTER

1940 West 4th • Colby, Ks • 785-462-6441

Hours: M-F 8:00 a.m.-12:00 p.m. & 1:00 p.m.-5:30 p.m.  
Sat. 8:00 a.m.-12:00 p.m.

Sell it in the classifieds 462-3963