

## Deaths

### Ethel Rose Ryan

Ethel Rose Ryan, 98, a Gem homemaker, died Monday, Aug. 22, 2011, in Kearney, Neb.

She was born May 8, 1913 in Collyer to Scott and Anna (Thiel) Bailey. She lived in the area all her life.

Preceding her in death were her parents; her husband, Henry Ryan; her son, Thomas Ryan; her son-in-law James Woydziak; and four grandchildren.

Survivors include sons Larry (Linda) Ryan, Gem, Jim (Lois) Ryan, Kearney, Bill (Kathy) Ryan, Colby, Terry (Glenda) Ryan, Burley, Idaho, Donald Ryan, Mesa, Ariz., and Jerry (Terri) Ryan, Russell; daughters Margaret (Don) Spangler, Kearney, Mary Kay Woydziak, Hoisington, Rose

Marie (Jerone) Schell, Sterling, Colo., and Betty (Jon) Gaines, Overbrook; daughter-in-law Patricia Ryan, Johnson; brother Charles (Cleta) Bailey, Pueblo, Colo.; 29 grandchildren; and 52 great-grandchildren.

Services will be at 10:30 a.m. Friday, Aug. 26, 2011, at Sacred Heart Catholic Church with Father Dana Clark officiating and burial in the St. Patrick's Cemetery north of Gem.

There will be a rosary at 6:30 p.m. and visitation from 10 a.m. to 8 p.m. Thursday at Harrison Chapel, 190 S. Franklin.

Donations may be made in her name to be designated at a later date. They may be left at any Colby bank or Harrison Chapel.

### Loren D. Turner

Loren D. Turner, 85, Colby, a retired employee of the State of Colorado, died Sunday, Aug. 21, 2011, in a traffic accident north of Phillipsburg.

He was born June 17, 1926, in Menlo to Ralph Vernon and Iva (Barnhart) Turner. He was raised on the family farm near Menlo, and attended school in town.

He married Wilma "Billie" Withers of Colby in June, 1944. They moved back to the Menlo farm in 1949, where they raised four children. They divorced in 1964. In the 1970s he married Mary Joyce McRoberts. They divorced in 1999.

Loren had many careers in his life. He served in the U.S. Army during World War II, drove trucks in mid-1950s and started a custom harvesting business in 1958. He finally settled in Colorado, where he worked for the state at the Eisenhower Tunnel on I-70.

After he retired, he lived in Rexford and Central City, Neb.,

before moving back to Colby in May to be closer to his family.

He was a mechanically inclined person who loved his family and had a soft spot for animals.

Preceding him in death were his parents; his first wife; a brother Dale Turner; and sisters Rosie Wiggins, Esther Turner, Opal Teel, Myrtle Quinn and Ethel Teel.

Survivors include children Sheryl (Ed) Cersovsky, Colby, Ron (Pam) Turner, Scotty City, Kerry (Barb) Turner, Colby, and Marilyn (Tom) Rogers, Wichita; a sister, Mary Townsend, Salina; grandchildren Troy, Rhonda, Brent, Curtis, Roni, Lauri, Kristie and Trisha; 18 great-grandchildren; and three great-great-grandchildren.

Family graveside services will be held at a later date.

The family suggests donations in his name to be designated later. They can be left at First National Bank in Colby.

### Sister Mary Beth Funyak

Sister Mary Beth (Mary Cecilia) Funyak, a former nurse at St. Thomas Hospital in Colby, died Saturday, Aug. 20, 2011, at the St. Francis Home Fond du Lac, Wis., where she resided.

She was born April 13, 1934, in Nanty-Glo, Penn., the daughter of Joseph and Mary (Dropscho) Funyak. The family attended St. Mary's Catholic Church in Nanty-Glo, and she attended St. Mary's grade school where she met the Sisters of St. Agnes. She attended the local high school in Nanty-Glo, graduating in 1952. In the fall of that year she entered St. Agnes Convent in Fond du Lac, Wis., and made first profession of vows in 1955.

She graduated from St. Agnes School of Nursing, in Fond du Lac in 1958 and earned a Bachelor of Science in Nursing from Marian College in 1959. She participated in a sabbatical in 1989 to deepen her life with her God.

Her nursing ministry took her to St. Agnes Hospital in Fond du Lac, St. Clare Hospital (Monroe Clinic Hospital) in Monroe, Wis., St. Thomas Hospital in Colby, St. John Rest Home in Victoria, Nazareth Heights Infirmary in Fond du Lac and the Catholic Service Center in Mobile, Ala.

She taught religious education and was an active parish member at St. Joseph Parish in the Maysville neighborhood of Mobile. She also worked with

residents of the Blandine House in Fond du Lac, taught adult literacy, received an award from the Mobile Community Organization for her work in the neighborhood watch group, was nominated by her co-workers as the best witness to the Catholic Service Center's mission statement, and was an active member of the Board of the Ozanam Charitable Pharmacy.

She was personable, willing to give of herself for those in need. She was an avid bread maker, a flower gardener and enjoyed listening to the birds. She was also a cross word puzzler using both the computer and the newspaper.

Preceding her in death were her parents; a sister, Barbara Nichols; sisters-in-law, Betty Ann (Lawrence) Funyak and Vera (Edward) Funyak; and Nathan Thomas, a grandnephew.

Survivors include a sister, Florence (Stephen) Bender; four brothers, Larry Funyak, Philip (Irene) Funyak, Edward Funyak, and Joseph (Rose) Funyak; 24 nieces and nephews; and 32 grandnieces and nephews.

Services will be at 2 p.m. Thursday, Aug. 25, 2011, in the St. Francis Home Chapel, with Father Mike Zuelke, officiating and burial will follow at St. Joseph Springs Cemetery.

Memorials are suggested for the Sisters of St. Agnes Development Office, 320 County Road K, Fond du Lac, Wis., 54937.

# Easy breakfasts for back to school

The new school year starts Thursday for Colby Public schools and has already started for other area schools, so we need to be ready with some fast and nutritious breakfast ideas.

First of all, we all know that breakfast is the most important meal of the day; on this all experts agree. And it's never more important than during the school year. Children who eat breakfast perform better in the classroom. Did you know that nutritionists now say that eating anything for breakfast, even a jelly doughnut, is better than nothing? And I have several fast and easy recipes for you that will be a lot more nutritious than a jelly doughnut.

Second, we need to think quick and easy. Time on a weekday morning is at a premium. With high school age kids, breakfast must be "grab and go." That means we need to plan ahead and prepare breakfast the night or even day before so all we have to do is grab or heat and grab it in the morning.

Below is a list of 13 breakfast recipes. The full recipes can be found on the Thomas County Extension website: [www.thomas.ksu.edu](http://www.thomas.ksu.edu). Click on the "Health and Nutrition" button on the left side, then on the name of the recipe listed under "Fast and Easy Breakfast Recipes." These delicious recipes are quick and easy and many can be made ahead and frozen. Then just microwave and be on your way.

#### Breakfast burritos

You can vary the additions to this recipe for breakfast burritos. Add onions or frozen hash brown potatoes, omit the salsa, try using different types of cheese or flavored tortillas. The possibilities are endless. These delicious little burritos freeze well too. Just nuke 'em until they're hot and enjoy a hearty and warming breakfast in seconds.

#### Quick Coffee Cake

Can be served as breakfast on the run, as a dessert for a busy weeknight meal, and as an after school treat. Oh, and it's also great for tucking into lunchboxes.

**Blueberry French Toast Bake**  
This excellent make ahead casserole recipe is rich, creamy, crunchy, and full of blueberries.

#### Waffle Wiches

Cook a simple sandwich in your waffle iron. Use any combination of meats, cheeses, and breads.



**Diann Gerstner**

• Knowledge for Life

#### Ham Omelet Sandwich

If you like those fast food breakfast sandwiches, you're in for a real treat.

#### Cranberry Oatmeal Bread

Perfect to grab for a bite as you're running out the door. It contains whole grains, fruit, and nuts; all you need for a great start to a busy day.

#### Make Ahead Scrambled Eggs

Make it the night before, then just reheat in the morning. To make these even more special, put them in puff pastry shells.

#### Easy Cinnamon Rolls

These rolls are very easy to make and oh soooooo good.

#### Bill's Bran Muffins

A make ahead recipe that keeps in your refrigerator for up to 6 weeks and is cooked in the microwave. The recipe is great because you don't have any half used boxes of cereal or containers of buttermilk but it makes a lot. Plan to share batter with neighbors and friends - not too much though - you will need to keep a lot as your family gobbles them up. I used these as an after school snack too.

#### Banana Muffins

If you like banana bread, you will love these muffins. They have great taste are moister than bread and in a handy grab one or two size.

#### Egg and Muffin Sandwiches

Can be made with any kind of meat you prefer - or none at all. They freeze very well and reheat in minutes in the microwave. Several options.

#### Crockpot Egg Casserole

Use your imagination when making this recipe. Try Canadian bacon instead of ham. Use Havarti or Swiss cheese instead of Cheddar. Add some minced jalapeno peppers if you like hot foods.

#### Bacon Hash Brown Rollups

These delicious roll ups store in your freezer, then reheat in the microwave.

Start everyone in the family off to a great day, every day, with a delicious and nutritious breakfast.

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

# Couple to wed in September

Rebecca Leigh Helm of Norcatour and Jaron Avery Cox of Colby plan to marry Saturday, Sept. 3, 2011, at St. Catherine's Church in Indianola, Neb.

The bride is the daughter of Michael and Debra Helm of Norcatour. Her grandparents are Helen Helm of Cambridge, Neb.; and Robert and Marilyn Fossom of Danbury, Neb.

She is a 2008 graduate of De-

catur Community High School and is a student at Kansas State University.

The groom is the son of Larry Cox of Missouri and Cheryl Cox of Colby. His grandparents are A.J. and Marjorie Horinek of Atwood. He graduated from Colby High School in 2007 and is attending Kansas State.

The couple plans to live in Manhattan.

# Secretary gives advice on how to stay cool

Secretary of Labor Hilda L. Solis issued a statement recently giving tips on how to beat the heat this summer.

"Four weeks into the summer, the nation continues to experience record heat. For outdoor workers, this means being at risk for heat-related illnesses, including heat exhaustion and heat stroke. Employers must take the precautions needed to protect outdoor workers:

- Have a work site plan to prevent heat-related illnesses and make sure that medical services are available to respond to an emergency should one occur.
- Provide plenty of water at the job site and remind workers to drink small amounts of water frequently - every 15 minutes.
- Schedule rest breaks throughout the work shift and provide shaded or air conditioned rest areas near the work site.
- Let new workers get used to the extreme heat, gradually increasing the work load over a week.

• When possible, schedule heavy tasks for earlier in the day.

"Tell workers what to look for to spot the signs of heat exhaustion or heat stroke in themselves and their co-workers, and make sure they know what to do in an emergency. OSHA has fact sheets and posters that illustrate the signs of heat-related illnesses, and the steps that you can take to prevent them at your work site.

"Remember: water, rest, shade - the three keys to preventing heat-related illnesses in this extreme heat."

Editor's note: OSHA has posted educational materials about heat-related illnesses, including a curriculum for workplace training, at [www.osha.gov/SLTC/heatillness/index.html](http://www.osha.gov/SLTC/heatillness/index.html). Video and audio public service announcements can be downloaded at [www.osha.gov/SLTC/heatillness/mediareources.html](http://www.osha.gov/SLTC/heatillness/mediareources.html). All of these materials are available in English and Spanish.

## Markets

Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat (bushel)	\$7.81
Corn (bushel)	\$7.42
Milo (hundredweight)	\$12.41
Soybeans (bushel)	\$12.87

## 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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*Mella Jane Mildrexler*

Mella Jane (Ziegenbalg) Mildrexler, 76, Colby, died Friday, August 19, 2011. She was born June 25, 1935 in Cawker City, KS to Clara (Fischer) and Marcus Ziegenbalg. She attended Fort Hays Kansas Teachers College, receiving a teaching license in 1955. Mella taught Third Grade classes at Smith Center Elementary School from 1955 to 1957, then Fifth Grade classes at Kensington Elementary School from 1959 - 1962.

Mella moved to Colby with her family in 1963 and was later employed as the Mailroom Manager for Colby Community College for over 25 years. She was a volunteer for the Girl Scouts, the Friends of the Pioneer Library and the Colby Community College Troianns for many years. She was a lifetime teacher, artist, seamstress, feminist and champion of human rights.

She was preceded in death by her parents and one brother, Gene Allen Ziegenbalg. Surviving is her husband of 55 years, Joe; daughter Donella Jane Weiss and spouse Dave, of Modesto, CA; daughter Janella Dawn Mildrexler and spouse Brian Gerstner of Loveland, CO; grandson Chris and spouse Hope Weiss and grandson Chase Weiss, all of Modesto, CA.

No viewing is scheduled as cremation was chosen. A memorial service is scheduled for 10:30 a.m. Friday, August 26 at Kersensbrock Funeral Chapel, 745 South Country Club Drive, Colby, KS 67701.

Contributions may be made to the Mella Mildrexler scholarship at Colby Community College. Cards and contributions may be sent to the Kersensbrock Funeral Chapel. Online condolences are welcomed at: <https://www.facebook.com/event.php?eid=237286896306660>

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## Colby Community College Men's Basketball Golf Tournament

Friday, August 26, 2011  
Meadow Lake Golf Course

**Auction following meal**

**Registration:**

- 12 - 1 p.m.
- 1 p.m. Shotgun Start

**Four Person Scramble**

- \$240 per team
- (Includes supper)

*Limited golf carts available; Please make your own cart arrangements*

**For More Information: Contact Coach Dustin Pfeifer**  
785-460-5470 or [dustin.pfeifer@colbycc.edu](mailto:dustin.pfeifer@colbycc.edu)

