

Babies

Thomas Lee Hepburn III



Thomas H.

Thomas Lee Hepburn III, son of T.J. and Jennifer Hepburn of Kearney, Neb., was born Tuesday, June 12, 2012, at the Good Samaritan Hospital in Kearney. He weighed 9 pounds, 2 ounces and measured 20 3/4 inches.

He was welcomed home by his sister, Brooklynn, 3 1/2.

Grandparents are Bob and Donna Schwindt of Colby, Dorothy Schwindt of Park, Marshall and Deborah Lewis of East Hampton, Conn., and Thomas Hepburn Sr. of Hammonton, N.J.

Great-grandparents are Doc and Millie Schwindt of Utica, Teresa Ashbaugh of Quinter, Juan and Mattie Rodriguez of Hammonton and Margaret Williams of Egg Harbor Township, N.J.

Isaac Connor Runnion

Isaac Connor Runnion, son of Logan Runnion and Crystal Forslund of Oberlin, was born Friday, July 6, 2012, at Citizens Medical Center in Colby. He weighed 6 pounds, 19 ounces and measured 19 inches.

Grandparents are Andrew and

Laura Forslund of Oakley and Kathy Runnion of Norton.

Isaac is the great-grandson of Merrell and the late Tamzan Forslund of O'Neill, Neb., Lawrence and Shirley Proffitt of Ypsilanti, Mich., and Myron and Sherland Bietz of Norton.

Arthur LaVan Phillippi

Arthur LaVan Phillippi, son of Adam and Laura Phillippi of Oakley, was born Thursday, May 17, 2012, at Citizens Medical Center in Colby. He weighed 7 pounds, 1 ounce and measured 20 1/2 inches.

Brothers Dylan and Carson welcomed the baby home.

Grandparents are Greg Phillippi, Mark Whiteman and Lewis and Naomi Phillippi, all of Oakley; Teresa Shepherd and Max and Audrey Houston, all of Lapoint, Utah; and Art and Alice Pepperl of Winona.



Arthur P.

Reese Lily Marshall

Reese Lily Marshall, daughter of Chris and Jackie Marshall of Oakley, was born Tuesday, July 3, 2012, at Citizens Medical Center in Colby. She weighed 8 pounds, 3 ounces and measured 20 1/2 inches.

She was welcomed home by her

sister, Chesney Rose Marshall.

Grandparents are Don and Carolyn Marshall of McDonald and Roy and Mary Morrison of Alexandria, Va.

Reese is the great-granddaughter of Treva Marshall of Atwood.

Kye Alexander Scott



Kye Scott

Kye Alexander Scott, son of Aaron and Heather Scott of Topeka, was born Friday, June 22, 2012, at Stormont-Vail Regional Health Center in Topeka. He weighed 8 pounds, 14 ounces and measured 22 1/4 inches.

He was welcomed home by sister Brynley, 21 months.

Grandparents are Stan and Cheryll Edmundson of Colby, Rob and Kathryn Scott of Wichita and Christie and Dick Robbins of Dodge City.

Kye is the great-grandson of Marguerette Edmundson of Colby and Jim and Mildred Barnhart of St. Francis.

Screenings to be Aug. 6

Residents living in and around Colby can be screened to reduce their risk of stroke or bone fracture. Life Line Screening will be at the American Legion Hall on Monday, Aug. 6, at 1850 W. Fourth St.

Screenings identify potential cardiovascular conditions such as blocked arteries and irregular heart rhythm, abdominal aortic aneurysms, and hardening of the arteries in the legs, which is a strong predictor of heart disease. A bone density screening to assess osteoporosis risk is also offered and is appropriate for both men

and women.

Stroke is the third leading cause of death and a leading cause of permanent disability and 80 percent of stroke victims have no apparent warning signs. Ultrasound screenings can help to avoid a stroke.

Screening packages start at \$149. All five screenings take 60 to 90 minutes to complete.

For information or to schedule an appointment, call (877) 237-1287 or go to [www.lifelinescreening.com](http://www.lifelinescreening.com). Pre-registration is required.

Washburn inducts Colby grad

Kate Ostmeyer, a criminal justice major from Colby, was among the 84 Washburn University students inducted into the Top Hat Chapter of Alpha Lambda Delta this spring.

Alpha Lambda Delta is an honor society for students in their first

year at college. It was started in 1924 and recognizes students who have a 3.5 grade average.

Students inducted into the society take an oath to maintain high scholarship and use their education for the benefit of their community, their nation and the world.

High school for sale – cheap?

LANGHORNE, Pa. (AP) – Forget magazine drives and candy sales. A cash-strapped high school near Philadelphia hopes to raise money by auctioning itself on eBay.

The starting bid of just under \$600,000 for The Learning Center in Langhorne, Pa., is designed to offset steep budget cuts. A tongue-in-cheek listing describes the alternative school for at-risk teens as “pre-owned” and “slightly used.” The winner won’t own the facility, which is part of the Neshaminy School District. But he or she will get goodies, including a nam-

ing opportunity, a free large pizza, a personalized school coffee mug and a speech at graduation.

Not to mention the satisfaction of “delivering an education to a group of kids who could really use it,” according to the ad.

The 7,000-student district has endured a pair of teacher strikes this year as the school board says it can’t afford to meet the union’s demands.

Learning Center Principal JoAnn Holland says she hopes the auction idea will draw the attention of a wealthy benefactor. Bidding ended Wednesday.

Summer salads offer opportunity for a palette of flavor and nutrition

With the hot temperatures of summer, now is a great time to enjoy a cool, crisp, green salad. But I challenge you to break out of the iceberg box and discover nutritious lettuces and other healthy greens.

Did you know that if it wasn’t for lettuce and salads, many Americans would hardly eat any green vegetables at all? Lettuce ranks third only behind potatoes and tomatoes in vegetable popularity. A big salad can go a long way toward the two to three cups of daily vegetables recommended – but remember that two cups of raw, leafy greens only counts as one cup toward that goal.

You already know to be careful about offsetting all the nutritional benefits of a salad by piling on creamy dressings high in saturated fat and calories – not to mention chunks of cheese, salty croutons and bacon bits.

Plain lettuce contains only about 14 calories in two cups. But you can easily turn a “healthy” salad into a plate that’s no better for you than a burger and fries.

The smart way to approach a salad bar is to do a quick scan and then make a plan. First pile on the leafy greens, then the other vegetable and fruit toppings – for example, shredded carrots, raw broccoli, pieces of fruit. These should cover most of the plate or bowl. After that you need to ask yourself, what else do I really want and what am I willing to forego? For example, if you really want a little bit of the creamy dressing, that’s fine, but you need to pass up the cheese. If you really want the cheese, then you are going to need to go lightly on the dressing, perhaps with a bit of oil and vinegar or lemon juice. As far as the bacon and croutons, my recommendation is to ignore them because of extra calories, saturated fat and salt.

At home, a bowl of greens dressed in a



Diann Gerstner

• Knowledge for Life

homemade vinaigrette will save you money compared to buying bottled dressings, while adding relatively little salt and giving you heart-healthy unsaturated fats. For toppings, try sprinkling a few nuts – not too many, as they’re calorie-dense – and slices of other veggies or fruit. Get creative with colors and shapes.

Unfortunately, Americans’ favorite salad green – iceberg lettuce – is by far the least nutrient-dense option. Thinking outside the iceberg-lettuce box can substantially boost the health benefits of salads.

Deeply colored greens contain vitamins A, C and K, beta-carotene and other carotenoids like lutein and zeaxanthin, calcium, folate and of course fiber. Green and red leaf lettuce, for example, contain nearly 15 times as much vitamin A as iceberg lettuce, six times the vitamin K, almost 20 times the beta-carotene and six times the lutein and zeaxanthin.

Other varieties, such as romaine, bibb lettuce and Boston lettuce, outshine iceberg almost as much and exceed leaf lettuce in some nutrients. Broadening your selection even further and including greens such as spinach, radicchio and arugula can turn your salads into nutritional stars.

Greens other than iceberg also score higher in measures of phytonutrients, which can act as antioxidants and may combat inflammation and chronic diseases. Among popular lettuce

varieties, red leaf packs the greatest phytonutrient punch, followed by green leaf and romaine, butterhead (including bibb and Boston) and finally iceberg.

The pale color of iceberg lettuce should be your tipoff that it’s not all it could be, nutrition-wise. Lettuce and other greens are good for you because they contain the energy-converting machinery and protective pigments of plants. So, in general, the greener and more colorful, the better.

But don’t worry about milligrams of this nutrient or micrograms of that in your salad bowl. Variety is the spice of salads, and also hedges your bets nutritionally. A good formula for building a salad is to toss together at least three different kinds of greens.

Start with a milder lettuce like butterhead, red leaf or green leaf.

Toss in a crisp choice such as romaine or cabbage – any type.

Finish with flavorful, peppery or bitter greens like arugula or radicchio, or a milder but hearty pick like spinach.

Greens other than iceberg also gives a visual boost to your salads. Mixing and matching can be fun.

If you want to know more about the different lettuce choices and what they bring to the table in taste and texture as well as nutrition, go to our website [www.thomas.ksu.edu](http://www.thomas.ksu.edu) “Spotlight” How Green Is Your Salad? for a crash course.

Now prepare a nice cool, crisp, dark green salad with lots of other veggie add-ons and enjoy, knowing you are raking in the nutrients for a healthy body.

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

Target, Neiman Marcus join for holiday

By Anne D’Innocenzio

AP Retail Writer

NEW YORK – They may make an odd couple, but discount Target and luxury merchant Neiman Marcus are jointly offering a limited collection spanning from fashion to sporting goods for the winter holidays.

More than 50 products from 24 designers, including Oscar de la Renta and Diane von Furstenberg, as well as younger designers such as Derek Lam, will be available at both stores and on their websites starting Dec. 1 until they sell out. Items in the collection will cost from \$7.99 to \$499.99, but most will sell for less than \$60.

“We definitely have our differences,” Kathee Tesija, Target’s executive vice president of merchandising, said of her company and Neiman Marcus. “They’re high end, and we’re mass appeal. But we both love design.”

Target pioneered the idea of low-price chains teaming with designers to create limited-time, affordable versions. It made headlines last fall with the bungled launch of a lower-price collection from Missoni that was so intensely anticipated that Target’s website crashed for almost an entire day, angering customers and leading to order cancellations.

But the partnership with Neiman Marcus is unprecedented. Target sells \$25 dresses and generates almost half its revenue from

staples like food and detergent, while Neiman Marcus has cultivated a reputation for expensive fashion, selling \$1,000 shoes and \$3,000 handbags.

Now, both want to grab a new segment of customers who are increasingly shopping around, checking out both higher- and lower-price stores. Target, whose sales growth has been uneven since the recession, is seeking new ways to boost its fashion image. And Neiman Marcus, whose affluent customers are back to splurging, needs to step outside its comfort zone to stay competitive. So it has to introduce itself to people who never considered shopping at the store where they can discover it also sells items for under \$100, company executives said.

Both companies say they share a passion for design and cite one another’s strengths. Target praises Neiman Marcus’s long-standing relationships with designers, while Neiman lauds Target’s ability to sell massive quantities of products of high quality.

Wanda Gierhart, senior vice president and chief marketing officer at Neiman Marcus, described the partnership as a “modern approach” to cross-shopping.

“Customers love innovation, and they want a surprising shopping experience,” she added.

Target, with more than 1,700 stores, and Neiman Marcus, which has 42, have been trying to work together for a couple years,

but nothing gelled until Neiman Marcus suggested a holiday collection, Gierhart said. It took just about a week to get the 24 designers in tow.

A 50-member team of executives from both companies developed the collection, traveling from Target’s Minneapolis headquarters to Neiman Marcus’s in Dallas to the offices of designers in New York. The collection will have its own area in each store, though the shops at Neiman and Target won’t be exactly the same.

Previously, Target has spread out its limited-time collections from designers such as Jason Wu, Rodarte and Proenza Schouler, all among the 24 involved in this partnership.

Details of the shop design and location are still being worked out. And the collection itself will remain under wraps for shoppers until this fall, with a joint TV, print and social media campaign to start in November. But the companies said some of the items feature leather, hand-done beadwork and hand-blown glass.

Neiman Marcus and Target said their shoppers already overlap,

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.*

with loyal Neiman Marcus customers going to Target not only for food but to pick up fashions, like affordable versions of Missoni and Jason Wu to add to their original designer versions.

“We feel it’s such an incredible assortment that customers from both ends of the spectrum will want it,” said Gierhart.

Alison Jatlow Levy, a retail strategist at consulting firm Kurt Salmon, applauded the strategy and said the collection should appeal to designer brand enthusiasts who are interested in collecting novelty products at varying prices.

“These designers have inspired a cult-like following,” she said.”

Executives declined to comment on how much each retailer invested in the project.

The collection is expected to be in high demand; some items could sell out anywhere in just a couple days, executives said. This time around, however, shoppers will be allowed to buy only a limited number of each item, though Target spokesman Joshua Thomas said the number hasn’t been set.

Markets

Quotes as of close of previous business day Hi-Plains Co-op		
Wheat (bushel)		\$7.55
Corn (bushel)		\$7.33
Milo (hundredweight)		\$12.46
Soybeans (bushel)		\$14.60

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