

# Talk explores orphan trains

Everyone is invited to a free program, “Orphan Trains in Kansas,” a presentation and discussion by Marilyn J. Holt at 1 p.m., on Sunday, Sept. 2, at the Butterfield Trail Historical Museum, 515 Hilts Ave. in Russell Springs.

Sponsored by the Butterfield Trail Association and Historical Society of Logan County in Russell Springs, the program is made possible by the Kansas Humanities Council. Contact the association at (785) 751-4242 for information.

The program will be a part of the activities for the annual Old Settlers’ Reunion and Picnic, which includes an 8 a.m. nondenominational church service at St. Francis Chapel, 10 a.m. parade, 1 p.m. Old Settler Recognition, memorials and, after the program, a cow-chip throwing contest.

2012 is the 125th anniversary of Russell Springs’ designation as a city so everyone is invited to bring a parade entry, hear about the orphan trains and enjoy all the day’s activities. At noon, the Association will offer a free hamburger feed and attendees are asked to bring a side dish and lawn chairs. The city is planning additional activities.

The “orphan trains” brought poor children from eastern cities to rural Kansas from 1867 until the 1920s. Holt will share firsthand accounts of orphan train riders that challenge the picture of childhood in the “good old days.”

Holt is an independent historian who consults on Kansas history. Her publications include books on the orphan trains, rural women, Kansas teenagers, Indian orphanages and

children in the American West.

“People often think that I became interested in the orphan trains because someone in my family was an orphan train rider. Not so,” said Holt. “I have researched and written about the subject because it fascinates me, as it does many others – whether or not there is a family connection.”

“Orphan Trains in Kansas” is part of the Kansas Humanities Council’s Speakers Bureau featuring presentations and discussions about Kansas and what it means to be a Kansan over time and across generations.

The council conducts and supports community-based humanities programs, serves as a financial resource through an active grant-making program, and encourages Kansans to participate in their communities. For information, go to [www.kansashumanities.org](http://www.kansashumanities.org).

## Deaths

### Eldora Biggs

Eldora Biggs, 92, Colby, died Wednesday, Aug. 22, 2012, at the Swedish Medical Center in Den-

ver. Services are pending with the Kersenbrock Funeral Chapel in Colby, 462-7979.

## Lawrence Arnold Wheaton

Colby native Lawrence Arnold Wheaton, 82, Friendswood, Texas, cousin of Jerry (Florene) Messamore and Marjorie (Jim) Brown of Colby, died Tuesday, Aug. 14, 2012, in Webster, Texas.

He was born Dec. 17, 1929, in Colby, the son of Arno and May Wheaton. In 1947, he graduated from Colby High School.

On Dec. 17, 1950, he married Loretta Haines of Stockton in Colby. Early in their marriage they moved to Texas City, Texas, where he worked in the petrochemical industry for 38 years, first at American Oil and later Monsanto and Sterling.

Survivors include his wife, of the home; five children, Luanne Faircloth and Lorraine Wheaton, both of Friendswood; Linda Reiter and LeRoy (Eileen) Wheaton, all of Santa Fe, Texas; Leonard (Joyce) Wheaton, Oakley, Calif.; a sister, Betty Wheaton (Robert) Cox, Springtown, Texas; 10 grandchildren; seven great-grandchildren; and two great-great-grandsons.

Services were Friday, Aug. 17, 2012, at the Forest Park East Funeral Home, 21620 Gulf Freeway, Webster, Texas, 77598.

Condolences for the family may be left at [obits.dignitymemorial.com](http://obits.dignitymemorial.com).

# Summer windup includes YouTube sites

Well we made it through summer and school began today.

We had a great summer with your kids during summer reading which included preschool to eighth grade programs that had stories, crafts and prizes. Other activities we had were Creative Foods, the Reading Game Aid Station and Typhoon Fridays. Events included Franklin the Turtle, Readers Theater, the Flying Debris Show and Look Up To The Stars.

Our middle school students worked hard to make two silent video clips from photos during summer reading, their first try at such endeavors. The link for the first, “Robot Stop Motion Summer Reading 2012,” is at [www.youtube.com/watch?v=PaT1-g0oSB4&feature=player\\_detailpage](http://www.youtube.com/watch?v=PaT1-g0oSB4&feature=player_detailpage). The second, “Bat Stopmotion Summer Reading 2012,” is at [www.youtube.com/watch?v=GxDDuNGXqmk](http://www.youtube.com/watch?v=GxDDuNGXqmk). No audio was added this time. Next year they will increase their difficulty.

We added many new books this week. The first is “Force of Nature,” by C.J. Box. This is book 12 of the *Joe Pickett* series.

Protagonist Nate Romanowski has a past that is fast creeping up on him. He also thinks it may prove deadly for any of his per-



## Melany Wilks

### •Library Links

sonal friends. As a former member of a secret Special Forces unit in Central Asia, his background prepared him for this problem. A graduate of the Air Force Academy and the son of a hardened Air Force technical sergeant, his father trained him well but he also operated beyond the Air Force training and drew on the well-honed instincts he learned to trust growing up. Nate knew revenge was coming for anyone that had been part of his Special Forces unit due to a member’s hideous acts. He needed to inform and ask help from Joe Pickett, who believed in operating within the law, while Nate took out the avenger before he killed friends and associates of Nate and Joe. A well-written book of intrigue and mystery.

The second book is “Altar of Bones,” by Philip Carter. Rosie lived on the streets of San Francisco. She grew up in the Soviet Union and traversed many miles and experiences to come to her

preset land. She knew a secret and others, knowing she held the key to knowledge they needed, had been hunting for her all these years. As the nights grew cold in San Francisco, a man came to the fire where she and her friends were roasting a duck for dinner. While this man dressed like a street person, she knew he did not belong. The circumstances draw others into a chilling mystery of danger for Ry O’Malley and Zoe Dmitroff. They travel many miles and continents to solve the mystery Philip Carter has written.

The third item is “Potboiler,” by Jesse Kellerman. William de Vallee has been lost at sea. After 121 days the search for him ceased. His oldest and best friend, Arthur Pfefferkorn, sits reading of the acclaimed mystery writer’s impact on the literature world, torn between grief and disgust. Arthur had been his oldest and dearest friend, why had he not been sought out for information?

He notes even widow Carlotta Vallee has declined comment due to grief. Now he stewed in his own thoughts; he had not even contacted Carlotta during the search. This bothered him, but he knew regrets could not be mended. Arthur planned to travel to Los Angeles to attend the funeral. It would

cost a bundle, but he would pay respects to his old friend William. He would also apologize to Carlotta the woman he once loved.

The next book is “When In Doubt, Add Butter,” by Beth Harbison. Protagonist Gemma Craig is a private chef who has worked for years making dietary choices and healthy menus for many. At 37 years old, she comes home to an empty house and eats cold cereal. She’d like to be married but it has never worked out. Her life is about to take a dramatic turn, and with this comes having to deal with her past and the dreams she has always held.

I want to remind you to mark Wednesday, Sept. 5, on your calendar. That is the first *Booked For Lunch* event of the fall season. We will open the doors just before noon and you can join us for a sandwich, chips, vegetables and dessert. Lunch is free but we do accept donations. Come hear our first speaker of the season.

We are still on summer hours until after Labor Day, Sept. 3. Our hours are from 9 a.m. to 6 p.m. Monday through Wednesday, 8 p.m. Thursday, 5 p.m. Friday and 4 p.m. Saturday. Sunday hours are 1 to 4 p.m.

See you in the library!

# Early heart death raises disease risk for family

By Marilyn Marchione

AP Chief Medical Writer

MILWAUKEE — Paul Ryan works out and watches his diet, but a new study shows that clean living can only go so far to help people like the vice presidential candidate overcome a strong family history of heart disease.

The study of 4 million people — the largest ever on heart risks that run in families — found that having a close relative die young of cardiovascular disease doubles a person’s odds of developing it by age 50. This risk was independent of other factors like high cholesterol, high blood pressure and diabetes, and was even higher if more than one close family member had died young.

Ryan has said his father, grandfather and great-grandfather all died of heart attacks in their 50s, and the 42-year-old Wisconsin congressman has cited that as the reason for his devotion to exercise.

“I’d sure like to see him in my clinic,” said Dr. Patrick McBride, a preventive cardiology specialist at the University of Wisconsin in Madison.

Heart attacks can result from genetic factors, an abnormal heart rhythm or a heart muscle problem — not just clogged arteries from poor health habits, said McBride, who had no role in this study but has published other work on the topic.

“What’s important for anybody with that kind of story is that they sit down with their physician and get a very thorough, detailed family history and try to identify what factors may be present in the family — not just on their own think they can fix their problem,” McBride said. “Exercise alone won’t obviate this risk.”

It’s not known if Ryan has had such an evaluation, although McBride noted that as a congressman, Ryan has excellent insurance and access to care. A Mitt Romney campaign spokesman said Ryan was not available for an interview on his health, and did not answer questions about whether Ryan is taking medicines for heart risk factors such as high cholesterol or high blood pressure.

In an email message, the spokesman, Brendan Buck, said Ryan has never smoked, “works out five times a week, eats healthy, gets regular checkups, avoids sweets and limits alcohol consumption.”

The Wisconsin congressman joked “my veins run with cheese” when he was named Romney’s running mate, but it is clear that he takes the health of his arteries seriously.

NBC News correspondent Luke Russert recently described a January 2010 conversation when Ryan asked about Russert’s father, “Meet the Press” moderator Tim Russert, who died of heart disease at age 58 in 2008.

Ryan urged Luke Russert to increase the cardiovascular level of his workouts and commiserated about the bad aftertaste of fish oil supplements, which some people take to try to ward off heart disease, the younger Russert wrote on an NBC blog.

Ryan’s family history of heart disease “is dramatic,” and his efforts to modify whatever risks he

can control is “very wise,” said the leader of the new study, Dr. Mattis Ranthe, a scientist at the Danish Ministry of Health.

The study involved 4 million people from Denmark, which has detailed medical registries on families dating to 1949 because of universal health care. Researchers zeroed in on people who had developed cardiovascular disease, such as clogged arteries, heart failure, a rhythm problem or trouble with a valve, by age 50.

The chance of this was roughly doubled if someone had a close relative — a parent, sibling or child — who died of cardiovascular disease before age 60. Losing two or more close relatives to cardiovascular disease by age 60 more than tripled the odds that someone would develop it before age 50.

Having a less-immediate family member, such as a grandparent, die young of cardiovascular disease also modestly increased a person’s risk of early-onset heart disease — by 19 percent. As the number of early deaths in a family rose and the age at which they died fell, a person’s risk of early heart disease rose up to 10-fold, researchers found.

The Danish Heart Foundation paid for the study, published Monday in the *Journal of the American College of Cardiology*.

Dr. Svati Shah, medical director

of Duke University’s adult cardiovascular genetics clinic, noted that researchers saw a strong risk from family history even after taking into account traditional heart hazards such as high cholesterol and high blood pressure.

“It’s very important to modify those,” she said, but “for certain individuals, there may be a genetic predisposition independent of those risk factors.”

One big weakness of the study: It had no information on smoking habits. McBride said smoking a pack a day leads to about the same risk as having two family members die early of heart disease.

Doctors and the American Heart Association offer these tips to anyone with a family history of heart disease:

- Learn all you can about the circumstances around a close family member’s death, such as the age when they developed cardiovascular disease and any risk factors such as smoking or obesity.
- Be aware of symptoms of heart disease or stroke, and see a doctor if you have any.
- Make sure other family members and your doctors are aware of your family history.
- Live right: Get active, control cholesterol, eat better, manage blood pressure, lose weight, reduce blood sugar and stop smoking.

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## Family reunion at museum

The descendants of Ernest and Elsie (Evans) Glover held their bi-annual reunion July 28 at the Prairie Museum of Art and History in Colby. Memories were shared following a catered dinner.

Copies of a folder of memories written by grandchildren and great-grandchildren of Ernest and Elsie were available for those who wanted them.

The day was spent visiting and seeing the museum. The young people went to the Colby Aquatic Park. The reunion ended with all the descendants lining up by age. The oldest was 88, the youngest 1 year old.

Attending from Colby were Rick and Tashia (Rikoff) Kuper with Kali, Kate and Kloie; William Rikoff; Hal and Judy Kistler; Ron and Norma (Rikoff) Higerd; Kent and Janet Higerd and Aaron; Larry and Lois (Towns) Struckmeyer; Wilma (Kistler Towns) Pabst; Marvin Farmer; Dale Farmer; Ernest and Anita Kistler; Will Higerd; Don and Dorothy Kistler; and Calvin Kistler.

Others present were Tonya (Rikoff) Schlotterbeck, Gilbert, Ariz.; Dora (Koenemann) McCarty, Waskom, Texas; Shirley (Rikoff) Taylor, Grand Junction, Colo.; Thane Taylor, Fleming Island, Fla.; Sheri (Koenemann)

Emrick, Bixby, Okla.; Don and Diana (Depperschmidt) Nolde, David and Sharlyn (Nolde), Kat, Donald and Carl Lopez and Larry Depperschmidt all of Loveland, Colo.; Dennis Dellere, Henderson, Nev.; Robert and Louise Koenemann and Diana Dellere, all of Wichita; Bob and Marie (Farmer) Sperling, Garden City; Kim, Karena and Micaiah Sperling, Dodge City; and Travis and Carrie Towns, Monument.

Children of Ernest and Elsie Glover were Leah Kistler, 1889-1979; Mildred Glover, 1900-1918; Almon Glover, 1902-1981; Veda Farmer, 1904-1997; Howard Glover, 1906-1968; LaVerene Rikoff, 1910-2011; Thelma Depperschmidt, 1914-1987; Gerald Glover, 1917-2005; Ethelyn Koenemann, 1919-1957, and Twila Glover, 1921-1922.

The next reunion will be in 2014 in Loveland. Sharlyn Lopez, Larry Depperschmidt and Don and Diana Nolde will be hosts.

## 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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