

Babies

Kiley Grey Schriener

Kiley Grey Schriener, daughter of Ashley M. and Aaron C. Schriener of Colby, was born Wednesday, Feb. 13, 2013, at Citizens Medical Center. She weighed 9 pounds, 5 ounces, and measured 21.5 inches.



Kiley Schriener

Brother Caden welcomed her home. Grandparents are Michael and Kimberly Schriener of Colby and Joseph and Margaret Hartman of Granbury, Texas. Great-grandparents are Norma and Chuck Simonton and Rita and Carol Depe, all of Colby, Danny and Cathy McMillin of Hays, Don and Sharon Schinestock of Nickerson, the late J.D. Schriener of Hutchinson and the late Izetta Schriener Schinestock of Nickerson.

Everyone's responsible for stopping adult abuse

During this current fiscal year, starting in July, the Kansas Department for Children and Families has investigated close to 8,000 reports of abuse, neglect and/or exploitation of vulnerable adults. On Thursday, May 23, Gov. Sam Brownback signed a proclamation in Topeka, designating June as Adult Abuse Awareness Month. The department's Adult Protective Services Program responds to reports of abuse, neglect and exploitation of adults age 18 and older who are unable to protect themselves. This population includes those with physical, emotional or mental impairments that may affect an individual's ability to manage a home and personal or financial affairs. Although a majority of reports involve older adults, an increasing number of younger individuals are suffering from abuse. "It is the responsibility of every Kansan to report suspected abuse," the department's Secretary Phyllis Gilmore said. "Vulnerable adults deserve our protection." Protective Services is working on a number of initiatives to protect those at risk for abuse, neglect and exploitation, including

- the creation of financial security teams. Kansas nursing facilities will work with the department to develop teams to protect vulnerable residents from fiduciary abuse. Suspicions of abuse can be reported by calling the Protection Report Center at 800-922-5330. How Adult Protective Services helps:
  - Initiate a personal visit with the adults with 24 hours to five working days.
  - Contact sources to obtain additional information, with the adult's consent.
  - Interview the alleged perpetrator, with the adult's consent.
  - Discuss actions to take with the adult and guardian, conservator or caretaker.
  - Assist in locating services – legal, medical, mental health, etc.
  - Initiate involuntary intervention.
  - Provide advocacy.
  - Coordinate services.
  - Determine if abuse has occurred.
  - Provide the alleged perpetrator the opportunity to appeal.
  - Notify appropriate law enforcement if a criminal act has occurred.

Neighborhood built on highway median

By Ryan E. Little

EAGLE LAKE, Fla. (AP) – In the heart of the city, there is love, even in the U.S. 17 median in Eagle Lake.

Hidden in the blur of a 45-mph trip on U.S. 17 through Eagle Lake – a blip on the road in its own right – is a tiny cluster of small apartments and houses where two handfuls of people have made a community.

Despite the U.S. 17 traffic, busy train tracks just 100 feet away and the whirl of sirens from the nearby Polk County fire station, children play with worn balls amid chicken coops and herb gardens. Front doors are mostly left open when home. Not always locked when away.

For almost 10 years, Ernesto Rebollo, 35, has lived in a two-bedroom home with a wall that stands a mere 10 feet from the left southbound lane of U.S. 17.

In a rectangular conclave, behind a wooden privacy fence built 6 feet off his front door, and only about 10 feet long, Rebollo, his wife, and their children, raise the hens for eggs and herbs to spice them up.

"In a very little space, you can put a lot of things if you use the right angle," Rebollo, a Mexican immigrant, said through an interpreter.

Residents say the biggest appeal is the rent and the city. Crime

is so low in Eagle Lake that an update on two weeks of crime to the Eagle Lake City Commission is often done in 60 seconds or less. Sometimes, there's nothing to report.

It's a stark contrast from other low-rent neighborhoods in Polk County, where crime is often higher than average.

The noise isn't even all that bad. Sitting on a worn plastic chair on the tiny wooden porch in front of her one-bedroom, one-bathroom apartment, Debora Reynolds, 49, is at peace.

Ask her about the noise during a lull in the traffic and she tells you to listen.

"It's quiet. It's peaceful like this most of the time," she said.

The apartments were built in 1932, Polk County Property Appraiser records show, when U.S. 17 was just a two-lane road that ran through Eagle Lake where the northbound lanes are now. For most of its existence, the apartments were a quiet place in a sleepy town.

That changed when U.S. 17 was widened in 1990 and 1991, with north and southbound lanes separated by a particularly wide median.

To fit three lanes on each side of the road, the Florida Department of Transportation had turn a local road into the other side of U.S. 17, creating the U.S. 17 median – a 150-foot-wide conclave that includes mostly small businesses.

Fresh produce needs handling care

Warm weather and summer bring more options for fresh produce whether in the grocery store, farmers' market or your own garden. Fresh produce has many health benefits but has the potential to cause health issues if it is not properly washed.

Washing fruits and vegetables not only helps remove dirt, bacteria and garden pests, but it also helps remove residual pesticides. There isn't one specific washing method that completely removes or kills all bacteria that may be present on produce. However, studies have shown that thoroughly rinsing fresh produce under running water is very effective.

Advertisements promoting fruit and vegetable washes claim they are the best way to keep fresh fruits and vegetables safe. But are these washes effective? The Food and Drug Administration does not recommend using commercial produce washes. The safety of their residues and their effectiveness has not been tested or standardized.

Do not use detergent or bleach solutions to wash fruits and vegetables. Fresh produce is often porous, so the chemicals could be absorbed and change the safety and taste of the food.

The best method to wash produce is to briskly rub fruits and vegetables with your hands under running water to remove microorganisms and dirt. Scrub produce which has a hard rind or firm skin with a vegetable brush. Water should be no more than 10 degrees colder than produce to prevent microorganisms from entering into the stem or blossom end of the produce.

Here are guidelines for several specific types of produce.

- Leafy green vegetables – Separate and individually rinse the leaves of lettuce and other greens. Discard outer leaves if torn and bruised. Leaves can be immersed

Diann Gerstner Knowledge for Life

in a bowl of cold water for a few minutes to help loosen sand and dirt and make them easier to clean. Adding vinegar to the water (1/2 cup distilled white vinegar per 1 cup water) followed by a clean water rinse has been shown to reduce bacterial contamination but may affect texture and taste. After washing, blot dry with paper towels or use a salad spinner to remove excess moisture.

- Melons – The rough, netted surfaces of some types of melon provide an excellent environment for the microorganisms which can cause food-borne illness. These can be transferred to the interior surfaces during cutting. Use a vegetable brush and wash melons thoroughly under running water before peeling or slicing.

- Hot peppers – When washing hot peppers, wear gloves and keep hands away from eyes and face.

- Grapes, cherries and berries – Store unwashed until ready to use, but separate and discard spoiled or moldy fruit before storing. Washing them earlier promotes faster deterioration. Wash gently under cool running water right before use.

- Mushrooms – Clean with a soft brush or wipe with a wet paper towel to remove dirt.

- Herbs – Rinse by dipping and swishing in a bowl of cool water and dry with paper towels.

Enjoy all the fresh fruits and vegetables of the season. They are full of the vitamins, minerals and antioxidants needed for a healthy body.

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

Deaths

Joanne Stephens

Joanne Stephens, 57, a Colby homemaker, died Thursday, May 23, 2013, at the Kit Carson County Memorial Hospital in Burlington, Colo., following an accident.

She was born May 24, 1955, in Denver, to Harry and Helen (Bitker) Zaborski.

On Nov. 24, 1978, she married Paul Stephens in Colby, where they made their home.

A member of the Sacred Heart Catholic Church in Colby, she dedicated her life to caring for her family.

Survivors include her husband, of the home; her father, Goodland;

her mother, Colby; five daughters, Juli (Lucas) Haines, Hays; Jeni (Travis) Connally, Aurora, Colo.; Amber (Dustin) Pfeifer, Oakley; Andrea Stephens, Overland Park; and Aubrette Stephens, Lawrence; a sister, Judy (Jim) McKee, Brewster; and 11 grandchildren.

Services were to be at 11 a.m. today, Wednesday, June 5, 2013, at the church in Colby, with the Rev. Dana Clark officiating and burial in the church's cemetery.

The family suggests memorials in her name, in care of Pauls Funeral Home, 121 N. Penn, Obeolun, Kan., 67749.

High Plains Art Club

The High Plains Art Club met May 14 at the Colby United Methodist Church with 14 members present. President Marlene Carpenter called the meeting to order.

The program was presented by Margaret Denneker, who read and showed pictures of the eight art wonders of Kansas from the Kansas Sampler Foundation book, "Wonders of Kansas Guidebook," by Marci Penner.

About 400 people went through the Sunflower Bank basement to view the pictures on display during the "Art Walk" April 19 in downtown Colby. The group discussed the possibility of displaying in a different location next year, since the steps getting into and out of the basement were a challenge to many of the Art Club members.

Barb Highland was appointed to be in charge of selecting a new site. One possibility discussed was the Law Enforcement Training Center. Several people from the club had entries in the recent Ober-

lin art show. David Ketchum received a first, Tom Peyton earned a second and Bev Kern received a Juried Art Award.

The High Plains Art Show scheduled for Friday through Sunday, Oct. 18 to 20, was discussed. Carpenter said Trish Starbuck has been hired to judge. Area chambers of commerce will be contacted about art clubs in their community or individuals to contact in surrounding towns who may have an interest in the show.

Carpenter suggested looking into having live music at the show. Set up time was changed from Thursday evening to Friday morning.

Shirley Baker read a short story she had written about her memories of "the dirty '30s" that has been accepted for publication.

Next meeting will be at 10 a.m. Tuesday, June 11, at the church. Anyone interested in joining the club is welcome to attend.

- Alice Wolfe

Bridge Club

Meadow Lake Bridge Club winners for May 28 were: first, Gladys Fischer; second, Margaret Denneker; third, Katie Melvin; fourth, Pat Erickson; fifth, Elaine Ptacek.

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.

Honor society inducts equestrian team coach

Shanda Mattix, a graduate student in agriculture and equestrian team coach at Colby Community College, has been inducted into the Oklahoma State University Chapter of Phi Kappa Phi.

The Honor Society of Phi Kappa Phi, founded in 1897, is the oldest and most selective honor society for top-ranking students from all academic disciplines. Membership is based on academic achievements and exemplary character and includes junior, senior and graduate students.

Tim Ireland, the society's information officer and professor of management science, said selection is an honor that students benefit from now and in the future.

"Because of the highly selective nature of Phi Kappa Phi, membership signifies a stamp of academic excellence that is recognized by all and offers a lifelong connection to a worldwide network of academic and professional opportunities," Ireland said.

The inductees were honored at a ceremony in April.

Markets

Quotes as of close of previous business day

Hi-Plains Co-op	
Wheat (bushel)	\$7.25
Corn (bushel)	\$7.06
Milo (hundredweight)	\$12.00
Soybeans (bushel)	\$14.78

The Consumer Confidence Report for Calendar Year 2012 is available at [www.cityofcolby.com](http://www.cityofcolby.com). This document provides the water quality information for residents of the City of Colby for last year. If you would like a paper copy, it is available at City Hall or call Jo Strange at 460-4410.

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**Orthopedic**  
**Dr. Sukchan Lee**  
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**Orthopedic/Spine**  
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