

Chess game goes well with music



SAM DIETER/Colby Free Press
Katie Hays (left) 15, and her brother Darby, 13, played chess Saturday afternoon as bluegrass musicians played in the background. The family came from Goodland to visit the Pickin' on the Plains Bluegrass and Folk Festival.

Kale's high on the list as this year's experiment

In my entire 83 years, I cannot remember ever tasting kale. I may have inadvertently done so after purchasing and devouring one of those beautiful little plastic bags or boxes of mixed greens at the supermarket. But I have never purposely grown or eaten kale, which is really a "shame on me" thing. I intend to correct that mistake soon.

Surely, I'll like kale when I get around to eating some. You think? Some types or kinds of greens are bad news for a lot of people, especially those greens that may be spicy, or as they say, piquant. Take arugula, or rockette as some people call it. I have eaten arugula, and in my opinion, arugula is not only spicy, or piquant, it is peppery, highly disagreeable to the taste buds, stomach churning, and several other adjectives I dare not use. It is totally distasteful when added to a fresh garden salad.

Do you get the feeling I don't really care for arugula? I can think of no other garden vegetable that turns me off like arugula. Still, I've not yet tried kale — nor orach,



Kay Melia

• The Gardener

nor edible chrysanthemum, nor catalalogne frastagliato, which is a type of edible Italian dandelion. My late friend John Cogswell, noted rancher and cattleman for several decades, used to pick wild purslane along the creek banks of his ranch, and eat it raw by the handful. I didn't much care for that, either.

I have a daughter in Denver who loves arugula. Can't get enough of it. I have another daughter somewhere in the mountains who loves quinoa, and even knows how to pronounce it. But arugula. I sat by a lady at a luncheon meeting one time who brought her own beautiful green salad. I complimented her. She said it was arugula. I nearly gagged. She sat somewhere else at the next meeting.

It's all a matter of taste, isn't it? Either you like the taste of a fresh

garden vegetable, or you don't. A good friend from years ago detested fresh garden tomatoes. Or any kind of tomato, cooked or raw. He passed away at age 89. I couldn't see a connection there.

Growing your own fresh vegetables is the perfect way to satisfy your eating preferences. If you don't like the taste, don't plant it. Plant only the choices your family enjoys. I would never plant arugula in my garden, for fear that it might contaminate other growing things. Check that. If my Denver daughter lived here, I would try to grow some for her. But I would draw the line at planting catalalogne frastagliato.

I'm getting a bit anxious to try kale. If I like the store-bought kind, I might plant some next spring, or even this fall. Bobby Flay has an interesting recipe or two on the Internet for kale preparation, and I like Bobby Flay's way with a salad. Unless I find out he uses arugula in it.

Grab-and-go box for family can simplify disaster recovery

Recent weather has caused widespread destruction and billions of dollars in property damage.

And, while those who are affected can be anxious to put the experience behind them, the rebuilding process can be slowed by a lack of essential information.

"In times of loss, law enforcement officials typically require identification before allowing homeowners to inspect their property," said Elizabeth Kiss, K-State Research and Extension family resource management specialist.

"Insurance companies and emergency management teams also will require identification, proof of ownership, insurance coverage, etc., to begin the claims process," she said.

If such documents are stored in damaged property such as a home, garage or shed, the documents may be gone; if in a safe deposit box with a financial service provider that experienced storm damage, a vault may not be immediately accessible.

A disaster may limit access to the Internet, said Kiss, who advised organizing important documents and making copies for a grab-and-go box to simplify the recovery process.

According to Kiss, an ideal grab-and-go box should be fireproof and waterproof, big enough to store important documents, but portable enough for family members (older children, if parents are not at home) to pick it up and carry it to a storm shelter or a neighbor's basement.

To begin, Kiss advised gathering (and copying) documents that will be most difficult to replace first.

Examples might include birth certificates; Social Security, Medicare and health insurance cards; marriage certificate; homeowner's or renter's insurance policies, as well as policies for vehicles and other assets (boat or camper); and copies of credit cards and passports.

Copies of financial records (account numbers and a recent statement) and cash also should be included.

The amount of cash will depend on personal spending patterns and the number of people in the household, said Kiss, who also advised including prescription medications for three days, an extra pair of eyeglasses and digital or duplicate copies of family photos.

"Let family members know that you are compiling the information in the box," said Kiss, who urged

families to practice an evacuation as they would a school fire drill.

"Everyone in the family should know where the grab-and-go box and emergency supplies are stored," said Kiss, who also encouraged families to plan where they will gather if separated during a storm and how they will get in touch with each other once the crisis has subsided.

Pending local conditions, she suggested it may be wise to agree to call a relative who lives in another area not affected by the storm.

Kiss also advised insurance customers to review their policy and coverage prior to annual renewal.

"Discuss questions and concerns with your insurance provider to adjust coverage before storm season," she said. A home should be insured for no less than 80 percent of replacement value on the structure and contents.

Insurance companies will require documentation before compensating policy holders for a loss, said Kiss, who added, "That's why a household inventory is important."

While the thought of inventorying everything in your home can be overwhelming, Kiss suggested taking photos of each wall in each room, with additional photos of special items and cupboard and closet doors open (to show contents).

Taking a video in (or around) each room can be a quick and easy start, she said.

For a more detailed list, which is recommended, Kiss suggested starting with one room — or one wall — at a time, with a goal of inventorying one room a month to complete a household inventory in a year or less.

Once an inventory is completed, it becomes a fluid document, meaning that if you replace a piece of furniture, appliance, home computer, winter coat, etc., a quick notation will be all that's needed to update the inventory, she said.

Add a copy of the inventory to the Grab-and-Go Box, and consider sending a copy to a relative who lives elsewhere, she said.

"Get Financially Prepared: Take Steps Ahead of Disaster" (K-State Research and Extension Publication MF 3055) is available at www.ksre.ksu.edu/bookstore/pubs/mf3055.pdf and at local K-State Research and Extension offices. Information also is available at: www.ready.gov.

Corrections

In the article "Bicyclist here for Sea to Sea" on Page 1 of the Wednesday, July 18, *Colby Free Press*, photographer Tony Pacelli's name was misspelled in the photo caption. This was a reporting error.

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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.

Markets

Quotes as of close of previous business day

Hi-Plains Co-op	
Wheat (bushel)	\$6.95
Corn (bushel)	\$7.15
Milo (hundredweight)	\$11.46
Soybeans (bushel)	\$15.65

2013 THOMAS COUNTY FAIR

Schedule of Events

Monday, July 29th

- 11 a.m. - 4 p.m. Open class entries at the 4-H building
- 6 p.m. Registration Muttin Busting
- 7 p.m. Muttin Busting - Sponsored by: Orschelns
- 8 p.m. Queen Contest & KPRA Rodeo

Tuesday, July 30th

- 8 a.m. all 4-H entries arrive
- 5:30 p.m. Parade, "Blue Jeans and Country Dreams"
- 7 p.m. Carnival begins
- 8 p.m. Rodeo with "calf dressing" Sponsored by: Foley CAT

Wednesday, July 31st

- 4 p.m. Registration for pedal tractor pull
- 5:30 p.m. Free BBQ
- 7:30 p.m. Texaco Country Showdown

Thursday, August 1st

- 7:30 a.m. Thomas Co. Community Foundation Breakfast at the 4-H building
- 5:30 p.m. 4-H livestock sale and buyers appreciation BBQ

Friday, August 2nd

- 8 p.m. Concert: **Restless Heart** Brought to you by Rocking M Radio and Thomas County Fair Board

Saturday, August 3rd

- 8 p.m. Demo Derby - Sponsored by: Cornerstone Ag

Carnival

- Tuesday - Saturday 7 p.m. to 11 p.m. Tues. F&M Bank Wristband Night Sat. \$10 Wristband Night for all rides

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- Peoples State Bank
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- SPH Farms
- Stephens Construction
- Stock Realty & Auction
- Strutt Insurance Services, Inc.
- Sunflower Bank
- Stan's Automotive, NAPA Auto Parts
- T.O. Haas
- Taco John's
- Tarbet
- The Bank
- Timmerman Feeders Corp.
- Truck Town
- Vanderbilt's
- Vap Construction
- Vision Source
- Wagoner & Sons
- Western State Bank

- Colby/Thomas Co Chamber of Commerce
- Dave's Auto Supply
- Dog House
- ED from KS. Tool and Shop Supply
- Huffles Sand & Excavating
- J & R Marketing - Rich Epp
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- Plum Creek
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Squirrel, snake in bizarre brawl

GOLD CANYON, Ariz. (AP) — Authorities rushed to an Arizona woman's home after she called to report a brutal brawl on her back patio — between a ground squirrel and a gopher snake.

KPHO-TV reports (bit.ly/135LOua) that Apache Junction firefighters recently stumbled upon the bizarre backyard beat

down at the Gold Canyon home and believe the two were going at it at least 30 minutes before their arrival.

Firefighter Ryan Philips immediately grabbed his smart phone to record the wildlife fight, which continued until firefighters stepped in and broke it up.

Officials say the snake had a few

wounds when it was released back into the desert while the squirrel had only a couple of injuries.

Philips says he believed the squirrel had a nest nearby.



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