Family

Deaths

Ethel M. Cooper 79, of Colby, died Saturday, Feb. 24, 2007, at Citizens Medical Center in Colby. Mrs. Cooper was born Feb. 16, 1928, in Thomas County.

She was a retired Thomas County Treasurer clerk.

Mrs. Cooper is survived by two sons, John F. Cooper of Colby, David L. Cooper of Wichita; three brothers, Jay E. Griffin of Colby,

Margaret E. Herold, 90, of Colby, died Friday, Feb. 23, 2007, in Colby. Margaret was born Feb. 10, 1917, in Colby. She was a life long resident and a retired bank teller.

She was preceded in death by Isabel Herold in 2004.

Marilyn D. Berndt, 57 of Digh-ucts. ton, died Saturday, Feb. 24, 2007, at her home in Dighton.

1950, in Colby, to Jack A. and Emmavene (Lunsway) Youvan. She married Alvin E. Berndt

June 29, 1969, in Colby. Mrs. Berndt grew up in Colby and attended Colby Schools, mov-

ing to Dighton in 1972. She was the office manager of the Dighton Social and Rehabilitation Services offices for close to

20 years and also sold Avon Prod-

Ethel M. Cooper

Ike Griffin of Colby and Gary Griffin of Greeley, Colo.; three sisters, Theima Hiebsch of Colby, Ruby Feess of Colorado Springs, Colo. and Connie Towey of Colby; seven grandchildren and six great-grand-

Services will be 2 p.m. Tuesday at Kersenbrock Funeral Chapel with Mr. Fred Miller and Pastor Gene Rothfuss officiating.

Margaret E. Herold

Services will be at 10 a.m. Tuesday at Sacred Heart Catholic Church in Colby with Fr. Dana Clark officiating. Burial will be in Beulah Cemetery in Colby. Rosary is today at 6:30 p.m. at

Harrison Chapel, Colby.

Marilyn D. Berndt

She was preceded in death by her father, granddaughter Kalley Mrs. Berndt was born Jan. 18, D. Russell, sister Carolyn Shuler and nephew Wayne Lee Shuler.

> She is survived by husband Alvin E. Berndt, of Dighton; one son, Alan Berndt of Dighton; one daughter, Katina Russell of Dighton; mother Emmavene Youvan of Dighton; one brother, Ron Youvan of Scott City; one grandchild and two step-grandchildren.

Services will be at 10:30a.m. Thursday at the United Methodist Burial will be at Beulah Cem-

Visitation will continue until 8 p.m. today at Kersenbrock Funeral Chapel, 754 S. Country Club Dr.

Memorials are suggested to the Reading Program at Colby Grade

Donations can be sent in care of the Funeral Home.

Visitation continues today until 8

Memorials can be made to the

Sacred Heart Church or Prairie Senior Living Complex and can be left at any Colby bank or Harrison

Church in Dighton with Rev. Da-

vid Randall officiating. Burial will be at Dighton Memorial Cemetery.

Visitation will be 2 p.m. to 8 p.m. Tuesday and 9 a.m. to 8 p.m. Wednesday at Boomhower Funeral Home in Dighton.

Memorials are suggested to St. Catherine Hospice or United Methodist Church and may be sent in care of Boomhower Funeral Home in Dighton.

Condolences may be emailed to garnandfh@sbcglobal.net.

WEEKDAYS

KLBY/ABC 4 6

SNK/NBC 8 8

USA (37)

TBS 38

TNT 40

DSC

A&E

HIST 48

NICK (55)

DISN

FAM

6 AM

Good Morning Kansas

News Cont'd

News Cont'd

SportsCenter 4 6 1

by Bell

Believer Voice

Paid Prograr

Family Matter

Busi-ness

JAG

Chang-

Angel

Program

The Wiggles

Family Matters

New Morning

The District

Varied Programs

7 AM

Today

News

Curious George

Sports-

JAG

by Bell

Hillbil-

Joyce Meyer

Spon-geBob

Ein-steins

Boy Mts. World

The Waltons

America's Funnies Home Videos (CC)

Dateline NBC To Catch a Predator (

NCIS Skeletons (N

chigan State at

Law & Order Sect

Dirty Jobs Pouring

SI: Miami Mo

Incient

Funnie Pets

Doctors

Charmed

7:30

Varied

by Bel

Hillbil-

Spon-geBob

Mickey Mouse

Boy Mts World

Good Morning America

8 AM

The Early Show

SportsCenter

Walker, Texas Ranger

Matlock

Dawson's Creek

City Confidential

Go Diego

Doodle-

Varied

Dora the Explorer

Handy Manny

The 700

FEBRUARY 27 - MARCH 5

FEBRUARY 27 - MARCH 5

The View

Live With Regis

Sesame Street

Walker, Texas

Homicide: Life on the Street

MythBusters

Wonder Pets

The Wiggles

Gilmore Girls

Cold Case Files

The Price Is Right

10 AM 10:30 11 AM

Million-aire

eletub-

Game

night

Movie

/aried

Go Diego

House

FEBRUARY 27

The Tonight Show With Jay Leno (CC)

Late Show With

Summe

Wine

Law & Order

the City

Sex and the City

Cold Case The

Dirty Jobs Mushroom farming.

Modern Marvels

Jimmy Kimmel Liv (N) (CC)

Charlie Rose (N) (CC)

Law & Order: SVU

Movie: Out of Time ★★½ (2003) (CC)

Law & Order Punk

Dirty Jobs Pouring

CSI: Miami Money for Nothing (CC)

Scrubs My Office

Ancient

Late

Program Program

The Young and the

Da Vinci's Inquest

Judging Amy

Crossing Jordan

NFL Live

Improve

Little Mermaio

House

Paid



Outsiders (N) (CC)

Law & Order: Criminal Intent 30

The Unit Dark of the

Nova Treasures of the Sunken City

Sex and

Funniest

Ancient

Dirty Jobs Salt

Movie: Bruce Almighty ★★½ (2003

The Closer Serving the King Brenda

Friends (CC)

Survive This (N)

Man. Moment

Comedy) Jim Carrey. (CC)

Sex and

the City

TV LISTINGS

sponsored by the COLBY FREE PRESS

8:30

9 AM

Martha

The 700 Club

SportsCenter

Walker, Texas

Magnum, P.I.

Deadliest Catch

American Justice

Room

Living the Life

Home Videos

ittle House on the

To Iraq and Back Bob Woodruff

Criminal Minds

.aw & Order: SVI

Frontline News War: What's

New: (CC)

Ranger

9:30

WEEKDAYS

TUESDAY

News (CC)

tainmen

Fortune

Inside

Ray-mond

The NewsHour With Jim Lehrer (N

College Basketball

America's Funnies Home Videos (CC)

How It's How It's Made

CSI: Miami Invas

Modern Marvels

Phil of Future

Smallville Leech

Ranger (CC)

DISN

(56)

FAM 58

Ranger (CC)

Movie: The Even Stevens Movie ★ 2003, Comedy) Shia LaBeouf. (CC)

Movie: Home Alone ★★★ (1990) A left-behind boy

Law & Order:

Law & Order

KLBY/ABC

46

88

111

K15CG

USA 37

TBS

WGN

DSC

Mr. and Mrs. Tom Mowry Couple to celebrate 50th anniversary

In honor of the 50th anniversary of Tom and Marg (Hutfles) Mowry, their children, grandchildren and great-grandchildren are honoring them with a card shower. The couple married March 1,1957, at Sacred Heart Church in Atwood. Cards may be sent to them at 920 E. Eighth St., Colby, Kan. 67701.

Traditional Irish recipe a 'lucky' one

(AP) — It's one thing to leave fat. love to chance, but good health? Luckily, digging into a plate of colcannon — a traditional Irish mixture of mashed potatoes, butter, at the last minute. cream, onions, and kale or cabbage — may serve as good insurance for

Once believed to hold the power to divine whether a woman was about to receive a marriage proposal, colcannon can also be a delicious and nutritious comfort food when done with an eye toward

with cabbage and traditionally is cooked with plenty of butter, cream and even bacon drippings.

It's delicious, but high in satu-

Too many versions also favor a lopsided balance of potatoes to vegetables.

For a healthier take on colcannon, start by going with dark green kale rather than cabbage, and use it at a higher ratio than the potatoes.

Kale packs more nutrients per calorie than potatoes, among many other foods.

In fact, one cup of kale has just 36 calories and contains 192 percent of the recommended daily intake of vitamin A.

It also is an excellent source of

fiber and vitamins C and K. For this recipe, the greens are sauteed in a small amount of butter, rather than the more traditional boiling, which can leach nutrients from the kale.

This version of colcannon also calls for red potatoes with the skin on, which adds color as well as nutrients and fiber.

And they are mashed with lowfat milk rather than cream or bacon

To make up for the flavor of the missing fat, a tablespoon of Dijon mustard is added to the kale mixture It adds a pleasant sharp taste and

enhances the earthy flavors of the To make this simple and speedy

dish even easier, check your grocer for conveniently bagged chopped and washed kale. Add a few grilled chicken sau-

sages or roasted pork tenderloin and you have a complete healthy, bal-Colcannon most often is made anced meal. Or if you're single and curious

about the future of your love life, you could do as young Irish women traditionally did at Halloween hide charms in the colcannon. Girls lucky enough to find one in their portion took it as a sign of a coming

Another option — fill your sock with a spoonful of colcannon and hang it from the handle of your front door. The belief was that the first man to walk through the door would become the woman's future husband.

COLCANNON

(Start to finish: 45 minutes) 1 1/2 pounds small red potatoes,

1 tablespoon butter

1 medium yellow onion, chopped

3 cloves garlic, minced

1 to 1 1/2 pounds kale, stems re- Milo moved, coarsely chopped (about 16 Soybeans to 18 cups)

1/2 cup water

ou're on the right track in the CLASSIFIEDS!

1/2 cup low-fat milk

1 tablespoon Dijon mustard

1/2 teaspoon kosher salt Freshly ground black pepper

Place the potatoes in a large saucepan and cover with cold wa-

ter. Bring to a boil, reduce heat to medium, cover and cook until tender, about 12 minutes.

Meanwhile, in a large Dutch oven over medium heat melt the butter. Add the onions and cook, stirring often, until translucent, about 2 minutes. Add garlic and cook, stirring constantly, 1 minute. Add kale and water, cover and cook for 3

Remove the lid and stir thoroughly. Reduce heat to mediumlow, cover and cook, stirring occasionally, until the kale is tender, 15 to 20 minutes.

Once the potatoes have cooked, drain them and return them to the

Add milk and coarsely mash. Cover and set aside.

Stir the mustard into the kale and remove from the heat. Add the mashed potatoes, salt and pepper and mix well.

Makes 6 servings.

Nutrition information per 1-cup serving: 162 cal., 3 g total fat, 6 mg chol., 6 g pro., 30 g carbo., 4 g fiber, 275 mg sodium

Markets

Quotes as of close of previous business day **Hi-Plains Co-op**

\$4.24 Corn \$7.10 \$6.83

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Discoveries (CC) Movie: Planes, Trains and Automobile ★★★ (1987, Comedy) Steve Martin. NICK OddPar Growing Growing Pains Jimmy Full House Fresh aeBob Neutror Prince Prince Movie: The Color of Friendship ***/(2000, Drama) Carl Lumbly. (CC) Phil of Life With Phil of Zack & Phil of Possibl Future Cody Cody Raven Future Lincoln Heights Blowback (CC) Lincoln Heights Blowback (CC) Movie: Independence Day ★★★ (1996, Science Fiction The 700 Club (CC) Movie: Just Desserts (2004) A disgruntle chef and a brooding baker fall in love. (CC) Walker, Texas Ranger (CC) Walker, Texas Ranger (CC) Movie: The In-Laws ★★ (2003) A CIA **FEBRUARY 28** WEDNESDAY 10 PM 10:30 11 PM 11:30 6 PM 6:30 7 PM 7:30 8 PM 8:30 9 PM 9:30

KLBY/ABC 4 6	News (CC)	Enter- tainment	George Lopez	Knights- Prosp	Accord- ing-Jim	In Case- Emer	Lost Tricia Is Dead (N		News (CC)	Nightline (CC)	Jimmy Kir LL Cool J;	
KSNK/NBC	News	Wheel of Fortune			Deal or No Deal (iTV) (N) (CC)		Medium We Had a Dream (N) (CC)		News	The Tonig With Jay L		Late Night
KBSL/CBS	News (CC)	Inside Edition			Criminal Minds Jones (N) (CC)		CSI: NY Sleight Out of Hand (N) (CC)		News (CC)	Late Show With David Letterman		Late Late
K15CG 2	The NewsHour With Jim Lehrer (N)		Ballroom Chall		Secrets of the Dead		D-Day (CC)		BBC World		Charlie Rose (N) (CC)	
ESPN 28	College Basketball: V Connecticut. (Live) (Co		C)		College Basketball: N (Live) (CC)		Naryland at Duke.		SportsCenter (Live) (CC)		Game- night	NFL Live (N) (CC)
USA 37	Law & Order: Criminal Intent		Law & Order: SVU		Law & Order: SVU		Law & Order: Criminal Intent		Law & Order: Criminal Intent		Law & Order: SVU	
TBS 38	Ray- mond	Ray- mond	Ray- mond	Ray- mond	Ray- mond	Ray- mond			Movie: Laws of Attraction ★★ (2004) Rival divorce attorneys fall in love. (CC)			
WGN 39	America's Home Vide			Home Improve.	Becker Sue You	Becker (CC)	WGN New (CC)	s at Nine	Sex and the City	Scrubs (CC)	Scrubs (CC)	Becker (CC)
TNT 40	Without a Trace Fallout (Part 2 of 2)		Without a Trace The Bus (CC)		Movie: Seven (1995) his victims via the Sev				Without a Trace Moving On (CC)		Las Vegas The Burning Bedouin	
DSC 42					MythBusters Earthquake Machine		MythBusters Anti- Gravity Device (CC)		Futureweapons Predators		Futurecar The Brain Computers in cars.	
A&E 47	CSI: Miami Wannabe (CC)		CSI: Miami Deadline (CC)		The Sopranos (CC)		The Sopranos Do No Resuscitate (CC)		ot CSI: Miami		CSI: Miami Deadline (CC)	
HIST 48	Modern Marvels (CC)				Modern Marvels Freight trains. (CC)		Modern Marvels Engines. (CC)				Modern Marvels World's Strongest	
NICK 55	OddPar- ents	Jimmy Neutron	Spon- geBob	Full House	Growing Pains	Growing Pains	Rose- anne	Rose- anne	Fresh Prince	Fresh Prince	Growing Pains	Growing Pains

Phil of

Future

Whose

Zack &

That's

Raven

The 700 Club (CC)

Phil of Future

Home

Moonlight Bay (2003) Tim Matheson. (CC