

# Family

## Deaths

### Helena C. Bruggeman

Helena C. (Baalman) Bruggeman, 85, of Oberlin died Wednesday, May 7, 2008. She was born August 22, 1922 in Grinnell. She was married to Clarence Bruggeman, who preceded her in death. She was a homemaker. She was preceded in death by her husband, Clarence, parents and six siblings.

Survivors are her daughters Regina (Joe) Stanley, Oberlin, JoAnn (Bob) Shuler, Larned; sons Larry, Colby, Gary (Alvera), Oberlin; sister Martha Horinek, Atwood; and six grandchildren.

Visitation will be today from 8 a.m. to 8 p.m. at Pauls Funeral Home, 121 N. Penn, Oberlin, KS 66749.

A vigil will be held 7 p.m. tonight at the funeral home. Funeral services will be held at 10 a.m., Saturday, May 10, 2008, at Sacred Heart Church in Oberlin, with interment to be held at Mt. Calvary Cemetery in Leoville.

Memorials can be made to the church, masses, CLC or Leoville Cemetery Fund.

### Phyllis G. Caines

Phyllis G. Caines, 76, of Colby died Tuesday, May 6, 2008, at St. Francis Medical Center in Wichita. She was born Jan. 12, 1932 in Whittlesay, England.

She was married to Peter Caines of Colby. She was a retired certified nurses aid for Citizens Medical Center in Colby.

Survivors are daughters Deborah Repshire, McDonald, Hazel Westheimer, Irmo, SC, Jenniffer Wolters, Oberlin; brother Walter Smart, Peterborgh, England; and sister Katherine Fordham, Somersham, England. She had 10 grandchildren and three great-grandchildren.

Visitation will be Sunday, May 11, 2008 from 2-6 p.m. and 9 a.m. to service time Monday, May 12, 2008 at Kersenbrock Funeral Chapel in Colby. Funeral services will be held 2 p.m. Monday, May 12 at Kersenbrock Funeral Chapel, with burial at Beulah Cemetery in Colby. Officiating the ceremony will be Rev. John Schmidt. Memorials in Phyllis' name will be designated at a later date.

Donations can be made in care of the funeral chapel.

### Vona Lea Dempewolf

Vona Lea Dempewolf, 77, of Rapid City, S.D., died Wednesday, May 7, 2008, at Fairmont Grand Regional Senior Care Center in Rapid City.

She was born Sept. 26, 1930, to Jesse and Florence (Abbott) Wilson in Brewster.

She married Gene Dempewolf May 7, 1953, in Leoville. He died Jan. 13, 1997.

Vona moved to Sequin in 1956 and lived there until moving to Rapid City in 1998. She was a homemaker and a member of St. Martin's Catholic Church in Seguin and St. Ann's Sodality.

Survivors include a daughter, Kay Jackson of Rapid City and one granddaughter.

She was preceded in death by her husband and brother, Walton Wilson.

Services will be 10 a.m., Monday, at St. Martin's Catholic Church in Seguin.

Visitation will be 1-8 p.m., Sunday at Mickey-Leopold Funeral Home in Hoxie. Burial will follow at the church.

## Quality meat here in Kansas

By Director Ron Wilson  
Huck Boyd National Institute  
Rural Development, KSU

What's on the shopping list today? Meat. Let's see. Beef, pork, lamb, turkey, chicken. Okay, I can find those. But there's more. Let's try elk, goose, buffalo, duck, emu, ostrich — how about water buffalo? Alright, I give up. Where would I find a place where all those different meats are processed under USDA inspection? The answer is, we think there is only one place: It's found in rural Kansas.

Homer Krehbiel of McPherson is the entrepreneur who created this meat processing enterprise, but it has not been easy.

Our story begins on the Krehbiel family dairy farm. In 1951, Homer started milking cows with his folks on the farm north of McPherson, which at that time had a population of 8,689 people. Now, that's rural.

After graduating from McPherson College and teaching two years, Homer went into farming full time. Then disaster struck.

One day in 1978, Homer was mixing some feed when his hand got caught in a roller mill, stuck where no one would find him. He thought he might bleed to death and tried to cut off his hand to free himself. But being a man of deep faith, he finally bowed his head and gave himself up to the Lord. At that moment, he says, his hand came free. Homer got to a phone and called the ambulance himself.

Homer's life was saved but his hand was not. Doctors removed what was left of his hand.

**General Public Transportation Van**

**Hours: 8 am to 4 pm**  
**Days: Monday - Friday**  
**Phone:**  
**460-2901 (8 am-12:30 pm)**  
**443-9208 (12:30 pm - 4 pm)**

If possible call for Reservations by 11 am the previous business day. Provided to Colby, Brewster, Gem, Menlo, Rexford and a Portion of Oakley as needed.

"This Project Funded in Part by the KDOT Public Transit Program"

# Suggestions offered when packing for trip

By Heloise  
Hints from Heloise

**Dear Readers: What do you absolutely have to pack for your next trip? With all the traveling I do, I have learned a few packing tricks that will save you time and keep you organized. Before your next trip, try this:**

- **Put essentials — like pain relievers, toothpaste, deodorant and hair products — in clear, plastic, zipper-type bags so you can see at a glance what you have and what you need. (It also prevents leakage if a container should open.) Sample sizes work great and can be refilled when empty.**
- **Take along a small bag containing a lint brush, a sewing kit and stain-remover wipes.**
- **Don't forget an alarm clock (I pack two!), slippers, a night light or flashlight and lots of plastic bags for shoes and dirty laundry. You can use the plastic hotel laundry bag, too.**
- **And, before leaving home, don't forget to:**
  - **Unplug all appliances.**
  - **Give family members your itinerary and phone numbers, if necessary.**
  - **Shut off the water if you'll be gone for an extended time.**

—Heloise

**Teach the children**

Dear Heloise: On the subject of laundry: Teach young children to always remove clothing right side out and insist that everyone put clothes in the hamper right side out.

Have prewash spray close to

each hamper so that any stains are treated before placing in the hamper. (Be sure the product can set on clothes rather than needing to be washed right away. — Heloise)

Both of these hints cut down on sorting and folding time. It also makes everyone aware that the laundress is not a servant!

Remove clothing from the dryer while still warm — the folding and hanging is neater. As you put something on that is hung up, remove the empty hanger. These hangers should go to the laundry room from time to time.

— Pat from Omaha, Neb.

**Plant identification**

Dear Heloise: I use a label maker and type the name of the plant, then paste the label on the plastic, clay or ceramic container or pot. This helps me remember the name of the plant after a few weeks into the process of growing.

— Anna Victoria Reich, Stafford, Va.

**Waiting time**

Dear Heloise: I have found how to deal with the long delay when put on hold on important phone calls. I keep a joke book beside my telephone, and I enjoy it while waiting. I'm much more cheerful now when the phone call resumes. As a volunteer at a thrift store, I have ready access to old joke books, and they are easy to put down when the call starts up again.

— Betty N. Shor, La Jolla, Calif.

**Fake buttermilk**

Dear Heloise: Just read the column on fake buttermilk. Did

you know that you can also buy powdered buttermilk that is labeled for cooking and baking? It has a long shelf life and comes in handy when needed.

— Anna from Wisconsin

**Dear Readers: Now that the days are getting longer and the sun will be out, we'll be spending more time outside with our pets. But that warm sun we've been waiting for all winter can be a mixed blessing.**

**Although a little sun is good for both you and your pet, too many ultraviolet rays can cause sunburn and eventually skin cancer.**

**Excessive sun can also create problems for pets with existing skin conditions. What can you do?**

**Get some pet sunscreen, or use one made for babies (nothing containing zinc), and put some on the skin areas of your pet, like the tips of the ears and the nose. You can put it on the abdomen, too, but usually this is rubbed or licked off. Certain breeds and light-colored dogs and cats are most susceptible.**

**Skin cancer is one of the more common types of cancer in pets. Skin tumors are very common in older dogs, although they usually are benign.**

**Cats are more likely to develop the more deadly kind, so be sure to have your pet examined by a veterinarian for any signs of abnormalities.**

— Heloise

**Cat box**

Dear Heloise: I am a new cat owner and was wondering how

often to change the cat's litter box. What do your experts say?

— A New Kitty Owner, via e-mail

**Well, ask your cat! Solid waste should be cleaned up every day. The litter should be replaced when wet or you can smell it! Kitties like clean boxes, and sometimes they won't use them if they are too dirty. Would you want to?**

— Heloise

### New fish

Dear Heloise: When adding new fish to an existing aquarium, don't put them right into the tank.

Keep them in the bag and float them on the top of the water until it is the same temperature as the aquarium water. When the temperature has regulated, the fish can be added to the aquarium.

— Adrienne from Texas

**Adrienne, this is true. Just dumping the fish in could cause them to be stressed, and they might not make the move.**

**Also, if you have territorial fish, move the aquarium ornaments around before adding new fish -- it makes them less aggressive in protecting "their" home.**

— Heloise

**Bird Cage**

Dear Heloise: I have finches, and cleaning cages takes time. When I cut newspaper for the bottom, I cut several pieces and lay all of them on the bottom. When I remove the soiled paper, there is another sheet underneath, making the whole process easier.

— K.M. in Texas

Remember Mom Sunday May 10



Katherine Epp will turn 95 on Tuesday, May 13. her sons Rich and Frank would like to invite you to an open house in her honor on **Sunday, May 11**, at the Prairie Senior Living complex Chapel from **3-4 p.m.** If you cannot attend they would like to shower her with cards. The can be mailed to Katherine Epp, 1625 S. Franklin, Colby, Ks. 67701.

You are cordially invited to the  
2nd Annual FREE  
*Mother's Day*  
Breakfast  
*May 11th, 2008 ~ 8 to 10 a.m.*  
At the Colby First Baptist Church  
Corner of Grant & Webster (In the Fellowship Hall - Educational Wing)  
*Biscuits and Gravy, Mixed Fruit, Coffee-Juice-Milk*

# Closing the Distance Between You and Cardiac Care.

**Dr. Gary Benton**  
Cardiovascular Surgeon

**Dr. Jeffery Curtis**  
Interventional Cardiologist

**Dr. Christine Fisher**  
Interventional Cardiologist

**Dr. Richard Rigmaiden**  
Interventional Cardiologist

**Dr. Babar Ali**  
Interventional Cardiologist

DeBaKey Heart Institute regularly brings specialists in heart surgery and cardiovascular diagnosis and treatment to a location near you. Because your health is important to us, we travel so you won't have to.

The Cardiac Clinic in your area is located at:

### Citizens Medical Center - Colby Dr. Christine Fisher

For information about dates and times, call Toll Free 1-888-625-4699, or ask your primary care physician.

DeBaKey Heart Institute at Hays Medical Center is a state-of-the art regional cardiac diagnosis and treatment center which works closely with referring physicians to meet the needs of a region where heart disease is twice the national average.

### Cardiac Care for Life!



**Bickle Pavilion**  
**2214 Canterbury Drive - Hays**  
**Toll Free – 888-625-4699**  
**www.haysmed.com**

Hays Medical Center – Doing Important Work for Important People