

Choosing something new to plant adds a little adventure to gardening

I have this longtime gardening habit of planting something new each year. For whatever reason.

It's kinda fun to go off the deep end and attempt to grow something that is unfamiliar to me due to different tastes or unusual growing habit. The challenge is the thing, and garden space is not a problem other than I have too much of it. I planted celery one year. Grew about a dozen nice large stalks of it, but it never blanched from dark green to white and was as tough as a large rope. I never tried it again although it was fun starting the little transplants.

Last summer, I successfully grew Waltham butternut squash for the first time, after years of talking and writing about it. Squash is a bit far out for me but I can tolerate winter squash, and Waltham butternut was excellent tasting and easy to grow. I've even grown tomatillos, popcorn,



Kay Melia

• The Gardener

Malabar spinach, parsnips (yum), fava beans, habaño peppers, and radicchio. I've never planted arugula or edible chrysanthemums.

I know you can hardly wait to hear about my choice for this year's garden. I made the tough decision early in January after studying all those seed catalogs very closely. This year – drum roll please – I will plant – head lettuce. How exciting is that?

Please understand that I always plant and enjoy a short row of leaf lettuce and we thoroughly enjoy the many different shapes and colors leaf lettuce presents us. Flavor? Not much. And so we add great gobs of different consisten-

cies of dressings as we search for a reason to serve the stuff in the first place.

But head lettuce? I have always understood that it was difficult, if not impossible, to grow head lettuce in a normal backyard garden in this area because of overly warm summer temperatures. But I discovered an article in an old 1985 home gardening publication that told me I could do it. The secret seems to be that you plant very early, thus escaping the heat of summer which most lettuce types will not tolerate.

Head lettuce is one of four different families of lettuce. There is the aforementioned leaf lettuce, and also romaine, loosehead and crisphead. Head lettuce is a crisphead type and probably the most familiar of the foursome, since we have access to iceberg year round at the supermarket.

There is, of course, no "crunchi-

ness" to leaf lettuce and as a result, our homegrown salads tend to lack "body" despite the nice colors and the freshness. Maybe the crispness of head lettuce can provide that need as well as sandwich accompaniments.

With any type of head lettuce, you must start the plants inside and early in order to get good growth and early maturity before the heat sets in.

I've chosen a variety of head lettuce called Calmar. It is described as one that has a strong resistance to heat, which it will certainly need in our area.

So, I'll start the seeds inside, get some growth on them, and then set the transplants outside very early. To do so, I'll need to plant the seeds inside about – uh oh – now!

Gotta go! See you next week!

Deaths

Helen B. Luck Ehrlich

Helen B. Luck Ehrlich, 81, Brighton, Colo., mother of Robert (Lynnette) Luck of Colby, died Wednesday, Feb. 29, 2012, at her home in Brighton.

She was born June 7, 1930, in Hill City, the daughter of Stanley J. and Della W. (Maulsby) Vincent, and graduated from high school in Hill City.

On Jan. 6, 1949, she married Vincent M. Luck in Los Angeles. In June 1983, they moved to Brighton from Hill City, where they operated Luck Contract Pumping.

Following her first husband's death on March 25, 1991, she married Harvey Ehrlich on Feb. 12, 2004, in Brighton.

She was a member of the St. Augustine Catholic Church in Brighton, the Elks Lodge Women's Auxiliary in Hill City, the Brighton Chamber of Commerce and the Round-Up Board of United Power. She was a member of

the Brighton Sister Cities Program and a former lector of the church.

She enjoyed golf, bridge and trips "up the mountain." She supported the Knights of Columbus, both in Colorado and in Kansas, and was an active Republican in Adams County, Colo. She loved to square dance.

Survivors include four other children, Sharon Cafferty, Boise, Idaho; Mary Lou Jilka, Brighton; Larry (Stephanie) Luck, Newberg, Ore.; and Edward Luck, Brighton; a sister, Mary Welty, Hill City; nine grandchildren; and nine great-grandchildren.

Services will be at noon (Central Time) Tuesday, March 6, 2012, at the church in Brighton, with burial in Memorial Lawn Cemetery in Hill City.

Visitation will be from 5 to 8 p.m. today at Tabor-Rice Funeral Home, 75 S. 13th Ave. in Brighton.



Helen Ehrlich

Marilyn K. Daise

Marilyn K. Daise, 66, a Colby receptionist, died Sunday, March 4, 2012, at Citizens Medical Center.

She was born Sept. 26, 1945, in Plainville, the daughter of Raymond and Helen (Boller) Kaba. She was a receptionist at Dr. Scott Haas' dental office.

Survivors include her husband, Gerry Daise, of the home; a son, R. Brad Daise, Colby; and three sisters, Ginny Eliot and Stacy Keller of Oriental, N.C., and Linda Lancaster, North Augusta, S.C.

Services will be at 10:30 a.m. Thursday, March 8, 2012, at the

Sacred Heart Catholic Church in Colby, with Father Peter O'Donnell officiating. Graveside services will be at 2:30 p.m. Thursday at the Sacred Heart Cemetery in Plainville.

Visitation will be from 10 a.m. to 8 p.m. Wednesday at the Kersbrock Funeral Chapel in Colby, with a vigil at 6:30 p.m.

The family suggests memorials to the Northwest Kansas Foundation for Hope or the Juvenile Diabetes Foundation, in care of the funeral home, 745 S. Country Club Dr., Colby, Kan., 67701.

Colby Rotary Club

The Colby Rotary Club met Tuesday at Colby Community College with 34 members and guests Kathie Peyton, Jo Strange, Joan and Leroy Ziegler.

Tama Unger had the program, which featured Dr. LaDonna Regier sharing experiences from the past six months she has spent in Ghana, West Africa, doing medical missionary work. Regier told of the patients she treats and the dire circumstances in which the people live. She treats many patients for malaria, including children, as it

is the most prevalent disease in Ghana. Her office is often used as an exam room and families must provide the necessary medication and food for patients.

Regier is practicing at Sutures Government Hospital in Kumasi, the second largest city in Ghana, located in south-central West Africa. She will be returning to Ghana next Monday.

Nick Wells won Roto-Lotto. Colby Rotary meets each Tuesday at the college's Student Union in Room 106.

Tech Vets serve soup supper

The Technical Veterans Association will be holding a soup supper from 5 to 8 p.m. (Central Time) Saturday. Students will be serving chili, beef vegetable soup, and chicken noodle soup at the Veterans of Foreign Wars hall in Goodland. Donations would be appreciated.

There will also be a silent auction during the meal. This is a fund raiser for the student organization's future events. If anyone has any items to donate for the silent auction, contact Roy Palmer at (785) 626-6482 or roy.palmer@nwktc.edu.

The organization is designed to allow veterans to gather and unite

to help better themselves, the college and the community. For information about Northwest Tech student organizations, visit www.nwktc.edu.

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.

We want your local news: e-mail to colby.editor@nwktc.com

High Plains Lions Club

HAM & BEAN FEED

Saturday, March 10, 2012

11 a.m. - 2 p.m. at ORSCHELN FARM&HOME

Free will offering to the Lions Club. Proceeds will pay for two high school band students to attend the State Lions Band Camp and Convention.

Celebrate 80 years, send birthday card

The daughters of Betty Wolfe of Brewster would like to invite family and friends to join them in celebrating her 80th birthday on Wednesday, March 14, 2012, by sending her birthday greetings at 3580 Road 66, Brewster, Kan., 67732.



Betty Wolfe

She was married to Jerald Wolfe, who died in 2005. They have three married daughters, Lila (Kenneth "Spike") Engelhardt

of Colby; Gloria (Lawrence) Tiedman of Brewster; and Micki (Tim) Goosen of Edson.

She has three granddaughters and seven great-grandchildren.

Wolfe has been a lifelong resident of Brewster. She helped with the family farm and is known for running the Northwest Kansas Heritage Center Library and Museum in Brewster.

Spelling winners from across county

With only two spellers left in the ninth and final round of the Thomas County Spelling Bee Feb. 8, the word was "calculator."

The first speller missed the word, leaving the second to spell it correctly. Lynnsey Elling from Colby Middle School did just that – C A L C U L A T O R – and then spelled "terrific" to become the 2012 champion.

Jaden Schmidt from Brewster Junior High took second place, followed by T-Aera Abbott from Brewster in third, J.B. Felzien from Brewster fourth and Morgan Ritter from Golden Plains Middle School fifth.

The bee took place at Sacred Heart Catholic School. Fifteen spellers represented five Thomas County Schools as well as home schoolers. Certificates and medals went to the top five, with certificates going to all who participat-

ed.

Qualifications for the Sunflower Spelling Bee, to be sponsored by the *Great Bend Tribune* on Saturday, March 17, were held as part of the bee. The winner of the Sunflower Bee will be one of the Kansas spellers in Washington at the Scripps National Spelling Bee.

This year's representative from Thomas County is Schmidt, with Abbott as the alternate.

The bee was a success and all the spellers did a wonderful job. Organizers gave special thanks to Sacred Heart Principal Dave Evert, his staff and volunteers for helping make this year's bee a success. Next year's event will be at Colby Middle School on the third Wednesday of February. For information, contact Rae Stewart, Thomas County coordinator, at raes@usd314.k12.ks.us or (785) 694-2236.



Lynnsey Elling



J. Schmidt



T-Aera Abbott



J.B. Felzien



Morgan Ritter

KU releases honor roll

Several undergraduate students from northwest Kansas at the University of Kansas earned honor roll distinction for the fall 2011 semester. They include:

Colby

Kristin Rae Cox, senior, human biology.

Matthew Joseph Hull, senior, art.

Rachel Lamm, senior, strategic communication and communication studies.

Tera Louise Raymond, freshman, pre-pharmacy.

Rochelle Dawn Shoemaker, professional I, pharmacy.

Scott Collin Smith, professional I, pharmacy.

Corbin C. Stephens, freshman, pre-medicine.

Garrett W. Zweggardt, senior, pharmacy.

Atwood

Tessa Marie Reuber, senior, design.

Oakley

Seth August Ruder, professional I, pharmacy.

Honor roll criteria vary among the university's schools. Some schools honor the top 10 percent, some establish a minimum grade average and others raise the minimum average for each year students are in school. Students must complete a minimum number of credit hours to be considered.

Child development expert says, 'Don't give in' to tantrums

Everyone's seen it – the upset child who can't have candy in the grocery checkout line or wants to stay longer at the park. Every scenario is a little different but often, the result is the same – a temper tantrum.

Parents who give in to a toddler's temper tantrum are missing an opportunity to help their child learn to channel emotional energy, build resilience – and strength, according to Charles A. "Chuck" Smith, K-State Research and Extension child development specialist.

"Anger is a core human emotion, like sadness or fear," Smith said. Parents who naturally comfort a child who is feeling fearful or sad may struggle with an angry child and miss an opportunity to help the child build life skills.

Suppose, for example, a young mother has loaded the family's groceries into the car and secured her child in the car seat. As she begins to drive toward the exit, two young men approach the car and attempt to carjack it.

In a threatening situation, the mother is likely to feel a combination of fear for her child and her life and anger that her family is the apparent intended victim of a crime.

"Both are normal emotions, but it's the anger that produces the adrenaline needed to fuel her response and escape, and that's why teaching a child how to manage his or her anger is important," Smith said.

To begin, parents are reminded that a child's temper tantrum is a normal part of development; a

child is testing himself or herself and parents, Smith said.

And, while a tantrum can be unpleasant and awkward or embarrassing when it occurs in a public place, Smith encourages parents to remain calm, to speak in a normal tone of voice and to consider the issue and circumstances.

Ask yourself: Does the child want a toy, cereal box picturing a popular character or candy at the check-out counter? Are there contributing factors, such as discomfort in the grocery cart, fatigue from accompanying a parent on numerous errands or illness?

Giving in might seem the easy way out, but that will reinforce the child's behavior, said Smith, who advised continuing to talk with the child in a normal tone of voice, and adding a soothing touch (if

appropriate) while the emotion burns itself out.

If parents can remain calm and matter-of-fact, a child will begin to learn that staging a tantrum to vent anger is not productive.

"The goal," Smith said, "is to not let anger become the master of the person."

More information is available at K-State Research and Extension offices and online at www.k-state.edu/wvparent/wondhome.htm.

Markets

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

Wheat (bushel)	\$6.68
Corn (bushel)	\$6.35
Milo (hundredweight)	\$10.89
Soybeans (bushel)	\$11.94

Quotes For Kids

Entire Month of March

Get your insurance quote for home, auto, business or farm and get a donation to the area school of your choice.

Donations

\$20* - Home & Auto
\$50* - Business
\$100* - Farm
**conditions must be met*

F&M Insurance Store
990 S. Range,
Suite 2-B, Colby
785-462-3628
1-800-279-4806

Prairie Land Insurance
A Division of Strutt
Insurance Services, Inc.
318 Main, Brewster
785-694-2501

Quilt Cabin

10th Anniversary

SALE-A-BRATION

March 1 - 3 • 9 a.m. - 5:30 p.m.
March 5 - 10 • 9 a.m. - 5:30 p.m.

Deepest Discounts in 10 years!!

1525 S. Range
785-462-3375

Colby Community College

Scholarship

Informational Meetings

March 6 & March 14
10 a.m. & 4 p.m. each day
Student Union, Room #106

- Scholarship Guidelines
- Thomas County Tuition Scholarship Changes

Everyone is encouraged to attend.
Refreshments will be provided.

COLBY
COMMUNITY COLLEGE

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