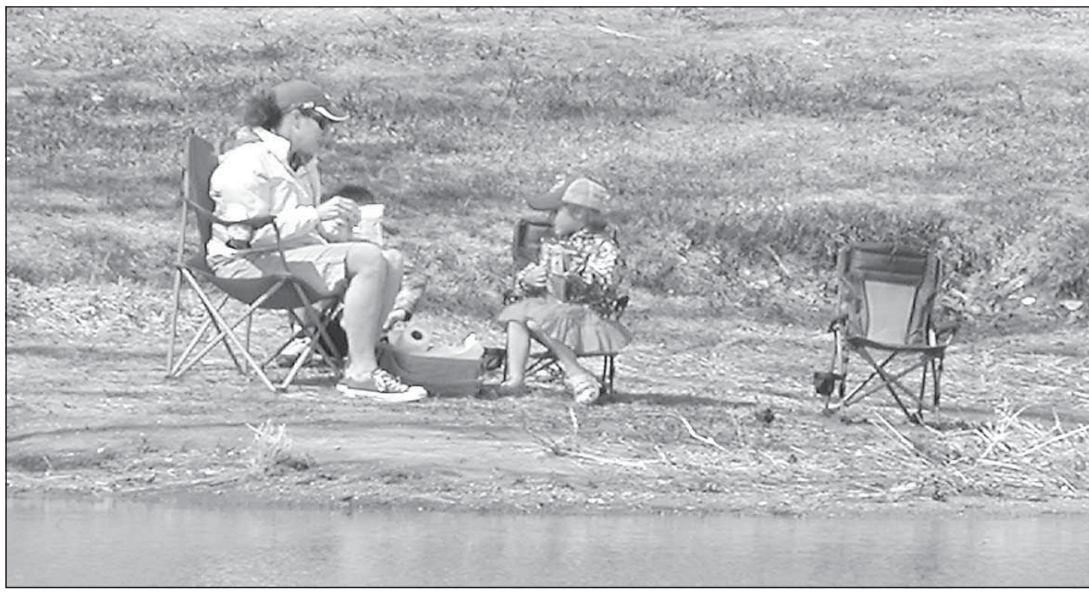


Gone picnicking?



SAM DIETER/Colby Free Press

Warmer weather Sunday brought people to Villa High Pond to go fishing, or just to hang out. This woman and child appeared to be having a picnic.

Broccoli becoming more common in home gardens

Looks like it's full speed ahead in the garden this week, barring occasional showers and family activities that may preclude going out there and getting our hands dirty. It's a wonderfully busy time of the year.



Kay Melia

• The Gardener

All right, go ahead. Guess what garden crop has emerged from obscurity to popularity in just the last two or three decades.

In the mid-60s and even the 70s, it was to be found only in Italian gardens and most Americans didn't even know how to spell it. Like pizza, which also came from Italy about the same time, many people have learned to thoroughly enjoy it in this country. But unlike pizza, this garden vegetable is a veritable powerhouse of nutritional value. A party tray of fresh raw vegetables just isn't the same without it, and many school lunch programs now offer it on their menu.

It's broccoli, of course, and you would hardly believe the amount of food value contained in those dark green florets, which are actually flower buds. Nutritionists say

broccoli is loaded with calcium, niacin, thiamine, potassium, iron, vitamins A and C, tons of fiber and lots of other good stuff. With that kind of a pedigree, we all should run right down to the store and buy a head or two. At the very least, we should all find some space in our garden for a few plants.

But most of us will do neither. The reason is simple. We just don't like it. Our taste buds refuse to cooperate with our brain cells that tell us it is one of our most healthful foods, and then we'll have another slice of pizza.

Over the years, I've learned to enjoy it, kinda, particularly in a good, thick soup - heavy on the cheese, please. I nearly always set out 15 or 20 transplants, just about this time of the season, and we freeze many bags for winter use. It

is relatively easy to grow and can withstand a late spring frost, but dislikes the heat of early summer.

I place a bottomless three-pound coffee can around the plants to protect them from the wind. Always buy your transplants from a reputable garden center where you'll usually find the best varieties like Packman or Green Comet.

Harvest time for broccoli comes when the florets of the head are tightly packed and are a dark gray-green color. But if you wait too long, those florets become beautiful little yellow flowers, and you've lost the crop.

When you bring the heads to the kitchen from the garden, drop them in a pan of salt water or vinegar water. If there are little green cabbage worms inside the head, they will be dislodged by the water solution.

If they refuse to loosen their hold, they certainly will do so when you cook the broccoli for dinner. Watch for them then, unless you prefer to add even more calcium to the meal.

Kansans asked to stay safe and call 811 before digging

Gov. Sam Brownback issued a proclamation declaring the month of April as "Safe Digging Month" in Kansas. The proclamation, in concurrence with National Safe Digging Month, reminds Kansans to call 811 before starting any outdoor digging projects.

"We join Gov. Brownback in strongly encouraging individuals and companies to call 811 before they begin digging," said Kansas Corporation Commission Chairman Mark Sievers. "Locating underground lines is a shared responsibility, critical to your safety and to the integrity of our underground utility system. Enjoy the upcoming weather, but know what's below."

The commission, Kansas One-Call, the Kansas Pipeline Association, the Common Ground Alliance and Gov. Brownback are encouraging excavators and

homeowners to call 811 before they begin digging projects to prevent injuries, property damage and inconvenient outages.

A utility line is damaged by digging once every eight minutes nationwide, and one-third of those incidents are caused by failure of the professional excavator or homeowner to call 811 before digging.

When dialing 811, callers are connected to Kansas One-Call, which notifies the appropriate utility companies of the intent to dig. Calls are taken 24 hours a day, seven days a week. Requests can also be entered at www.kansasonecall.com.

Excavators and homeowners are required to make a request at least two working days in advance of beginning a digging project. Professional locators are then sent to the requested digging site to

mark the approximate locations of underground lines with flags or spray paint. Once lines have been accurately marked, digging can begin.

Every digging project, no matter how large or small, requires a call to 811. The depth of utility lines varies and there may be multiple lines in a common area. Some utility lines are buried only a few inches below the surface, making them easy to strike during shallow digging projects.

Installing a mailbox, landscaping, putting in a fence and building a deck are all examples of digging projects that necessitate a call to 811 before starting.

Learn more about 811 and Safe Digging Month by visiting www.call811.com. Information about Kansas One-Call is available at www.kansasonecall.com.

On the Beat

COLBY POLICE Wednesday

2:07 a.m. - Subject advised of a fight. Everything OK, no report.
8:27 a.m. - Walk-through at Colby Grade School.
9:19 a.m. - Walk-through at Colby High School.
8:23 p.m. - Caller reported dog at large. Turned over to Colby Animal Clinic.

imal Clinic.

THOMAS COUNTY SHERIFF Wednesday

8:18 a.m. - Served arrest warrants on Ian Rubinstein.
9:22 a.m. - Brought prisoner from Rawlins County to Colby.
11:53 a.m. - Failure to register report filed.

1:30 p.m. - Released Rubinstein to Boulder County, Colo.

3:57 p.m. - Released Duane Neil Brown.

11:31 p.m. - Narcotics violation report filed on traffic stop on east-bound I-70. Police officer drove vehicle to the Law Enforcement Center.

YOU

Can Make A Difference

PLEASE RECYCLE!

BUSINESS DIRECTORY

To have your ad placed in the Business Directory call Kathryn or Sharon today at (785)462-3963

Looking for a better return?



David Brown III
500 N. Franklin Ave.
Colby, KS
785-462-3388
www.agribusiness.com



Vernon Hurd
500 N. Franklin Ave.
Colby, KS
785-462-3388
www.vernonhurd.com

If you have CDs about to mature or other assets to invest, consider all of your options. Not only do our fixed annuities offer you a competitive return, they also offer you flexibility, security and guarantees.
To see how simple it can be to save for your future, contact us today.



FARM BUREAU FINANCIAL SERVICES
Insurance • Investments

Auto | Home | Life | Business | College | Retirement

Schad Barnett Construction, LLC
Licensed & Insured General Contractor

- New Construction
- Concrete Work
- Roofing & Siding
- Doors & Windows
- Additions, Garages, Decks
- Remodels

785-673-3343

2650 Co. Rd Z
Grinnell, KS 67738

*Serving NW Kansas
15 Years*

Building today for a better tomorrow - No job too small.

Langer Industrial Service

2022 County Road 11 • Levant, KS 67743 • 785-586-2208
Monday - Friday 8 a.m. - 5 p.m.

We pay cash up to \$300 for all scrap metal

Brass • Copper • Aluminum • Batteries • Electric motors • Cars
• Combines • Farm Equipment • Prepared/Unprepared Iron and Tin
• Container Service • Off site baling and car crushing
• Limited pickup service available

Schedule deliveries after normal business hours
by appointment when necessary.



Formerly THOMAS COUNTY INSURANCE AGENCY



490 N. Franklin
785-462-3939

- Home & Auto
- Farm & Crop
- Business Insurance
- Boat, Motorcycle, RV



On Your Side®

www.kansasins.com

BEE THRIFTY

BUSINESS HOURS
TUE-FRI 2-6 PM
SAT 12-5 PM

ACCEPTING CREDIT
AND DEBIT CARDS

1745 Taylor Ave., Colby
(170 EXIT 53)
785-269-7751

facebook.com/beethrifty

Buffalo Bill
Cultural Center

785-671-1000

We're booking Graduation,
& Wedding Receptions.

Call us to book your next
business meeting!

Follow us on Facebook!

Dr. Tom Barlow
DENTIST

785-460-7538

Appointments
Readily Available

505 H N. Franklin, Colby

Mobile Home
Lots for Rent

\$175 Month

(includes water, sewer & storage shed)

FREE Month with approved application

Friendly Acres
Mobile Home Park

1150 S. Franklin, Colby
Call 785-462-6445

NOW OPEN

New 2U Thrift Store

165 E. 4th • Colby

Mon. Tues.	11 - 6
Wed.	11 - 5
Thurs.	12 - 6
Fri. Sat.	11 - 6

Accepting Donations 785-443-2588
Save 25% • Bring in Ad

TRIPLE J
TRUCKING, LLC

James E. Meyers

Liquid & Dry Bulk Tankers
Specialized OD & Heavy Hauling
Temperature Controlled

785.675.2196 or 785.675.1737
Frwhlnjm@ruraltel.net

High Plains
RV Resort

24170 17th
Oakley, Kansas

Live at the resort in your
RV Oakley/Colby!

Live in your RV at the #1
rated RV resort in Kansas.

\$450 monthly rent - includes
water, sewer & cable TV!

Swimming pool, hot tubs, clean restrooms, Propane available,
clubhouse and laundry room, and store!

We only have a few sites available for monthly guests, so call us now.

High Plains RV Resort • (785)672-3538 • www.HighPlainsCamping.com
We sell PROPANE PROPANE PROPANE!

James DesRoches | High Plains Plumbing

785-672-5032 Available 7 days a week



We offer a large range of quality
service, repair & new construction in the
residential & commercial market.

Gas Certified • Water Treatment & Filtration • Water Heaters
Solar • Service & Repair • Home Addition • New Construction

High Plains Plumbing | 462 US Highway 83, Oakley, KS 67748
www.highplainsplumbingks.com | Email: highplainsplumbingks@gmail.com

HINKLE
TERMITE &
PEST CONTROL

1-800-536-2704
www.hinkletermite.com

JOE HESKETT • OWNER • 785-545-6868 (CELL)



HOXIE STATE INSURANCE, INC.

824 Main, PO Box 378
Hoxie, KS 67740
(785) 675.3263 - Fax (785) 675.3721

115 S. State St.
Winona, KS 67764

A-1 CHIMNEY
SWEEP
& Dryer Vent Cleaning

620.397.2854
Dighton, KS

CSIA Certified Professional
(Chimney Safety Institute of America)
No Mileage within 85 Miles



Licensed Sweep • Inspector • Dryer Exhaust Technician

New Dawn Rentals & Management Team

Apartments • Homes • Commercial



CALL 785-443-2010

Experienced and Referenced
We also contract Maintenance & Cleaning Jobs