

# Ring shows up where it disappeared

You may have heard this story already, but I think I'll tell it again. There was a day when I used to play quite a bit of golf. I never had a hole-in-one; never parred the course; never had a handicap less than 10; and never realized my ambition of playing in a five-some with Kevin Finley, Kevan Taylor, Kevin Cox and Kevin Shaw. But I enjoyed the camaraderie and competition with good friends on a Saturday afternoon, and occasionally on Wednesdays, and maybe even Sunday afternoon if there was a tournament.

One afternoon after golf, I came home and my wife asked me why I wasn't wearing my wedding band. Sure enough, it was gone – nothing there except the normal crease around the finger that comes from years of ring wearing. I had lost a little weight at the time, so we figured that during the swing of a golf club, the ring must have flown off my finger. My wife bought me a new one, and life went on.

About 10 years later, I was digging potatoes in the garden when a golden glint in the soil caught my eye, and it certainly wasn't a Yukon Gold. Sure enough, it was my wedding band, which had obviously survived many rototillings and hoe chops over the years.

I thought about the ring episode last month when I was mulching the potatoes and the cucumbers in my garden, and was sure that I had been mulching when the ring slipped off. Mulching is an absolute must in my garden, and I do lots of it every summer – but have lost only one ring.

Placing great gobs of mulch around my garden crops just may



**Kay Melia**

• The Gardener

be the most important job I do each summer. Mulch, any kind of mulch, accomplishes a whole host of good things in the garden. Mulching should be done when soil temperatures reach about 70 degrees. Mulching any garden crop will help to keep the root system just a bit cooler, keeping the sun off the top soil. Soils will stay moist longer under the mulch, and weeds cannot sprout and grow under an application of mulch.

But arguably, the best thing about mulching comes the following year. After you plow the spent garden, mulch and all, in October or November. All the biodegradable values of the mulch become a part of the soil enrichment process in the new gardening season.

Any kind of mulch that is biodegradable will do the job. I prefer leaves, ones that I have bagged up last fall when they were there for the taking. Dry grass clippings make good mulch, as does straw, old hay, dry manure, shredded newspaper, or compost. Press the mulch firmly and tightly around tomato vines, squash plants, beans, cucumbers, egg plant, beans and cantaloupe. You will be rewarded in so many ways, this summer and next.

But if you have lost a little weight, keep your eye on your ring finger! But then, most of us don't have to worry about the weight thing, do we?

# Creative grilling ideas make healthier holiday

With the summer weather warming up and the Fourth of July just around the corner, it might be time for you and your family to break out the grill. This Independence Day, try some new heart-healthy recipes and start making cooking out a little "healthier".

**Go fish!** Fish, especially oily fish like tuna and salmon, have great nutritional benefits including omega-3 fatty acids. Rub a fillet with lemon juice and parsley or rosemary for enhanced flavor.

**Make a better burger:** If you're grilling burgers, be sure to buy lean or extra lean beef, drain off the excess fat after cooking and avoid making huge patties – remember that a serving of meat is about the size of a deck of cards (3 oz). Add finely chopped green pepper to your beef to get in some veggies.

**Baked fries:** Slice white or sweet potatoes into sticks, lightly spray with olive oil cooking spray, pepper and paprika and bake on a cookie sheet for 40 minutes at 375 degrees.

**Veggie kabobs:** Load up skewers with mushrooms, peppers, cherry tomatoes, zucchini, yellow squash or other veggies. Spray lightly with olive oil cooking spray and grill until slightly blackened.

**Try grilled corn on the cob:** Leave the husks on, and grill for about 30 minutes over medium flame, rotating occasionally. Re-

move from grill, let cool for about five minutes, remove husks and enjoy!

The Fourth of July isn't just about grilling out; it's also about snacking on delicious treats with family and friends. Try some of these simple tricks to eat healthier this summer (not just on the holiday) when you're looking for something sweet!

**Fruit pops:** Homemade freezer pops are an easy, fun treat for kids to make. Mash up fruit like peaches, grapes, berries or watermelon and put them in paper cups, insert a popsicle stick, freeze overnight and enjoy!

**Cool and crisp:** Keep a variety of colorful veggies on hand that stay cool and crunchy for a refreshing treat – baby carrots, cucumber slices, and celery sticks are just a few ideas.

**Fruit smoothies:** Blend your favorite fresh fruits with fat-free or low-fat yogurt and ice for a refreshing drink or freeze and eat with a spoon like a frozen ice chill.

**Mix it up:** Make your own trail mix using your favorite unsalted, oil free nuts, seeds and dried fruits (just be sure to keep your servings to 1.5 ounces or 1/3 cup).

**Just slice and serve:** Summer months are peak season for most fruits, just slice and serve – the whole family will enjoy the refreshing natural sweetness and juices just the way nature made 'em!

# Two-headed piglet dug up

MEADVILLE, Pa. (AP) – A northwestern Pennsylvania woman has donated an unusual body to science: the carcass of a two-headed piglet she found preserved in a jar dug up outside her mother's home.

Sharon Reagle tells the *Meadville Tribune* (bit.ly/12D8txQ) she unearthed the jar while planting shrubs at her mother's home in

Saegertown on Sunday.

Reagle calls the find "unique, pretty neat really." But she felt it was better to donate it to the biology department at nearby Allegheny College in Meadville. That's about 90 miles north of Pittsburgh.

Assistant professor Lisa Whitenack says, "This is like Christmas for a biologist. The students will love it."



JUDY ROGERS

Summer reading participants at the Selden Public Library (above) measured how big the largest known great white would be while studying sharks for one of their lessons. Memo

Aragon (below) climbed on the Monument Rocks south of Oakley while searching for shark teeth and fossils.

# Summer reading draws 30 kids to Selden library

By Judy Rogers

Over 30 readers participated in the "Dig Into Reading" program at the Selden Public Library during June. Readers were divided into two groups with the preschool and first grade students meeting at the library and the second grade and older readers meeting at the Selden Community Building each Monday during the month.

Volunteer group leaders, including library board members and parent patrons, led the children in a variety of activities with a different theme each week. They planted seeds, studied fossils and sharks, explored digging equipment and made stone soup.

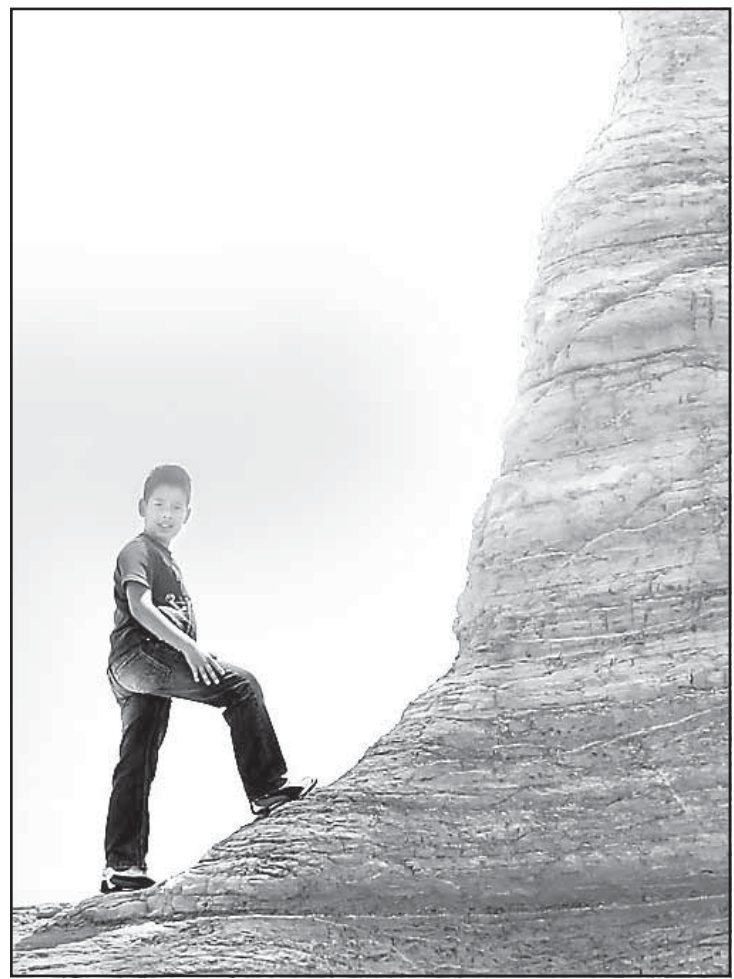
For the final week, the older readers went on a field trip to the Fick Fossil and History Museum in Oakley, where they were given a tour of the various exhibits including fossils found in western

Kansas.

Following a picnic lunch in the park, they travelled on to Monument Rocks south of Oakley where they were able to see the layers of deposits left from when Kansas was covered with water. Although no sharks teeth were found, the participants enjoyed viewing the rocks and found a large number of smaller fossils.

Although the summer reading program has concluded for the younger kids, the older readers continue with the independent Teen Reading Program "Beneath the Surface." There program will finish on Friday, Aug. 2, with a celebration at the library and a movie in the park.

Readers can continue to visit the library to enjoy reading throughout the summer. Library hours are 9 to 11 a.m. Mondays, 6:30 to 8:30 p.m. Wednesdays and 9 to 11 a.m. Saturdays.



# Veterans of Foreign Wars Auxiliary

The Ladies' Auxiliary to the Veterans of Foreign Wars met June 12 with president Anita Thiel as chair.

Thanks were read from the Bob Bixenman family and the Marybelle Grabenstein family.

The Veteran and Family Support chairman reported a funeral dinner served to the Grabenstein family and a box of coupons sent to the military base in Turkey.

Publicity reported the May meeting item was in the *Colby Free Press*.

Donations made included \$100 to the National Military Service, \$50 to Veterans and Family Support, \$100 to the Military Assis-

tance program, \$50 to the Colby Swim Club and \$50 to girls slow pitch softball.

The president reported on the state convention and the Colby Auxiliary awards. Certificates were received for national military service, cancer aid and research, participation in the cancer luminary program and a certificate of appreciation from the Department Chief of Staff certifying Colby as a healthy auxiliary.

One Shoe Can Change Your Life awards were received for Best Promotion of the Veterans Writing Program, for participation and reporting in the cancer aid and research program, for exceptional dedication and commit-

ment of service for the 2012-2013 year, for exceptional reporting above and beyond in scholarship program and being the only auxiliary in District Nine to have a patriotic art contest for youth.

Thiel received an award for monitoring other auxiliaries.

The charter was draped in memory of Grabenstein and a donation made to cancer aid and research in her memory.

The next meeting will be at 4:30 p.m. Wednesday, July 10, at the Post to do the quarterly audit.

– Hazel Duffey

# Deer breaks school security

APOLLO, Pa. (AP) – An unwanted intruder – a deer – is forcing a western Pennsylvania school district to take a second look at security at its high school.

Apollo-Ridge Superintendent Matt Curci tells the (Tarentum) *Valley News Dispatch* that the deer ran "full speed" into the school's magnetically closed lobby door, which caused it to open June 5.

Curci says the deer had to hit the door "in the right spot with a lot of force" to make that happen – but says the incident on June 5 has

given officials pause that the door might otherwise be forced open.

Nobody was hurt when the deer got into the school, although classes were still in session. A Kiski Township officer patrolling the school was able to direct the startled animal out another door.

# Markets

Quotes as of close of previous business day

Hi-Plains Co-op	
Wheat (bushel)	\$6.70
Corn (bushel)	\$6.47
Milo (hundredweight)	\$10.96
Soybeans (bushel)	\$13.81

# 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@nwkansas.com](mailto:colby.editor@nwkansas.com)

# 90th Birthday Party for Doris Voisin

Given by Gary, Gayle, Gayona & Gerry  
**Saturday, July 6th**  
**2:00 to 4:00 p.m.**  
 Fairview Estates  
 1630 Sewell, Dining Area  
 Colby, Ks



Please come and celebrate and bring a photo or memory of your time with Doris.  
 Please no gifts.

**\*\*FIREWORKS\*\***  
**HUGE STOCK!**  
**301 S. Missouri St**  
**Selden KS, 67757**  
**June 27 – July 5**  
 Credit cards accepted  
**Bring in this coupon for 20% off!**

**YOU ARE INVITED TO A 4<sup>TH</sup> OF JULY**  
**HOT DOG & WATERMELON FEED**  
 4-H Building • Thomas Co. Fairgrounds • 6:00 p.m.  
 Coin Toss Game  
 Sponsored by Farmers & Merchants Bank  
 Jewelry Raffle • Bingo • Music • Entertainment  
 Sponsored by the Colby High Plains Lions Club & Rotary Club

**JULY FOURTH SALE**  
**July 3, 4, 5, 6**  
**9 a.m. - 5:30 p.m.**  
**Interior Connection & Quilt Cabin**  
 1525 S. Range  
 785-462-3375

**Please Recycle**