

Family

Rexford reporter back in action after stay in the hospital

It's great to be back home in Rexford after my hospital stay. I appreciate all the genuine concern that I've felt from the community. Thank you all!

Dan Roth was an overnight guest at the home of his mother, Vesta while enroute from Colorado to his home in Abilene.

The Barnswallows that gathered this week to play pinochle were Fran Leach, Gene Rogers, Buck Harper, Deb Stepper, Darlene Robben, Mary Ann and Lawrence Juenemann, Betty and Rex Carswell, Cleda Moeder, Grace Cheney, Dick Sanford, and Jean Hawkins.

The weather hindered the attendance at the Barn Bible Study on Wednesday. Only four people were able to come.

February birthdays for the Rexford area are as follows: Feb. 3, Hulda Wark; Feb. 8, Victoria Rebarcheck; Feb. 12, Zula Horinek; Feb. 15, Bert Dible; and Feb. 18, Peg Greenwood.

Don't forget the pinochle tournament to be held on Saturday, Feb. 19 at 7 p.m. at the American Legion



Sondra Barnett

• Rexford Correspondent

Hall. Snacks will be served and all players are welcome.

The Berean Church from Colby sponsored a "couples retreat" from Friday evening through Saturday lunch at the Shepherd Staff in Rexford.

There were nine couples that participated in the teaching and training sessions.

Twenty-eight people from the Herndon Covenant Church took part in a sweetheart banquet at the Shepherd Staff on Saturday evening. They had some fun activities and a speaker for the evening.

Lund Covenant Church had about 100 in attendance for the Valentine banquet on Sunday evening at the Shepherd Staff. Special music was provided by the McLemore family from Colby.

Koffee Klatch attendees this

week were: Eunice Sanford, Grace Cheney, Freda Ketchum, Delores Dible, Deb Stepper, Fran Leach, Liz Rall, Vesta Roth, Jean Hawkins, Berneda Zoberst, Hulda Wark, Sondra Barnett, Shalom Kruse, Gabriel and Kaleb from Pretty Prairie and Deborah Gamboa from Amarillo, Texas. We were thrilled that Edwin Trueblood, Norton wrote a post card to Delores with the answer to our question of a couple weeks ago. The name of the building in Colby that we were trying to remember was Nickerson Farms Restaurant. He reads the Rexford News in the Hoxie Sentinel.

The Rexford Royal Neighbors held the installation of officers with the Oberlin Camp this week. Betty Carswell received her 50-year pin, presented by her husband, Rex. There were 10 officers installed. Lunch was served and all enjoyed a good time.

There is a membership drive for the museum in Rexford, with the cost being \$5 per single and \$10 per family. The museum is open for special occasions such as Memorial and Labor Days and at other

times, by request. Any interested persons may contact Rex Carswell, Jean Hawkins, Ray or Berneda Zoberst.

Supper guests of Ray and Berneda Zoberst for Super Bowl were Kenneth, Teena and Scott Johnston.

The Senior Valentine Party was well attended at the Barn on Saturday night. They played bingo, with prizes being fruit or candy. Those participating were Fran Leach, Grace Cheney, Deb Stepper, Deborah Gamboa, Sondra Barnett, Ruth Luna, Hulda Wark, Liz Rall, Vesta Roth, Freda Ketchum, Betty and Rex Carswell, Eunice and Dick Sanford, Jean Hawkins, Lawrence Horinek and Betty Nichols. It was decided to repeat the game night each month on the second Saturday at 7 p.m.

People that put hours in at the Senior Center (Barn) last year were awarded certificates for their time. Grace Cheney had the most hours, with Deb Stepper coming in second. Others to receive recognition are Marjorie Leh, Darlene Robin, Edna Colson, Fran Leach, Gene

Rogers, Cleda Moeder, Lawrence and Mary Ann Juenemann, Dick and Eunice Sanford, Vesta Roth, Rex and Betty Carswell, Lawrence and Zula Horinek, and Jean Hawkins.

Bryan and Lori Barnett, Elijah and Joshua, Tyrone, OK were overnight guests at the home of Sondra Barnett and supper guests of Hulda Wark on Saturday. During the day, Sondra accompanied Bryan and the family to Colby to watch her grandson Taylor Barnett, Garden City in a wrestling tournament. Taylor is the son of Todd and Mandy Barnett.

Zula Horinek was transferred from the hospital in Wichita to Lantern Park Manor in Colby. She is in good spirits and appreciates all the prayers, cards and visits.

SCOOP ON THE SCHOOL: Golden Plains was host for the WKLL Instrumental Clinic on Monday, Feb. 7.

The High School girl's basketball team defeated Wheatland Friday evening on their home court, and also had a victory in Atwood on Saturday.

Monday will be parent-teacher conferences, and school will be dismissed at 12:15 p.m.

The Golden Plains High School Sweetheart Crowning will take place during the basketball game with the Cheylin Cougars on Tuesday. The Freshman class will be having a bake sale as a fund raiser during the games. The middle school basketball tournament begins Saturday at Sharon Springs.

School will not be in session on Friday, but the high school basketball teams will play at Triplains.

The Sweetheart Dance will be held at the school on Saturday night.

Makin' it Happen: Hats off to Bob Leach for taking some time to spend with Bill Arasmith so that Margaret was able to go to Koffee Klatch last week.

Wilbur "Glen" Call

Wilbur "Glen" Call was born on June 19, 1914 in Gem, Kansas to Charles and Ida (Hardin) Call and passed away January 31, 2005 at Cherry Creek Health Center in Aurora, Colorado. Glen married his sweetheart Zelda "Ilene" Saddler after graduating from Gem High School. Glen and Ilene spent most of their adult life living in Cheyenne, Wyoming where he worked for Safeway Foods and Cheyenne Bus Service. Their greatest joys were their two daughters; Thelma Jo and husband Dr. Marshall Atwell of Rochester, NY, and Linda and husband Gene Bell of Denver, Colorado.

Other survivors include a brother Garald Call and wife Virginia of Boise, Idaho; three sisters Dorothy Sloan of Colby, Kansas; Margaret Mead of Greeley, Colorado, and Shirley Decker and husband Shurl of Greeley, Colorado; brother-in-laws Don Saddler and wife Vera and Cyril Saddler and wife Twila all of Colby, Kansas and a sister-in-law Erla Meredith of Temple, Texas; six grandchildren and 14 great grandchildren and a host of nieces and nephews.

Memorial services will be held at a later date in Cheyenne, Wyoming.

Healthy weight helps keep hearts beating strong

Because this is "Valentine's Day Month," we will continue our series of having a healthy heart. Your heart will be healthier if you reach and maintain a healthy weight, and don't go up and down the scale like a yo-yo.

If you've been able to lose weight, good for you! You've taken the extra strain off your heart and lowered your risk for bow problems. You should be proud of your success.

Keeping extra weight off can be as challenging as losing it. Many things will tempt you to go back to your old habits. It takes commitment to stick to your new, healthy lifestyle. Yet when you don't, you may notice that you have greater self-control with food, feel stronger, have better eating habits and fewer mood swings, and are in better OVERALL SHAPE!

What if you go back to your old habits? A lapse is a small mistake or return to old habits. This can happen when you have a bad day and

Healthy Haps

overeat or skip exercise. A relapse is when you go back to old habits for several days or weeks. Remember that having a lapse or relapse is not failing. You can get back on track.

Think about whether you feel hunger (gnawing in your stomach) or urges (mental cravings for food). When you feel an urge, set a timer for 15 minutes and wait, or do something else before eating. This will teach you to delay your desire for food. Try to use other ways to respond to life's stresses besides eating. Take a brisk walk as a new hobby or calm yourself through meditation.

What happens when you reach a healthy weight? After you reach a healthy weight, add about 200 calories of healthful, low-fat food to your average daily intake. After a week, if you're still losing weight, add a few hundred more calories. If you change the amount of exercise

you do, adjust your eating. Keep a record of what you eat and how much exercise you'll know how to make adjustments.

How can I stay at a healthy weight? Remember that eating smart doesn't mean "dieting." It means wing some foods in smaller amounts and eating high-calorie and high fat foods less often. Always keep low-calorie and low-fat foods around. Use a shopping list, and don't shop when you're hungry. Plan all your meals. When you're going to a party or out to eat, decide ahead of time what you can do to make it easier to eat right. At a buffet table, choose wisely. At a friend's house, control your portions.

When you're hungry between meals, drink a glass of water or eat a small fruit, and stay out of the kitchen. When you really crave a high-calorie food eat a small amount and forget about it, instead of resisting until you give in and gorge on it. If you don't trust your-

self with just a little, don't eat any at all.

Stay active! Don't give up on your physical activity plan. Find an exercise partner or exercise class to help you stay interested.

How can you learn, more? Talk to your doctor, nurse or other healthcare professionals. If you have heart disease or have had a stroke, members of your family also may be at a higher risk. It's very important for them to make changes now to lower their risk. Call 1-800-AHA-USA1 (1-800-242) or visit americanheart.org to learn more about heart disease. Knowledge is power, so Learn and Live!

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