### Deaths

#### Louis F. Rico

Louis F. Rico, 88, of Arvada, Colo., died Thursday, June 9, 2005. He was a former resident of Rexford and Colby.

He was born on Oct. 20, 1916 in Englewood, Colo. He was married to his wife, Jennie Lee, for 56 years. He spent most of his life working in various forms of farming.

He first worked in vegetable truck-farming, and later as a wheat

He also raised large herds of pigs and was a pioneer in the diseasefree hog program.

his life. Mr. Rico is survived by three children, Judy, Mary Anne and Steven; one sister, Florence Mollendor; eight grandchildren and 11 great-

Mr. Rico also enjoyed music,

particularly opera. He could still

sing up until the last six months of

grandchildren. A memorial service was held on Monday, June 13, 2005 at Aspen Mortuary in Arvada, Colo. Inurnment will take place later this summer at Sacred Heart Cemetery where his wife is buried.

#### **Babies**

### Riley Elizabeth Philipp

Bradley and Kylee Philipp of was 19 inches long. Colby announce the birth of their weighed 7 pounds, 4 ounces and ter Shianne.

Grandparents are Joe and Sue daughter, Riley Elizabeth Philipp Philipp of Goodridge, Minn. and on Thursday, June 23, 2005 at Citi- Cliff and Rosina Fast of Cimarron. zens Medical Center in Colby. Riley Riley was welcomed home by sis-

### **Jackson Oliver Boyson**

Nicholas and Heather Boyson of and Belinda Boyson of Bird City; Bird City announce the birth of their son, Jackson Oliver Boyson. He was born on Monday, June

20, 2005 at Citizens Medical Center in Colby. He weighed 7 pounds, 7 ounces and was 19 1/4 inches

Grandparents are Dale and Sherry Weeks of St. Francis; Mike brother Jayden Andrew Boyson.

Great-grandparents are Bill and Pat Weeks of Hoxie: Norris and Doris Anderson of St. Francis; Bill and Dolly Boyson of Bird City; Darlene Burr of Bird City and Chuck Petitjean of St. Francis. Jackson was welcomed home by

Carol Weems of Kansas City, Mo.

inhibit their ability to seal.

'Mayonnaise jars can only be

used for water bath processing and

if a two-piece canning lid will fit the

jar," Blakeslee said. "Canning jars

are, however, recommended for all

canning because they are tempered

to withstand heat during the water

bath and pressure canning process."

dried foods and store them in a cool,

dry place, such as a pantry or closet;

label and date fresh-frozen foods as

well. As a general rule, use within a

on a canning jar has failed or a jar

leaked, discard it. If food is off color

or has an unusual texture or odor,

Blakeslee related this story from

the National Center for Home Food

Preservation: A62-year old woman

home canned carrots. She was hos-

pitalized two days later, after feel-

ing dizzy and having difficulty

She was still hospitalized six

months later, but lucky to be alive

after ingesting Clostridium botuli-

num, one of the most deadly

Home food preservation can be

For more information, Blakeslee

safe, successful - and fun, but it is

important to follow directions ex-

recommended local K-State Re-

search and Extension offices; the

National Center for Home Food

Preservation, which is based at the

University of Georgia, Web site

www.uga.edu/nchfp; the U.S. De-

partment of Agriculture Complete

Guide to Home Canning.

foodborne toxins.

actly.

throw it out without tasting it.

year — or less, Blakeslee said. 7. Use common sense. If the seal

6. Label and date home canned or

## Interest in canning takes safety, know-how

MANHATTAN — Home food are free of rust and dents that may preservation requires some time, but advances in food safety, science, and technology have simplified the process of preserving summer-fresh fruits and vegetables at home, said Karen Blakeslee, Kansas State University Research and Extension food scientist and Rapid Response Center coordinator.

Growing interest in gardening and farmers' markets, a desire to increase the number of fruit and vegetable servings for health and to trim food costs, and the popularity of television food shows are stimulating interest in home cooking and food preservation, she said.

Preserving food at home need not be difficult, Blakeslee said. Key rules are applicable to each of the most frequently-used home methods, including canning and freez-

1. Choose fresh fruits and veg- dipped a finger into the juice in etables, free of dents, bruises, insect damage and mold.

2. Preserve foods as quickly as possible after harvest, preferably within 24 hours.

3. Choose an up-to-date, tested recipe, and follow the directions exactly. If using a sugar substitute, choose a recipe formulated with the substitute rather than sugar to ensure success. Following directions is critical. The acid content of recipe ingredients will dictate the methods needed to preserve foods successfully. High-acid foods, such as those used with fruit (jelly-making) and tomato products, must be boiled in a hot water bath for a specific time to kill harmful microorganisms or pathogens that may be present in food.

The dangers in varying a recipe - adding more of one ingredient and less of another - can alter the chemical balance required to preserve food safely and can compromise quality, said Blakeslee, who offered this example: In recipes for homemade salsa, which are popular with gardeners, tomatoes are typically the high-acid foods, and onion and green peppers the low-acid foods. Increasing the quantity of onions and green peppers, but reducing the quantity of tomatoes alters the balance between high- and low-acid

"Changes in a recipe change results," said Blakeslee, who noted that changes may threaten food safety and quality.

4. Read - and follow - directions and safety recommendations for cookware used in home food preservation.

"Dial pressure gauges on a pressure canner should, for example, be checked annually," said Blakeslee, who noted that many K-State Research and Extension offices offer

So do manufacturers, she said. 5. Use recommended food storage containers in good condition. Glass canning and jelly jars that are free of chips, nicks and cracks and used previously only for food can be sterilized and re-used. Buy new lids and re-use screw bands only if they

## Rexford residents spend time at lake

Last weekend Buck Harper and Cleda Moeder went to Trenton Lake, however the wind was too severe to be able to get out on the lake. Instead, those in the neighborhood had a fish fry. According to the picture, they had a very generous supply of fish! Bob and Sally Seitz, Arvada Colo. were also at the lake for several days and had breakfast with Buck and Cleda. Then the Seitz's came to Rexford to visit Sally's brother, Lawrence Horinek for a few days.

To help their mother Vesta Roth celebrate her birthday, Dan and Janice Roth, Abilene; Rick and Jason Roth, Stockton; and Eric Roth Smith Center spent Sunday with her. They all went out for a nice dinner. Then on the actual day (Wednesday), Rick and Jason came back. So she really celebrated this one up right!

Ralph Prater, Logan came to visit Deb Stepper concerning the building that her grandfather had built in Logan in 1905. The building was a mercantile business for many years, a joint effort of her father and her grandfather. Then when Deb was young, her father had a grocery store and theater there. Some time ago the building was refurbished and soon it will become the Logan Museum

Last week at Lions Club, Michele Gosha, a recent graduate of Colby Community College (and a 2003 graduate of Golden Plains) reported on her trip to China, where she spent 16 days this summer. Michele went on the trip with a

Sondra **Barnett** 

• Rexford Correspondent

Laureate Delegation on Medicine. Each year this organization takes a group of university students in the field of medicine to do a health care analysis of a different country. This year the emphasis was to compare traditional Chinese medicine to Western medicine. They visited hospitals, orphanages and medical universities, as well as did a fair amount of sightseeing. Gosha will be starting the Cleveland Chiropractic College in January. Michele has a very interesting presentation of her experiences and is open to sharing with any group that would ask her. This is her second such trip. Last year Michele went to Africa. She is the daughter of Gloria and Terry Gosha from Selden.

There were 17 women at Koffee Klatch this week. This is the largest group we've ever had and we heard some really good stories that I can't print! Those present this week were Evelyn Proffitt, Eunice Sanford, Grace Cheney, Berneda Zoberst, Deb Stepper, Fran Leach, Vesta Roth, Jean Hawkins, Freda Ketchum, Doris Jean Oliver, Liz Rall, Delores Dible, Cleda Moeder, Sondra Barnett, Deborah Gamboa. Aunyssa Jackson, and Hulda Wark.

Visitors of Fran Leach, Bob and Melody Leach this week were Ray and Mary Schrag, Inman. They group called International Scholars stopped on their way to South Da-

kota and spent the night in Rexford. It will begin with a cov-They had been missionaries in India for 40 years.

Donald and Colleen Rall went to Denver for the funeral of Louis Rico.

Cleda Moeder and Buck Harper went to Albert for the funeral of Dolores Dirks, which was held at a Lutheran Church in the country. Dolores was a friend of Cleda's and the mother-in-law of her son Robert Moeder.

Sondra Barnett took a day trip to Great Bend to work with the new Rexford! treasurer for Kansas West Area Hulda Wark had a brief visit from

her daughter Tamera and Ken Searls from Quinter, on Sunday afternoon. While in town, the Searls' also visited Vicki Allison and Wheat Sondra Barnett. Don't forget to make plans to at-

tend the Fourth of July celebration Soybeans

ered dish dinner at the park, providing the weather cooperates. More information will be forthcoming

prior to the event. Makin' It Happen: Hats off to Gary Hibbs. It may sound a little strange, but I love the smell of the school in the summer!

The building is getting a thorough cleaning, with paint, wax and other smells. Thanks Gary for doing a great job and being responsible for our school building in

### **Markets**

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

\$3.00

Corn

\$2.05 \$3.14 No bid

## **COME HEAR** Obe Hokanson

Teach On ISrael - Jerusalem and the Temples Past, Present & Future



At The Rexford Community Church Sunday June 26th 10:30 a.m. & 8 p.m.

Monday June 27th - 8 p.m. Tuesday June 28th - 8 p.m.

Obe Hokanson is a teacher at the College of Biblical Studies in Houston, Texas. He has been traveling, studying and taking groups to Israel for 25 years.

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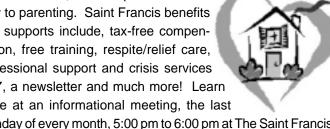
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Monday of every month, 5:00 pm to 6:00 pm at The Saint Francis Academy Foster Care Homes office, 155 W. 4th St., Colby. If you could share your heart, open your home, and give hope to a child, please call, 1-866-999-1599 (toll free). EOE

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