

# Family

## Deaths

### Paul Chase

Paul Chase, 75, of Colby, died Friday, June 29, 2007, at Presbyterian-St. Luke Hospital in Denver.

### Guadalupe F. “Lupe” Avila

Guadalupe F. “Lupe” Avila, 78, of Oakley, died Thursday, June 28, 2007, at Via Christi St. Francis Campus in Wichita. Mr. Avila was born June 9, 1929, in Denver, Colo., to Jose and Maria Avila Perez.

He was a lifetime resident of Oakley. He worked in maintenance for the Kansas Department of Transportation.

He was a Korean War Navy veteran.

He married Sylvanna J. Wassemler May 18, 1967, in Colby.

Mr. Avila is survived by his wife, Sylvanna Avila of Oakley; son Frankie J. Avila of Colby; daughters Primrose Hockersmith of Victoria and Alicia Unruh of Eagle, Colo.; brothers Pete Perez and Amos Avila, both of Oakley; sisters Rose Hernandez of Canton, Miss.,

Colo. Services are pending with Kersenbrock Funeral Chapel in Colby.

Lucille Perez of Oakley, Anita Oliveros of Sutherland, Neb., and Vera Hernandez of Oakley and eight grandchildren.

He was preceded in death by his parents.

Services will be at 10 a.m. Tuesday at Kennedy-Koster Funeral Home in Oakley with Ronald Thomke and Leroy Sandford officiating. Burial will be at Monument Cemetery in Monument with military honors by the U.S. Navy, Wichita, and VFW Post 2981.

Visitation will be until 9 a.m. today at Kennedy Koster Funeral Home in Oakley.

Memorials are suggested to the Rae Prickett Scholarship Fund and Oakley Booster Club and may be sent in care of Kennedy-Koster Funeral Home, 217 Freeman, P.O. Box 221, Oakley, Kan., 67748.

# July 4 celebration planned

The annual Fourth of July Picnic at the Rexford City Park will begin serving grilled burgers and hot dogs for the community at 6 p.m. Wednesday. Bring a side dish and or a dessert to share and a chair along with your dinner service. A fireworks show is also planned for the evening.

The community congratulates Lonnie and Samantha Mohr who are the proud parents of a daughter, Sadie Autumn Mohr, born June 13 at Hays. Sadie weighed 6 pounds, 10 ounces and was 19 inches in length. Grandparents are Steve and Teri Allen, Rexford, and Troy and Sue Anderson of Colorado Springs, Colo.

Jay and Nancy Dahl spent the weekend in Herrington, visiting a friend, Gordon Smith. Gordon had a leg amputated recently. The friends had a good time enjoying each other’s company.

Last Monday evening, Sondra Barnett attended the Stitchin’ Sis-



### Vicki Allison

● Rexford Correspondent

ters meeting in Hill City and gave the program at the invitation of Jolene Strutt. Sondra demonstrated how to make the glass block lamps and shared a wedding dress sewing.

On Wednesday evening, Bryan Barnett, Liberal spent the night at the home of his mother, Sondra Barnett. They were supper guests of Velma Barnett, Gem. They enjoyed a time of visiting together.

The birthdays celebrated last week were Tim Dahl on June 25, Peggy Dible and Doug Todd on June 27. A Happy Birthday to Gail

Williams on July 1, Nancy Dahl on July 3, and Jesse Miller on July 5.

Cookies are needed for Vacation Bible School which will be July 10–12 at the Rexford Community Church for children ages preschool through 5th grade. The classes will be from 9 a.m. to 3 p.m. and lunch provided for the children on July 10th and 11. On the 12, classes will be from 1 to 6:30 p.m. with a dinner served and a program following.

Shepherd’s Staff Creative Arts Camp will be July 15-20 for ages 8-15. Sponsored by Shepherd’s Staff, this camp offers puppetry, clowning, drama, signing, ceramics, art, leather craft and other fun activities –all led by highly qualified and caring staff.

There will be a performance on Friday evening. For more information please contact Ron Boller or Joan Dingwerth, 687-2565. You can participate as either an overnight or ‘day only’ camper.

# 4-H clubs gather for meeting

By Dana Wilson

Reporter

The Solomon Valley 4-H meeting was called to order by President Michael Juenemann on Monday, June 11 at 7:30 p.m.

## Babies

### Jalyssa Brianne Sabatka

Brandon and Samantha Sabatka of Colby announce the birth of their daughter, Jalyssa Brianne Sabatka, Monday, June 25, 2007, at Citizens Medical Center in Colby. Jalyssa weighed 7 pounds, 14 ounces and was 19 1/2 inches long.

Grandparents are Brian and Connie Sabatka of McDonald and Peggy Morris of Bird City.

Jalyssa was welcomed home by sister Jalyne.

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at the 4-H Building. It was our exchange meeting with Brewster 4-H club; therefore both clubs conducted a meeting together.

There were 22 Solomon Valley Members present. Clay Phillips led us in the flag salute and Kayla Ziegelmeier played “Awesome God” for our song.

The Ceremony Committee initiated Lander Niblock, Cole Ziegelmeier, and Kurtis Sloan as new members.

The club welcomed them in a round of applause.

For unfinished business we discussed the 4-H tour, the Buyers meal, and the 4-H Fair booth.

Dana Wilson gave a project talk on good horse riding tips and Michael Juenemann demonstrated a unique way to get rid of a dent in a piece of wood.

The Brewster club also gave talks and joined us for recreation and snacks.

### Wilbur Clarence Mountford

Wilbur Clarence Mountford (90), died June 30, 2007. He was born December 31, 1916 in Red Cloud, Nebraska. He was the fourth of six children born to William Thomas and Jane Elizabeth (Carpenter) Mountford. He and his wife Betty have been married 60 years. They were married November 3, 1946. Wilbur was a retired manager and stockholder of Winona Feed and Grain, Inc. and farmed near Winona. Wilbur was dedicated to making Winona a good community to raise children. He served as mayor, on the city council and school board. He was a member of the Lions’ Cub, the Masonic Lodge, Bridge Club, and the Kansas Grain Dealers Association. He served on the Methodist Church Board and coached Little League baseball. He was often called upon to umpire ball games and operate the scoreboard and P.A. systems for the high school football games. After retiring, Wilbur and Betty moved to Colby in 1984, to be closer to their grandchildren. For many years, they spent summers at the lake near Trenton, Nebraska, where Wilbur enjoyed fishing and visiting with friends. His other hobbies included playing cards, dominoes and watching sports on television. Wilbur was proud to be a Fort Hays graduate. He served in the United State Air Force during WWII.

Wilbur will be greatly missed by his family and friends. His wit and wisdom will long be remembered by those who knew him. Survivors include his wife, Betty, and his 3 children and their spouses, Max and Debi Mountford of Colby, Carolyn and Bob Rosebaugh of Phoenix, Arizona and Lois and David Powers of Midland, Texas. He also leaves 7 grandchildren, Marcus Mountford, Kristin Hoppe, Lynley Riggs, Rachel Headrick, Nathan Powers, Dana Powers, Clayton Powers, and 6 great grandchildren.

Memorial services will be held at the Colby United Methodist Church, Colby, Kansas at 1:00 P.M. on Tuesday, July 3, 2007. A private family burial will precede the memorial service in the Selden Cemetery, Selden, Kansas with full military honors by Fort Riley. Visitation at Harrison Chapel, Colby, Kansas will be Monday, July 2, 2007 from 9:00 A.M. to 8:00 P.M. Memorial donations in Wilbur’s name, to be designated at a later date, may be left at any Colby bank or Harrison Chapel.

# Bags can be recycled to store household items

By Heloise

Dear Heloise: Thank you for printing my hint about the plastic bags that sheets and stuff come in. I am going to put it in my scrapbook. I mentioned that these bags make excellent travel bags for sample-size items. Someone wrote to you and said that they loved this hint and use it all the time now — that made my day.

Well, I’ve figured out more uses for these plastic bags (the bags that sheets, curtains, pillowcases, etc., come in, usually with a zipper or snap). Just having had a baby, I have found the medium-size ones good for storing diapers, another bag for used diapers, and another for dirty outfits or other baby items.

Keep up the good work, and thanks for your service to the community. — Bianca C. Brindley, Huntsville, Ala.

**Thank you for reading the column and sending along the newspaper clips of same. Speaking of plastic bags, read on for some uses for those plastic grocery bags. — Heloise**

**Fast facts**  
Dear Readers: Most households are deluged with plastic grocery bags.

Don’t just toss them — reuse or recycle them. Read on for a couple of ideas:

- Fold and stack them in one bag or box for using again.
- Drop off at a store, food bank or resale shop, etc. (Call first to be sure the place will take them.)
- Use to bring home wet or dirty clothing.

**Anything you can do will help. Millions of bags, adding**

**up to literally tons of plastic (that can be recycled), are added to landfills every day! So, reuse and recycle. — Heloise**

**Fresh breath and air**

Dear Heloise: I make my apartment smell fresh by placing 1/4 cup of mouthwash in an inconspicuous place in the bathroom. With ceiling fans and air conditioning, the mouthwash evaporates and distributes into the air. This way, when I come home or when I have visitors, there is always a fresh, minty scent. All I have to do is freshen the cup every three to four days! It’s cheap, and it’s not toxic. — Shea Rial, Little Rock, Ark.

**Handy prescription bottles**

Dear Heloise: I use small beads and sequins for craft projects and found that plastic zip-top bags were not good for storing leftovers, since they tear easily. Now, I save empty, transparent prescription bottles that I’ve washed, dried and removed the labels from for storing these tiny items. Using a funnel to fill the containers makes it easy, with few spills. — Robin, via e-mail

**Sound off**

Dear Heloise: I usually go to the grocery store three to four times per week, when I want fresh bread, veggies or milk. It aggravates me to no end when they put my items in a plastic bag without asking. I see no reason — we’re overrun with plastic bags that sit in the landfills. I use paper bags! I recycle newspapers, and they fit perfectly in the bags. — Janet Graves, Omaha, Neb.

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# Calcium from food makes for healthier bones

(AP) — Most women know that calcium is critical in preventing osteoporosis, the disease of progressive bone loss and fractures that affects millions of Americans.

But which source is better — calcium-rich foods or supplements? A preliminary study by researchers at Washington University School of Medicine suggests dietary calcium may be better at protecting bone health.

Though not definitive, the study found that women who get most of their daily calcium from food have healthier bones and higher bone density than women whose calcium comes mainly from supplemental tablets.

That was true even though the supplement-takers had higher average levels of calcium.

Calcium from dietary sources is generally better absorbed than that from supplements, which could help explain the difference, said the study’s lead author, Dr. Reina Armamento-Villareal.

Those getting calcium from foods also had more estrogen in their bodies; the hormone is needed to maintain bone mineral density. Researchers can’t yet explain the food-estrogen connection.

The research is preliminary and offers “a springboard to do something more, a hypothesis to test,”

said Armamento-Villareal, a bone specialist and assistant professor in the School of Medicine’s division of bone and mineral diseases. It was published in the May issue of the American Journal of Clinical Nutrition.

Researchers asked 183 postmenopausal women to meticulously document their diet and their calcium supplement intake for seven days.

They tested their bone mineral density and their urine for levels of estrogen.

The women then were divided into three groups: those who got at least 70 percent of their daily calcium from supplements, those who got the same amount from dairy products and other food, and those whose calcium-source percentages fell somewhere in between.

The “diet group” took in the least calcium, an average of 830 milligrams per day.

## Markets

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