

Family

Babies

Luke Stephen Shull

Stephen and Tracy Shull of Colby announce the birth of their son, Luke Stephen, Friday, March 28, 2008, at St. Luke's Hospital in Denver, Colo.
He weighed 7 pounds, 6 ounces and measured 20 inches in length.

Grandparents are Ernest and Judy Shull of Colby and Jim and Shirley Weiland of Cheyenne Wells, Colo. Great-grandmother is Beth Clark of Hugo, Colo.
Luke was welcomed home by two sisters, Karly and Kelly.

Dylan Wood Fairchild

Heather and Chase Fairchild announce the birth of their son, Dylan Wood, Saturday, April 12, 2008, at Salina Regional Health Center.

He weighed 8 pounds, 3 ounces and measured 20 inches in length. Grandparents are Dede and Carol Morgan of Colby and Chuck and Teresa Fairchild of Lindsborg.

Death

Bonnie Reardon

Bonnie Jean Reardon, 81, of Coffeyville died Sunday, April 20, 2008, at Coffeyville Regional Medical Center.

She was born June 14, 1926, in Independence to Leroy Forest and Lura Lee (Pike) Krienhanger. She grew up in Independence area where she attended school and graduated from Independence High School in 1944. Following high school, she attended nurses training school in Independence and worked at Dr. Ferguson's medical office.

On July 10, 1949, she married Byron Granville "Buck" Reardon at the Congregational Church in Independence. They made their home on a farm near Liberty. She was a homemaker and worked at Sidman's Restaurant on Weinberg Western Wear in Coffeyville.

She was a member of the Liberty United Methodist Church, United Methodist Church Women and Progressive HDU and served as a 4-H leader.

Survivors include husband,

Buck; daughters, Marilyn Kathleen and husband John Melton of Olathe, Margaret Jean Tole of Colby, Mildred Irene and husband Tracy of Pierce City, Mo.; sons, Daniel Byron and wife Tammy Reardon of Coffeyville, Rex and wife Susan Reardon of Coffeyville, and Randall and wife Heather Reardon of Grain Valley, Mo.; sisters, Doris Heckbert of Peterborough, N.H., Mary Yoder of Savoy, Ill.; 14 grandchildren and one great-grandson.

She was preceded in death by a brother and a sister.

Services were held today at Liberty United Methodist Church. The Revs. Bill Booe and Jerry Bever officiated. Burial followed in Liberty Cemetery.

Memorials may be made to Liberty United Methodist Church or the Center for Basic Cancer Research at Kansas State University. Contributions may be sent to David. W. Barnes Funeral Home, 306 North Cline Road, Coffeyville, Kan. 67337.

Mom's diet seen as factor in baby's gender

CHICAGO (AP) — Snips and snails and puppydog tails ... and cereal and bananas?

That could be what little boys are made of, according to surprising new research suggesting that what a woman eats before pregnancy influences the gender of her baby.

Having a hearty appetite, eating potassium-rich foods including bananas, and not skipping breakfast all seemed to raise the odds of having a boy.

The British research is billed as the first in humans to show a link between a woman's diet and whether she has a boy or girl.

It is not proof, but it fits with evidence from test tube fertilization that male embryos thrive best with longer exposure to nutrient-rich lab cultures, said Dr. Tarun Jain. He is a fertility specialist at University of Illinois at Chicago who wasn't involved in the study.

It just might be that it takes more nutrients to build boys than girls, he said.

University of Exeter researcher Fiona Mathews, the study's lead author, said the findings also fit with fertility research showing that male embryos aren't likely to survive in lab cultures with low sugar levels. Skipping meals can result in low blood sugar levels.

Jain said he was skeptical when

he first heard about the research. But he said the study was well-done and merits follow-up study to see if the theory proves true.

It's not necessarily as far-fetched as it sounds. While men's sperm determine a baby's gender, it could be that certain nutrients or eating patterns make women's bodies more hospitable to sperm carrying the male chromosome, Jain said.

"It's an interesting question. I'm not aware of anyone else looking at it in this manner," he said.

The study was published Wednesday in the Proceedings of the Royal Society B, a British medical journal.

The research involved about 700 first-time pregnant women in the United Kingdom who didn't know the sex of their fetuses. They were asked about their eating habits in the year before getting pregnant.

Among women with the highest calorie intake before pregnancy (but still within a normal, healthy range), 56 percent had boys, versus 45 percent of the women with the lowest calorie intake.

Women who ate at least one bowl of breakfast cereal daily were 87 percent more likely to have boys than those who ate no more than one bowlful per week.

Cereal is a typical breakfast in Britain and in the study, eating

very little cereal was considered a possible sign of skipping breakfast, Mathews said.

Compared with the women who had girls, those who had boys ate an additional 300 milligrams of potassium daily on average, "which links quite nicely with the old wives' tale that if you eat bananas you'll have a boy," Mathews said.

Women who had boys also ate about 400 calories more daily than those who had girls, on average, she said.

Still, no one's recommending pigging out if you really want a boy or starving yourself if you'd prefer a girl.

Neither style of eating is healthy, and besides all the health risks linked with excess weight, other research suggests obese women have a harder time getting pregnant.

The study results reflect women at opposite ends of a normal eating pattern, not those with extreme habits, Mathews said.

Professor Stuart West of the University of Edinburgh said the results echo research in some animals.

And Dr. Michael Lu, an associate professor of obstetrics, gynecology and public health at the University of California at Los Angeles, said the results "are

certainly plausible from an evolutionary biology perspective." In other words, since boys tend to be bigger, it would make sense that it would take more calories to create them, Lu said.

Still, Lu said a woman's diet before pregnancy may be a marker for other factors in their lives that could influence their baby's gender, including timing of intercourse.

"The bottom line is, we still don't know how to advise patients in how to make boys," he said.

On the Net:

Journal: <http://publishing.royal-society.org/index.cfm?page=1087>

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Easy to make, keep dip

By Heloise
Hints from Heloise

Dear Readers: Want a delicious cream cheese, olive and pecan spread that is easy to make and keeps well in the refrigerator? This family recipe is one my mother used to make for special occasions, but I keep some handy almost all the time. I have updated this, making it a little more healthy with not as many calories from fat. You can make it either way, or "mix and match," as I sometimes do.

Here's what you need for the recipe:

- 8 ounces softened regular or low-fat cream cheese
- 1/2 cup regular or low-fat mayonnaise
- 1/4 cup to 1/2 cup chopped pecans, walnuts or peanuts
- 1 cup sliced salad olives (the jar will say "salad olives" and is filled with bits and pieces of olives and pimentos), chopped up for dip
- 2 tablespoons juice from the olive jar
- Dash of pepper (but no salt!)
- Mix all ingredients well and enjoy. Sometimes I really spice it up by adding a handful of finely chopped green or bell peppers, or even jalapenos! As they say, let your taste buds be your guide. And what's really nice about this olive-nut dish is that you can make it as a dip by adding a little more juice from the olives or a teaspoon of milk.

— Heloise

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