

Family

Death

Velma Houston

Velma Houston, 87, of Colby, died Thursday, June 19, 2008, at Park Lane Nursing Home in Scott City.

She was born Aug. 4, 1920, in Rexford to Charles and Sara Turrell Gromer.

In 1938, she graduated from Rexford High School. She worked for the National Youth Administration, a New Deal agency.

On Jan. 26, 1944, she married Thomas Raymond Roosevelt Houston in Colby. She was a homemaker. She was involved in the American Legion Auxiliary, Extension Homemakers and Gem Baptist Church.

Survivors include sons, Thomas E. Houston of Columbia, Mo., David A. Houston of Menlo and James W. Houston of Scott City; eight grandchildren and six great-grandchildren.

She was preceded in death by husband, Tom, in 2000; two sisters, Lela and Luva; brothers, Charles Eugene, Chester L. and John Wesley.

Services will be held 10:30 a.m., Tuesday, at Kersensbrock Funeral Chapel, 745 S. Country Club Dr. in Colby. The Rev. Bud Chester will officiate. Visitation will be from 2-8 p.m. Monday, at Kersensbrock Funeral Chapel. Burial will follow at Gem Cemetery in Gem.

Memorials may be made to the Thomas County Historical Society in care of Kersensbrock Fu-



Houston

VFW reviews service hours

VFW Auxiliary 6882 met June 11 with President Peggy Ohlrogge presiding.

Roll call of officers was read. Chaplain offered an opening prayer followed by Patriotic instructions and flag salute. Words of national anthem were read with members standing at attention. POW-MIA prayer was offered by chaplain.

Minutes were read and approved and treasurer's report given.

Bills were presented and allowed for payment.

Committee reports were heard. Poppy chairman reported can at VFW steak suppers for poppy campaign in May. Community service reported 21 projects done entailing 314 hours of volunteer service by members.

Publicity reported no May meeting article published yet in paper.

Rosalie Seaman expressed wish to resign as treasurer when posi-

tion can be filled.

National home prayer was offered and meeting closed per ritual.

July starts a new year for the auxiliary. Auxiliary members are those who are wives, mothers, sisters, daughters and granddaughters of those who have served.

Those who are interested in joining can attend the next meeting at 5 p.m., July 9, at the VFW Post Home, 220 Lake, in Colby.

DOC'S on-call

Presented by **Gary D. Slavens, M.D.**

RAISING AWARENESS OF WOMEN'S STROKE RISK

According to an analysis of health data from both men and women, twice as many women as men suffer strokes in middle age. This may come as a surprise to women, particularly those who are not aware that heart disease is responsible for more deaths among women than all forms of cancer combined. In fact, the increased risk of strokes among middle-aged women is largely due to increases in heart disease and weight gain. The researchers also found that women have a steeper rise than men in several factors of heart disease and stroke, such as high blood pressure and high cholesterol. The first step in effectively treating these problems involves educating women to the fact that these risks exist.

Please call **DOC'S ON-CALL** at **785-460-8000** to schedule an appointment with me. New patients are always welcome. Our practice is located at **1005 S. Range, Suite 200, Colby.**



Hints offered when camping

By Heloise

Hints from Heloise

Dear Heloise: When traveling (we camp, but hotel it on the way to distant national parks), we carry a cooler. Rather than fill it with loose ice, I use two to three rinsed-out milk jugs with a large "filling hole" cut out. I retain some of the handle. I fill these with water and freeze, then put them in the cooler. No food floating in water.

As we travel, I pour out the melted water and refill with ice. While camping, we purchase ice and keep the jugs full.

When traveling with children, we eat a hearty meal at noon, then picnic by the pool after we stop for the night. We buy one meal's worth of milk in the late afternoon. This gives kids more swim time, adults time to talk and unwind, saves time and money, and we have a nutritious meal.

Also while traveling, each family member has a wide-mouth, clean canteen or container. We keep these full of ice water — refreshing, healthy, and we're not adding to the landfills.

Hope these travel hints help others as much as their hints have helped me.

— Kay Lewis, Dallas

Kay, these are super saving hints that anyone on a road trip can use! Lunch is much cheaper than dinner, and not buying sodas, tea or a glass of milk at a restaurant can save big bucks.

— Heloise

Puzzle pieces

Dear Heloise: I saw a hint in the (Salem, Ore.) Statesman Journal that said to use paper plates to keep jigsaw-puzzle pieces in order instead of the whole box.

Instead, my sister and I use many shoe-box tops to do that, and we never spill any pieces on the floor.

— Renee Grenier, Salem, Ore.

Away with clutter

Dear Heloise: My mother taught us one thing I have never forgotten. When you are going from one room to another, look around to see if anything in that room belongs in the room you are going to. This really cuts down on clutter. To this day, I still do it.

— Mrs. D.M.S., Kirksville, Mo.

Soup starter

Dear Heloise: In our freezer we have a large, covered plastic container marked "soup starter." We put in small amounts of leftover vegetables after a meal, etc. When the container is full, my husband gets out the large soup kettle and adds the soup starter together with his choice of meat, potatoes, carrots, onions, etc. He makes a very good soup, and it's a bit of a surprise each time because of the contents of the starter.

— Ron and Beatta Gilbertson, Tioga, N.D.

Toothpaste tube

Dear Heloise: I have found the perfect solution to hold the folded bottom of the toothpaste tube in place. The wide but small rubber bands that come on broccoli are perfect. I just take one off of the old tube and put it on the new one.

— Karen, Pearland, Texas (c)2008 by King Features Syndicate Inc.

Laurie Ann Williams

Laurie Ann Williams, 36, of Erie died Sunday, June 15, 2008 in a traffic accident.

She was born June 21, 1971, in Cooperstown, N.Y., to Charles Richard and Gold Mae (Shrom) Duncan.

She married Roy Williams Aug. 12, 2006, in Chanute. She was a manager at the Chanute McDonald's.

Survivors include her husband, Roy; son, Robert Joseph Wilbur of Modesto, Calif.; daughters,

Ashley Lea Wilbur and Kimberly Louise Wilbur, both of Erie; mother; brothers and sisters. She has relatives in Thomas County.

She was preceded in death by her father.

A memorial service and inurnment will be held at a later date. Memorials may be made in her name to the family and may be left with Penwell-Gabel Johnson Chapel, 101 N. Highland, Chanute, Kan., 66720.

Death in Chapman tornado has relative in Oberlin

The tornado which struck Chapman last Wednesday claimed the life of Crystal P. Bishop, 21, a granddaughter of Derry W. Bishop of Oberlin and mother of an 18-month-old daughter.

Ms. Bishop, who apparently was hit by debris while running to shelter, was the only fatality reported from the Chapman storm. The tornado was in a line of storms which cut a diagonal swath across Kansas, destroying much of that town of 1,400. The same system left millions of dollars worth of damage in Manhattan.

According to a report by KSN Television News, Mr. Bishop said that his daughter and her boyfriend were running with the baby, Bianca Whitefoot, toward a shelter. They were caught in the tornado, he said, and Crystal died after being hit by debris.

The couple's home was demolished, he said, reduced to an empty lot.

A neighbor tried to save Crystal by performing cardiopulmonary resuscitation after the twister passed, the network said, but she died before rescue crews arrived.

Ms. Bishop was born Feb. 10, 1987, in El Paso. She grew up traveling with her parents in the

military and had lived in Texas, Germany, Missouri and Kansas. A 2005 graduate of Chapman High School, she was a student at Cloud County Community College

Survivors also include her boyfriend, John Whitefoot, Chapman; her mother, Sandra and Randy Wilmore, and a brother, Phillip Bishop, White City; her father, Derry M. and Lisa Bishop, Arizona; and grandparents, Robert Ball, El Paso, and Elaine Bishop, Arizona.

She was preceded in death by her maternal grandmother, Colleen Ball.

Funeral services were Monday afternoon at the Nazarene Church in Junction City with Pastor Jim Bond officiating and burial in Newport, Tenn.

The family suggests contributions to the Bianca Whitefoot Education Fund in care of the Danner Funeral Home, Box 758, Abilene, Kan., 67410.

Bridal Registry
Christy Gerstner
and
Jeremy Dietz
 Shower: June 21st
 Wedding: July 5th

Someplace Special
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VOTE WYRICK

District Judge, Div. 2

I will be visiting Brewster on Friday, June 20th @ 5 p.m. and Hoxie on Saturday, June 21st @ 3 p.m.

"Come on out to the park and enjoy refreshments and conversation! I look forward to seeing you there!"

Integrity, Equality & Respect!

Paid political ad by Wyrick for Judge, Jerry Vincent, Treasurer.

Markets

Quotes as of close of previous business day

Hi-Plains Co-op

Wheat	\$8.70
Corn	\$6.85
Milo	\$11.51
Soybeans	\$13.80

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.

NOW SHOWING
 June 20th - June 26th

SEX AND THE CITY
 R 2 Hour, 25 Minutes
 Friday & Saturday 7:00 & 9:35
 Sunday 4:00 & 7:00
 Monday - Thursday 7:00

GET SMART
 PG-13 1 Hour, 55 Minutes
 Friday & Saturday 7:00 & 9:15
 Sunday 4:00 & 7:00
 Monday - Thursday 7:00

FREE SUMMER MATINEE
SPIDERWICK CHRONICLES
 PG 1 Hour, 36 Minutes
 Tuesday, June 24th @ 2:00 p.m.
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New Weight. New Health. New You!

Now, there is hope. Hays Medical Center's Bariatric Surgery Program may help you attain a more healthy body weight and other long-term health benefits.

An August 2007 New England Journal of Medicine report says obesity is associated with increased mortality. The life expectancy of severely overweight persons is reduced by an estimated 5-20 years.

Bariatric surgery can lead to long-term weight loss and decreased mortality due to weight-related complications. The health benefits of bariatric surgery may include:

- Significant weight loss
- Lower cholesterol
- Lower blood pressure
- Improvement of Type II diabetes
- Improvement of cardiovascular health
- Relief of sleep apnea
- Relief of digestive problems
- Decreased joint pain
- Improved mobility
- Improved self image

Reclaim your life and your health.

To find out if bariatric surgery is right for you, talk to your primary care physician or call 785-623-5945 today.

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You've struggled with severe weight problems for years.

You've tried all the diets, but nothing seems to work.

Now with weight loss surgery there is hope for you to reclaim your life.

Dr. Zurab Tsereteli
 Bariatric Surgeon