Family

Death

Velma Houston

Velma Houston, 87, of Colby, died Thursday, June 19, 2008, at preceded in 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 greatgrandchildren.

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,



Wesley. Houston Services

will be held 10:30 a.m., Tuesday, at Kersenbrock 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 Kersenbrock Funeral Chapel. Burial will follow at Gem

Cemetery in Gem. Memorials may be made to the Thomas County Historical Society in care of Kersenbrock Fu-

Laurie Ann Williams

Laurie Ann Williams, 36, of 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.

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.

to distant national parks), we car-

ry 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.

As we travel, I pour out the

melted water and refill with ice.

While camping, we purchase ice

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 after-

noon. This gives kids more swim

time, adults time to talk and un-

wind, saves time and money, and

Also while traveling, each fam-

ily member has a wide-mouth,

clean canteen or container. We keep these full of ice water - refreshing, healthy, and we're not

we have a nutritious meal.

No food floating in water.

and keep the jugs full.

By Heloise

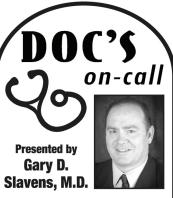
Bills were presented and al- tion can be filled. lowed for payment.

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 ters, daughters and granddaughservice by members.

Publicity reported no May meeting article published yet in paper. Rosalie Seaman expressed wish to resign as treasurer when posi- Home, 220 Lake, in Colby.

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 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



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.



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 in Junction City with Pastor Jim baby, Bianca Whitefoot, toward a shelter. They were caught 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 Bond officiating and burial in Newport, Tenn.

adding to the landfills. Hope these travel hints help others as much as their hints have helped me. - Kay Lewis, Dallas

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

Kay, these are super saving hints that anyone on a road trip Hints from Heloise Dear Heloise: When traveling (we camp, but hotel it on the way

Hints offered when camping

can use! Lunch is much cheaper have a large, covered plastic conthan dinner, and not buying so- tainer marked "soup starter." We das, tea or a glass of milk at a restaurant can save big bucks.

– Heloise **Puzzle pieces**

Dear Heloise: I saw a hint in nal 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 forgotsee 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, tures Syndicate Inc. Mo.

Soup starter Dear Heloise: In our freezer we

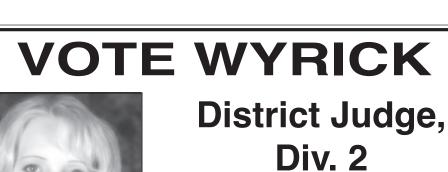
put in small amounts of leftover vegetables after a meal, etc. When the container is full, my husband gets out the large soup kettle and adds the soup starter together with the (Salem, Ore.) Statesman Jour- his choice of meat, potatoes, carrots, onions, etc. He makes a very good soup, and it's a bit 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 rubten. When you are going from one ber bands that come on broccoli room to another, look around to 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 Fea-



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!"



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

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.

Sponsored by: Rita Roe-Peters Insurance, Prairie Designs Landscape & Irrigation, Farm and Ranch Realty

Colby Cinema

1935 S. Range • 785-460-9600 www.colbycinema.com

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



NewWeight.

New Health.

pecial

Integrity, Equality & Respect!

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

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.

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.

New You!

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.



At Hays Medical Center

2220 Canterbury Drive - Hays 785-623-5945 www.haysmed.com

Dr. Zurab Tsereteli **Bariatric Surgeon**