

Family

Deaths

'Ellie' Irons

There will be a memorial service for Eleanor Augusta Irons, 78, Herington, formerly of Colby and sister of Donna Schwindt of Colby, at 3:30 p.m. Saturday, May 28, 2011, at the College Drive Assembly of God Church in Colby.

She was born in Colby on Oct. 8, 1932, to Arthur and Mable (Strait) Epard and died Thursday, May 12, 2011, in Topeka following a short illness.

She grew up on a farm southwest of Colby and graduated from Colby High School in 1951, going on to attend Brown Mackie College in Salina.

On March 26, 1954, she married Neil D. Wolf in Colby. He preceded her in death.

Returning to Colby, she was the secretary for the Agricultural Stabilization and Conservation Service office and later for KXXX Radio. She was one of the founders of the Colby Swim Club and was active with the Girl Scouts.

In the 1970s she married Lyle Irons, who also preceded her in death.

When she left Colby, she lived in Coos Bay, Ore., until moving to Herington.

Preceding her in death were her parents, two husbands, an infant son, Donald Neil Wolf, and two brothers, George Arthur Epard and John Gerald Epard.

Survivors also include two sons, Gregory (Dawn) Wolf, Gering, Neb.; and Rod Wolf, Florida; a daughter, Judy (Jeff) Rusiecki, Ilwaco, Wash.; four step-sons, Martin Irons, Shawn Irons, Doyle Irons and J.J. Irons; and 11 grandchildren. Richard (Neva) Epard, Colby, is her cousin.

Following the service there will be a gathering at the church for family and friends.

The family suggests memorials to the Thomas County Historical Society, 1905 S. Franklin, Colby, Kan., 67701.

Remember the 'sunshine' vitamin

Did you know that rickets, the disease caused by the lack of Vitamin D, often thought of as only present in third-world countries, is becoming more common in the United States?

This resurgence of rickets, especially in African-American infants and children, led to the recommendation that all infants and children through adolescence receive 400 international units of vitamin D a day, beginning at birth. This doubles previous recommendations.

Why are we having vitamin D deficiencies? There are several reasons:

- More indoor living, sunscreen, season and latitude – winter sunlight is too indirect for vitamin D formation.
- Obesity – body fat interferes with how vitamin D is formed and stored in the body.
- Age – as people age they are less able to produce vitamin D.
- Skin color – darker skin tones produce vitamin D at a lower rate.
- Lack of naturally occurring foods sources.

Very few foods contain Vitamin D naturally, so many are fortified. The one most of us think of is milk, but it is also added to some cereals, yogurts and orange juices. Natural vitamin D is found in oily fish – mackerel, tuna, sardines, salmon and cod-liver oil. Maybe great-grandmother knew more than we thought when she insisted her kids take cod-liver oil.

Why do we need Vitamin D? It is essential in skeletal development and bone health. It helps the body use calcium. Without vitamin D, bones can become thin, brittle or misshapen. There is a lot of research that links vitamin D deficiency to immune system disorders, cancer, multiple sclerosis and diabetes.



Diann Gerstner

• Knowledge for Life

Vitamin D is unique among vitamins because it is made in the human body when skin is exposed to ultraviolet light in the sun's rays.

Experts believe five to 30 minutes, twice a week, of direct sun on exposed skin – arms, legs and back – without sunscreen allows light-skinned persons to manufacture ample vitamin D. Dark skin may require up to three times as much sun exposure.

Yes, it says time in the sun without sunscreen. We have preached for years to always put on sunscreen. As with all things, we need to moderate this. Seldom does "always" or "never" truly work. The problem is that sunscreen not only keeps burning rays at bay, but also blocks Vitamin D.

I see parents' eyes rolling all ready. How do you let your kids free outside for just 15-30 minutes?

If you are going swimming, I recommend just going ahead and slathering on the sun screen before they get wet. Make your Vitamin D time another time.

If they are playing in the back yard, send them out then call them back in after 15 to 30 minutes for a nice cold drink and sun screen. Maybe set the kitchen timer so you don't forget.

How about yourself – are you getting your sunshine time? If not, it can be hard to consume enough natural or enriched foods, so you may want to consider a supplement. Many multi-vitamins include vitamin D and vitamin D supplements are also available.

How much vitamin D do people need? The new daily recommended combined amount from food, sun and supplements are:

Infants to age 1 – 400 units, children 1 to 18 years – 600 units, adults 19 to 70 years – 600 units and adults over 71 – 800 units.

Many scientists believe these numbers should be much higher. But I have one last important item: Vitamin D is a fat-soluble vitamin, which means it is stored in the body – the liver – and is not lost from food into water during cooking or washed through the body like excess water-soluble vitamins.

Why is that important? Since your body stores it, you can get too much vitamin D which can be toxic. As I mentioned before, all things in moderation.

My advice in a nutshell: Take advantage of nice weather and get outside in the sun for short periods of time without sunscreen. This can be walking or some other activity that can also help you toward a healthy lifestyle.

Then during the winter months consider taking a vitamin D supplement or a multivitamin with D. Some studies are looking at a link between vitamin D and colds saying you are less likely to get a cold if you have adequate vitamin D. Hummm – food for thought.

Diann Gerstner is the family and consumer sciences agent for the Thomas County Extension office.

Daughter of Isabella

The Daughters of Isabella met May 5 at the Colby Sacred Heart Catholic Church.

Regent Theresa Baker called the meeting to order. A candle was lit and prayer said for deceased members, followed by the opening ode and the pledge to the flag.

Baker reported there was good attendance at the Queen Isabella Day Service on Holy Thursday, Friday, June 24, is a world day of prayer for Daughters of Isabella. The mass will be at 8:15 p.m. with a rosary following.

A thank you was read from Laura Krejci for serving cookies and lemonade after the first communicants' mass May 1. Baker read parts of the International Daughters of Isabella letters that were of interest.

Joan Albers sent an article about Right to Life to the *Salina Journal* and the *Colby Free Press* and both were published. She reported 708 known saves during the last 40 Days for Life Rally.

The three that attended enjoyed the state convention in Topeka. The basket donated for the auction brought \$100. Next year's conference will be in Pratt.

A message was read about Shadrach, Meshach and Abednego from the Spiritual Reflection guide.

CeAnn Rinehart served old-fashioned raisin oatmeal cookies, cereal snacks and tea for the time of visiting.

Donation helps Genesis

The employees of United Plains Ag and CHS-Quinter, along with patrons and fellow community members, helped raise over two million meals for hungry families in the first ever CHS Harvest for Hunger food and funds drive.

"We're thrilled to report that CHS Harvest for Hunger reached double its goal," says Pat Peterson, general manager. "And for every donation we collected here in our community, CHS Country Operations is making a local contribution that will be reinvested back into a local cause to help our friends and neighbors."

The company collected 314,162 pounds of food and \$247,935 in cash and grain for Feeding America's network of regional food banks.

Golf Scores

The Meadow Lake Golf two couple scramble winners for Friday, May 20, are first, Lou and Audrey Hines and Charlie Struckhoff and Susan Wark; and second, Randy and Mary Lou Jones and Mark and Becky Peterson.

Markets

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

Wheat (bushel)	\$8.25
Corn (bushel)	\$6.82
Milo (hundredweight)	\$11.57
Soybeans (bushel)	\$12.50

Corrections

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.

Some like it HOT...

and some like to shop the COOL way!!
The Colby Free Press - 462-3963

Catholic family conference scheduled for August in Wichita

Catholics from a nine-state area will meet Friday through Sunday, Aug. 5-7, for an event that includes sessions on contemporary religious concerns presented by nationally recognized lay and religious speakers, spirited entertainment and daily devotions at the 12th annual Midwest Catholic Family Conference.

With programs for children, teens, young adults, and adults, the conference is at Century II in downtown Wichita.

"The Conference is an opportunity to learn about current issues affecting the Church," commented Barbara Kelly, co-founder and executive director of the conference, "To learn how we as Catholics can embrace and defend the faith, and to gather with others who seek deeper spiritual growth through education and devotion."

The Conference opens with family entertainment featuring composer and pianist Eric Genuis performing his "A Concert of Hope" and an interactive drama by Theater of the Word on Friday evening.

Presentations on Saturday and Sunday include speakers addressing topics from saints to Satanists. Clergy, religious and lay people share their knowledge and experience on the issues facing the

Church and Catholics today.

Registration is necessary to participate. For information, a complete schedule of speakers and program events, and to register, go to www.catholicfamilyconference.org or call (316) 618-9787 or emailing midwconf@cox.net.

Early discount rates are available before Friday, July 15.

What's New at the Kansas Country Store



Beautiful Wheat Weaving by Jerice Elmory of Sharon Springs, KS. Many intricate designs that are sure to please.



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THE COLBY FREE PRESS

Sons of the American Legion Post 363

Annual Flag Project

For a \$25 donation, the Sons of the American Legion will place a 3x5 American Flag in your yard or place of business on the following days (morning to evening):

- Memorial Day
- Labor Day
- Flag Day
- Patriots Day (9/11)
- Independence Day
- Veterans Day

Contacts for more information and flag placement contract:

Greg Griffin
443-5459

Fred Britt
694-3203

Mike Gensil
443-5242

Tracey Galli
462-0450

Deadline to participate in 2011 Flag Project: May 27

A Colby Free Press - Country Advocate Combo ad
The best buy/best coverage for your money!

A benefit for the Pete and Kim Schlageck family to help defray medical and funeral costs for their son, Dalen was held on May 7th. The outpouring of generosity from this community has been a tremendous blessing to this family. The Schlagecks, along with all the individuals who helped to organize the event, would like to thank the following businesses for their donations to the Silent Auction.

- Carousel
- CK Lumber
- Colby Ag
- Colby Automotive
- Colby Bowl
- Colby Free Press
- Colby Implement
- Colby Lumber
- Donelan Jewelry
- Earth Works
- Family Ctr for Health Care
- Foto Girl
- Golden Plains Garden Ctr
- Goulash
- Great Western Tire
- Horlacher Jewelry

- Inlow Interiors
- JR Marketing
- Ks Quick Lube
- Maurice's
- MC Auto
- Meadow Lake CC
- Moonlight Garden
- Oakley Animal Clinic
- Oasis
- Orschelns
- Palace Drug
- Peoples St. Bank
- Pizza Hut
- S & W Supply
- Service Master
- Smoffees

- Sports Shop
- Stan's Automotive
- Sunset Photo
- T. O. Haas
- Tina Harris Physical Therapy
- Premier Jewelry
- Tubbs & Sons – Tubbs Chiropractic
- Uptown Style
- Vanderbilts
- Western Sprinklers

Thanks

A special thank you to the Thrivent organization for their contribution. Thank you to all who supplied the food for the pancake feed and baked items for the bake sale. Thank you to all who gave of their time and efforts to make this a success.

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REFRESHMENTS AVAILABLE



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