

Rexford museum to open next Monday

Rex and Betty Carswell and Peggy Dible spent Friday morning cleaning the Rexford Museum, located east of the Red Barn on Kansas Avenue.

The Rexford Museum contains many artifacts and photos showing the history of Rexford, and will be open from 10 a.m. to 2 p.m. next Monday, Memorial Day. Everyone is invited to come and learn a little more about our community.

The Rexford community sends its condolences to the family of Nancy Dahl as they grieve her death. All of us who had the privilege to know her were blessed.

"Doc" (Frank) and Joan Dingwerth have been in town this week. They visit quite often from their home in Arlington, Texas. This time they also brought Joan's brother Gustav Holmberg, who is visiting the United States from Odense, Denmark.

The 40 and over crowd met at the Red Barn Thursday for Spuds and Splits. There was a good crowd, and everyone had fun. Spuds and Splits will continue through the summer on the third Thursday of each month.

Don't forget that Vacation Bible School is coming up Monday through Friday, June 4 to 8. The Rexford Community Church will be decorated to reflect a mine to support the theme of "Dig-



Rex and Betty Carswell and daughter Peggy Dible (not pictured) took a break from cleaning Friday morning at the Rexford Museum. They were preparing the museum for visitors next Monday.



Gwen Griffiths

• Rexford Correspondent

ging for Truth." Children age 2 through sixth grade are welcome

GWEN GRIFFITHS/Colby Free Press

to come each day from 9 a.m. to noon.

Finally, we're still planning for the Rexford community garage sale on Saturday, June 23. This is your chance to get rid of items that have been in storage for too long. You can call me or visit the "Get Rexford" Facebook page

for more information.

That's the news from Rexford. I hope you all have a lovely Memorial Day. Please send news items to griffithsgang@gmail.com or call 687-2076.

Thanks, and have a great week!

Top vegetable suits timid or courageous

Arguably, one of the most useful of all the vegetables we strive to grow to maturity in our backyard each summer is peppers.

Does that make sense? Useful peppers? Think about it. Please name a home garden product that has more uses than peppers. You say tomatoes? Or cucumbers? You're probably right. But to my way of thinking, peppers offer an extremely wide use of culinary possibilities, ranging from the tasty sweet ones to all temperatures of the hot ones.

The most commonly planted pepper in the High Plains is the wonderful green bell pepper. I don't have any statistic to back that up, but common sense tells me that's the case. There are, of course sweet non-bell peppers with flavor differences that run the gamut from the small yellow gypsy to the long yellow banana, and numerous others you have probably discovered over the years.

And then there are the hot ones, those we must learn to identify more carefully else we end up with those that are simply out of our realm of enjoyment because they are just too hot. Or on the other side of the spectrum, they just don't pack as much heat as we wanted.

The so-called "heat" contained in the hot ones is not thermometer-type heat, but a compound called capsaicin (cap-SAY-uh-sin), a colorless crystalline material and a powerful irritant to any tissue it touches. Habanero peppers come to mind during a hot pepper discussion, although there are those much hotter that have come into prominence in the last decade, mainly grown in countries such as Thailand, Pakistan and India.

Measurements of heat, or capsaicin, are the result of a scale authored by a pepper lover named William Scoville in 1912. Mr.



Kay Melia

• The Gardener

Scoville devised the accepted method of pepper heat that we use today. These measurements are referred to as "Scoville units" and just about every pepper known to man is now rated from zero to the top rating of pure capsaicin. Here are some sample ratings.

- All bell peppers are sweet peppers: no heat.

- Pimento: 100 to 900 Scoville units.

- Anaheim or poblanos: 1,000 to 2,500 units.

- Jalapeno, Chipotle, or Hungarian wax: 3,500 to 8,000 units.

- Serranos: 10,000 to 23,000 units.

- Cayenne and tabasco: 30,000 to 50,000 units.

- Orange habanero or Scotch bonnet: 50,000 to 100,000 units.

- Red habanero: 350,000 to 580,000 units.

- Naga viper and infinity: 855,000 to 1,463,700 units.

- Most law enforcement pepper spray: 500,000 to 1,000,000 units.

- Bear spray: 8 to 9 million units.

- Pure capsaicin: 15 to 16 million units.

The variances in some categories are due to different soil types.

As you might expect, the hot ones with the least heat are the ones grown by most gardeners. The cayenne and habanero types are basically grown and used by those who enjoy their own homemade salsa or pepper sauce.

Keep in mind that capsaicin is a powerful substance. When you work with the hot ones, wear rubber or latex gloves, and avoid contact with any part of the body.

Golden Plains recognizes accomplishments

By Elaine Ptacek

Golden Plains High School

Golden Plains High School held its annual awards banquet May 10. Following a well-attended potluck dinner, counselor Elaine Ptacek announced the numerous academic achievements, leadership awards and scholarships earned by the students during the past year. Awards are listed below:

Dale Dennis Award: Hannah Antholz, recognition of service, scholarship, citizenship and common sense.

Kansas State High School Activities Association Citizenship Award, presented to the outstanding boy and girl who best model citizenship qualities: Antholz, Cole Christensen.

Kansas State University Outstanding Math and Science Award: Trey Schwarz.

Topeka Capital Journal Academic All-State Nomination: Schwarz.

Governor's Scholar Award; Schwarz and Antholz.

Colby Community College Presidential Scholar: Ethan Walter, two-year scholarship of \$1,500.

Kansas State University First in the Class: Schwarz, \$4,000.

Dane Hansen Career and Technical Education Scholarships, \$2,000: Antholz, Viridiana Beltran, Cole Christensen, Sandra Galva, Katrina Griggs, Tyler Stevenson, Emily Wachendorfer, Ethan Walter.

Neff Seeds LLC and Pioneer Seed Company scholarship, \$500: Antholz.

Hazel Kirchner teacher scholarship, \$250: Antholz

Hugh O'Brian Youth Leadership Conference representatives: Kylie Jones and Leea Juenemann.

Robert J. Dole Youth Leadership Institute Nominee: Andrew Luna.

Golden Plains placed sixth out of 10 schools overall at the 2011-2012 Western Kansas Liberty League academic contest. The

sophomores received first place.

Medals were awarded for the top three places in overall, math, science, reading, written expression and social studies. Senior representatives were Hannah Antholz, Trey Schwarz, Cole Christensen and Ethan Walter. Junior representatives were Andrew Luna, Angela Ritter, Cole Wachendorfer and Tomas Ferencak.

Sophomore representatives were Kylie Jones, Leea Juenemann, Macayla Easton, and Jordan Christensen. Jones received third in math concepts and problem solving; Easton placed first in reading comprehension, and Juenemann placed second in analysis of science materials. Freshman representatives were Rebecca Bange, Brooke Wark, Joseph Korerperich and Ana Bermudez.

For the Presidents Academic Achievement Award, teachers recognize students in each class for citizenship and model behavior. These awards went to:

Algebra IA, Cameron Spresser; algebra I first hour, Josh Barnhart; algebra I second hour, Ana Bermudez; algebra I fifth hour, Asia Kurth; algebra II, Angela Ritter; geometry, Kylie Jones.

Band, Hannah Antholz; vocal, Macayla Easton and Hailee Spresser; weightlifting seventh hour, Cole Christensen; weightlifting eighth hour, Josh Barnhart, Macayla Easton, Andrew Luna, Kylie Jones and Ethan Walter; freshman physical education, Rachael Ritter; lifetime sports, Kylie Jones, Hailee Spresser and Zach Spresser.

Spanish I, Morgan Walz; Spanish II, Trey Schwarz; family & consumer science, Tori Fringer; woods third hour, Ethan Walter; welding, Tyler Stevenson; woods II, Tyler Stevenson; drafting, Jose Bermudez.

American history, Angela Ritter; world history, Zach Spresser; American government, Trey Schwarz; Kansas history, Ana Bermudez; English I, Brooke Wark and Rachael Ritter; English II, Leea Juenemann and Kylie

Jones; English III, Angela Ritter; English IV, Sandra Galvan; English composition I and II, Hannah Antholz; psychology, Andrew Luna.

General business third hour, Kylie Jones; general business sixth hour, Cheyenne Miller; computer tech I, Rachael Ritter; accounting I, Leea Juenemann; multi media, Sandra Galvan; yearbook, Hailee Spresser; general science I, Shania Finlay; biology-Macayla Easton; chemistry, Angela Ritter; advanced biology, Hannah An-

tholz; anatomy and physiology, Trey Schwarz; art I fifth hour, Ana Bermudez; art I sixth hour, Jose Bermudez; art I seventh hour, Josh Barnhart.

Also announced was a recognition of the athletic and activity accomplishments of the students throughout the year. Activities director Travis Smith said he was pleased with the turnout of student and parents for the awards banquet and proud of each and every student for their participation and accomplishments this year.

Wreck victim improves

A Colby man hurt in a head-on collision Monday evening on U.S. 24 in Graham County is out of intensive care as of today at Wesley Medical Center in Wichita.

The Kansas Highway Patrol reported that Kevin J. Hazlett, 33, was westbound on the highway when his compact pickup veered left of center. It crashed head-on an eastbound pickup driven by Adrianna Nickelson, 14, Penokee. With her was her father, Steve W. Nickelson, 45.

A passenger with Hazlett, Matthew L. Cunningham, 20,

of Oakley, also was taken to Wesley. The *Salina Journal* reported both were in surgical intensive care last Tuesday, but a relative said today that both are out of intensive care and in regular rooms.

Adrianna and Steve Nickelson were taken to the Via Christi Medical Center St. Francis unit in Wichita, where they were reported remained in critical condition today.

The accident report noted that all involved except Steve Nickelson were wearing their seat belts.

Corrections

A photo caption on Page 7 of the Wednesday, May 16, *Colby Free Press* incorrectly identified two students. The two, in the photo at left center of the page, were Corinna Hanisch and Luiz de Arruda, exchange students at Brewster High School. The mistake resulted from the wrong picture being placed on the page.

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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.

Markets

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

Wheat (bushel)	\$6.57
Corn (bushel)	\$6.30
Milo (hundredweight)	\$10.80
Soybeans (bushel)	\$12.75

CLOSED

Memorial Day

May 28, 2012

The Colby Free Press will be **CLOSED** Monday, May 28th to observe Memorial Day. (There will not be a Monday paper this week.) We will reopen for normal business hours Tuesday, May 29th.

155 W. FIFTH • COLBY, KS • 785.462.3963

Colby Junior Golf

Sign up at Meadow Lake Golf Course

Thursday, May 31 • 9:30 a.m.

Practice every Thursday starting May 31 - July 26 from 10 - 11:30 a.m.

Ages 7-17 • Members: \$15 • Non-Members: \$65

— scholarships available —

Golf Coach: Kevin Taylor/Sara Betz/Ed Schmitt

Contact Person: Sara Betz - 785-269-7394 or 785-460-9855