

Mission conference filled Rexford streets

Main Street was full all week last week, due to 35 Village Missions missionary families who came to the Summer Connection conference at Shepherd's Staff.

There were 104 people total, and they enjoyed a wide variety of community activities: paintball, the Last Indian Raid Museum, golf, bowling and swimming.

The missionaries and their families traveled from Montana, Wyoming, New Mexico, Colorado, North Dakota, South Dakota, Nebraska and Kansas.

Shepherd's Staff would like to extend their sincere thanks to those who helped with the conference: Frontier Ag, Rexford Community Church, Keith and Marcy Gilbert, Benchen Welding, Robby Repair, City of Rexford, Bill Luna and Robby Luna. Without the help of the community, the Village Missions Summer Connection would not have gone as smoothly as it did.

Spuds and Splits will be at 6:30 Thursday evening at the Red Barn. Anyone 40 and over is invited to attend; baked potatoes and banana splits – with lots of toppings for both – are served.

Community Clean Up days are Thursday and Friday this week. If you have items you would like the city to pick up, they need to be out by your curb Thursday or Friday morning.



Gwen Griffiths

• Rexford Correspondent

There are some items, such as fridges, that will not be picked up; if you have questions contact the city office.

Did you know your kids can play softball in Selden? Each Wednesday night kids can participate in an informal T-ball or softball league. Younger players start at 6:30 and play T-ball. Older kids start softball at 7:30. Just bring your glove and a bat if you have one. They meet at the softball field east of the elementary school.

Fair week is coming up. For those families who have animals or projects to show in 4-H, you're probably well aware of the deadlines.

Either way, plan to come out and see what the youth of the area have been up to over the course of the past year.

Well, that's the news from Rexford. I hope you are enjoying your summer, even with the hot days we've had. If you have news you would like published, just give me a call at 687-2076 or e-mail griffithsgang@gmail.com.

Have a great week!

State trooper ends up with baby deer in car

BELLINGHAM, Wash. (AP) – A Washington State Patrol trooper who responded to a report of a deer killed by a truck on Interstate 5 ended up with a 2-month-old fawn in his car.

The patrol says when Trooper Scott Brown arrived at the Bellingham scene on Tuesday evening, another deer in the area stayed back but the fawn – possibly orphaned by the collision – ran up to him. Trooper Mark Francis says the baby deer nuzzled against Brown and started "mewing."

Unsure what to do, Brown picked up the fawn, loaded it into his patrol car and drove it to Sarvey Wildlife Care Center in Arlington.

Sarvey Executive Director Suzanne West says the fawn was severely dehydrated but is doing better. She says it had some minor injuries and might have been clipped by the truck that hit the adult deer. She says it's possible that deer was the fawn's mother.

West says the fawn now has a deer buddy.

Smoothing the road out



State trucks were lined up Friday on K-25 near the intersection with Veterans Memorial Drive just north of Colby as crews stopped traffic as a crew put down the patch material, graded it out and rolled it. Flagman Jordan Baker

Updated kitchen guide lists recipe substitutions

An updated K-State Research and Extension publication features alphabetical listings for substitutions for more than 100 recipe ingredients.

"Ingredient Substitutions" includes recommended stand-ins for essential items – baking powder, condiments, spices, or dairy products – that may be missing from the cupboard.

"Ingredients typically fulfill specific roles in recipes," said Karen Blakeslee, the food scientist who updated the guide. "While some results may vary in color or texture, recom-

mended substitutions are typically successful stand-ins and will yield an acceptable product."

Examples of recommended substitutions:

- Use all-purpose flour or granulated tapioca to replace cornstarch as a thickening agent.
- Substitute plain yogurt or sour milk blended with butter or margarine for sour cream.

Suggested substitutions also provide simple recipes, such as combining tomato sauce, brown sugar, vinegar, ground cinnamon, cloves and allspice for chili sauce, or blending

molasses with granulated sugar as a substitution for brown sugar.

To see and download the kitchen guide, go to www.ksre.ksu.edu/library/fntr2/1730.aspx.

A four-page, three-hole punched folder version of the publication is available at Extension offices or can be purchased for 70 cents at www.ksre.ksu.edu/library.

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