

Family

Babies

Zachary Dean Kistler

Tim and Jessica Kistler of Colby announce the birth of their son, Zachary Dean, Thursday, April 17, 2008, at Citizens Medical Center in Colby.

He weighed 7 pounds, 7.5

Death

Phyllis Caines

Phyllis Caines, 76, of Colby, died Tuesday, May 6, 2008 in Wichita.

ounces and measured 20.5 inches in length.

Grandparents are Woody and Rose Margheim of Oakley and Calvin and Sue Kistler of Colby.

Prairie Land Food orders to be taken May 19

Orders for the Prairie Land Food are due May 19.

Prairie Land Food is based on volunteer work. Volunteer work can be as simple as being on a prayer chain, helping at a school, sharing items from a garden or visiting with neighbors.

Items available for May include a Prairie Pak for \$21.50 and two hours of volunteer work. The pak include 10 ounces of shrimp alfredo, 2.5 pounds of chicken, 1.6 pounds of beef patties, 11 ounces of riblets in barbecue sauce, 13 ounces of turkey cutlets, 1 pound of all-beef hot dogs plus fresh fruit and vegetables.

The meat items from the pak are available for \$12 and three hours

of volunteering. Fruits and vegetables only are available for \$10 and three hours of volunteering.

Other food items include five pounds of chicken wings for \$13 and one hour of volunteering; 10, five-ounce bacon wrapped turkey breasts for \$15 and one hour of volunteer; and 8 pounds of baby back ribs for \$17 and one hour of volunteer service.

Food pick up day is 10:30 a.m., May 31, at Sacred Heart Catholic School gym.

For more information, contact Marguerette Edmundson at 460-8640; Gene Griffin, 460-3579; Mary Schroeder, 462-7525 or Linda Hagan, 1-800-298-1989.

Homeowner searches for new, welcoming entrance into home

By Debbie Travis

House to Home

Dear Debbie: We have an old house, and the front door enters into a mudroom/laundry room off the kitchen. How do you make an entrance like this more inviting as well as very functional? How do you make it flow into the galley-style kitchen? I'd appreciate any ideas.

— Jan

Dear Jan: The mudroom/entrance hall is the first space you see when you enter the home, and it sets the tone for what's to come. Let's start with your last question first. Since your entrance, laundry and kitchen sit open to each other and are therefore all viewed together, they should complement each other. You can do this with color as well as style. You don't say in your letter, but since yours is an older home I'm going to assume you have traditional elements. I would take advantage of this nostalgic mood and decorate with a combination of flea-market finds, wood pieces, old or new, and some clever innovation.

I discovered a family mudroom designed with imagination in a new book called "Junk Beautiful," by Sue Whitney and Ki Nassauer. The space is fun, full of character and packed with practical solutions that you can adapt to suit your family needs. The main component for a successful entrance-way is storage that's easy and accessible. If the area doesn't have a built-in clothes closet, which is often the case in older homes, then look for an alternative. Shop or scavenge for gently-used dressers and cabinets that can be freshened up. This old cabinet found at a yard sale has been reconfigured to maximize on space. Layers of custom shelves were built under the cabinet to store high boots and shoes. The cabinet has been divided up for girls and boys, a trick that might stop some squabbling. Line up plenty of hooks to keep the floor clear. Hooks can be store-bought, or keep your eye out for old handles and hardware, which make a unique alternative. In your laundry area add an aged wooden cabinet or shelves above the machines. Match up the sink and any counter space with what you have in the kitchen.

To maintain a good flow, paint the walls throughout the entrance and kitchen the same color. Add crown molding, heighten the baseboards and even lay down the same floor — cork is durable and comfortable. These details will ensure that the mudroom is well integrated into the rest of your home.

foot by 3 foot hallway. This long, narrow hallway is dark. What can I do for wall decoration?

— Liz

Dear Liz: Halls don't get very much attention, but they can enhance your home's decor and add a level of interest and style. I would start by building in some good overhead lighting — a few spots will make a big difference. Long walls are a blank canvas for hanging art and photography. Put some thought into what you'd like to show off. A series of family "action" photos is always fun, or if you love botanicals or have a collection of framed antique cars, you'll enjoy a quick viewing as you move from room to room. Keep the wall color within the same range as your other rooms; a white or pastel paint shade will help push out the walls. You can also easily add some architectural

By Heloise

Hints from Heloise

Dear Readers: Don't throw out that stale french bread. Most French bread, if not eaten the day it's baked, will be as hard as a rock the next day. But you can turn it into something wonderfully edible.

- **Slice it, bake until it's brown and hard, then sprinkle with some yummy grated cheese and let the cheese melt for a few minutes in the oven. Float the crispy, cheesy bread on top of a bowl of soup, especially onion.**
- **Make croutons for salads, soups or snacks. Bake French-bread cubes in a 275-degree oven for 30 to 45 minutes or until golden brown and crunchy.**
- **For a quick breakfast or light supper, cut stale bread into cubes, mix with beaten eggs and saute in a small amount of butter or margarine, as you would French toast. Serve with syrup.**
- **Or just slice it and make French toast, and sprinkle with powdered sugar before serving.**

—Heloise

P.S.: Don't forget our feathered friends. They would love a little day-old French bread.

Citrus rinds

Dear Heloise: I put citrus peels (orange and lemon) in a small, plastic, zippered bag and put them in my freezer. I use them to clean and deodorize my garbage disposal.

Since they are frozen, they don't get moldy. Works great for a clean-smelling garbage disposal.

— Patricia Conover, Grover Beach, Calif.

Lots of sandwiches

Dear Heloise: When I make sandwiches for my family, especially if I am making a lot, I use a tablespoon to dip into the mayonnaise and spread it on the bread -- it spreads much easier than a knife. I taught my children to do this, and now all their friends think it's cool. It works for mustard or any spread you are using.

— Caroline, via e-mail

Caroline, I do the same and like to use an iced-tea spoon sometimes. It has a long handle, and it's perfect for dipping out just about anything from a container.

— Heloise

Tasty tidbits

Dear Readers: Test your Heloise Sandwich Hint IQ: Who supposedly invented sandwiches, and why? Well after some research, here is what we found: Legend states that the Fourth Earl of Sandwich, John Montague, was a gambler, and so that eating wouldn't take away from his game, it is thought that he developed the sandwich at some point in his lifetime, 1718 to 1792. So, how many sandwiches do you think are eaten every day in the U.S.? How about 300 million.

— Heloise

Onion odor away

Dear Heloise: To remove the odor of onions from your hands, run your fingers under cool water

Thank You!

The family of Marty Crampton would like to thank all of those who have helped us thru this difficult time in our lives. The outpouring of prayers memorial donations, flowers, food, cards, emails spiritual bouquets, friends that came by to comfort us have been greatly appreciated.

We want to thank Father Dana Clark for the funeral liturgy, Jeannie Solko for helping with all the detail. Don Harrison for guiding us in the tribute to Marty. Sacred Heart Church Altar Society for preparing and serving the lunch.

Terri, Shelby & Jenna Crampton

Ken & Kathy Crampton

Karmel & Michael Carothers, Kelsey & Nick

Kendra. & Craig Bernard, Emily, Heather, & Stuart

Stamps go up Monday

WASHINGTON, DC — The price for a one-ounce first-class stamp will increase from 41 to 42 cents on Monday.

Prices for other mailing services, such as Standard Mail, Periodicals, Package Services including single-piece Parcel Post, and Special Services will also change.

"We encourage Americans to buy Forever Stamps now for 41 cents, because like the name suggests, they are good forever," said Postmaster General John Potter.

Martin Ray Crampton (Marty)

Martin Ray Crampton (Marty) was born on September 23, 1964 in Cambridge, NE to Kenneth L. and Kathleen J. (Beals) Crampton. He passed away on April 6, 2008. He grew up in rural Bartley, NE, until the family moved to the farm north of Levant, Kansas in 1973. He resided there until his death.

Marty graduated from Colby High School in 1982. He then attended Kansas State University. He obtained a B.S. in Animal Science, in 1986. While attending KSU he was an active member of Block and Bridle. After graduating from KSU Marty returned to the family farm to continue his life's work managing the partnership formed during high school years with his two sisters as a FFA project.

On February 4, 1989 Marty married Teresa (Terri) Turner. To this union two daughters were born, Shelby Lynne and Jenna Marie.

Marty took great pride in everything he did, and the way he farmed showed what type of a leader and manager he truly was. He was not a boastful person but took great satisfaction in growing beautiful crops each year. He truly loved working God's land. He could fix and build anything in the shop with his skills and mechanical mind. He had a keen eye for purchasing cattle. Each year when the catalogs came out, he would spend hours studying genetics whether for crops or herd betterment.

Marty began his computer spreadsheet detail in college and continued on to date. He identified each calf with individual weights years before others were doing it. He joined the precise technology for farming using GPS for fertility, planting and tying in harvest yield records. He was sharing this skill with his daughters, especially Jenna.

Marty took great pride in taking his family to the NASCAR races in Kansas City each year. He loved sharing this sport with his family. After long days in the field he would make it to his daughters' softball games to see them "whack the ball". Last year Marty's trap team took first place at 3 locations.

Marty had many hobbies; including watching his beloved Huskers play football. Special memories were made while fishing with his dad. The Elk River north of Steamboat Springs, CO, was a favorite fishing spot Marty and Ken have passed this love to his daughter Shelby. Marty was always the guide during hunting season, blocking so others could hunt. He also was an avid poker player. While serving on the Fairboard he spearheaded the Modified Shootout race.

Marty will be missed as a wonderful husband, father, son, brother, uncle and friend.

Marty was a member of Sacred Heart Catholic Church, Knights of Columbus, Leadership Thomas County, Colby Gun Club, Rawlins County Sportsman Association, Kansas Corn Growers, National Farmers Organization and a seed dealer for Garst.

Funeral Services were held April 10, 2008 at 10:30 am. at Sacred Heart Church, Colby, KS with burial at Sacred Heart Cemetery with celebrant; Father Dana Clark. A memorial fund has been established for his daughters' educational fund

Marty is survived by his wife Terri, daughters Shelby and Jenna of Levant; his parents, Ken and Kathy Crampton, Colby; his sisters and their families Karmel and Michael, Kelsey and Nick Carothers, Leawood, KS; Kendra and Craig, Emily, Heather, and Stuart Bernard, Centennial, CO, aunts, uncles and cousins.

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
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Dr. Zurab Tsereteli
Bariatric Surgeon

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.

Dear Debbie: I need help. I have a '60s-style ranch house with a 20