

Learn to eat healthy

Need to lose a few pounds? Check out the Weight Watchers weekly meetings scheduled to start on Thursday, June 8.

Althea Lebow, St. Francis, heard Weight Watchers was interested in holding meetings in St. Francis if someone would be willing to be in charge. She and several others had car pooled together to Yuma, Colo., each week since August of 2003 where they attended Weight Watchers meetings. With the price of fuel now, it just made sense to start up meetings right here in St. Francis.

So Mrs. Lebow rounded up a crew and they have spent the past three months training and are looking forward to the first meeting. She will be assisted by Sherry Beeson and Robin Burr. All three are very excited and ready to see everyone. Many people have followed Mrs. Lebow as she lost her weight, losing a total of 70 pounds. She said one of the best things she has learned from the Weight Watchers program is how to eat healthier.

"I hadn't realized how I was robbing my body of good nutrition until I started following the Weight Watchers program," she said. "If you have 10 pounds or more to lose, come join us at the Methodist Church each Thursday evening at 5:30."

Each night, a lecture will be presented and members will have the chance to share their successes and concerns. The group meetings are



ALTHEA LEBOW (left), Robin Burr and Sherry Beeson are organizing Weight Watchers meetings in St. Francis.

Herald staff photo by Karen Krien

helpful in providing information, support and reinforcement in the weight loss journey.

"Weight Watchers helps you lose weight and keep it off," Mrs. Lebow said.

Obituaries

Royce Herman Stute

Nov. 28, 1944 - May 16, 2006

Royce Herman Stute was born Nov. 28, 1944, to Alfred and Mary Stute. Following graduation from Haigler (Neb.) High School, he attended McCook Community College for two years on a football scholarship. After receiving an associate's degree from McCook College, he furthered his education at Southern Colorado State College in Pueblo, Colo., once again on a football scholarship.

He returned to Haigler to assist his parents, Alfred and Mary, with their farming and ranching operation northeast of town.

He was united in marriage to Marsha Smith on July 1, 1967.

Royce James joined the family on March 22, 1968, and Stacy Jo was born on May 11, 1971.

Royce enjoyed working with cattle and with the pasture land, having participated in range management in 4H, and later leading a range management 4H club.

He collected guns and coins. He also enjoyed learning the history of the pieces he collected, and enjoyed visiting museums, especially those associated with the Old West.

Royce also loved flying and owned a small plane for several years.

As a lifelong resident of Dundy County, Royce served on several boards, including the Co-op, the Air Board, Farm Bureau and the Zion Lutheran Church Council. He gave unselfishly of his time to umpire softball and baseball for the youth of Haigler. He also retained an interest in the area football teams. He enjoyed attending the University of Nebraska football games, and watching the Denver Broncos.

In more recent years he drove a truck working for Lee Ohrman. He hauled many loads of cattle for his friends and acquaintances all over the tri-state area.

He had a wonderful, but somewhat impish sense of humor. He often enjoyed tormenting his mother and sisters. On one memorable occasion he took his nephews on a "snipe" hunt, and he would always offer his mother some "Red Man" whenever he took a chew himself, much to her chagrin.

He loved his seven grandchildren, and spent quality time with them, taking his oldest grandson Aaron hunting and target shooting, teasing Zachary about sucking his thumb, having Colton wait on him, by removing his boots and fetching the television remote, rough housing and playing football in the living room with Cade, and fishing with Ethan. He especially had a soft spot for his two granddaughters, Caitlyn and Adrienne. Caitlyn enjoyed pulling items out of the pockets of his bib overalls. Adrienne stole a piece of his heart and he a piece of hers. She said that he was the wisest person she knew.

Royce had the gift of gab, making friends wherever he went. He will be remembered by many for his stories and how he told them.

He was preceded in death by his parents, Alfred and Mary Stute, and his beloved father-in-law, James A. Smith.

Royce is survived by his wife, Marsha; son and daughter-in-law, Royce J. (Jimmy) and JoAnn Stute of Elkhorn, Neb.; daughter and son-in-law, Stacy and Chris Fries of Parker, Colo.; seven grandchildren, Aaron, Colton, Adrienne, Ethan, Cade, Zachary and Caitlyn. He also leaves to mourn his passing his three sisters and their husbands, Alfreda and Dennis Schroeder, Kay and Russell Edeal, Bonnie and Tim Hansen; his mother-in-law, Velda Smith, and many nieces and nephews, and great nieces and nephews, many other relatives and countless friends.

Funeral services were held on Saturday, May 20, at the Haigler Zion Lutheran Church in Haigler with Pastor Chris Farmer officiating. Interment was in the Haigler Cemetery in Haigler. Memorials may be made to the Zion Lutheran Church in Haigler. Spellman-Schmidt Funeral Home in Wray, Colo., was in charge of arrangements.

Theo LaVon Wishon

June 8, 1940 - May 11, 2006

Theo LaVon Ogden was born on June 8, 1940, to Earl and Goldie Ogden in Chase County, Neb., and died on May 11, 2006, at North Colorado Medical Center in Greeley, Colo.

Theo was born and raised in southwestern Nebraska in Chase County. She attended Prairie Gem District 53 her grade school years, then went to Chase County High School in Imperial, Neb., and Laird High School in Laird, Colo.

Theo married Ward Wonder and they raised three wonderful children. On Oct. 29, 1990, she married Dale Wishon.

During her life, Theo was a 4-H member, a Bible school teacher and a Brownie Scout leader. She bowled on a team in St. Francis and went to state where her team took first place. Theo was a past member of the American Legion Auxiliary. She was an active member in the Veterans of Foreign War (VFW) Auxiliary and the Red Hat Society.

Theo's hobbies included crocheting, embroidering and working on scrapbooks and other crafts. Other favorites included gardening and bird watching from her kitchen window.

Theo's best loves were her husband, children and grandchildren.

She was preceded in death by her parents, grandparents, one aunt, one uncle and one cousin.

She leaves to mourn her passing, her husband, Dale; daughters, Karla Parker and husband, Jack and Terrie DeLorme, all of Wray, Colo.; son, Lynn Wonder and wife, Nancy of Greeley, Colo.; grandchildren, Tony and Matthew Wonder, Darian and Riley Johnson and Dalton Parker; three step-grand-

children and eight step great-grandchildren; two brothers, Ed Ogden of Wamsutter, Wyo., and Bob Ogden of St. Francis; three sisters, Ruby Merchen and husband, Hoot of Rawlins, Wyo., Barbara Merklin and husband, Charlie of Bird City and Vera Keller and husband, Stan of St. Francis; numerous nieces and nephews and a host of other family and friends.

Funeral services were held on Monday, May 15, at the Haigler United Methodist Church in Haigler, Neb., with Pastor Anne Gatobu officiating. Burial was in the Haigler Cemetery in Haigler.

Memorials may be made to the Theo L. Wishon Memorial Fund.

Spellman-Schmidt Funeral Home was in charge of arrangements.

Clara Mae Bowland Welch

April 27, 1909 - Jan. 1, 2006

Clara Mae Bowland Welch died on Jan. 1, New Year's Day, 2006, at the age of 97. She leaves her family and amny friends to cherish her memories.

She was born north of McDonald, Kan., in Rawlins County to James David and Celia Rachel Bowland on April 27, 1909. She was one of 12 children, which have all preceded her in death.

On Nov. 1, 1927, she married George William Welch and bore four children, Raymond Lee, LeRoy Wayne, Lois Alberta and Claris Mae. In 1936, they moved their family to Bird City and there they raised and schooled their children.

Clara's husband, George, preceded her in death in 1972. After several years, Clara moved to Chula Vista, Calif., to be near her family. In 1991, she moved to Bellflower, Calif., to be close to her two daughters. She remained at the Bellflower Friendship Manor until her recent illness, when she was sent to Bell Tureen Villa to convalesce and she remained there until the last few days when she was taken to Bellflower General Hospital where she died.

Clara is survived by her four children and their families, Ray and Doris Welch, from Santee, Calif.; LeRoy and Nina Welch from Chula Vista, Lee and Lois Cress from Bellflower and James and Claris Speeth from Dickinson, Texas; 10 grandchildren and two grandsons deceased. She has many great-grandchildren and great-great-grandchildren, a sister-in-law, Lucille Bowland and numerous nephews and nieces.

There will be a memorial graveside service for Clara at 10 a.m. on Friday at the Bird City Cemetery where she will be buried by her husband, George. Pastor Dan Carson will officiate.

Members of family gather over Memorial weekend

The first Schlepp family reunion was held in September, 1990. The ninth annual Jacob and Christina Schlepp reunion was held Saturday, May 27, at the Senior Citizen Center in St. Francis. There were 70 family members present to enjoy the family get-together.

Family photos and props were displayed. Picture frames with colored coded bandanna scarves indicated each member of the family.

Father Jacob's display contained a large cream can with a roll of barbed wire and a lantern.

Mother Christina's had pillowcases and a table runner she had crocheted between 1930 and 1935 when there was no electricity. These were donated by Alice Monroe, a daughter of Jacob and Christina, who is the only one living today out of the 10 children. She had a crock bowl with a pastry cutter, a butter churn and a pan of muffins.

Daughter Christina enjoyed gardening and cooking so she had an old bonnet with a bowl of chocolate chip cookies.

Lena sewed for a lot of people so she had an old sewing machine with a spool of crocheted thread and a doily.

Son Jake ran the Hilltop grocery store, so he had old cans of food products and grocery receipts back from 1954. A receipt for a motel room back then showed \$4 an evening.

John worked at Anderson Dairy in Hudson, Colo., and a hog farm in Eaton, Colo. He had a stuffed Bettis cow on a dairy cream can and a stuffed Miss Piggy.

Katie made homemade root beer, so she had Mama's Root Beer bottles and a stuffed Henrietta chicken for raising chickens.

Rudy farmed and had cattle so he had a red combine and a bundle of wheat.

Esther was a waitress in her younger years so she had a checkerboard table cloth and napkin along with a red basket with hamburger and fries, a bottle of Coke along with a ticket book that said "Hamburger to go." There was also one that said "Cooks have the best buns."

Sweet little Alice, who is now 89-years-old, had bright pink peony flowers and a white towel set, because she and her husband, Paul ran a Holiday Inn Motel at Anacortes, Wash., for 25 years. They sold the motel in

1985.

Harry raised cattle and farmed. He had a Hereford bull with a rope and sunflowers accented by the side.

Leonard farmed and raised cattle. He had a 730 John Deere tractor with a Velvet can, because he rolled his own non-filtered cigarettes.

The displays were set up by Suzie Walz and Judy Vaughn. The room was set with all different colored table clothes which made it look cheerful.

Christina's family members attending were Leon and Darlene Merklin, Bradley Merklin, Pat Rose and Dawson Rose, St. Francis, Eldon and Dorothy Palmer, Don Zimbelman and Mary Harper, Rudy and Nancy Zimbelman, Alvin and Sylvia Zimbelman, Mike, Ginger and Dusti Chadwich of Goodland.

Lena's family members included Lucille Price, Tom and Sandy Bandel, Matt, Mila, Kayla and Karley Bandel, St. Francis, Mike Bandel and Lisa Ryan, Bob, Rhonda, Gunner and Grant Locklin, Josephine Locklin, Jack and Sheree Locklin Jr., Milton, Fla., Robert and Marjorie Miller of Lincoln, Neb.

Jake's family members attending

were Melvin and Louise Schlepp, Mitchell Schlepp, Kanorado, Susan Schlepp, Denver, Spencer Schlepp, Gladys Cook, Jim and Mildred Barnhart, Deb Lindsten, St. Francis, Darla Daniels, Garden City, Keith and Jeanette Bracelin, Goodland, Vasco and Betty Millan, Denver, Stan and Cheryl Edmundson, Colby, Heather Scott, Wamego.

John's family members were George and Carol Ann Porter, Denver.

Rudy's family members were Erna Schlepp, Ernie and Marlene Lebfrom, St. Francis.

Harry's family members were Larry and Judy Vaughn, Cope, Colo., Greg and Susie Walz, Amanda Nipps, Desirae Walz, St. Francis, Clinton and Vickie Schlepp.

Leonard's family members were Reg and Patricia Taylor, Cheyenne, Wyo., Alan, Deana, Logan and Sydni Schlepp, Colorado Springs.

Family members were thankful that so many made it this year and appreciated all the yummy food. They hope to see everyone again in 2008. Appreciation was also expressed for those who set things up and took them back down.

County Health Talk

By Susan Roelfs

Hepatitis Awareness Month

May marks the 11th anniversary of Hepatitis Awareness Month. In the United States, one of three persons has been infected with hepatitis A virus, hepatitis B virus or hepatitis C virus.

The hepatitis A virus is spread by close contact with infected persons or through contaminated food. Since the introduction of Hepatitis A vaccines in 1995, reports of hepatitis A have declined 84 percent. The Cheyenne County Health Department will start giving the vaccine to children at 1 year of age and older.

Hepatitis B and C are spread by blood or sexual contact. In 2004, an estimated 60,000 new hepatitis B infections and 26,000 new hepatitis C infections occurred. In 1991, Center for Disease Control adopted a national vaccination

plan. Since then, acute hepatitis B has declined 75 percent with the highest incidence remaining among adults. There is no vaccine for hepatitis C virus at this time.

Approximately 1 million people in the U.S. have chronic Hepatitis B virus and 3 million with chronic Hepatitis C virus. Although effective therapies for viral hepatitis are available, the majority of persons with chronic hepatitis C virus infection are unaware of their infection.

Approximately 5 percent to 25 percent of the people with chronic hepatitis B and C virus infections will die prematurely from cirrhosis and liver cancer.

Immunization with vaccines are still the best method of disease prevention in the United States. A simple injection can protect our future generations.

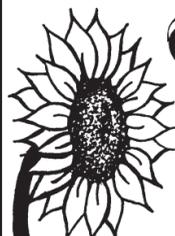


COMING SOON

HARVEST

Countdown

Guess the date and time of the first load of wheat brought into one of the local elevators!



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— and —

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Famous Quotes

- The whole secret of the study of nature lies in learning how to use one's eyes. - George Sand
- The ornament of a house is the friends who frequent it. - Ralph Waldo Emerson
- A man's opinions are gener-

ally of much more value than his arguments. - Oliver Wendell Homes

- All lay load on the willing horse. - English Proverb
- Character is much easier kept that recovered. - Thomas Paine