

# Six decades later, high school sweethearts are still a 'couple'

It was the early 1940s when Lloyd Ludlow and Norma Everly were popular teens at Winona High School and known as a "couple." They are still a couple, Lloyd and Norma Ludlow, in their latter years. They have lived in Hutchinson for many years and are now retired. Friday, they came to Winona to have lunch with Lloyd's cousin, Doneta Gates. As they drove around town they reminisced about families and where they had lived. They



**Jean Lowe**

• Winona Correspondent

are looking forward to a return visit. They had come to Oakley to attend the memorial service for Lloyd's nephew, Arthur (Butch) Wolfe on Thursday. Jay and Calvin Haverfield helped

their father, Larry Haverfield, work cattle Friday at the Haverfield ranch in south Logan County. Bette Haverfield spent the previous week in Hutchinson on business and visiting relatives. Marge Ausmus accompanied Don and Millie Denning of Monument to Arizona. They met Marge's son, Randy Ausmus, in Phoenix and had lunch with him. Marge remained for a few days visit while Don and Millie went on to Tucson

to visit their son, Donald and Vickie Denning. On their return to Kansas they stopped in Colorado Springs where they met Roger Ausmus. Don and Millie continued their return to Monument while Roger and Marge remained and were overnight guests of Richard and Laura Ausmus in Colorado Springs. Laura Ausmus accompanied Roger and Marge to Denver where Marge had an appointment for tests at a medical clinic. They visited Ro-

ger's sister, Norma Straub, who met them at the clinic. Wyatt and Layton Werth of Brewster spent the weekend with their grandparents, Roger and Marge Ausmus. Jamie and Bonnie Lowe and children Nolan, Kinsey, Danielle and Taylor of Lawrence are spending spring break with Jamie's parents, Bob and Anne Lowe. No foolin,' I'm planning on attending Red, Hot and Blue at the

Oakley High School auditorium Thursday, April 1 at 7:30 p.m. It's the best thing next to traveling to Branson, Mo. to celebrate April Fool's Day. A troupe of six will take a nostalgic musical journey from Ragtime, Big Band Era, Rockin' Broadway 50s to Motown of the 60s. Don your Branson togs and head for Oakley April 1. Weekend guests of LaVonne Baxter were Karen Baxter, Linda and a friend of Linda's of Garden City. Ruth Smith brought treats for the Sunshine Kids Wednesday. Erna Latham, Ruth Smith and Tonya Lamb assisted Pastor Mike and the kids during craft time. The fruit trees are in full bloom this week as a reminder spring is here. The ecumenical choir will be heralds of the season as they present a cantata at the Winona U.M. Church Sunday, April 4 at 4 p.m. Staci Hansen, Kirsten and Kourtney of Marion have spent the week of their spring break with David and Judy Gfeller.

## Resident visited by nephew attending School of Mines

Scott, Sarah and Andy Smith from Bird City visited with Ardis Boersma one day last week. Andy was home enjoying his spring break from the Colorado School of Mines in Golden, Colo. Scott is a nephew of Ardis. Cheryl Colson of Colby brought Dorothy Headrick of McDonald who is recuperating at Lantern Park for a visit with Lucile Long and Ardis Boersma on Wednesday. Carol Haselhorst and Esther



**Lula Thieler**

• Fairview Estates

Wieland attended the Mid-Century Garden Club which met Wednesday afternoon at the home of Kathy Callihan. The afternoon cluster of the

Methodist Women met here Thursday afternoon in the small dining room with Jean Bandy presenting the program on Mexico. Edna Sloan served cookies and iced tea to the ladies. Bo Curtin was one of the 12 ladies attending the Shakespeare Club meeting which met here in the Activity Room Friday afternoon. Lois Van Horn was the hostess and also

presented the program. Guests of Tillie Depperschmidt Friday evening were her granddaughter, Connie Depperschmidt and daughters, Lakin and Alena from Wichita. The residents signed a get-well card Friday to send Olive Kersenbrock who is in the hospital. Lance and Maisha Dible and their three-week-old baby, Zoe, from

Hays, Robert and Peggy Dible of Menlo, Rex and Betty Carswell of Rexford came to visit me Friday evening so we could take some five generation pictures. Carol Haselhorst was a guest of her daughter Susand and Bob McLemore and family Sunday for a confirmation dinner for their twin boys, Blake and Brandon McLemore.

## Colby youth take part in national campaign targeting tobacco firms

As part of a national campaign today, the Community Awareness Team in Colby will be participating in the "Kick Butts Day." "We know it's not easy to quit smoking, but you don't have to do it alone," said Carla Sharp, project director of the team. "The Kansas Tobacco Quitline is a free resource that can help make quitting easier." The day is also a chance for young people to speak out, said Matthew Myers, president of the Campaign for Tobacco-Free Kids in Washington, D.C. "Our youth will send two powerful messages today," Myers said, "to include wanting the tobacco industry to stop targeting them with advertising and wanting elected leaders to do more to protect them from tobacco."

vidual. Write them down and once someone has stopped smoking, they should look at the list when wanting a cigarette. 2. Check with your insurance providers. See if smoking cessation and nicotine replacement therapy products such as patches or gum are covered by insurance. 3. Talk to others and get support. Consult your health care provider. Talk to friends, family, and co-workers who have quit. Call the Kansas Tobacco Quitline to speak with a certified cessation counselor. The more support, the more likely a person is to quit smoking. 4. Find other ways to relieve stress. Take a walk, listen to music, call a friend or meditate. 5. Avoid temptations. Try to avoid places, people or situations that tempt the person trying to quit, especially the first few days. Find smoke-free options. 6. Take it one day at a time. Those trying to stop smoking will learn that they can go for 24 hours without a cigarette. 7. Reward yourself when you have a success. For those who have smoked a pack a day, the savings will total between \$20 and \$30 a week. The reward might include buying something or putting the money into a savings account. For other questions on how to quit smoking and for a free quit kit, call the state's Quitline at 1-866-KAN-STOP. Other questions about local tobacco prevention activities can be directed to Sharp at 460-7451 or by e-mail: cksharp77@msn.com

In Kansas, 21.1 percent of high school students smoke, Myers said, and 6,700 become daily smokers every year. "On this special day, youth will turn the tables on Big Tobacco with events ranging from mock funerals for the Marlboro Man to rallies at state capitols to surveys of tobacco advertising," he said. For others who want to stop smoking, Sharp and members of the team have put together a list of tips for quitting. "If you don't succeed, try again," Sharp said. "Many people make multiple attempts at quitting before they succeed." Those tips are: 1. Make a list of reasons why it's a good idea to quit. The best reasons to quit are specific to that indi-

vidual. Write them down and once someone has stopped smoking, they should look at the list when wanting a cigarette. 2. Check with your insurance providers. See if smoking cessation and nicotine replacement therapy products such as patches or gum are covered by insurance. 3. Talk to others and get support. Consult your health care provider. Talk to friends, family, and co-workers who have quit. Call the Kansas Tobacco Quitline to speak with a certified cessation counselor. The more support, the more likely a person is to quit smoking. 4. Find other ways to relieve stress. Take a walk, listen to music, call a friend or meditate. 5. Avoid temptations. Try to avoid places, people or situations that tempt the person trying to quit, especially the first few days. Find smoke-free options. 6. Take it one day at a time. Those trying to stop smoking will learn that they can go for 24 hours without a cigarette. 7. Reward yourself when you have a success. For those who have smoked a pack a day, the savings will total between \$20 and \$30 a week. The reward might include buying something or putting the money into a savings account. For other questions on how to quit smoking and for a free quit kit, call the state's Quitline at 1-866-KAN-STOP. Other questions about local tobacco prevention activities can be directed to Sharp at 460-7451 or by e-mail: cksharp77@msn.com

## Pinochle winners named

The pinochle tournament was held last Saturday at the Legion in Rexford.



**Zula Horinek**

• Rexford Correspondent

The winners were Dwight Williams and Ed Sandoval, second was Grace Cheney and Deb Stepper who tied for second and third. They split the pot. There is always a large crowd for this event. Next month is the last tournament until next fall. Monday Barnswallows had 15 playing pinochle and the "Come on Down" group had three.

ter. They were on spring break. Glendora Bastin is in Arizona visiting her daughter. Betty Nickols went to Colorado for a check up on her recent knee surgery. She is spending some time with her brother and Bob Kiefer and wife. Arlene Standley was taken to Colby by ambulance after a fall at her home. Friday there were 11 attending the Koffee Klutch. They were Liz Rall, Eunice Sanford, Deb Stepper, Sondra Barnett, Grace Cheney, Delores Dible, Vesta Roth, Velma Barnett, Hulda Wark, Freda Ketchum and Berneda Zoberst.

Thursday the Royal Neighbors met at the community building and there were seven members present. Betty Carswell was hostess. She had the Easter theme. We are having a tea with surrounding Royal Neighbors in the area invited on May 13. Pat Casey took me with her to Wichita. We visited her daughter Michell and Randy Briggs and their four movies Chance, Blake, Aston and Hun-

ter. They were on spring break. Glendora Bastin is in Arizona visiting her daughter. Betty Nickols went to Colorado for a check up on her recent knee surgery. She is spending some time with her brother and Bob Kiefer and wife. Arlene Standley was taken to Colby by ambulance after a fall at her home. Friday there were 11 attending the Koffee Klutch. They were Liz Rall, Eunice Sanford, Deb Stepper, Sondra Barnett, Grace Cheney, Delores Dible, Vesta Roth, Velma Barnett, Hulda Wark, Freda Ketchum and Berneda Zoberst.

## Women's History Month

Julia Archibald Holmes was the daughter of an abolitionist father and a feminist mother whose Kansas home was a station on the Underground Railroad. Her husband, James, was an abolitionist, too, and had fought with John Brown at Osawatomie. But when the Holmes' left their home in 1858 and joined a caravan on the Santa Fe Trail, they just wanted the adventure of crossing the plains and seeing the Rockies at the western edge of Kansas Territory. Julia was not a popular addition. She wore bloomers and was an outspoken advocate of women's rights. While the party camped at the Red Rocks to search for gold, Julia convinced a small group to climb Pike's Peak. When they reached the top on Aug. 5, Julia became the first white woman to stand on the summit. Recognition of Julia Archibald Holmes was brought to you by this newspaper and the local committee for the Kansas Chautauqua which is hosting "Bleeding Kansas: Where the Civil War Began" June 11-15 in Colby.

The preceding article was a public service announcement from the Prairie Museum of Art and History in recognizing women during Women's History Month in March.

# Join Margaret for the

## Tuesday, April 13

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