

Family

Baptisms

Brylee Jo Mckee

On Sunday, May 22, Father Dana Clark baptized Brylee Jo Mckee, infant daughter of Jon and Lynda

(Hoverson) McKee, at Sacred Heart Church in Colby. Godparents are Nathan and Judy Reed.

Alec Jacob Wildeman

On Saturday, May 14, Father Dana Clark baptized Alec Jacob Wildeman, infant son of Brad and

Amy Wildeman, at Sacred Heart Church in Colby. Godparents are David Wildeman and Darci Panas.

Happenings

Bridge and golf results are announced

The Colby Country Club hosted bridge and golf on Tuesday, May 31.

Bridge results

- Jean Snyder, first place;
- Helen Donelan, second;
- Sarah Jane Barrett, third;

Women's Golf results

- and Lyle Worthy, fourth.
- Janet Harper, first place
- Elaine Ptacek, second place

Next week's golf game is modified scotch with Janet Harper, hostess.

For those interested in playing golf or bridge, call (785) 460-6443 with questions.

Sleep can cause friction between teens, parents

Dear Plain Sense: I seem to be in conflict with my high school-aged son in regards to him getting to school on time. He doesn't want to get up early, nor go to bed at a reasonable time.

The age of adolescence is usually a challenge for both parents and children and daily schedules and disagreement about how time is used can be one of the major conflicts. In regards to rest and sleep, the many physical changes that are a part of adolescent development do have some effect on their "internal clock" and often contribute to difficulty in falling asleep when they go to bed in the late evening. This makes it even more difficult to want to get up on time to for school or other events, especially for children who have to catch a bus ride by 7 or 7:30 a.m. In addition, children and youth now days have a great deal of stimulation in the evening such as late after school activities and part-time jobs, in addition to television, computers and electronic games, many of which are in their bedrooms.

Behavioral researchers report that teens require an average of more than nine hours of sleep each night, yet a great many are getting only six and a half hours or less. The following are suggestions to parents for encouraging their teens to get enough sleep:

- Establish a bedtime routine when children are young to help

Plain Sense

establish good sleep habits that will continue as they get older.

- Decrease late evening stimulation such as television, video games, computers, stereos, as well as foods that include caffeine.
- Limit the amount of extra time spent in after school activities or part-time jobs.
- Use light as a cue by making the room dark at night and bright in the morning.
- Allow your teen to sleep in on the weekends; but sleeping past noon is too late. Discourage naps in the late afternoon, which make it difficult to fall asleep at a reasonable hour at night.
- Be a good role model for your children by establishing and keeping to a good bedtime routine and nighttime hours.

Editor's note: The preceding article was contributed by Karen Beery, Consultation and Education Department with High Plains Mental Health in Hays. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help. Mail questions to: High Plains Mental Health Center, Plain Sense, Consultation and Education Department, 208 East Seventh, Hays, Kan. 67601. Internet site: www.highplainsmentalhealth.com

Church fellowship groups have salad supper meeting

Mary and Martha groups, women's fellowship groups of First Christian Church, met together June 1 at the church for a salad supper.

Twelve members were in attendance for the supper and business meeting later.

Decision was made for the two groups to meet together and share lessons and hosting duty for their regular monthly meetings.

The meetings will be at the church at 7:30 p.m. on the first Wednesday of each month.

Consensus of the group was to send layettes to Yakama Indian Mission as we have been doing.

Excerpts from an article "Women of Purpose" were read by various

members. They pertained to Kansas women and the different areas where they had served and excelled in Kansas in the past.

Installation of officers was conducted by Jeannie Herndon and pledge of support from other members received.

Officers installed were Elva Livingston, president; Lily Thieler, vice president; Hazel Duffey, secretary.

Hospitality chairman recognized were Betty Carney and Marguerette Edmundson.

Meeting closed with benediction.

Next meeting will be Aug. 20 at the Quality Inn at 9:30 for brunch and speaker will be Ruth Winkler, District High Plains president.

Menlo alumni hold annual reunion

Menlo alumni, families and friends met May 28 for their annual reunion at the VFW Post home with 50 people in attendance.

Festivities started with the Lord's prayer in unison followed by the flag salute.

Dinner was catered and served by the VFW Post. Dale Farmer opened the business meeting with correspondence received from those unable to attend.

Classes of 1935, 1945 and 1955 were specially recognized. Alumni

for those classes were Cleo Bastin, 1935; Louise Cousins Dougherty, Dale Farmer, Anna Bell Beckman Ostmeier and Beulah Thomas Mimms, 1945 and Freda Duffey Weyand, 1955.

David Moos read the deceased member list for the past year those being Alvin Bastin, Norma Ogier Dible, Mary Channell Schwarz and Shirley Ogier Reese.

Menlo school was closed in 1963 and two members of the 63 class were present at the reunion. They were David Moos of Byers, Colo. and Robert Steiger of San Antonio, Texas.

Chester Andregg of Hoxie was recognized for being the oldest graduate present at the age of 94 years. He is also the third oldest living graduate from Menlo school.

Dale Farmer volunteered to

handle the mailing list and to serve as chairman. Hazel Duffey will serve as secretary-treasurer for the coming year.

Rosie Beckman Hartman was elected to serve as program chairman for the next year.

Six Menlo bus drivers were recognized. Stories and anecdotes were shared by various members for a few minutes of chuckles and laughter.

Meeting for 2006 tentatively planned for the Saturday night before Memorial Day at the VFW Post home.

Visiting and reminiscing time was spent following the meeting.

Alumni group extends a "Thank You" to VFW Post for serving the dinner and for use of VFW hall for a gathering place.

Solomon Valley 4-H holds April meeting

The April meeting of the Solomon Valley 4-H Club was held on Monday, April 11, 2005, at the 4-H Building.

President Amy Wilson called the meeting to order. Roll call: "Do you have Spring Fever?" was answered by sixteen members.

The minutes were read and approved as read.

The club sang Happy Birthday to those that had birthdays in April. Lori Wilson informed the club about camps and spring shows that are coming up.

Sally Wilson did the parliamentary procedure.

For the program, Chelsey

Schroeder showed the club how to make Apple Smiles. Matt Hutfles did a demonstration on making Cracked Glass pictures.

For Recreation, the club played Elbow Tag.

The 4-H Pledge was led by Dana Wilson. Hosts were the Ron Hutfles family.

Big Brothers Big Sisters of Thomas County would like to extend a heartfelt "Thank You" to the following businesses and individuals who helped to make Bowl for Kids' Sake 2005 a success!

- Colby Rotary
- Cal Williams, Attorney
- Northwest Decorating
- Colby Bowl & Fun Center
- Woofter Construction & Irrigation
- City of Colby Special Law Enforcement Fund at the Community Foundation
- Fotogirl Photography
- Sunflower Appraisal
- Pizza Hut
- Colby His Shop
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- Town 'n Country Beauty Salon

Markets

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

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Corn	\$1.96
Milo	\$2.99
Soybeans	No bid

Thank You

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Steve & Marvena Chance

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