# Family

### Baptisms

#### **Brylee Jo Mckee**

infant daughter of Jon and Lynda are Nathan and Judy Reed.

On Sunday, May 22, Father Dana (Hoverson) McKee, at Sacred Clark baptized Brylee Jo McKee, Heart Church in Colby. Godparents

#### Alec Jacob Wildeman

Wildeman, infant son of Brad and David Wildeman and Darci Panas.

On Saturday, May 14, Father Amy Wildeman, at Sacred Heart Dana Clark baptized Alec Jacob Church in Colby. Godparents are

### Happenings

#### Bridge and golf results are announced

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

#### **Bridge results**

- Jean Snyder, first place;
- Helen Donelan, second; • Sarah Jane Barrett, third;
- and Lyle Worthy, fourth. Women's Golf results
- Janet Harper, first place
- Elaine Ptacek, second place

Next week's golf game is modified scotch with Janet Harper, host-

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 **Plain Sense**

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 parttime jobs, in addition to television, computers and electronic games,

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

many of which are in their bed-

• Establish a bedtime routine Internet

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 Wheat part-time jobs.
- Use light as a cue by making the Milo room dark at night and bright in the
- 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 ter, Plain Sense, Consultation and Education Department, 208 East Seventh, Hays, Kan. 67601. when children are young to help www.highplainsmentalhealth.com

## 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

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

## Solomon Valley 4-H holds April meeting

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.

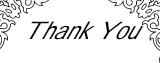
Sally Wilson did the parliamentary procedure.

For the program, Chelsey

#### **Markets**

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

Corn \$1.96 \$2.99 Soybeans No bid



Thank you to the Colby  ${}^{lack}$ Police Dept., Thomas County Sheriff Dept. and Pizza Hut for the benefit for Steve. Also, thank you to everyone that ate pizza that day.

Steve & Marvena 🙈 Chance

The April meeting of the Schroeder showed the club how to

Elbow Tag. The 4-H Pledge was led by Dana

Wilson. Hosts were the Ron Hutfles

Johnson Transport Inc.

Walmart

Strait Associates

Washburn Family Optometric

make Apple Smiles. Matt Hutfles did a demonstration on making Cracked Glass pictures.

For Recreation, the club played

1935; Louise Cousins Dougherty, as chairman. Hazel Duffey will Dale Farmer, Anna Bell Beckman serve as secretary-treasurer for the Ostmeyer and Beulah Thomas coming year. Mimms, 1945 and Freda Duffey Weyand, 1955.

David Moos read the deceased man for the next year. 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, Chester Andregg of Hoxie was

graduate present at the age of 94 years. He is also the third oldest living graduate from Menlo school.

recognized for being the oldest

Dale Farmer volunteered to

Dinner was catered and served by for those classes were Cleo Bastin, handle the mailing list and to serve

Rosie Beckman Hartman was elected to serve as program chair-

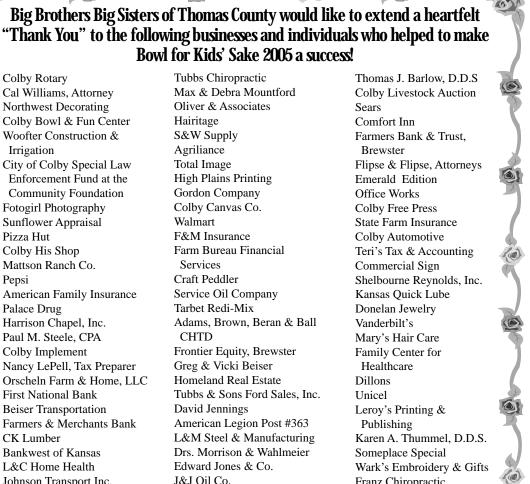
Six Menlo bus drivers were rec-

Stories and anecdotes were shared by various members for a few minutes of chuckles and laugh-

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

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.



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## Church fellowship groups have salad supper meeting

Christian Church, met together June 1 at the church for a salad sup-Twelve members were in atten-

dance for the supper and business meeting later.

Decision was made for the two 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.

Mary and Martha groups, members. They pertained to Kansas women's fellowship groups of First women and the different areas where they had served and excelled in Kansas in the past. Installation of officers was con-

ducted by Jeannie Herndon and pledge of support from other members received. Officers installed were Elva

groups to meet together and share Livingston, president; Lily Thieler, vice president; Hazel Duffey, sec-

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 Excerpts from an article "Women and speaker will be Ruth Winkler, of Purpose" were read by various District High Plains president.

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