

Family

Deaths

Willard Treu

Willard Treu, 82, of Hoxie, died Tuesday, Jan. 31, 2006 at Presbyter-ian/St. Lukes Hospital in Denver, Colo.

Mr. Treu was born Aug. 16, 1923 near Lucerne to John and Mable Haynes Treu.

He married Betty Liester on March 5, 1945 in Hoxie. They lived on the same farm all their lives. He served in the Army Air Corps during World War II.

He farmed until his death, and was a member of the Methodist Church of Hoxie.

Mr. Treu is survived by his wife, Betty, of Hoxie; three daughters, Marilyn Rogers of Hoxie, Shelley

Nondorf of Hoxie and Carole Clark of Parker, Colo.; four sisters, Elsie Pickett of Overland Park, Norma Boxler of Hoxie, Betty Morken of Genesee, Idaho and Katie Currier of Colby; six grandchildren and two great-grandchildren.

Services will be at 10 a.m. Satur-day at the Methodist Church in Hoxie with Rev. Daniel Kim offici-ating.

Burial will follow at Hoxie Cem-etry.

Visitation will be from 10 a.m. to 8 p.m. Friday at Mickey-Leopold Funeral Home in Hoxie.

Memorials are suggested to the Methodist Church of Hoxie.

Babies

Peityn Emma Beckman

Brandon and Jean Beckman of Menlo announce the birth of their daughter, Peityn Emma Beckman Wednesday, Jan. 25, 2006 at Citi-zens Medical Center in Colby.

Peityn weighed 8 pounds, 4 1/2

ounces and is 19 1/2 inches long. Grandparents are Paul and Karla Bruggeman of Rexford and Stuart and Anita Beckman of Menlo.

Peityn was welcomed home by sister Janate, 3.

William Lee Meyer

Robbie and Sara Meyer of Menlo announce the birth of their son, William Lee Meyer, Thursday, Jan. 26, 2006 at Citizens Medical Center in Colby. William weighed 6 pounds, 13 ounces and is 20 inches long.

Grandparents are Paul and

Sharon Munk of Menlo, Daryl and Marilyn Meyer of Colby, and Brock and Tammy Thompson of Salina. Great-grandparents are Mary Ellen Meier of Hoxie and Avis Meyer of Faulkton, S.D.

William was welcomed home by sister Darion.

Grady David Robbins

Rocky and Cristal Robbins of Colby announce the birth of their son, Grady David Robbins Mon-day, Jan. 30, 2006 at Citizens Medi-cal Center in Colby. Grady weighed 7 pounds and is 20 inches long.

Grandparents are Greg and Bev Erickson and David and Mary Robbins, all of Torrington, Wyo.

Grady was welcomed home by siblings Graham, 6, Kimber, 4, and Porter, 2.

Expert says parents should set example for nutrition

Without proper appetite regula-tion, children can "pig out" on foods that might not be healthy and are high in calories, said health officials at Children's Mercy Hospitals and Clinics in Kansas City, Mo.

Also, without the proper amount of physical activity on a daily basis, children will not be able to burn off the calories they consume.

"Parents buy the food that their kids eat. If they are constantly bringing pop, chips, and cupcakes into the home, the child will learn to eat that food and reject other, more nutritious, foods," says Shelly Summar, a registered dietitian at Children's Mercy Hospitals and Clinics.

"It is important for parents to understand that children model what

their parents do: If a parent eats healthy, the child will eat healthy."

The following are tips Summar recommends to help your child lose weight:

- Help your child decide where the extra calories are coming from. Then, help your child cut down on those foods. For instance, a can of pop can add 100 to 200 calories per serving.

- Encourage the family to make diet changes together. Cut down on the amount of cookies, cakes, chips, and pops the entire family con-sumes. This will make the transition less difficult for the child.

- Make healthy foods easily available for children to eat. Have cut up carrots, apples, oranges, and broccoli available at all times.

Tummy ache tips offered

Tummy aches are common among children, but as a parent, it is hard to see your child suffer with the pain. The good news is that most tummy aches are easily treatable.

"Most stomach-related problems are easy to identify," explains W. Scott Colliton, MD, a pediatrician at Children's Mercy Hospitals and Clinics. "In most cases, the prob-lems are not serious. Usually, what the children need is time, a change in diet and, once in awhile, some medication."

The following are some common causes and cures for stomach dis-comfort:

- Colic. This is the most common stomach ailment among young in-fants. Its cause is unknown. Colicky babies appear to be suffering from abdominal pain. They pull up their knees and their stomachs tighten. They cry relentlessly for extended periods. Swaddling, burping, cud-dling, holding, rocking and riding in the car can sometimes calm colicky babies. It tends to set in when a baby is two weeks old and is often over by the time a baby is three months old.

- Constipation. Hard stools that are difficult to pass are high on the list of stomach-related ailments among babies. The parent of any child under two months of age with constipation should talk to a pedia-trician about treatment. For some infants, the best course of action is a simple change in diet. For older children who are being potty trained, it could be a control issue. One solution: delay potty training.

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Hi-Plains Co-op	
Wheat	\$3.73
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Caregiver program planned next week

Senior Center

Wayne Lofton will be giving a program for caregivers at 12:15 p.m. Wednesday at the Senior Progress Center, 165 Fike Park. Wayne Lofton is through the Area Agency on Aging.

There are plenty of activities scheduled at the center for the week of Feb. 6-10, including a paint class with Fritz Ostmeyer at 9 a.m. Mon-day.

Tuesday exercise will be at 9:30 a.m., and also at the same time on

Thursday. Friday exercise is at 9:30 a.m. and at 11:30 a.m., "Young At Heart" will perform. It's also Denim Day.

The Thomas County Nutrition Center in Colby wishes to invite those 60 and older and their guests to attend daily luncheons in Colby Monday through Friday. Reserva-tions may be made by calling (785)

460-2901 the day before. Home delivery is also available for those unable to attend due to social or physical disabilities. The public is als invited to come pick up a meal. Those meals are available at noon to be picked up. For individuals 60 and over a contribution of \$2.50 per meal is requested. We also invite those under 60 years of age to attend or pick up a meal at a cost of \$4.50 per meal.

The menu for the next week in-

cludes: Monday - salmon patties, Mexicali corn, apricots, bread, cook's choice complement. Tues-day - hot turkey sandwich, mashed potatoes and gravy, carrots, bread, peaches. Wednesday - baked spa-ghetti, tossed salad, green beans, garlic bread, Mandarin oranges. Thursday - plaza steak soup, tropi-cal fruit, crackers, bread pudding with sauce. Friday - Polish sausage with kraut, mashed potatoes, applesauce gelatin salad, bread, cookie.

The building is also available for rental for events. For information or lunch reservations, call 460-2901.

The Thomas County Public Van is owned by the county but is sched-uled and dispatched by the Senior Progress Center. The van is not a taxi service. It will be scheduled on a first-come, first-served basis.

It must be scheduled at least 24 hours in advance of its use and be ready at least 30 minutes in advance of appointment. Sometimes there are four to six calls per time frame.

Calls for the van need to be made between the hours of 8 a.m. and noon, Monday through Friday.

Club talks about popular books

Shakespeare Club met Friday, Jan. 13 at Ruth Lowenthal's home. The meeting was called to order by president Joyce Hansen.

Roll call was answered by an all-time favorite book.

Joyce reminded everyone elec-tion of officers was to take place Jan. 27.

The nominating committee, Kathy Calliham, Lois VanHorn and Clara Barrett, were to present a slate of officers. The next meeting will be

at Prairie Museum of Art and His-tory with Sue Taylor presenting the program on "Progress, Projects and Goals" at the museum.

Jeff Friesen, librarian at Pioneer Memorial Library, presented the program. He first asked us to list the top 20 books checked out at the li-brary in 2005. These were listed under fiction and non-fiction. Aimie Kendrick won the prize for naming the most books.

He had books with him he had

chosen for the cover and title ap-peal.

He also had the book written about choosing the average Ameri-can. He gave us 37 of the 120 ques-tions asked to find the average American. Jeanne Thyfault was our "average American" in our group. She also won a prize. It was a fun afternoon and we appreciated Jeff sharing his information with us. Ruth and co-hostess Diann Gerstner served a delicious dessert.

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