

Family

Deaths

Dianne M. Homm

Dianne M. Homm, 54, of Colby, died Friday, May 5, 2006, at her home in Colby. Mrs. Homm was born Sept. 16, 1951, in Akron, Ohio. She was a registered nurse. Mrs. Homm is survived by her husband, Richard A. Homm of Colby; her mother, Marie J. Gardner; two sons, Richard Collmar of Mt. Holly, N.C. and Paul Allen Merrill of Dayton, Texas; stepsons Cy Howard Homm of Burlington, Colo. and Robert Mervin Homm of Burlington, Colo.; two daughters, Brenda Marie Bingham of Baldwinville, N.Y. and Amie Lynn Wrzesinski of Laurel, Mont.; stepdaughter Kristie

Daughn Avery

Daughn Avery, of Norton, died Saturday, May 6, 2006, at Norton. Mr. Avery was a former resident

Lee L. Hensley

Lee L. Hensley, 20, of Oakley, died Saturday, May 6, 2006, at his home in Oakley. Lee was born Feb. 3, 1986, in Oakley to Larry Lynn and Jana Sue Foster Hensley. He was a lifetime resident of Oakley and was an oilfield worker for Allied Cementing Company in Oakley. He graduated from Oakley High School in 2004 and attended Motorcycle Mechanics Institute in Phoenix, Ariz. He returned to Oakley and worked at Great Western Tire. He enjoyed riding his motorcycle and fishing.



L. Hensley

RaeAnn Arnold of Fleming, Colo.; two brothers, Robert E. Duncan of St. Louis, Mo. and Donald F. Duncan of Baldwin Park, Calif.; three sisters, Marsha McClintock of Burnet, Texas, Brenda French of Prescott Valley, Ariz. and Annette Benten and nine grandchildren. Services are at 10:30 a.m. Tuesday at Kersenbrock Funeral Chapel in Colby with Rev. Bradley Herndon officiating. Burial will be at Fairview Cemetery in Burlington at 2:30 p.m. Central Time Tuesday. Visitation is until 8 p.m. today at the funeral home. Memorials are suggested to Hospice Service Inc. and donations may be left in care of the funeral home.

Services are pending with Enfield Funeral Home of Norton.

Lee is survived by his parents, Larry Hensley and Jana Hensley of Oakley; sister Sabrina Holzmeister and husband Brian of Colby and grandmother Edith Foster of Jennings. He was preceded in death by grandparents Percy and Clara Hensley and Andrew "Jack" Foster. Services will be at 11 a.m. Thursday at Oakley Christian Church with Pastor Bob Kelly officiating. Burial will be at Oakley Cemetery. Visitation will be from 2-9 p.m. Wednesday at Kennedy-Koster Funeral Home in Oakley. Memorials are suggested to the Lee Hensley Memorial Fund at Farmers State Bank of Oakley. They may be sent in care of Kennedy-Koster Funeral Home, 217 Freeman, P.O. Box 221, Oakley, Kan. 67748.

Baptisms

Caleb Dillon Anderson

Saturday, April 1, Father Dana Clark baptized Caleb Dillon Anderson, infant son of Phillip Anderson and Amber Cersovsky of

Lawrence, at Sacred Heart Church in Colby. Godparents are Zach Golemboski and Erika Green.

Ayden Ryan Carroll

Sunday, April 2, Father Dana Clark baptized Ayden Ryan Carroll, infant son of Tim Carroll and Tashia

Mader, at Sacred Heart Church in Colby. Godparents are Joseph Guilfoyle and Felisha Mader.

Rexford girl in ‘Miss Teen Pageant’



Vicki Allison
● Rexford Correspondent

Our little town has a beauty contestant! Felicia Camarillo, daughter of Robbie Luna and granddaughter of Lee and Ruth Luna will be competing in the Miss Teen Pageant. Felicia was one of the top 20 picked from 175 teens and will be going to Denver in June to compete. Erika Best, daughter of Nea Gamez and granddaughter of Ray and Jackie Johnson; Taylor Todd, daughter of Jay and Brandy Todd and granddaughter of Doug and Joan Todd; and Jami Wark, daughter of Vicki and Dennis Allison and granddaughter of Hulda Wark and Madonna Anderson of Gem, were participants in the informal dance recital "The Best Years of Our Lives" at the Community Building

in Colby. Erika, Taylor, and Jami are students of Kolleen Barrett of The Dance Place and enjoy the art form of dance. Erika participated in a jazz number. Taylor danced in three styles of dance: jazz, ballet and tap. Jami had four dance performances, jazz, ballet, tap, and pointe. Her part of the pointe performance "Excerpts From Swan Lake — Waltz," included a three minute Spanish Solo.

Food professional advises ‘snacking smart’

MANHATTAN — Snacks fulfill an important function in a healthy diet, but high-fat and sugary snack foods are giving the between-meal bites a bad rap, said Sandy Procter, Kansas State University Research and Extension nutrition educator. A snack can fill the gap between meals, take the edge off hunger, but still leave room for health-promoting foods at mealtime, said Procter, a registered dietitian and coordinator of the Expanded Food and Nutrition Project in the state. A snack also can help curb the tendency to overeat at mealtime, but timing, the selection of the snack itself and size of the portion are key, said Procter, who offered this advice: Time snacks with some regularity. If children — and just about everyone else, for that matter — know that regular meals will be supplemented by a snack, they can be less likely to overeat at meals. Hold off on snacks one hour before meals, as snacking too close to a meal can spoil the appetite - just like mother always warned. "Choose foods that supplement meals," said Procter, who advocates eating foods from at least two groups at a time, such as peanut butter on wheat toast with apple slices, veggie strips with a low-fat dip or

fat free dressing or yogurt and fruit. The variety adds to the satisfaction one gets from snacking. Providing a variety of healthful foods is a parental responsibility, but a child's age will have some influence on snack preferences and service. "Sitting at the table can reduce a child's risk of choking," said Procter, who warned that young children may choke on seemingly healthy snacks such as popcorn or a carrot strip. Risks increase if children are jostling each other, playing, or walking around the house while eating. Supervising children as snacks are served is a good idea, said Procter, who also encourages specifying a kitchen shelf and some refrigerator space to serve as a snack station stocked with appropriate snack foods for family members.

Markets

Quotes as of close of previous business day Hi-Plains Co-op	
Wheat	\$4.19
Corn	\$2.06
Milo	\$3.21

Please Recycle

The City of Rexford would like to remind the residents who are dog owners that the dog tags are here. Tags are effective July 1 and the fee is \$3.50. All dogs must be registered and the city must have a current copy of a rabies certificate on file. Please notify the city if you no longer have a dog. The Shepherd's Staff was host to a Gideon's retreat over the weekend. Deb Stepper would like to thank you for your cards, flowers visits and concerns while she was in the hospital. Marcy Gilbert's brother, Danny Bacon and his wife Ronda, of Hoxie, are the proud parents of a baby girl, Danielle Lynn born March 23. Filling the pulpit at the Rexford Community Church Sunday was Ben Rhodes. Ben is a son-in-law of Dennis and Shawn Spresser who is married to their daughter Kelsey. Kelsey and Ben will graduate from Frontier School of the Bible in

LaGrange, Wyo. in December. From the church bulletin: Psalm 40, verse 5, "Many, O Lord my God, are the wonders you have done. The thing you planned for us no one can recount to you; were I to speak and tell of them they would be too many to declare." On my birthday calendar this week is Jay Todd who had a birthday Sunday, May 7. At the Red Barn: Ladies Bible Study on Wednesday, 10-11:30 a.m., Koffee Klatch on Friday, 9:30-11 a.m. Golden Plains events: On May 3 National Honor Society was host to the Red Cross for a blood drive. It was an awesome day with 24 bags of blood donated. The seniors left on their senior trip Thursday at 4 a.m. heading to San Antonio, Texas and will be returning Wednesday evening, May 10. High School graduation will be Sunday, May 14, Mother's Day.

Community Calendar

TUESDAY, MAY 9
Colby High School art show, CHS commons area, 8 a.m.
Student Awards Assembly, CHS auditorium, 1:15 p.m.
CHS Senior Awards, high school auditorium, 6 p.m.
Family Night Story Time, Piomeer Memorial Library, 7 p.m.
CHS spring band concert, high school auditorium, 7:30 p.m.

WEDNESDAY, MAY 10
Free physicals for students, Slavens Family Practice, 5 p.m.

THURSDAY, MAY 11
Vocal "Pops" concert, CGS auditorium, 7:30 p.m.

FRIDAY, MAY 12
Kindergarten picnic at Fike Park, time to be announced
Chamber meeting, noon, Colby Country Club

David Knowles Fundraiser

Tuesday, May 9th ~ All Day

Order from Colby Pizza Hut and **20% of your order will benefit David Knowles** who is battling Cancer!
Dine In, Delivery or Carry Out
MUST HAVE COUPON! Not valid with other offers
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