Deaths

Shawn J. Sammons

Shawn J. Sammons, 37, of Neb.; brother Shane and wife Winona, died Thursday, April 19, 2007, at St. Anthony Central Hospital in Denver, Colo. Mr. Sammons was born Jan. 22, 1970, at Fort Bragg, N.C., to Russell and Kathyleen (Look) Sammons.

He graduated from Stockton the University of Kansas and Fort Hays State University.

He worked for the family business, Triple S Harvesting until 1993. He later worked as a parts man for Colby Implement for 10 years. He also worked for APAC Road Construction in Oakley.

He married Donna Crawford Sept. 4, 1999, in Victoria. He was treasurer of the Kingsley Township Board in Thomas County.

Mr. Sammons is survived by his wife, Donna of Winona; two daughters, Heather and Taylor of Winona; father Russell Sammons of Geneva,

and Wilma Look.

Seanna of College Station, Texas. He was preceded in death by his mother, Kathyleen, Sept. 30, 1988, and grandparents Ralph and

Mass of Christian burial will be High School in 1988 and attended at 10:30 a.m. Wednesday at St. Thomas Catholic Church in Stockton with Father Bill Surmeier as celebrant. Burial will be at Stockton Cemetery in Stockton.

> Visitation will be until 8 p.m. today and from 9 a.m. to 8 p.m. Tuesday at Smith-Moore-Overlease Funeral Home in Stockton.

Memorials are suggested to the Shawn Sammons Memorial Fund for the benefit of his children and may be sent in care of the funeral home, 723 N. First, Stockton, Kan.,

Condolences may be sent to the family at over@ruraltel.net

Babies

Logan Grace Nolan

announce the birth of their daughter, Logan Grace Nolan.

She was born Thursday, April 19, 2007, at Citizens Medical Center in

Ray and Nikol Nolan of Colby ounces and was 20 inches long. Grandparents are Mike and Deb Scheuerman of Scott City; Betty Scheuerman of Scott City; Loren and Clair Wilder of Virginia City Highlands, Nev.; and Michelle Logan weighed 7 pounds, 13 Nolan of Bellingham, Wa.

"Stress is a continuum, so if you got

excited about getting a check in the

mail, that could be stressful, even

though it's a positive thing," New-

K-State's stress management

course is helpful to both graduate

and undergraduate students in any

field of study, as well as to working

professionals seeking to manage

firm, you might be able to design a

stress management program for

The online courses are taught in

a modular format and include

PowerPoint slideshows, online as-

signments, video captures of lec-

tures and biofeedback labs. K-State

uses advanced technology, includ-

ing the homegrown learning man-

To learn more about the stress

www.k-state.edu/counseling/

for the fall 2007 semester is avail-

able at http://www.dce.k-state.edu/

502" or "EDCEP 802" in the appro-

EDCEP502 802/

"If you work in an accounting

stress in the workplace.

your firm," Rathbun said.

ton said.

Stress management course planned

MANHATTAN — Ever have stressors can be positive, too. one of those days, like when the car won't start, the gas bill is due, the coffeepot is empty and you get to work just in time to be unprepared for your meeting?

In our hectic daily lives, events both large and small — can be stressors that cause us to function at levels that are less than optimum. That's where Kansas State University can help.

Fred Newton, professor and director of Counseling Services at K-State, along with Arthur Rathbun, counselor and biofeedback specialist, will team-teach online graduate and undergraduate courses in stress management beginning in fall

"The class is designed so that it's beneficial to the individual," Newton said. "Whether you're in journalism or engineering, architecture agement system K-State Online, to bers. or accounting, you can understand make courses available to students about stress and stress management worldwide and during times that fit theory and techniques and apply into their busy schedules. them to yourself."

stressors that can bog us down each the course Web site at: http:// day, applying stress management techniques may be key in surviving the week and avoiding the physical, cognitive, behavioral and emotional symptoms of chronic stress, according to Newton and Rathbun.

Rathbun suggests beginning the process of stress management by taking a self-assessment of the stressors in your life and determining how to handle those stressors in a more productive way.

"If you overbooked yourself today, you might need to look at how you manage your time tomorrow," he said. "That reduces the number of stressors." But here's a stressor tidbit you may not have known:

Art class scheduled for June

The Dane G. Hansen Museum in Logan will have two certified Bob Ross instructors that will teach classes on a regular basis.

The first class will be from 9 a.m. to noon and 1 to 3 p.m. Saturday, June 2. The class will be painting "Wheelbarrow with Flowers." The second class will be "Landing Duck" Sunday, June 3. The hours will be the same as the Saturday

Participants may enroll for one or both days. For information or to register by phone, call (785) 689-4846. Participants need to bring only a roll of paper towels,

Markets

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

Wheat \$4.84 \$3.49 Corn Milo \$5.73 Soybeans \$6.25

Two inches of rain reported in Rexford

The neighbor's rain gauge recorded 2 inches of rain received Saturday night and my daughter Jami made a comment describing our front lawn, "the emerald city grass turned into the yellow brick Mildred Sammons and Lawrence road." The dandelions must have

appreciated the moisture too. A special thank you to Bill Scott who gathered up residents discards for the city cleanup day.

A happy birthday to the following individuals who will be celebrating a birthday this week: Tyler Todd, April 23; Lawrence Horinek, April 26; Kelton Jones, April 27.

Vicki Allison

Rexford Correspondent

The school year is quickly coming to an end and it is time to be thinking about Vacation Bible School. If you are interested in helping with VBS, contact Pastor Lane Purcell this week.

Seattle, where she met her sister, many years ago by the Indians.

Gloria Dible, Rogers, Ark. Tovisit some family members. Even thought Washington is still in her "winter" season, the land was beautiful, Sondra commented.

the Soap Lake and Grand Coulee Juenemann. Dam, the largest cement structure in the United States. Sondra said that it seemed hard to drive more than a few miles without seeing an inviting lake. Sondra also joined the others in climbing a small mountain to Hawkins and Vesta Roth. Recently, Sondra Barnett flew to visit some caves that were used

At the Red Barn: Those attending gether, they drove to Moses Lake to Barnswallows to play pinochle were Jean Hawkins, Deb Stepper, Rex and Betty Carswell, Grace Cheney, Lawrence Horinek, Darlene Robben, Dick Sanford, One day the group went to visit Mary Anne and Lawrence

Koffee Klatch is each Friday at 9 a.m. and those attending last week were Margaret Arasmith, Sondra Barnett, Eunice Sanford, Berneda Zoberst, Evelyn Proffitt, Jean

Until next time, make your week a memorable one.

Order of the Eastern Star holds gathering **Club News**

Colby Chapter #442, Order of the Eastern Star, met Monday night, April 16, at the Masonic Hall for their regular stated meeting. Worthy Matron Mary Molstad presided in the East. After the Pledge of Allegiance, the Star Spangled Banner was sung, and the meeting opened

Minutes of the previous three

meetings were read and approved. Balloting on a candidate was held and Joyce Gatlin was installed as secretary. The Charter was draped

Several members attended Grand meeting was closed in form. Chapter in Topeka this past week-

Happy Birthday was sung to three officers celebrating birthdays this month, Sisters Margie, Jeane in loving memory of two departed and Pearl. Cake and ice cream was members — Sister Glendora Bastin served in the dining room after the them to the meeting or call a memof Selden and Sister Betty Webber meeting by Worthy Matron Mary.

A coin drill was held and the

The next meeting will be Monday, May 7, at 7:30 p.m. A covered dish dinner will be held at 6:30 p.m. for all Eastern Star members and their guests. Eastern Star is still saving tabs from cans. Please bring

Study finds teens limit own Internet behavior

NEW YORK (AP) — Teens generally don't think twice about including their first names and photos on their personal online profiles, but most refrain from using full names or making their profiles fully public, a new survey finds.

The Pew Internet and American Life Project reported Wednesday that two-thirds of teens with profiles on blogs or social-networking sites have restricted access to their profiles in some fashion, such as by requiring passwords or making them available only to friends on an approved list.

The study comes amid growing concerns about online predators and other dangers on popular online hangouts like News Corp.'s MySpace and Facebook, which encourage their youth-oriented visitors to expand their circles of friends through messaging tools and personal profile pages.

Social-networking sites have responded by offering users more controls over how much they make public and warning them about revealing too much.

According to Pew, fewer than a third of teens with profiles use their last names, and a similar number include their e-mail addresses. Only 2 percent list their cell phone num-

But 79 percent have included photos of themselves, with girls more likely to do so.

Eighty-two percent use their first And with an estimated 50 to 200 management course content, visit names, and half identify their

> "Teens are manifesting the tension between wanting to keep them-Enrollment in the online course selves safe online and wanting to share themselves with their friends and potentially make new ones," courses/ and entering "EDCEP said Amanda Lenhart, a senior research specialist at Pew. "Teens, particularly girls and younger teens,

have gotten the message about pro- files say they use the sites to make say they felt scared or uncomforttecting themselves on social networks, but the fun of these networks is the ability to share yourself with others on them."

Dashiell Feiler, a 16-year-old high school junior, said he keeps his profiles open, but uses at most his first name and last initial. He said people who find him tend to be friends anyway, but he left off his full name as a precaution.

"I just thought I didn't want anybody to figure out where I live," he

According to Pew, 45 percent of online teens do not have profiles at all, a figure that contradicts widespread perceptions that the nation's youths are continually on MySpace. Lenhart said younger teens, in particular, tend to stay away, some because they fail to meet a site's minimum age require-

Most of the teens with profiles say they use the sites to stay in touch with existing friends. Only half of teens with social-networking pro-

Team

www.strike

Bowlerettes

4 4 Fun

new friends. A third of teens online say they

have been contacted by strangers, not necessarily through social-networking sites. Of those, 21 percent say they responded to learn more about that person, and 23 percent centage points.

able by the encounter.

The telephone study of 935 American youths, ages 12 to 17, and their parents was conducted Oct. 23 to Nov. 19 and has a margin of sampling error of plus or minus 4 per-



Winn-Dixie! Look who's turning 60!

April 25th, 2007

The Daughters' and their families of CHUCK BROWN, invite you to help celebrate his

birthday and upcoming retirement with a card shower.

> Cards may be sent to: 1485 Pioneer Drive, Colby, KS 67701

STRIKE ZONE

~ League Bowling Results ~ April 17th - Early Bird Ladies League Morgan Construction 173 Colby Automotive Place Lost

15

18

19

	NW Vacuum	24	28	4
	Van's Merry Four	24	28	5
	First high Individual game: Me	lanv Shal	z. 178	
	First high Individual series: Me	•		
	· ··ot····g·· ···a····aaa. ooiiooi ····	idiry oriai	_,	
	April 16th - First Nighters	League		
	Team	Won	Lost	Place
	Sparky's Fireworks	154	98	1
	7-Up *	151	101	2
	Discount Repair of Oakley	144	108	3
	Fire XStrikers	135	117	4
	Parking Lot Maintenance	134	118	5
	Grinnell Furniture	128	124	6
	Woofter Well & Pump	122	130	7
	Seismic Land Mgmt.	112	140	8
	Schlick Construction	90	162	9
	Frontier Equity	90	162	10
	First high Men Individual gan	ne: John E	Brown, 265	
	Schwanke, 6	336		
	-			
	April 20th - Ten Pin Leagu	е		
	Team	Won	Lost	Place
	Us & Barton Concrete	17	3	1

33

April 20th - Ten Pin Lea	•	1 4
Team	Won	Lost
Us & Barton Concrete	17	3
ChiX w/ Balz	16	4
Cal Williams	9	11
CMC	8	12
Comfort Inn	6	14
Colby Bowl	4	16
First high Individual game:	Mandy Kreut	zer. 192

April 12th - King Pin Leag	jue		
Team	Won	Lost	Place
5 Pony Men	199	137	1
Colby Bowl & Fun Center	186	150	2
www.visitcolby.com	182	154	3

163 162 174 Thunderballs 135 201 T - J's Tire 128 First high Individual game: Josh Ryan, 234 First high Individual series: Josh Rvan, 648

April 17th - Pinbusters League Killer Bees Mufflers Plus 160 134 United Commercial Travelers Colby Bowl 142 Colby Automotive Donelan's Jewelry Taylor Motors 173 MC Auto First high Individual game: Arron Rondeau, 247 First high Individual Series: Arron Rondeau, 684

April 18th - Ladies Nite Out Won Lost Place Team Straightline Strike-Outs 16 **Twisters** Golden Harvest Seeds Camouflage Lawn Care Don's Electric 10 Stock Realty & Auction Dbl U Trkn First high Individual game: Linda Joyce, 202 First high Individual series: Linda Joyce, 545

Won	Lost	Ρ
38	18	1
31	25	2
27	29	3
14	42	4
ne: Dee Hovda		
	38 31 27 14	38 18 31 25 27 29

Brought to you each week by:





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Community Calendar

TUESDAY, APRIL 24

Preschool and kindergarten spring fling, Sacred Heart School, 7

Sweet Adelines International, United Methodist Church, 7:30 p.m. Narcotics Anonymous meeting, City Hall basement, 8 p.m.

WEDNESDAY, APRIL 25

Genesis Thomas County pick-up, 350 S. Range, 10 a.m.-noon and

Housing Authority reception, 600 S. Mission, 4-6 p.m. Sixth Street Alcoholics Anonymous, 1275 W. Sixth St., 8:30 p.m.

WEEK OF THE YOUNG CHILD Colby Childcare Association believes in Quality Childcare. Please join with us in recognizing the week of the Young Child.

Give your child a hug today! Members:

·Buzzy Koerperich · Terina Schmidt ·Kim Schlageck · Barb Albers

·Lou Coulter · Shannon Koon Melissa Vrbas ACC

Make a Difference - Please Recycle