

# Family

## Death

### Frances Lucille Smith

Frances Lucille Smith, 70 of Rogers, Ark. died Sunday, Feb. 3, 2008, in Springdale, Ark.

Mrs. Smith was born Nov. 5, 1937, in Dyess Colony, Ark. to Elvin Otis and Agnes Gertrude Guthrie Woody.

She was the manager for the Colby Kansas American Legion, Dollar General Stores and also E-Z Mart.

Mrs. Smith was a member of Southside Church of Christ in Rogers.

She was preceded in death by her husbands: Douglas Jay Keller and Billy Joe Smith; a daughter LaDonna Sue Keller; and three sisters: Claudine Mauldin, Ida Mae Burrows and Myrtle Elizabeth Eudy.

She is survived by her son, Douglas Ray Keller of Rogers; her daughter Dianna Jaye Worsham of Rogers; her brother Rowe

Donavan Woody of Rockford, Ill.; sisters Bobbie Lea Stark of Muskogee, Okla. and Gayona Ramsey of Colby; five grandchildren and one great-grandchild.

Memorial services will be held at 10 a.m., Saturday, at the Benton County Funeral Home with Jackie Chestnut officiating. Memorial contributions may be made to Circle of Life Hospice, in care of Benton County Funeral Home, 306 N. Fourth St., Rogers, Ark. 72756.

Online condolence may be sent to [www.bentoncountyfuneralhome.com](http://www.bentoncountyfuneralhome.com)



Smith

### Walter Stueckemann

Walter Fredrick "Walt" Stueckemann, 81, died Sunday, Feb. 3, 2008, at the Kansas Soldiers Home in Ft. Dodge.

He was born March 3, 1926, in Great Bend, the son of Gustav and Augusta Junghaertchen Stueckemann. Mr. Stueckemann graduated from Ellinwood High School in 1943. He served in the U.S. Navy as Lt. Jg. during World War II. He graduated from Notre Dame University and received a Doctorate in Juris Prudence from the University of Kansas in 1950.

He practiced law in Jetmore from 1950 until he retired in 1990. He moved to Hutchinson in 1998. He attended Westbrook Baptist Church, Hutchinson. He was a member of the Masonic Lodge in Jetmore, Past Potentate of Elkora Shrine and part of the Clown Unit, Hutchinson Breakfast Lions and a past District Governor of Lions, American Legion and Veterans of Foreign Wars. He had been very active during his life in scouting and had received the Silver Beaver.

He married Marjorie Ann Liston March 22, 1947, in Elmhurst, Ill. She preceded him in death in December of 2003. Also preceding him in death were his parents, two infant sons, and a brother, Adolph.

He is survived by two sons: Bill Stueckemann and his wife, Jan,

of Hutchinson and Dan Stueckemann and his wife, Cathy of Bonner Springs; two daughters: Linda Kay Taylor and her husband, Tuffy, of Colby and Pam Seapy and her husband, Chuck, of Norman, Okla.; 11 grandchildren; 12 great-grandchildren and a sister, Johanna Stueckemann of Apple Valley, Minn.

Memorial services will be held at 2 p.m., Sunday, at Westbrook Baptist Church, 2005 Hendricks, Hutchinson, with Pastor Andy Addis and Pastor Robert Shelton officiating. Private inurnment with military honors will be held at Lakin-Comanche Cemetery, Ellinwood. There will be no visitation.

Memorials may be given to the Lions Sight and Hearing Foundation or the University of Kansas School of Law in care Penwell-Gabel Funeral Home and Cemetery, 300 E. 30th Ave., Hutchinson, Kan. 67502, which was also in charge of arrangement.

To leave a special message online, visit: [www.penwellgabel.com](http://www.penwellgabel.com)



Stueckemann

## Scholar team prepares

By Vicki Allison

Rexford correspondent

Golden Plains High School Scholars' Bowl team qualifies for state competition, Saturday in Leroy.

Kenneth Kinkade, sponsor, and the following 8 students make up the team:

Shaun Gilbert, sophomore, and son of Kieth and Marcy Gilbert; Michael Roehl, sophomore, son of Larry and Tammy Roehl; Lucas Phillips, freshman, son of Brent and Diane Phillips; Tate Bruggeman, junior, son of Paul and Karla Bruggeman; Jordan Rogers, senior, son of Andrea Mitchell and the late Bob Rogers all of Rexford and Andrew Broeckelman, senior, Jonathan Broeckelman, sophomore, and Isaac Broeckelman, sophomore, all sons of Joe and Cathy Broeckelman of Selden.

Hulda Wark had a birthday Sunday, Feb. 3, Pat Williams celebrated Monday and Dwight Williams will celebrate Thursday.

Red Barn on-going activities: Monday, Barnswallows, 2 p.m.; Wednesday, Ladies Bible Study at 10 a.m., Thursdays, Come on Down, 2 p.m. and Friday's, Koffee Klatch at 9:30 a.m.

Bingo is at 7 p.m., the second Saturday of each month.

Until next time, make your week memorable.

## Thank You!

The family of Mason Wolf would like to thank everyone for the cards, thoughts and prayers during Mason's illness and death. A special thank you to Brian Unruh, Dr. Regier, and the hospital for your special care of Mason and to us. Brad Kersenbrock for your thoughtfulness and loving care. Thanks to all who brought food to our homes, to the church ladies and Eastern Star for the funeral dinner. Thank you for the visits, the flowers and memorial money. To you who came to the funeral and those who just thought of us. Each act of kindness was so appreciated.

Merle Morris-Wolf  
Tenley & Vinnie Glad  
Treasure & Tanner Glad  
Mason Wolf Jr.



### Lynda Franklin

Lynda L. Franklin, 63, died Monday, Jan. 21, 2008, at her home in Atwood.

She was born, Dec. 12, 1944, in Gadsden, Ala., to Lynn O. Franklin and Mary E. (McPherson) Franklin.

Mrs. Franklin attended school in Atwood, graduating in 1962. After high school, she attended Business College. She and William E. Draper were married in 1963.

Her hobbies included music, painting, drawing, pottery, cooking, photography, needlework and writing. She also had dogs, cats, and raised angora goats. She was a member of the Atwood Arts Council and Courts of Praise Church in Atwood.

She was preceded in death by her father, Lynn O. Franklin and her first husband William E. Drap-

er.

She is survived by her mother, Mary E. Franklin of Atwood; her sons: Neal L. Draper and wife, Tammy, of Ford, and Nolan E. Draper of rural Atwood.

Other survivors include a sister Becky Isern of Boise Ida., four grandchildren, one of whom is Megan Mentlick of Colby; a nephew and many friends and relatives.

A memorial has been established in her name and donations can be left at Williams Funeral Home, 109 N. Second St., Atwood, Kan. 67730.

A memorial service will be held at 2 p.m., Saturday, March 1, at the Courts of Praise Church, 812 S. Railroad Ave., Atwood. Inurnment will be at Atwood Fairview Cemetery, Atwood.

### Lila Mae Holsman

Lila Mae Holsman, 69, died Monday, Feb. 4, 2008, at Decatur County Hospital in Oberlin.

She was born Nov. 20, 1938, to Chester and Grace (Larson) Withington in Milliken, Colo. Mrs.

Holsman was raised in Greeley, Colo., Herndon and Atwood.

Funeral services are pending with Paul's Funeral Home, 121 N. Penn Ave., Oberlin, Kan. 67749.

### Don Schieck

Don E. Schieck, 81, of Oklahoma City, Okla., died Thursday, Jan. 31, 2008. Mr. Schieck was born May 27, 1926, to Ben and Ollie Schieck in Rexford.

He served in the U.S. Army during WWII and retired from Tinker Air Force Base in 1986. He was a member of St. Johns Methodist Church.

Mr. Schieck was preceded in death by his wife, Jeanie, and son, Roger, along with other family members.

Survivors include his son, Tim Schieck, Colorado; daughter, Tina and husband, Rick Speer, of Oklahoma City; brothers, Spencer and Stuart Schieck; a sister, Coleen Mackey and two grandchildren.

Funeral services were held Sunday, Feb. 3, at St. John's Methodist Church in Oklahoma City with Rev. Steve Davis officiating. Interment was at the Chapel Hill Memorial Gardens in Oklahoma City.

## Healthy sleep habits

By Karen D. Schueler  
High Plains Mental Health of Hays

Most adults need seven to eight straight hours of sleep each day, including those who work a night shift and sleep during the daylight hours. Stress, worry and anxiety can contribute to insomnia and interfere with getting a good night of rest. Thus it is important to know and practice healthy habits in regards to sleep.

Maintaining a regular bedtime makes a big difference; go to bed and get up at about the same time no matter how tired you are. Avoid taking naps or dozing off near bedtime. Watch what you eat; heavy or spicy foods can keep you awake, as will caffeine products. Peanut butter^7 dairy products and apples can help increase sleepiness.

Perform only relaxing mental or physical activities right before bedtime. Watching television or working and playing games on the computer can be extra stimulation for the brain, which interferes with falling asleep, so turn those off at least an hour or more before bedtime.

The bedroom environment is also a factor in getting to sleep. Be sure the mattress is adequately firm and comfortable. A dark quiet cool location is best; overly warm bedrooms are not conducive to quality sleep. In addition, learn to associate the bedroom with a place for relaxation and sleep. Do not work on the computer or watch TV in bed. Try not to lie in bed worrying about problems or challenges of the upcoming day, and avoid discussing problems

on the phone in bed because this can result in that location becoming associated with anxiety and arousal.

If possible avoid medications that can cause arousal and interfere with sleep including many over-the-counter remedies and herbal products.

Read product labels well and learn more by discussing those medications with your doctor, psychiatrist or pharmacist. If you practice healthy sleep habits yet are still excessively tired, or your sleep is still poor and fragmented, it may indicate a sleep disorder. Talk with your medical or mental health professional about these difficulties; sleep disorders are fairly common and very treatable.

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Feb. 1st - Feb. 7th

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**Thomas County Wellness Fair**

**Thursday, February 7, 2008 ~ 5-7 p.m.**  
Colby Community College Union

Health and wellness booths, area physicians explaining lab results, guest speakers discussing the genetics of cancer and screening guidelines, and activities for children. **Registration cost only \$5.** Children admitted free with a paying adult.

**Call Jeanene at 460-4850 or Karen at 443-3715 for more info.**

February

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