

**Alice Worley**

Jan. 12, 1926 - April 14, 2012

Longtime Ogallala, Neb., resident Alice Worley, 86, died Saturday, April 14, 2012, at her home, surrounded by loved ones, after a short battle with cancer.



**Worley**

She was born Jan. 12, 1926, to Edgar and Anna (Sorg) Whisnant at St. Francis, Kan. Alice was baptized as a small child at the rural Lawn Ridge Methodist Church. She grew up on the family farm and helped her dad with the farming while both of her brothers were in the service.

Alice attended rural grade school and graduated from St. Francis Community High School in 1944, being an honor roll student all four years.

On Dec. 12, 1945, she married Robert Worley. During this union they were blessed with one daughter and two sons. They lived in Anton, Colo.; Pierre, S.D.; and St. Francis before moving to Ogallala in 1957.

Alice worked for TRW for 20 years, Pioneer Trails for two years, Good All Electric for two years, and Stage Coach Inn for 13 years, retiring in 1996. She always enjoyed her jobs because she loved being around people and office work was not only an occupation but a hobby for her.

Alice was a member of the Methodist church all her life. After retirement, she joined RSVP and served wherever she was needed. This year she completed 15 years of service with RSVP. She spent many hours visiting friends, taking them to the doctor, grocery store, to church, or in any other way she could to help them.

She was always happy to babysit her grandchildren and great-grandchildren. She enjoyed traveling with her family and

attending grandchildren/great-grandchildren activities. Alice was an avid sports fan, especially her grandchildren's sports, Big Red football and Atlanta Braves baseball.

Preceding her in death were her parents and two brothers Harley Whisnant and Melvin Whisnant.

Survivors include: daughter - Patricia (Rolland) Skinner of Hay Springs, Neb., sons - Steve (Paulette) Worley of Paxton, Neb., and Larry Worley of Ogallala; grandchildren - Shardel (Mark) Nelson of Alliance, Neb., Brett (Tina) Skinner of Hay Springs; Keri (Craig) Wyatt of Chadron, Neb., Chris (Amy) Worley of Kearney, Neb., Kim (Kevin) Schow of Paxton; Josh Worley of Paxton, Camille (Jason) Santomaso of Sterling, Colo., and Wesley (Heather) Worley of Arvada, Colo.; 22 great-grandchildren - Zachary, Kelby, and Kaelia Nelson of Alliance; Tosha, Ethan, and Mia Skinner of Hay Springs; Laree (Trent) Colburn of Valentine; Cole, Blaine, and Jace Wyatt of Chadron; Bryanna Scheuler of League City, Texas; Logann, Jaxon, and Karsyn Worley of Kearney; Karlee, Kaden, and Keegan Schow of Paxton; Dylan, Hunter, and Adyson Jo Santomaso of Sterling; and Ariana and Lincoln Worley of Arvada; sister - Bernita Schield of Goodland; sister-in-law - Floriene Whisnant of Colby; as well as many nieces and nephews and a host of friends

The family chose cremation. There will be no visitation. The memorial service will be Friday, April 20, at 2 p.m. in the First United Methodist Church with Rev. Chuck Rager officiating. A memorial has been established to the First United Methodist Church.

Inurnment is in the Ogallala Cemetery.

Online condolences may be sent to [www.drauckerfh.com](http://www.drauckerfh.com).

**Kenny Nighswonger**

Jan. 9, 1919 - Feb. 14, 2012

Kenny Nighswonger died on Valentine's Day, Feb. 14, 2012. His wife, Manette, of more than 55 years, was buried on Valentine's Day 15 years ago.



**Nighswonger**

Kenny died peacefully in the care of hospice, with one of his sons and one granddaughter at his bedside.

He was born Jan. 9, 1919, in St. Francis, Kan., to Frank and Elizabeth Nighswonger. He went to school in St. Francis and helped his parents on their farm during the war years.

In 1942 he married Manette and, in a few years, they moved to Elbert, Colo., with their two sons. Later they moved to The Black Forest and had one daughter.

In 1957, his family of five moved to Colorado Springs where Kenny worked for Sinton Dairy for many years.

He was preceded in death by his

parents, two brothers who died in infancy, two sisters (Bernice and Pauline) and wife, Manette.

He is survived by sons Ben (Terri), Livermore, Calif., Ron (Joy), Colorado Springs; and daughter Jan (Randy) Towner, Colo. He is also survived by four grandchildren: Kim, Livermore, Nicole, Colorado Springs, Jamie, Houghton, Minn., and grandson Trevor, Plainville. He had six great-granddaughters: Sage, Sophia and Gwen of Livermore, and Kylee, Bailee, and Kamee of Colorado Springs. Other survivors include his sister Mary Lou, Benkelmen, Neb., and second wife Ellen, of 14 years, of Colorado Springs.

In his later years Kenny remarried. He was a loyal member of his church and enjoyed his weekly poker games with his son and friends.

Services were held on Feb. 17 at Immanuel Lutheran Church in Colorado Springs. Expressions of condolence and donations can be made to the Colorado Springs Hospice.



**ADVANCED MUSIC STUDENTS** practice for their annual spring program. Pictured left to right are Tilyn Bell, Christina Schoenrogge, Jacquelyn Ketzner, Logan Whitmore, Luke Guggenmous, Ty Zweygardt and Gavin Cooper.

Herald staff photo by Nathan Fiala

**Annual spring music concert set for May 8**

The St. Francis Community High School Advanced Music students are preparing for their annual spring presentation on May 8. Instead of their usual musical or melodrama, this year's class will perform a rock concert.

Their rock band, "Almost Famous," consists of two guitars, a bass, drums, and seven singers who will be performing in the high school auditorium on Tuesday, May 8, at 7 p.m.. An additional performance will be held at 3 p.m. on Sunday, May 6.

During intermission of the performance, those attending the concert will be treated to a dessert buffet in the cafeteria catered by the Culinary Arts class instructed by Kaye O'Brien.

Ticket prices for the event are \$10 for adults and \$7 for stu-

dents at the door. Advance tickets may be purchased at the high school office (Marilyn Raile) for \$9 adults and \$6 students, or by contacting Debbie Fiala at the high school or 785-332-2306 (evenings).

**Moments With Mila**

Nutrition and Stress

By Mila Banel



County Health Nurse

Modern life is full of hassles, deadlines, frustrations, and demands. For many people, stress is so commonplace that it has become a way of life.

Stress isn't always bad. In small doses, it can help you perform under pressure and motivate you to do your best. But when you're constantly running in emergency mode, your mind and body pay the price.

Here are some simple ways to ease stress:

- Eating a healthy and well balanced food plan; eating healthy foods and drinking plenty of water is a good way to combat stress. Include more fruits and vegetables in your diet and it will help nourish your body with B vitamins and minerals to deal with stress. Alcohol and food abuse may seem to reduce stress,

but it actually adds to it.

- Exercise component is essential; Choose non-competitive exercise and set reasonable goals. Aerobic exercise has been shown to release endorphins (natural substance that help you feel better and maintain a positive attitude).

- Study and practice relaxation techniques. Relax every day. Choose from a variety of different techniques. Combine opposites; a time for deep relaxation and a time for aerobic exercise is a sure way to protect your body from the effects of stress.

- Reduce stressors (cause of stress). Identify your stressors and manage them effectively and on time. Effective time management skills involve asking for help when appropriate, setting priorities, pacing yourself, and

taking time out for yourself.

- Assert yourself. Being assertive allows you to stand up for your rights and beliefs while respecting those of others.

- If you smoke, get some help to stop. Aside from health risks of cigarettes, nicotine acts as a stimulant and can cause more stress symptoms.

- Take responsibility. Control what you can and leave behind what you cannot control.

- Examine your values and live by them.

- Set realistic goals and expectations.

- Wait 15 or 30 minutes when you have stress-related cravings. Sometime we confuse hunger, fatigue and thirst. Drink some water and take a break first and then re-evaluate if you are truly

hungry.

Here are some dietary recommendations to reduce stress:

- Reduce/eliminate caffeine and alcohol.

- Eat small frequent meals every 3-4 hours that include protein.

- Eat at least one fruit and/or vegetable at every meal or snack.

- Drink plenty of water.

The stress response of the body consists of the heart and blood vessels, the immune system, the lungs, the digestive system, the sensory organs, and brain. Not all stress is bad - researchers suggest that some stress is even good and healthy just don't overdo it!!!

**Elementary resource room receives money**

The St. Francis Elementary resource room has received \$400 as a donation from the Midwest Energy Community Fund. The customer-owners of the Community Fund Committee made the selection and recently made the announcement.

There were many applications, said Bob Muirhead, director of economic and community development. The committee did an

excellent job of distributing the funds.

Robin Burr, resource room teacher, reported that the money will be used to buy an iPad for the classroom. The iPad encourages learning and helps reinforce literacy skills.

Mrs. Burr said she plans to apply again as Midwest Energy is encouraging winners to do so.

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