Obituaries

Alice Worley Jan. 12, 1926 - April 14, 2012

Longtime Ogallala, Neb., resi- attending grandchildren/great-

urday, April 14, 2012, at her home, surrounded by loved ones, after a short battle with cancer. She was born

Jan. 12, 1926, to Edgar and Worley 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.

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 ner of Hay Springs; Laree (Trent) they were blessed with one daughter and two sons. They lived in Blaine, and Jace Wyatt of Chad-Anton, Colo.; Pierre, S.D.; and St. ron; Bryanna Scheuler of League Francis before moving to Ogallala in 1957.

years, Pioneer Trails for two years, of Paxton; Dylan, Hunter, and Good All Electric for two years, Adyson Jo Santomaso of Sterling; and Stage Coach Inn for 13 years, and Ariana and Lincoln Worley of retiring in 1996. She always en- Arvada; sister - Bernita Schield joyed her jobs because she loved of Goodland; sister-in-law - Flowork was not only an occupation as many nieces and nephews and but a hobby for her.

Alice was a member of the Methodist church all her life. After There will be no visitation. The retirement, she joined RSVP and memorial service will be Friday, served wherever she was needed. This year she completed 15 years of service with RSVP. She spent Rev. Chuck Rager officiating. A many hours visiting friends, tak- memorial has been established ing them to the doctor, grocery to the First United Methodist store, to church, or in any other Church. way she could to help them.

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

dent Alice Worley, 86, died Sat- grandchildren activities. Alice was an avid sports fan, especially her grandchildren's sports, Big Red football and Atlanta Braves baseball.

> 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, Ca-Alice attended rural grade mille (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 Skin-Colburn of Valentine; Cole, City, Texas; Logann, Jaxon, and Karsyn Worley of Kearney; Kar-Alice worked for TRW for 20 lee, Kaden, and Keegan Schow being around people and office riene Whisnant of Colby; as well a host of friends

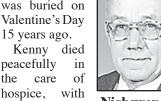
The family chose cremation. April 20, at 2 p.m. in the First United Methodist Church with

Inurnment is in the Ogallala

Kenny Nighswonger

His wife, Ma-

nette, of more than 55 years, was buried on Valentine's Day 15 years ago. Kenny died peacefully



Preceding her in death were her

Online condolences may be sent

Jan. 9, 1919 - Feb. 14, 2012

Kenny Nighswonger died on parents, two brothers who died in Valentine's Day, Feb. 14, 2012. 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.



ADVANCED MUSIC STUDENTS practice for their annual na Schoenrogge, Jacquleyn Ketzner, Logan Whitmore, Luke spring program. Pictured left to right are Tilyn Bell, Christi- Guggenmous, Ty Zweygardt and Gavin Cooper. Herald staff photo by Nathan Fiala

Annual spring music concert set for May 8

The St. Francis Community 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 Fahigh 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 dents at the door. Advance tick-High School Advanced Music mous," consists of two guitars, a performance, those attending ets may be purchased at the high students are preparing for their bass, drums, and seven singers the concert will be treated to a school office (Marilyn Raile) who will be performing in the dessert buffet in the cafeteria ca- for \$9 adults and \$6 students, tered by the Culinary Arts class or by contacting Debbie Fiala at instructed by Kaye O'Brien. Ticket prices for the event are (evenings).

Thursday, April 19, 2012

\$10 for adults and \$7 for stu-

the high school or 785-332-2306

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Moments With Mila -

Nutrition and Stress

Modern life is full of hassles, but it actually adds to it.

· Exercise component is estive 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

taking time out for yourself. • Assert yourself. Being asser-

tive allows you to stand up for hungry. 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, Not all stress is bad - researchfatigue and thirst. Drink some water and take a break first and then re-evaluate if you are truly overdo it !!!



Here are some dietary recommendations to reduce stress:

• Reduce/eliminate caffeine and alcohol.

ery 3-4 hours that include protein

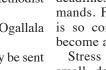
or vegetable at every meal or snack.

• 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. ers suggest that some stress is even good and healthy just don't

hospice, with Nighswonger one of his sons and one granddaughter at his bedside. He was born Jan. 9, 1919, in Other survivors include his sister 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.





deadlines, frustrations, and demands. For many people, stress sential; Choose non-competiis 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, priorities, pacing yourself, and



• Eat small frequent meals ev-

• Eat at least one fruit and/

moved to Colorado Springs where Kenny worked for Sinton Dairy for many years.

He was preceded in death by his

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 In 1957, his family of five Colorado Springs. Expressions of condolence and donations can be made to the Colorado Springs Hospice.

Elementary resource room receives money

The St. Francis Elementary re- excellent job of distributing the source room has received \$400 as a donation from the Midwest Energy Community Fund. The customer-owners on 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

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.



New Items: Rhinestone flip-flops, purses, jewelry, fenton, and stained glass.

Red Room in Knoles Ford Benkelman, NE 69021

*** NOTICE ***

THE FIRST HALF OF TAXES ARE DUE MAY 10TH WITHOUT PENALTY.

(Post card reminders stated 20100 taxes due by mistake, should read 2011 Taxes Due)

Please be sure to bring your bar code slip(s) to pay your taxes. (We're not responsible for missed taxes.)

or pay online by e-check or credit card at kansas.gov/propertytax (fees will be charged by the service provider)

*** SIGN UP NOW TO PREPAY YOUR TAXES ***

Now's the time to enroll in our FREE prepay program! Prepay taxes for Real Estate/Personal Property & Motor Vehicles

For more information visit our website or drop by or call our office for forms and/or information! **PO Box 687, St Francis, KS 67756** ~ 785-332-8810

> **Dolores** Jenik Cheyenne County Treasurer



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