

Family

Community Calendar

SUNDAY, APRIL 28

Sunday Morning Alcoholics Anonymous, Ramada Inn, 9 a.m.
La Leche League, Presbyterian Church, 2 p.m.
Wings Upon the Prairie drop-in center, 1980 W. 4th, 2-8 p.m.
Higher Ground, High School Youth Group, Berean Church, 6 p.m.
New Hope Narcotics Anonymous, City Hall Basement, 8 p.m.

MONDAY, APRIL 29

Duplicate Bridge, airport, 1 p.m.
Quit smoking support group, 775 E. College Drive, 1 p.m.
Monday Afternoon Bridge, Meadowlark Manor, 1 p.m.
Take Off Pounds Sensibly, United Methodist Church, 7 p.m.; weigh-in, 6-6:30 p.m.
Rexford Lions, Rexford Cafe, 7 p.m. (2nd & 4th Mondays)
Pride of the Prairie Orchestra practice, Colby Community College Band Room, Cultural Arts Center, 7:30-9 p.m.
Downtown Alcoholics Anonymous, (smoking), City Hall Basement, 8:30 p.m.
Al Anon, (nonsmoking), 1275 W. 6th, 8:30 p.m.

One-room schools on program

The annual Pioneer Day will be held Sunday, May 5, at the Community Hall in Rexford. There will be a carry-in dinner at noon. The program will be on the one-room schools in the area.

Everyone in the area is welcome to attend. "We would like to hear from anyone who attended a one-room school. If there are any former teachers in the area, we would appreciate hearing from them," said Delores Dible, organizer.

There were 10 schools located in Thomas County a few miles from Rexford that were begun between 1886 and 1889. Most of these were in Smith and



Lula Thieler

• Rexford Correspondent

Wendell townships. Dible would appreciate any help in the exact location of these schools: #9 Hopewell; \$10 Georgetown; #14 McPherson; #15 Nicol; \$34 (no name found); #44 Crescent; #46 Fairview; #48 Dible; #61 Prairie Star; and #88 Rexford. Contact Dible at 785-687-4861.

Hospital

CITIZENS MEDICAL CENTER

Wednesday, April 24, 2002

Admissions

Milton Goldsworth, Colby

Dismissals

Rex Asbridge, Oakley

Lyle Worthy, Atwood

Markets

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

Wheat	\$2.59
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Soybeans	\$4.20

15 years already....my
how time flies when
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Activities available for area residents 60 or older

The following activities have been scheduled at the Senior Progress Center for the week of April 29-May 3. All area residents 60 or older are invited to participate.

Monday - Shuffleboard at 10 a.m. Cards at 1 p.m. Tuesday - Low impact exercise class at 9:30 a.m. Shuffleboard at 10 a.m. Cards at 1 p.m. Wednesday - Line dance class at 10 a.m. Cards at 1 p.m. Thursday - Low impact exercise class at 9:30 a.m. Shuffleboard at 10 a.m. Senior bridge at 1 p.m. Friday - Share-a-Memory/Coffee Time at 9:30 a.m. Shuffleboard at 10 a.m.

Planning a reception? You do not need to be a senior to rent the center. Call Deb at 462-2901 for further information.

Homestead Nutrition April 29-May 3. Monday - Baked ham, sweet potatoes, bread, peaches, tapioca, cranberry juice. Tuesday - Swiss steak, scalloped potatoes, peas, bread, orange/pineapple salad. Wednesday - Hamburger patty, bun, tomato-pickle-onion, 3 bean salad, apricots. Thursday - Oven fried chicken, mashed potatoes w/gravy, green beans, bread, berry/applesauce. Friday - Chef salad, bread, rosy pears, cranberry muffin squares.

Meal reservations need to be made before noon, 24 hours in advance at 462-2901. Cancellations should be called in as soon as possible. Menus are subject to change.

Getting a good night's sleep - Many



Lois Myers

• Senior Savvy

older adults don't get more than 30 minutes of sunlight from outdoors per day. Sunlight helps our bodies' clocks

tell time... and when you've been exposed to plenty of sunlight throughout the day... you will sleep better at night. Take a look at your "sleep hygiene." This refers to the habits and environment you have developed in your sleep pattern. A healthy sleep pattern follows:

- Try to go to sleep and wake up at the same time each day.
- Don't get into the habit of spend-

ing more than 30 minutes in bed... not sleeping. If you can't get to sleep, don't watch TV, read, eat, or "toss and turn" in bed... get up and do something productive.

- Avoid caffeine, alcohol and tobacco.
- Limit liquids near bedtime.
- Exercise daily.

Taken from Kansas Senior Press Service.

Thank You....

We want to thank the communities of Gem and Colby for the outpouring of sympathy and support during the recent loss of our son Jeffrey Leonard Hopper. Special thanks to Larry and Kathy Higerd, Gem, for being there for us and going with us on early morning walks, providing advice and support and simply listening. Thanks to the College Drive Assembly of God Church for providing the after service meal and Kathy Higerd for coordinating, Sonny Sprick and others who helped prepare and serve the meal. We also want to thank Pastor Leonard and Cinda Burgess and Don and Cathy Harrison for guiding us through this very difficult time. Thanks also to the Highway Patrol and other emergency personnel who helped at the accident scene and the Goodland hospital. We want to thank the NW Kansas Area Technical College and the Electronics Technology class for finishing Jeff's project for his children and their fund-raising efforts.

Whether it is a loss of a son, the World Trade Center tragedy or an earthquake in Turkey, the world community comes to help. Our world is Northwest Kansas -- you have been wonderful to us.

Lastly we want to share a poem that Jeff's aunt wrote early Saturday morning. His favorite poem was Edgar Allen Poe's, *The Raven*.

The Jeff Hopper family

Our Jeffrey

We may not have a pretty card or potted plant to give,
But we'll remember Jeffrey L. as long as we all live!

He touched the lives of all he met, he more than had a part,
In showing all his many friends, a true and loving heart!

He was a man, a mortal soul, a trusted friend, a joy,
A treasured son, a loving dad, a truly special boy!

A friend in need, a gentle hand, a twinkle in his smile,

He showed us all our Saviour's way to go that extra mile!

As long as we remember Jeff he'll never really die.

We know he's living "evermore" - our Raven in the sky!

God bless and keep you Jeffrey!
Your Aunt Sam

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