

Family

Deaths

Juanita R. White

Juanita R. White, 80, of Colby, died Saturday, March 19, 2005 in Wichita.

Mrs. White was born Nov. 18, 1924 in Mingo. She was an area resident for 50 years and a homemaker.

She was a member of the Veterans of Foreign Wars Ladies Auxiliary.

Mrs. White is survived by a son, Sandy White of Wichita; three brothers, Gerald Leak of Lake-wood, Colo., Melvin Leak of Port-land, Ore. and Duane Leak of Colby; one grandchild and two

great-grandchildren.

She was preceded in death by her son Scott in 1967 and husband Bob in 1998.

Services will be held at 1 p.m. Thursday at Harrison Chapel in Colby with Rev. Bill Miller of Hays officiating.

Burial will be at Beulah Cem-etry in Hays.

Visitation will be until 8 p.m. to-day at Harrison Chapel.

Memorials are suggested to Hos-pice Services of Thomas County and may be left at any Colby bank or Harrison Chapel.

Evelyn M. Hapke

Evelyn M. Hapke, 82, of Colby, died Tuesday, March 22, 2005 at Prairie Senior Living Complex in Colby.

Mrs. Hapke was born April 12, 1922 in Freewater, Okla. Arrange-ments are pending with Harrison Chapel in Colby.

Babies

Gus Henry Palmgren

Travis and Shelby Palmgren of Levant announce the birth of their son, Gus Henry Palmgren, on Mon-day, March 14, 2005 at Citizens Medical Center in Colby. He weighed 7 pounds, 10 ounces and

was 20 inches long.

Grandparents are Ken and Vir-ginia Palmgren of Edson and Tom and Roxanne Shannon of Wichita.

Gus was welcomed home by his sister Kelly Anne Palmgren.

Rexford Lions learn about Mexico



Sondra Barnett

• Rexford Correspondent

tournament. First place was a father and son team, Pete and Pete Ziegelmier. Second place was an- other father and son team, Dick and Ken Sanford. Bob and Connie Renner were third place winners.

The Legion will be sponsoring two Golden Plains High School juni- ors to attend American Legion Boys State of Kansas. Those stu- dents chosen are Scott Johnston, son of Kenneth and Teena Johnston and Mark Juenemann, son of Dan and Delores Juenemann. Congra- tulations Scott and Mark for your se- lection.

It has been pleasant having Jer- emy Gould back home in Rexford before he joins the crew of the car- rier Nimitz in San Diego. The Rexford Community Church en- joyed the fellowship dinner after the morning service on Sunday with Jeremy being the guest of honor.

Bill and Margaret Arasmith will be celebrating their golden anniver- sary Easter Sunday. They were mar- ried in Densmore, Kansas on Eas-

ter Sunday, April 10, 1955. Their children, Amanda Buettner from Monroeville, Ind., Linda Parker from LaGrange, Ind., Patrick Arasmith from Goodland, and Everett Arasmith from Rexford in- vite the public to the Rexford Com- munity Building for an Easter Din- ner from noon - 2 p.m. and for cake and refreshments from 2-4 p.m. If you plan on coming for dinner please RSVP @ 687-2356. Happy 50th Bill and Margaret.

The Rexford Fitness Center has added two new inclining tread mills to the exercise floor. The machines were purchased by the Rexford Pride Committee through a grant. The community appreciates having the center and a sincere thank you to the Pride Members for making our town enjoyable.

Scoop on the School: The seventh graders took second place at Grinnell's Scholar's Bowl meet on Monday. Kristin Wark made it to finals with a serious solo perfor- mance at Colby's forensic meet on Thursday taking Third Place.

The Junior Carnival was well at- tended Friday evening. A sincere thank you to the area businesses for their donations and for supporting the Golden Plains junior class. The class of 2007 will be hosting a three-

on-three basketball tournament for girls and boys divisions in 3rd & 4th, 5th & 6th, 7th & 8th, and high school grades on April 23 at Rexford. Contact Orba Stevenson for entry forms at 687-3265 or orba@usd316.k12.ks.us Golden Plains will not be in session this week due to Spring and Easter break.

Your regular Rexford correspon- dent should be back typing your news next week. I wish you all a Blessed Easter and have enjoyed keeping you informed about our little city of Rexford the past two weeks.

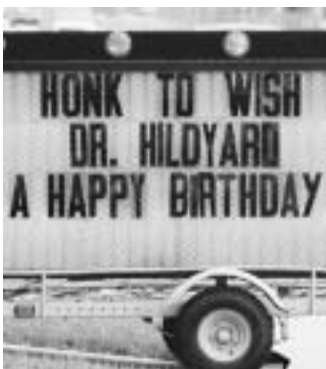
Hats off to Dave's Repair and Rexford Grain for the calendars.

Turning 58 this date

The thousands of honks he heard were great

The support and trust makes him grin from ear-to-ear

As he's looking forward to another good year!



From Staff and friends!

Getting ready for tornado season can take place now

We are entering tornado season and we need to be prepared for the upcoming storm season. Tornadoes can occur anytime and anywhere. Environmental clues that may indi- cate an approaching tornado in- clude a dark, often greenish sky, large hail and a load roar similar to a freight train.

The general rule for tornado safety is "go low and stay low," meaning go to the lowest level of the structure away from windows and crouch in a low position with your head covered.

Know the difference between a watch and a warning: A tornado watch means weather conditions are favorable for the development of severe thunderstorms and torna- does.

If a tornado watch is broadcast, stay tuned for further information and possible warnings. Be prepared to take cover if necessary. Warnings are issued for individual counties and include the tornado's location, direction and speed.

If you are in or near its path, seek shelter immediately. Don't attempt to look for the tornado. Many tor- nadoes are obscured by rain and may not be visible at all or until it is too late to take cover. Tornado safety tips: Know the names of the coun- ties, cities and towns near you.

It will be easier to track the tornado's direction if you are famil- iar with the geography of your area. Focus on finding appropriate shel-

Healthy Haps

ter for your location and protecting yourself while there.

Homes: Go to your basement. If you don't have a basement, move to a small, windowless interior room such as a closet, bathroom or in- terior hall on the lowest level of the house.

Avoid windows and protect your body from flying debris with a heavy blanket or sleeping bag. (Do not open windows to equalize pres- sure because it is ineffective in re- ducing tornado damage.)

Mobile homes: Leave immedi- ately and seek shelter inside a nearby sturdy building or lie down flat in a ditch away from your home covering your head with your hands. Mobile homes are extremely unsafe during tornadoes. Open buildings (shopping malls, gymna- siums or civic centers): Try to get into the restroom or hallway. In larger buildings, these areas are usually made of concrete block and will offer more protection. If there is no time to go anywhere else, seek shelter right where you are. Try to get up against something that will support or deflect falling debris and protect your head by covering it with your arms. Outdoors: Try to

find shelter immediately in the near- est substantial building. If no build- ings are close, lie down flat in a ditch or depression and cover your head with your hands. Automob- iles: Get out of your vehicle and try to find shelter inside a sturdy build- ing.

A culvert or ditch can provide shelter if a substantial building is not nearby. Do not take shelter un- der a highway overpass.

Prepare a home tornado plan with your family for home, work, school and when outdoors. Make sure you practice the plan. Review the plan on days when severe weather is forecast for your area.

Pick a place where family mem- bers could gather if a tornado is headed your way.

It could be your basement or, if there is no basement, a center hall- way, bathroom or closet on the low- est floor. Keep this place unclut- tered.

If you are in a high-rise building, you may not have enough time to get to the lowest floor. Pick a place in a hallway in the in the center of the building.

Assemble a Tornado Safety Kit containing a first aid kit and essen- tial medications, battery powered radio, flashlight and extra batteries, canned food and can opener, bottled

water and sturdy shows and work gloves.

Also include in the kit written instructions on how to turn off your home's utilities.

Have a National Oceanographic and Atmospheric Administration weather radio with warning alarm tone and battery backup to receive updated forecasts and critical infor- mation such as watches and warn- ings.

Keep a map of your state to help you follow the movement of threat-

ening storms from weather bulle- tins.

After the tornado passes watch out for fallen power lines and do not venture into the damaged area. Lis- ten to the radio for information and instructions.

Assess for injuries and damaged and report to the authorities, if pos- sible.

Healthy Happenings are offered each week as a service provided by the Thomas County Health Depart- ment.

ONE DAY, ALL OF A SUDDEN, IT HITS YOU: YOU ARE 39, AND YOU ARE NOT INVINCIBLE.

If you're seeking an alternative to the same old games. If you're seeking a new level of fulfillment. If you're seeking to deepen the spiritual values in your life. If you're seeking greater understanding of the here and here after. If you're seeking, we're here.



PRESBYTERIAN CHURCH (USA)

First Presbyterian Church of Colby 515 W 4th Colby, KS 67701

HERE AND NOW.

Colby, Oakley churches to mark Good Friday

The sanctuary of First Presbye- rian Church, 515 West 4th Street, will be open on Good Friday from 9 a.m.-7 p.m. for anyone in the com- munity who would like to spend time in personal prayer and quiet re- flection.

The sanctuary will be set up as a journey to and from the cross, with places to stop and pray along the way.

The public is welcome to stop by at any time in remembrance of Jesus' crucifixion.

Community Church in Oakley will also be celebrating Good Fri- day with a special showing of the movie "The Passion of th eChrist" starting at 7 p.m. on Friday, March 25.

Pastor James Bloom welcomes the public to attend the Good Friday service located at 806 E. Second St. For more information contact Rev. Bloom at (785) 672-4020.

Markets


Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat	\$3.14
Corn	\$1.94
Milo	\$3.04
Soybeans	No bid

Some like it HOT...

and some like to shop the COOL way!!




The Colby Free Press - 462-3963



I am proud to have served as trustee on the Colby Community College board for the last twelve years and would appreciate your vote on April 5th.

Cleona Filpse

Paid for by Cleona Filpse.



Get Hooked on Mike's Seafood Selection

- Salmon
- Trout
- Catfish
- Fried Shrimp
- Grilled Skewered Shrimp
- Grilled Shrimp Alfredo

MONTANA MIKE'S STEAKHOUSE

1855 S Range - (785) 462-7178

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