Family

Death

The time of service as listed in Monday's Free Press was incorrect, the corrected report follows:

Marjorie L. Ebright

Marjorie L. Ebright, 86, of Colby, died Saturday, Nov. 9, 2002, at Citizens Medical Center. Services will be held Wednesday at

10:30 a.m. at Harrison Chapel. Pastor James Mardock will officiate. Burial will follow in the Beulah

Cemetery.

Visitation will be on Tuesday from 9 a.m. to 9 p.m. at Harrison Chapel.

Community Calendar

THURSDAY, NOVEMBER 14

Kiwanis, Student Union, noon Family History Center, 1145 S. Franklin, 7-9 p.m. Blood Pressures, Rexford Red Barn, 9-10 a.m. Tumbleweed Chorus, United Methodist Church, 8 p.m. High School Math Relays at Hays, 9:30 a.m.

High School Murder Mystery, 7 p.m.

Downtown Alcoholics Anonymous, City Hall basement, 8:30 p.m. (non-smoking)

Second Grade Music Program, Grade School Auditorium, 1:15 and 7

Wings Upon the Prairie drop-in center, 485 N. Franklin, 5-8 p.m.

Baby

Danielle Janae Schroeder

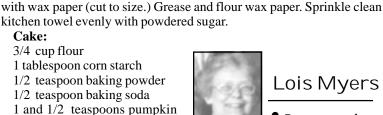
Kriss and Lisa Schroeder of Colby announce the birth of their daughter, Danielle Janae on Oct. 31, 2002, at Citizens Medical Center.

She weighed 8 lbs. and 2 oz. Paternal grandparents are Dan and

Janet Schroeder of Colby. Maternal grandparents are Conrad

and Betty Ann Kough of Scott City.

Brothers and sisters who welcome Danielle home are: Kristi, Nikole, Luke, Josh, Chelsy, Brett, Julie, Laura



Kountry Kitchen

Pumpkin Cream Cheese Cake Roll

Preheat oven to 375 degrees. Grease 15 x 10 inch jelly-roll pan. Line

Combine dry ingredients in mixing bowl. Add eggs sugar and pumpkin, continue beating until mixture is creamy. Spread evenly into prepared

pan. Sprinkle with chopped nuts. Bake for 15 minutes or until top of cake

springs back when touched. Loosen and turn cake onto prepared towel,

 $(nut\, side\, down).\, Carefully\, peal\, off\, paper.\, Roll\, up\, cake\, and\, towel\, together,$

Lois Myers

ullet Correspondent

Avoid holiday stress due to being with the family

Dear Plain Sense: I dread the holiday season primarily because of all the family obligations. My husband and I have to spend a lot of time with several people we avoid all year long, especially my uncle who is so argumentative. I come home feeling so discouraged after these family get-

It's no wonder that people feel stressed out over the holidays, especially when the anticipation of the holiday season begins with Christmas decorations that are put up before Halloween. Families begin to plan gettogethers, and expect those celebrations to be full of love and harmony. But thinking the holiday season will be perfect, or at least an improvement over other times of the year, is not realistic. Getting along with all family members is not always easy, and that probably isn't going to change just because of the holidays.

Feeling pressured to spend time with someone you usually avoid is very difficult, especially if it is at the end of a

Markets

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

\$4.03 \$2.55 Corn \$4.12 Soybeans \$5.28

Hospital

CITIZENS MEDICAL CENTER Monday, November 11, 2002 Admissions

William Bremenkamp, Colby **Dismissals**

No Dismissals

COMING SOON!! 2002 Holiday Open House Sunday, November 17 1:00-4:00 p.m.

CMC Gift Shop

Colby

Start your holiday shopping with us!! We have a large selection of ornaments and Christmas figurines.

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Plain Sense

High Plains Mental Health

long trip and you have to stay for a day or two. When you do get along, that time spent together becomes an enjoyable opportunity rather than an obliga-

Holidays use to be more of a community event; the first Thanksgiving was a celebration of an abundant harvest, assuring survival of a way of life and of friends and neighbors. Christmas, too, was emphasized with social gatherings, singing and caroling in the streets, and grand parties for adults.

Over the last century, however, these special holiday celebrations have become more family oriented, with an emphasis on family-centered events, rituals and traditions. When those are missing, when we don't have that "It's a Wonderful Life" kind of holiday,

emotions can become overwhelming. Be realistic. The holidays are not



The children and grandchildren of Lynn and Helen Hagler invite you to share in the celebration of their parents and grandparents 50th wedding anniversary. Lynn and Helen were married November 16, 1952. They will be celebrating their anniversary at the Quality Inn (formerly Ramada Inn) in Colby, KS on Saturday, November 16th from 2:00 till 4:00 p.m. They would consider your presence a special gift - no other is needed.

going to make up for the rest of the year when family members avoid each LCPC, Consultation and Education other because of tension and disagree-

When you do get together, recognize that those feelings are not going to automatically change. You don't have to pretend that all is well, but you don't have to make an issue out of it either. And when you do get back home, be sure that you and your husband plan for time with family and friends whom you

Contributed by Karen D. Beery, Department

The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help. Mail questions to: High Plains Mental Health Center, PLAIN SENSE, Consultation and Education Department, 208 East Seventh, Hays, Kan 67601, (Questions will be formatted and answered in a manner that insures confidentiality)

starting at narrow end. Cool on wire rack. Filling: 1 (8 oz.) cream cheese, softened

Cake:

pie spice

3 large eggs

1 cup granulated sugar 2/3 cup pumpkin

1 cup chopped walnuts

1 cup powdered sugar

6 tablespoons margarine, softened

1 teaspoon vanilla

Beat ingredients until smooth. Carefully unroll cake, remove towel. Spread cream cheese mixture over cake. Reroll cake and wrap in plastic wrap. Refrigerate at least one hour before slicing. Makes 10-12 servings.





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