

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.
Second Grade Music Program, Grade School Auditorium, 1:15 and 7 p.m.
High School Murder Mystery, 7 p.m.
Downtown Alcoholics Anonymous, City Hall basement, 8:30 p.m. (non-smoking)
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 and Kurt.

Kountry Kitchen

A nice light Thanksgiving dessert.

Pumpkin Cream Cheese Cake Roll

Preheat oven to 375 degrees. Grease 15 x 10 inch jelly-roll pan. Line with wax paper (cut to size.) Grease and flour wax paper. Sprinkle clean kitchen towel evenly with powdered sugar.

Cake:

3/4 cup flour
1 tablespoon corn starch
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1 and 1/2 teaspoons pumpkin pie spice

3 large eggs
1 cup granulated sugar
2/3 cup pumpkin
1 cup chopped walnuts

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 peel off paper. Roll up cake and towel together, starting at narrow end. Cool on wire rack.

Filling:

1 (8 oz.) cream cheese, softened
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.



Lois Myers

• 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-togethers

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 get-togethers, 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

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 obligation.

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

going to make up for the rest of the year when family members avoid each other because of tension and disagreements.

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 enjoy.

Contributed by Karen D. Beery, LCPC, Consultation and Education 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)

Markets

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

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

Hospital

CITIZENS MEDICAL CENTER

Monday, November 11, 2002

Admissions

William Bremenkamp, Colby

Dismissals

No Dismissals



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.*

The Kansas Children's Report Cards are out-- and Thomas County's Grade for 2002 will be released on November 13th!

Please join us for a Thomas County Media Event

WHAT: The release of the 2002 Kansas Children's Report Card on the Status of Thomas County Children

WHEN: Wednesday, November 13, 2002 4:00 - 5:30 p.m.

WHERE: Colby Community College Student Union Room 106 1255 South Range Colby, Kansas 67701

WHO: Sponsored by the following partners: Community Awareness Team Regional Prevention Center Thomas County Community Foundation Kansas Action for Children

WHY: In order to improve, we need to know how we're doing. Let's join together to make Thomas County the best place in the State of Kansas to raise children.

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COMING SOON!!

2002

Holiday Open House

Sunday, November 17

1:00-4:00 p.m.

CMC Gift Shop

Colby

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