

Family

Death

Alpha Mae (Funk) Schroeder
Alpha Mae Schroeder, 97, of Colby, died Thursday, Oct. 3, at Citizens Medical Center in Colby. Services were held on Monday, Oct. 7 at 2 p.m. at Kersenbrock Funeral Chapel. Rev. Carol Rahn officiated, and burial followed at Beulah Cemetery.

Mrs. Schroeder is survived by her daughter, Sandra Rall of Colby; brothers, Harvey Funk of Shafter, Calif. and Victor Funk of Newton; two grandchildren; three great-grandchildren; and numerous nieces and nephews.

She was preceded in death by her parents, Garhardt and Sarah Bartel Funk; her husband Daniel Schroeder; two sons, Dwight and Charles; brothers Ferd, John, Adolf, and George Funk; adopted brother Frank Freeman; sisters Sara Olenberger, Agnes Penner, Pauline Weyand, Emma Brunson, Frieda Hiebert, Elma Hiebert, and Lavilla Cutsginger.

She was born on March 12, 1905, in Hillsboro. She was eighth of 14 chil-

dren, her parents immigrated to America from Poland when they were children.

She attended many country school and attended Tabor College for one year, and later completed her beautician certificate.

After her marriage, the Schroeders lived in McPherson, Russell, Goodland and Colby.

Mrs. Schroeder was a member of the Colby First Presbyterian Church and the women's morning circle, and was a member of the Order of the Eastern Star for over 50 years. She was a graduate of the Menninger Bible Study Group.

Pallbearers were John Dougherty, Wayne Horlacher, Harold Jones, Max Melvin, Jeff Horlacher, and Steve Molstad.

Music was provided by Jeff Wag-ner.

Memorial donations in her name can be made to First Presbyterian Church in Colby and can be left at any Colby bank or at the chapel.

Club holds stir-fry demonstration at meeting

Farm and Fireside F.C.E.

The Farm and Fireside F.C.E. met at the home of Twila Saddler on Friday, Oct. 4, with all members present.

Lavern Engelhard and Beverly Moss gave the lessons on "Stir-Fry." They prepared a delicious stir-fry lunch at noon.

The club voted to fix to "Christmas Shoe Boxes" for children in another country.

The club is happy to have Virginia Hopper as a new member.

The next meeting will be a Thanksgiving dinner at noon at the Lavern Engelhard's home on Friday, Nov. 1.

Brewster United Methodist Women

The Brewster United Methodist Women met for their monthly meeting on Sept. 25, 2002 in the Fellowship Hall of the church. Seven members were present.

President Eva Lou Selby opened the meeting with the group saying the "Purpose" in unison.

At the business meeting the budget for 2003 was presented and approved. Eva Lou reminded everyone about the upcoming Hays District Meeting in Colby on Oct. 19. Our unit will be helping with the Fellowship time and Registration at 8 a.m. with the day's program beginning at 9 a.m. Notify Bonnie Reid if you are planning to attend.

Nadine Kammer gave the report from the *Response* magazine on the National Assembly that was held in Philadelphia, Pa. on April 25 to 28.

Clubs

There were around 9,000 people that attended this meeting. Tanya Gray presented the program, "To Have a Home: Courageous Women Leading the Way." She was assisted by Joyce Crabtree, Wanda Fulwider and Nadine Kammer. Bonnie Reid served a very delicious zucchini cake.

Next month's meeting will be on Oct. 23 with Bonnie Reid as the program leader. We will meet at 4 p.m. in the Fellowship Hall for the Bible Study on the book of James. At 6 p.m. there will be a salad supper and the study will continue on at 7 p.m.

Anyone can plan to attend any session of the above times mentioned. This will also be our World Thank Offering meeting so bring your special offering for that.

VFW Auxiliary

VFW Auxiliary 6882 met Oct. 7 at the Post Home with President Doris Voisin presiding.

An opening prayer was offered by the chaplain. The POW-MIA candle was lit and prayer offered followed by Patriotic instructions and a flag salute. The minutes from the previous meeting were read and approved. The bills were presented and approved for payment.

Correspondence which were read included an invitation from Saint Francis VFW to the District Conference to be held there on Oct. 19 and 20.

Hospital

CITIZENS MEDICAL CENTER
Tuesday, October 8, 2002

Admissions
William Bremenkamp, Colby
James McDowall, Colby
Stacy Dinkel and infant male, Goodland

Dismissals
Kerri Scheetz and infant male, Oakley
Lulu Grady, Colby

Markets

Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat	\$4.48
Corn	\$2.70
Milo	\$4.24
Soybeans	\$4.85

The community service report was given. The Hospital Committee reported 92 dozen cookies made and sent to VA hospitals at Wichita, Leavenworth, Topeka, and Winfield.

Twelve neck pillows and 20 dozen cookies were made and taken to Fort Dodge Soldier's Home.

Youth chairman reported contact made with local schools about youth contests available through VFW.

Plans were made to tape costumes for children for Halloween between 4 and 6 p.m.

The treasurers report was given. A monetary donation was allowed to help cover medical expenses for a cancer patient.

District President Connie Miller addressed the group and gave information about upcoming activities and projects of the VFW Auxiliary.

A monetary donation was allowed to PTO for Fall Festival at Colby Schools as our Make a Difference Day Project.

The meeting closed per ritual with national home prayer and closing prayer.

Everyone is asked to please bring a deck of new playing cards to the next meeting to send to VA hospitals.

Next meeting will be Nov. 4 at the Post Home at 8 p.m.

Xi Zeta Zeta

Ten members, and one guest, Blanca Riney, met at the home of Coleen Dougherty on the evening of Sept. 23. Blanca was present to give the program on her native country Columbia, South America and it's culture. She also shared pictures of Columbia and the surrounding area. What a beautiful country and one we all enjoyed hearing about.

Following the program, a brief meeting was held. Minutes from the previous meeting were read and approved; treasurers report was given and the committee reports were heard.

The Sunshine Basket was passed from Brenda to Coleen. Correspondence from Beta Sigma Phi International was received announcing that Xi Zeta Zeta had attained a Three Star Award for the year 2001-2002.

Those attending the meeting were: Relda Galli, Coleen Dougherty, Kathy Ryan, Linda Ryan, Lynette Luck, Brenda Kimberly, Anita Porter, Mary Smith, Deanna Sulzman, Judy Taylor and guest Blanca Riney.

Community Calendar

FRIDAY, OCTOBER 11

Shakespeare Club, 2 p.m.

Leisure Hour Club, 2 p.m.

Sorosis Club, 1:30 p.m.

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

New Hope Narcotics Anonymous, City Hall Basement, 8 p.m.

ATTENTION - All clubs who would like to have their schedule placed on the Community Calendar need to bring it by the Free Press or e-mail it to mhawkins@nwkansas.com

October is Breast Cancer Awareness month

We have a sign in the health department that says "Breast Cancer is spooky, please do your Self Breast Exam." Because October is Breast Cancer Awareness month, we want to help you prevent "spooky" things from happening to you.

Every month, this is a simple procedure you can do for yourself. Think of it as a gift to yourself — a gift of life.

Breast cancer is very curable if found in the early stages. That is why you will want to do this every month, to detect any abnormalities that could be cancer.

The procedure should be done five days after your cycle so that the breasts are less tender. Inspect your breasts by looking in the mirror for any dimpling or puckering. This could be a tumor attached to the skin and retracting it.

Make sure you look side to side, with your hands on your hips pushing out your pectorals muscle, with your arms over your head, and with your breasts hanging down.

Next, step into the shower, soap up, and place your arm above your head.

Health Happenings

• Thomas County Health Dept.

Using your three middle finger pads, make three dime size circles starting under your arms and grid up and down the breast until you reach the middle of the chest. The circles should be light, then medium and then to the chest wall with pressure.

The area you will need to palpate is from under the arm, up to the collar bone, and down to the bra line, until you cover the entire breast area.

Next, do the other breast in the same fashion.

After you finish with this, rake your finger pads under you arm to detect any lymph node enlargement. When you first start doing self breast exams, you might feel inadequate and not know if you are feeling anything or not. Actu-

ally, you are "getting to know" your breasts. After doing this for several months, you will begin to know what was there a month ago.

If you do find something, go directly to the other breast in the same area and feel in the other breast to see if you feel the same thing.

Call your health care provider when in doubt or if you believe you have found something out of the ordinary.

A clinical breast exam by a professional should be done once a year. Always be safe and not sorry. This is your life we are preserving.

If you need a breast exam, the health department has trained professionals who can do this for you. Call 462-4596 for your appointment today.

About Town

Carol Lovenstein hosted a coffee on Sept. 27, in honor of her mother, Elva Livingston.

It was Elva's 81st birthday. Other's attending were Ethel Jean Woofter and Sharon Ketchum.

Sixteen residents of Lantern Park Manor attended the Colby Community College After Harvest Bingo and Dance on Sept. 26.

The residents along with two staff and one family member enjoyed the

afternoon of Bingo and a very good supper.

The college students did a great job and the residents appreciated it.

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