# Family

### Deaths

### Frances Ruby Shanks

Frances Ruby Shanks, 84, of Colby, died Friday, Nov. 4, 2005 at p.m. Tuesday at Beulah Cemetery Citizens Medical Center in Colby. Kenton, Okla. and was a home- to 1 p.m. Tuesday at Kersenbrock maker.

Mrs. Shanks is survived by a son, grandchildren and four greatgrandchildren.

**Babies** 

Graveside services will be at 2 with Rev. James Mardock officiat-She was born July 22, 1921 in ing. Visitation will be from 9 a.m. Funeral Chapel in Colby.

Memorials are suggested in her Kenneth Shanks of Colby; six name, to be designated at a later date. They may be left in care of the funeral home.

### Grace Elizabeth May

announce the birth of their daughter, Grace Elizabeth May, on Wednesday, Nov. 2, 2005 at Pratt Pat McManigal of Waldport, Ore. Regional Medical Center. Grace weighed 6 pounds, 8 ounces and is 18 inches long.

of Springfield, Mo.; Tom and Vicky 2.

Jason and Debora May of Pratt Waldschmidt of Colby and Chet Great-grandparents are Neal and

## Colby residents attend conference on education

Family and Community Education member, attended the Kansas Association for Family and Community Education state conference Oct. 18 and 19 in Great Bend.

The conference was a chance for members to renew their vision in the organization's mission to strengthen individuals, families and communities through educational, leadership and action workshops. Tours included the Kansas Quilt Walk, Mural Walking Tour and a home-based business in the craft, quilting and sewing industries.

They enjoyed a presentation from speaker featured Susie Oberdahlhoff of Bowling Green, Mo. who shared her experiences

### Markets

### Quotes as of close of previous business day **Hi-Plains Co-op** Wheat \$3.34

Corn	
Milo	
Soybeans	N

and Myrna May of Wichita. and Claude and Viola May of Caldwell.

Grace was welcomed home by Grandparents are Theresa Spore brothers Hayden, 8, and Grant, 3 1/

Janice Frahm and Karen Larmer, from the perspective of a farm wife that was city-born.

Other presentations were the "Traveling Black Dress Show" by Diana Schmidts of Anthony, which illustrated ways to stretch wardrobe dollars. Joe Boley, a musician and storyteller from Great Bend, was the entertainment at the annual banquet

### **Student News**

Valerie Broeckelman of Selden was chosen as a state finalist for the Wendy's High School Heisman. Broeckelman attends Golden Plains High School in Rexford. She received a bronze medal.

The annual award celebrates high school seniors who excel in athletics, academics and community service.

Two state winners were chosen from each state and will compete in the next round of the national competition. Each winner receives a silver medal.

\$1.71 At the national level, 12 finalists \$2.62 No bid will be chosen.

The first week of November has given us beautiful warm days, pleasant evenings, and calm nights, making fall an enjoyable season of spectacular color and great football weather. The other morning as I peered out my bedroom window at the neighborhood, my eyes rested upon a Maple tree that had shed its colorful foliage now resting upon the ground under the boughs of the naked tree. The old tree had produced another year of shade and now a time of restoration will bring forth its budding beauty in the

spring for our little town of Rexford. Just as the leaves come and go, the Rexford news will continue. Sondra Barnett, my friend, did a superb job in reporting for the community the past eighteen months and I, Vicki Allison, will continue the task to submit the community happenings on a weekly basis.

Members of the Rexford Community Church packed one 125 shoeboxes for Samaritan Purse after a delicious spaghetti dinner pre-

### Vicki Allison

Rexford Correspondent

pared by Darrel Dible on Sunday after the morning service. Darrel will deliver the gifts to a distribution center in Colorado Springs where the gifts will be sent to kids in other

Colleen Rall, daughter, Amanda Rall, and Jami Wark traveled to eastern Kansas on Friday. Colleen visited with her children Brian Rall and Alisha Rall in Manhattan while Amanda and Jami spent the weekend in Lawrence with Jami's sister Kristin Wark who is a freshman at the University of Kansas in Lawrence Kristin gave them a tour of the campus and treated them to the KU – NE football game. The girls had an awesome experience cheering in a crowd of 51,750 fans and then rushing onto the field af-

Cornhuskers 40-15.

Come on Down group had eight card players: Rex and Betty Carswell, Jean Hawkins, Darlene Robben, Deb Stepper, Grace Cheney, Dick Sanford, and Lawrence Horinek. If you play cards, please, Come on Down and join in. There is plenty of room.

Koffee Klatchers this week were Jean Hawkins, Berneda Zoberst, Cleoda Moeder, Grace Cheney, Eunice Sanford, Deb Stepper, Margaret Arasmith, Liz Rall and Vesta Roth.

Saturday, Nov. 12, the Lions and Royal Neighbors will host the annual ham and turkey dinner.

Janell Antholz, the Golden Plains Middle/High School music instructor, took Jordan Rogers, Andrew Broeckelman and Brittany Ritter, who are sophomores, and Valerie Broeckelman a senior, to Hays for District Honor Choir auditions. The four were selected and will perform ter the Jayhawks defeated the in Hays December 3 at the Kansas

Music Education Association mini Thursday, at the Red Barn, the convention. The middle/high school fall concert will be Thursday, Nov. 10, at 7 p.m.

The high school play "A Golden Fleecing" will be Friday, Nov. 11. A chuck wagon meal, catered by Golden Plains alumni, Dana Broeckelman Lieja, will be served at 6:30 p.m. Tickets are \$5 and can be purchased at the school or at the door the evening of the play. Please R.S.V.P. at the school, 687-3265.

## Correction

Clarification made on Art Club article

In the Thursday, Oct. 27 edition of the Free Press, page 5, Nancy Swartz did not paint the picture in the art club article.

It was painted by a famous artist named Eliot O'Hara. Swartz didn't know how famous O'Hara was when she put the picture on ebay. Then the lady who bought the picture returned it to Swartz, not Fritz Ostmeyer, as stated in the cutline, and let Swartz keep the \$950 she paid her for the picture.

This was a production error.

The Colby Free Press wants to maintain an accurate record of our town. Please report any error or lack of clarity in a news story to us at 462-3963.

the company of the Guess Who's 72... Wayne Hedden, That's Who!! Love, Kathleen, your children & grandchildren Sto Marson

# Holidays can be a stressful time

The stress of the holiday season is something that is discussed and written about every year. Society defines this time of year as full of merriment, parties and social gatherings where everyone is happy and iovful.

The media, advertisements and songs foster high expectations. Stress does not come only from holiday related activities. It is understandable to feel less than happy when dealing with a significant life change or loss, such as divorce or the death of a loved one.

Loneliness, health problems, family grudges, drinking problems and job pressures can also contribute.

When a person doesn't feel so cheery, they think that something is wrong with them. Quite often, those feelings of discouragement are due more so to trying to do so much and attempting to make the holiday season a wonderful experience for all involved.

Taking on that much responsibil-

## **Plain Sense**

are not the same for everyone. Perties. Wanting others to react in a certain manner or to change their behavior is just not realistic and can result in frustration and bad feelings for all involved. For some reason people are expected to behave differently (usually better) during the holiday season, and when that doesn't'happen, others who are involved in the planning and preparation tend to feel that they failed in their efforts. The reality is that strained relationships cannot be mended in one day. Expecting other family members to get involved, to

be sociable and to get along just may not be possible. For them or for you!

Not everyone should have to celebrate the holidays in the same way. In fact, it should be all right to NOT celebrate; to slow down and simplify the season. A person should be able to feel at ease saying "no" to some requests, including gifts, uncomfortable family gatherings and unrealistic time commitments.

Editor's note: The preceding article was contributed by Karen Beery, Consultation and Education Department with High Plains Mental Health in Hays. 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 ensures confidentiality. Internet site: www.highplainsmentalhealth.com

Business Directory

sonal history and past experiences differ, and affect how individuals and families view holiday activi-

ity can result in a big strain on a person, as well as on the rest of the familv. Opinions, attitudes and expectations for celebrating the holidays

countries.

November brings new columnist



Jasmine or Cindy at 462-3963.

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