

# Rexford gives shoebox gifts

The Rexford Community Church had 111 wrapped gifts for the Operation Christmas Child project delivered to KGCR Radio near Brewster on Friday. A truck will pick them up from there and deliver to the Colorado Springs drop off.



**Vicki Allison**  
Rexford Correspondent

Twenty people will go to Denver on Friday to help at the Operation Christmas Child Distribution Center, Delores, DeAnn, Darla and Darrel Dible, Bill and Mary Luna and Jessica and Andrew,

Kendra and Kade Spresser, Jonathan, Isaac and Andrew Broeckelman, Tanner Moss, Aisha and Ethan Walter, Brandy and Shawn Gilbert and Mindy Walz and daughter, Morgan. Community walkers are en-

couraged to use either gym at the school. The big gym is available from 8:30 a.m. to 12:30 p.m. and the little gym from 8:30 a.m. to 1:45 p.m.

The Red Barn has these items for sale: Cookbooks, \$14.95 (plus \$5 shipping and handling.) Rexford phone books, \$2.50, and Magnetic Address Books, \$1.

Contact Jolene Hansen to buy any of these at (785) 687-4646.

Until next time, make your week memorable.

# Holiday stress may call for change

The holiday season is once again upon us, and people are feeling the pressures that are inevitably a part of it.

This year may be more stressful because of the financial problems affecting the United States and world economy.

Many families are feeling the need to be more conservative in regards to their money, as well as their time. That doesn't mean that the holidays have to end up as a disappointment. But it does mean that people will need to communicate with family and friends, and do some additional planning.

This may be the year that some families come to realize that "simple is better". Expensive gifts and lavish parties are not always necessary to make the holiday season enjoyable and memorable.

To help keep the stress under control, begin by making an effort to talk with other family members about holiday plans. Most families will want to reduce travel expenses this year, so this is an important topic to discuss early in the season.



## High Plains Mental Health

• Plain Sense

Be open to change, because this year people will be feeling the need to scale back on plans that may have been made several months earlier. Be honest about financial issues, recognize both your own limitations and that of others, and be realistic about gift giving. Keep it simple, and within a budget. Overspending for the holidays will result in increased debt and more financial stress into the New Year.

It is important to practice personal stress management in order to maintain both mental and physical well-being. Watch your time commitments and make sure there is opportunity to rest and relax. Eat healthy, especially when there is the temptation of all the good food and desserts that are

available this time of year.

Get plenty of exercise, participate in a favorite sport, and take time for some fresh air and sunshine. Keep your expectations from getting too high; accept that not everything will work out as planned. And when things don't happen as desired, keep a sense of humor. The unexpected quite often becomes the best memory of the season!

*Contributed by Karen D. Schueler, MS, LCPC, Manager, Prevention, Education and Outreach Department. The views expressed here are those of the 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 E. Seventh, Hays, Kan. 67601. On the web: [www.highplainsmentalhealth.com](http://www.highplainsmentalhealth.com)

# Veterans of Foreign Wars Auxiliary

Peggy Ohlrogge presided over the Nov. 12 VFW Auxiliary meeting, opening with a prayer, followed by instructions and the flag salute. A prayer for POW's and MIA's was offered by the chaplain.

Bills were presented and allowed for payment and minutes and the treasurer's report were accepted. The audit report was presented and accepted.

Thanks-you notes were read from the department hospital chairman and the Fort Dodge and Winfield veterans hospitals. New breast-cancer test information was reported by the membership chairman.

Community service reported 47 work projects and 250 volunteer

hours for September. Poppy chairman reported \$203 in receipts for the Veterans Day poppy campaign with the help of Abilene Hustlers 4-H club members. The auxiliary extended its thanks to the youth for the help.

A need for Bibles and scarves for deployed service personnel and for money was reported and allowances were made for those needs.

Youth chairman noted 20 entries from the Brewster School were received for the Patriot's Pen contest.

Two coats will be purchased for school kids. A donation was made for the Snowball Express program.

Three members attended the fall

convention in Oakley.

The Post and Auxiliary Kids Christmas party will be Monday, Dec. 22. District past president was present for the annual inspection and presented her "growing dollar" for fund raising. She shared information about certificates of honors available for Veterans who served between 1945 and 1991. Applications for certificates can be obtained from Auxiliary President Peggy Ohlrogge in Levant.

A donation was made to cancer aid and research in Luetta's name as a token of appreciation for her visit.

Meeting ended with a prayer. Next meeting will be at 5 p.m. Wednesday, Dec. 10, at the post home

— Hazel Duffey

# Wreaths honor fallen at Christmas

The Colby Veterans of Foreign Wars Auxiliary is looking for people who want to support a Christmas season wreath-laying program at the National Cemetery at Fort Riley.

The wreaths, made of fresh greens with a large red bow, are left in place for 30 days.

All needs for a ceremony Saturday, Dec. 13, at the Kansas Veterans Cemetery in WaKeeney have been met, said Rosalie Seemann, ??? chairman of the auxiliary. However, wreaths are still needed

for the Fort Riley cemetery so that all the graves will be decorated.

Last year, the national auxiliary said, Wreaths Across America ceremonies were hosted by 286 participating locations, with volunteers placing 32,553 wreaths on graves of those who served and sacrificed for our freedom.

Wreath donations are due by Nov. 24. Contact Seemann at (785) 586-2240. Wreaths are available for individuals, schools, youth groups or civic groups who would like to start collecting sponsor-

ships for the program. Costs begin at \$15 for individuals for one wreath. Small business sponsorships of 10 wreaths are available for \$100. Information on other sponsorships are also available from Seemann.

The goal in 2008 is to place more wreaths at more locations, the auxiliary says, and to deliver the message of remembering, honoring and teaching to more people than ever before to remind the nation how much has been sacrificed to preserve their freedom.

## LOCAL TV LISTINGS

sponsored by the

### WEEKDAYS NOVEMBER 25 - DECEMBER 1

	6 AM	8:30	7 AM	7:30	9 AM	8:30	9 AM	8:30	10 AM	10:30	11 AM	11:30
KBY3ABC (3)	Good Morning Kansas	Good Morning America	The Media Show	The News	Midweek	Midweek	Midweek	Midweek	Midweek	Midweek	Midweek	Midweek
KBY3NBC (3)	News Center	Today	Today	Today	Today	Today	Today	Today	Today	Today	Today	Today
KBY3CBS (3)	News Center	The Today Show	Today	Today	Today	Today	Today	Today	Today	Today	Today	Today
KBY3FOX (3)	News	News	News	News	News	News	News	News	News	News	News	News
KBY3ESPN (3)	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter
KBY3LBA (3)	Verbal Programs	Verbal Programs	Verbal Programs	Verbal Programs	Verbal Programs	Verbal Programs	Verbal Programs	Verbal Programs	Verbal Programs	Verbal Programs	Verbal Programs	Verbal Programs
KBY3TBS (3)	News by Ball	News by Ball	News by Ball	News by Ball	News by Ball	News by Ball	News by Ball	News by Ball	News by Ball	News by Ball	News by Ball	News by Ball
KBY3WBH (3)	Change	Change	Change	Change	Change	Change	Change	Change	Change	Change	Change	Change
KBY3THE (3)	Angel	Angel	Angel	Angel	Angel	Angel	Angel	Angel	Angel	Angel	Angel	Angel
KBY3TLC (3)	Full Program	Full Program	Full Program	Full Program	Full Program	Full Program	Full Program	Full Program	Full Program	Full Program	Full Program	Full Program
KBY3ASE (3)	World Watch	World Watch	World Watch	World Watch	World Watch	World Watch	World Watch	World Watch	World Watch	World Watch	World Watch	World Watch
KBY3HST (3)	Verbal Programs	Verbal Programs	Verbal Programs	Verbal Programs	Verbal Programs	Verbal Programs	Verbal Programs	Verbal Programs	Verbal Programs	Verbal Programs	Verbal Programs	Verbal Programs
KBY3MCK (3)	News	News	News	News	News	News	News	News	News	News	News	News
KBY3DEH (3)	The Tonight Show	The Tonight Show	The Tonight Show	The Tonight Show	The Tonight Show	The Tonight Show	The Tonight Show	The Tonight Show	The Tonight Show	The Tonight Show	The Tonight Show	The Tonight Show
KBY3FAM (3)	Full Program	Full Program	Full Program	Full Program	Full Program	Full Program	Full Program	Full Program	Full Program	Full Program	Full Program	Full Program
KBY3HALL (3)	Full Program	Full Program	Full Program	Full Program	Full Program	Full Program	Full Program	Full Program	Full Program	Full Program	Full Program	Full Program

### WEEKDAYS NOVEMBER 25 - DECEMBER 1

	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
KBY3ABC (3)	Midday Edition	Midday Edition	Midday Edition	Midday Edition	Midday Edition	Midday Edition	Midday Edition	Midday Edition	Midday Edition	Midday Edition	Midday Edition	Midday Edition
KBY3NBC (3)	News	News	News	News	News	News	News	News	News	News	News	News
KBY3CBS (3)	News	News	News	News	News	News	News	News	News	News	News	News
KBY3FOX (3)	News	News	News	News	News	News	News	News	News	News	News	News
KBY3ESPN (3)	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter
KBY3LBA (3)	Verbal Programs	Verbal Programs	Verbal Programs	Verbal Programs	Verbal Programs	Verbal Programs	Verbal Programs	Verbal Programs	Verbal Programs	Verbal Programs	Verbal Programs	Verbal Programs
KBY3TBS (3)	News	News	News	News	News	News	News	News	News	News	News	News
KBY3WBH (3)	Change	Change	Change	Change	Change	Change	Change	Change	Change	Change	Change	Change
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KBY3HALL (3)	Full Program	Full Program	Full Program	Full Program	Full Program	Full Program	Full Program	Full Program	Full Program	Full Program	Full Program	Full Program

### WEDNESDAY NOVEMBER 26

	6 PM	8:30	7 PM	7:30	9 PM	8:30	9 PM	8:30	10 PM	10:30	11 PM	11:30
KBY3ABC (3)	News (4)	News (4)	News (4)	News (4)	News (4)	News (4)	News (4)	News (4)	News (4)	News (4)	News (4)	News (4)
KBY3NBC (3)	News (4)	News (4)	News (4)	News (4)	News (4)	News (4)	News (4)	News (4)	News (4)	News (4)	News (4)	News (4)
KBY3CBS (3)	News (4)	News (4)	News (4)	News (4)	News (4)	News (4)	News (4)	News (4)	News (4)	News (4)	News (4)	News (4)
KBY3FOX (3)	News (4)	News (4)	News (4)	News (4)	News (4)	News (4)	News (4)	News (4)	News (4)	News (4)	News (4)	News (4)
KBY3ESPN (3)	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter
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KBY3TBS (3)	News	News	News	News	News	News	News	News	News	News	News	News
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## U.S. Environmental Protection Agency (EPA) Region 7

### Announces the availability of the First Five-Year Review Report for the Ace Services Superfund Site Colby, Thomas County, Kansas

EPA has completed the first Five-Year Review at the Ace Services Superfund Site. The review is required by the Superfund law to make sure the cleanup continues to protect human health and the environment.

The Five-Year Review Report and the site Administrative Record are available at the following locations during normal business hours.

<b>Pioneer Memorial Library</b> 375 W. Fourth St. Colby, Kansas	<b>EPA Region 7 Records Center</b> 901 N. Fifth St. Kansas City, Kansas
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Questions or requests for information can be submitted to:

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Toll free: (800) 223-0425  
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