

Couple exchanges vows in ceremony held in Wichita

On April 2, 2011, Amy Casner and James Dorsch, both of Wichita, Kan., were married by Pastor Jeffrey Crane at Ascension Lutheran Church, Wichita.

Amy is the daughter of Rex and Elle Casner of Cheney. James is the son of Dr. John and Diane Dorsch of Derby and the grandson of Norman and Mary Dorsch of Bird City.

Amanda Dorsch, sister of the groom, was a bridesmaid along with Amy's sisters, Anna and Grace Casner of Cheney, Ali Brewster of Milton, cousin of the bride, and Kayla Slack and Chelsey Potter, both of Wichita.

James' groomsmen were Chris Erickson, Tony Hull, Josh Seery, Matt Krahn, of Wichita, Dustin Hancock of York, Neb., and Sam Casner, brother of the bride of Cheney.

The ring bearer was Norman House, son of Aaron and Mary House, of Shawnee, grandson of Pat Traffas, also of Shawnee, great-grandson of Norman and Mary Dorsch of Bird City. The flower girl was Marisa Brewster, daughter of Bob and Treva Brewster.

To begin the ceremony, the parents and grandparents were escorted to their seats to the song, "Come, Thou Fount of Every Blessing" which was played and

sung by a friend of the couple. James personally escorted his grandparents, Norman and Mary, and his parents, John and Diane.

The scriptures were read by Amy's uncle, Dean Brewster and aunt, Dixie Brewster, who serves on the Kansas West Conference for the United Methodist Church.

The couple and their wedding party rode to the reception site in an old trolley. The reception was held at a local art studio in Wichita called Diver Studio. There, guests were treated with popcorn and M&Ms, James and Amy's favorite snack, to munch while awaiting the arrival of the newlyweds.

Once they arrived, Pastor Bernard McFarthing of Milton United Methodist Church blessed the food. Guests ate and drank in the lofty venue and admired the "art" which consisted of a wall of various engagement photos of James and Amy, and a wall of wedding photos from James and Amy's parents and grandparents.

In lieu of wedding cake, the couple had an ice cream bar by Freddy's Frozen Custard. Guests could choose from toppings like cookie dough, chocolate chips, nuts, hot fudge, caramel and peanut butter cups.

A photo booth was set up for guests to take silly photos.



Mr. and Mrs. James Dorsch

Just before midnight, the couple headed off in their getaway car, Amy's grandpa, Jack Casner's 1929 Ford Model A.

James and Amy took a

honeymoon to San Francisco, Calif., and drove north through wine country and along the coast.

The couple lives in Wichita.

Moments With Mila

Balancing Time, Work and Family; Tips to Reduce Stress

By Mila Bandel



County Health Nurse

The workforce and the needs of working families are at an all time high due to the demographic and economic changes we have seen. More women are employed outside the home, single parent families are on the rise, and demands from work and family roles are increasing. Both men and women are seeking balance to their work and personal lives. At the same time, many of us have high expectations of ourselves and our families, and feel guilty, frustrated and worn out. We cannot (or may not want to) eliminate all of our roles; therefore, the key may be in finding ways to balance those roles.

You must first take care of yourself by getting plenty of sleep, eat a healthy diet, be creative, spend time with adult friends, and exercise regularly. A healthy lifestyle can improve your focus and concentration, which will help improve your efficiency so that you can complete your task and help to reduce your stress level. A good place to start is by identifying what causes your stress, how your body and mind respond to stress, and creating a plan to reduce it.

Here are some ideas for making changes and finding balance in your frantic life:

Prioritize: Eliminate some of the unimportant things that

clutter your life. Make a list of things to do each week, then give high priority items an "A", low priority items a "C", and those in the middle a "B". Structure your activities around this list.

Let Go: you cannot do it all. You cannot be superwoman or super dad without paying a price. Look around your home or office to what produces valueless work...let it go! If you don't have time to bake goodies for a bake sale and can donate money instead...then donate the money. Don't stress over the small stuff.

Delegate: You are not the only one who is capable of doing tasks at home and work. Make a list of jobs and activities that could be handled by someone else and let them help.

Communicate your needs: Don't assume others know how you feel or what you need done. If you want your family or co-workers to help out, then ask them nicely. You don't have to do everything yourself!

Stop procrastinating: If putting things off is affecting your personal or professional life and you feel guilty about it, you are a procrastinator. Determine why you put things off then think about how you could break down some tasks into smaller parts and tackle the smaller pieces one at a time.

Keep an open mind about managing your life through time, work and family and take care of yourself. Stressing over something is not healthy!



Farm loans available for women and minorities

Patricia Eckhardt, Farm Loan Manager of the United States Department of Agriculture's Farm Service Agency for Cheyenne, Sherman, and Wallace counties, announced the availability of farm operating and farm ownership loans for women and members of minority groups who want to purchase or operate a family-size farm.

"Each year, the Farm Service Agency earmarks a portion of its farm loan funding for socially disadvantaged applicants, people who have been subjected to racial, ethnic or gender inequality without regard to their individual qualities," Ms. Eckhardt said. Socially disadvantaged applicants

may be women, African Americans, American Indians, Hispanics, Asian and Pacific Islanders and Alaskan Natives.

She said that while funding is earmarked for loans to socially disadvantaged applicants, loan approval is neither automatic nor guaranteed.

"Socially disadvantaged applicants must meet the same eligibility criteria as other applicants," Ms. Eckhardt said. Applicants must be U.S. citizens; have a satisfactory history of meeting credit obligations; have sufficient education, training or experience managing or operating a farm; possess legal capacity to incur debt; and, be unable to

obtain credit elsewhere.

The agency can make direct loans to applicants who are unable to get commercial credit or provide loan guarantees to commercial lenders.

Guaranteed loans may be made by any lending institution subject to Federal or state supervision (banks, savings and loans, and units of the Farm Credit System). Farm Service Agency typically guarantees 90 or 95 percent of the loan against any loss that might be incurred if the loan fails.

Applicants can use operating loans to purchase livestock, equipment, feed, seed or pay other business related expenses. Operating loans are usually repaid

in one to seven years.

Ownership loans provide capital to purchase or enlarge a farm, construct or improve buildings, promote soil and water conservation and pay closing costs. Direct ownership loan terms are up to 40 years while guaranteed loan terms are established by the lender.

Qualified applicants receive information and assistance to develop sound management practices, analyze problems and utilize available resources essential for successful farming operations to cope with the changing

agricultural environment.

In Fiscal Year 2010, Kansas obligated \$2,152,970 for a total of 75 loans to qualified farmers under the Socially Disadvantaged Persons Loan Program. We also obligated \$20,952,114 for a total of 286 loans to qualified farmers under the Beginning Farmer Program," Ms. Eckhardt said.

For more information, contact your local Farm Service Agency at the county United States Department of Agriculture's Service Center. Let Farm Service Agency be Your Lender of First Opportunity!



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