

Opinion



Free Press
Viewpoint

Read, then respond is today's message

Food for thought is the reason for publishing some of the more controversial columns found on this page. Columns from such writers as Donald Kaul and Jim Hightower.

We've always looked at Kaul as sort of kooky and Hightower as sort of spooky. Their reasoning many times borders on the ridiculous. But we choose to publish their warped sense of spin to get our readers to thinking.

You will notice the tag line at the end of their columns says their viewpoints are theirs solely and do not necessarily reflect the views of the Free Press. And we mean that.

We mention this because of the response to Hightower's column in the Aug. 8 issue, under the heading, "He certainly deserves the Gooberhead Award." In that column, you might recall, Hightower was ripping apart Rep. John Mica's, (R-Fla.), thinking as it relates to spraying coca crops in Colombia with glyphosate. A local reader was concerned enough about the contents and misrepresentation of the spraying agent mentioned that he took time to call and vent his feelings. It was a good call. We asked him to put his thoughts in writing to share with the rest of you, but as is the case with many readers he felt he was in no position to step onto the public stage at this time. And we respect that.

Every now and then we will get letters responding to thoughts conveyed by other syndicated writers, too. When that happens we feel that we are succeeding in part of our mission, that being to elicit comment on whatever the topic causing concern. And that's healthy.

If we ran columns — local or syndicated — that never engaged in controversial thought, what purpose are we serving? Really none. It is only when you, the reader, gets involved that the focus begins to emerge as it relates to our own little world.

Read, Respond could well be the theme of this editorial. The more the input, the better the paper because diversity of thought drives the engine that hauls us. —Tom A. Dreiling, Publisher

Comments to any opinions expressed on this page are encouraged. Mail them to the Colby Free Press, 155 W. 5th St., Colby, Kan., 67701. Or e-mail td@nwkansans.com

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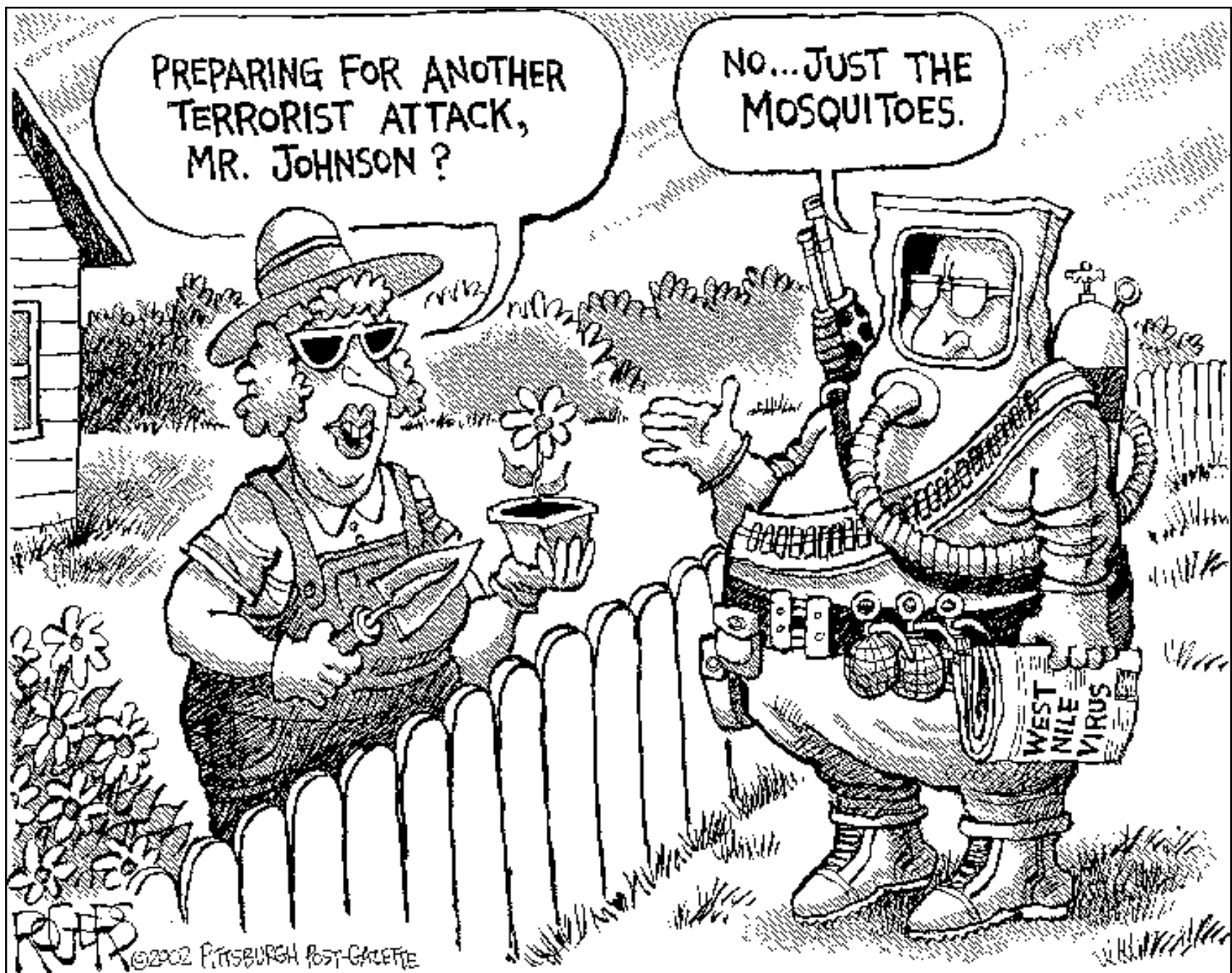
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From dreams to reality

Intensity. Desire. Passion. No, I am not talking about *Days of Our Lives* or the *Young and the Restless*, but rather what it takes to make your dreams become a reality.

Goal setting is something I hold in high regard. I do it for myself, and I strongly recommend it to others. Ask any of the kids who were a part of my class at Colby Middle School last year. They always used to hate Monday mornings when I would ask them for their planners, because they knew that meant they would have to set their weekly goals. They were all asked to write down three goals they wanted to accomplish for the week. The goals didn't need to be school oriented, but absolutely anything they wanted to strive for. None of them died due to over goal setting, so I am sure it wasn't that bad.

Many of them didn't understand why I would ask this of them, but there were a couple who I feel grasped the principle I was trying to convey: know what you want — make a plan to get there.

About three quarters of the way through the year I had one student who was looking back over their goals from earlier in the year, and said to me, "Miss Hawkins, look at these goals I set at the beginning of the year. I don't know why I wrote that as a goal...I do it all the time now." Bingo...mission accomplished.

Sometimes we tend to forget things which are not directly in front of us. Seeing everyday in black and white what we desire to do, helps drive us to achieve.

Before a goal can be set, there must be an intense inner desire. Some people set goals, but never achieve them. Why? A lack of INTENSE desire. I guess this is truly what sets a goal apart from a dream.

We dream about all sorts of things...money, power, prestige, but how many of us have the intense desire to obtain those things. I have a dream of one day



Michelle L.
Hawkins

• Pursuit of a Richer Life

having my photograph on the cover of an internationally recognized magazine. Will it happen? Depends on how intense my desire level is to make it happen. One day you could possibly look at the newsstand and see a Hawkins original on the cover of Time Magazine, but that will only happen if I convert the dream into a goal and take painstaking efforts to make it happen.

As I told my middle schoolers, WRITE down your goals. It is easy to forget what you want unless you are seeing it. In my day planner, my bookmark for the day is a place set aside to write down goals.

On the top, there are four goals that fall under four categories, physical, social, mental, and spiritual. Here I place long-term goals for each category. Underneath is a place for "roles and goals." For instance, in my role as a friend, I may have a specific person I would want to edify for that week if they were needing some pick me up. Other roles such as daughter, writer, sister, or student would have different goals for the week. The great thing is, the goals are in front of my face each day and it guides me to achieve.

On the road to accomplishment, there are many pitfalls and potholes. No one ever said it would be easy to get what you want. The next stage is to bypass those areas of resistance and continue on. Trials of life are there to make us stronger for the next challenge.

My friend Jim always says things are only hard for a time. We come to a pinnacle where things are always the toughest, but as the intensity subsides, we realize we are going to live through to see another day.

A great way to get through the times where the light of your goal seems dim is to take on another person to assist you. Tell them your goal and ask them for help in making it a reality.

Working at the newspaper, there is one word that is always around. Deadlines. That's right, you need to set a time to have your goals achieved. Don't let the idea of "someday" overcome you to the point the desire of your goal fades into a dream.

Look ahead and plan in small steps. You can eat an elephant one bite at a time. Sit down and figure out what small steps are going to help you get to the big leap. It is much easier to not get frustrated when you feel like you are accomplishing something.

Get a picture of what you want. I have a friend who has wanted a new car and to remind herself of that, she taped a picture of the car in her wallet. Every time she was tempted to go shopping and use her credit card, she was faced with a picture of the big goal. Others tape pictures of skinny super-models on their refrigerators to keep them from overeating. Whatever the picture...get it in your head, and go that way.

Last but not least, you will need sheer persistence. Many people are going to make it difficult to get what you want. Nothing worth having ever comes easy. Blood, sweat and tears will be involved, but persistence can help you turn your dreams into realities achieved by setting goals.

Hawkins is Family Page and Religion Page editor, and also a general assignment reporter/photographer for the Colby Free Press. Her column appears on Tuesdays.

This workshop could benefit you

As I've talked about in this space over the last few weeks, the Thomas County Community Foundation is hosting a workshop on Aug. 20 with information on estate planning and planned giving.

I love learning; as some of you know, I was in the education field for more than 20 years. But, I must admit that tax law and accounting were never areas about which I was curious.

As I have learned the ins and outs of the foundation world, its organization, structure and requirements, I have learned a great deal in these areas. Once I began reading the materials provided by Vaughn Henry to prepare for this workshop, I see why estate planning is fascinating and very rewarding for the professionals who guide clients through this process.

Professional advisors have a unique opportunity to assist their clients in achieving a sense of accomplishment as the results of their life work is passed on to the next generation.

That would be an awesome responsibility, since each client's goals are unique. In many ways, the professionals are also in the field of education as they guide clients through the maze of possibilities to find the most appropriate plan for their situation.

The information from the morning workshop ses-



Becky
Donelan

• Community Betterment

sion for professional advisors is designed to address the technical aspects of various planning tools and how recent tax and accounting considerations affect their use.

Vaughn will suggest ways that each professional can be effective in identifying their client's needs and goals and the most advantageous legal and accounting tools to meet those goals.

The afternoon session for nonprofit organizations will focus on planned giving. It is always an honor for an organization to receive a gift from a donor who wants to provide for the long-term needs of the organization through such a gift.

Many of the planned gift formats are complex. Often those of us in the nonprofit world are not as well

prepared as we should be to understand them. I believe those attending will come away with a new understanding of the basics of these tools.

We will certainly not be experts, but we will be much better equipped to work with donors and their advisors.

The evening public session is designed to provide the basics that anyone would benefit from in considering an estate plan. No products, insurance, annuities, etc. are being presented. These are solely informational sessions.

The sessions are at the Colby Ramada Inn and are scheduled as follows: morning (8:30 to 11:30 a.m.) for professional advisors, please call to register now. Afternoon (1:30-4:00 p.m.) for nonprofit organizations, please call to register now. Evening (7 p.m.) for the general public

I urge you to consider coming to one or more of these sessions, as fits your needs and interests.

Please contact me with questions or for registration information at 785-465-9152. After all, learning is a lifelong process.

Becky Donelan is executive director of the Thomas County Community Foundation.

Doonesbury

• Gary Trudeau

