

# Opinion

Guest  
Viewpoint

## Stressed out? Put yourself in control

In these troubled times, it's important that we take time for ourselves and take a recess from stress for a while. One way to do this is to stay away from all the news outlets that hawk bad news like it's candy for the mind. For example, how many of you forced yourselves to watch a recap of 9-11 this year? How did it make you feel? Nobody forced you to watch the bad news, which was repeated continually the week before, during and after 9-11. Some of us would have felt guilty if we hadn't forced ourselves to watch the devastation over again. Why are we so fascinated by bad news?

Hearing bad news the first time around, is bad enough, but making yourself listen to it over again, is kind of like forcing yourself to enjoy a headache by repeatedly hitting yourself on the head. We have negativity handed to us on a global platter. We live in a world where communication is instant. The more bad news there is, the better it plays out in the media. Good news doesn't sell as much deodorant or detergent as bad news.

We get more bad news than our ancestors did, because they didn't live in a "global" community where there was constant access to the Internet, television and cell phones. People in former centuries didn't have time to worry about who was starving in Africa or Asia because they, themselves, were going hungry on their farmsteads. They didn't concern themselves with being too fat or too thin, because it wasn't an issue before fashion magazines made it one. They didn't care who was fighting in India, Pakistan or Afghanistan, because they didn't get newspapers, or any news at all for that matter. Even if they had, many of them couldn't read it anyway.

But now, of course, we're much more educated and sophisticated. We have the technical means to tune into world chatter filled with bad news. I'll bet that we watch more bad news than we do beautiful sunsets.

Is it a wonder we feel stressed and out of sorts? We look for answers outside of ourselves. We consult doctors, chiropractors, gurus, teachers, and others for answers. Sometimes, no matter how hard we seek, the answers still elude us. Wordsworth, the poet, said it best when he commented, *the world is too much with us*.

So, where do the answers lie? Our bodies certainly know. Our bodies have immense wisdom and we can only push them so far. It's wise to listen to your body. If you have a stiff neck, a sore back, a headache, or a cold, it's the body's way of telling you that you're out of balance. Depression is another way that the body reacts to stress or fear. Because mind and body are so connected, it's important not to ignore the signs because, *in the end, death is the body's ultimate way of telling you to slow down*.

So, in these stressful times, it's a good practice to take time to pause daily and use some form of prayer or meditation to quiet the mind and body, and listen to the inner source that guides us. If that sounds a little too off-the-wall for your current mindset, here's a simple exercise that can help:

Find a quiet room, away from the rest of the house or office, where you can sit and not be bothered. Turn off the phone, cell phone, the computer and the fax. Close your eyes, take a few deep breaths, and focus on your breathing. If thoughts come to mind, let them pass, like mental "gas." Just be aware of your breathing, and bring to mind a place that gives you a sense of inner peace — a church, a synagogue or any place of beauty. Imagine that you are in this place and let yourself sit there for a while, just being aware of your breathing and feeling the calm and soothing peace fill you up and relax you mentally, emotionally and spiritually. Do this for a few minutes several times a day. —by Shifra Stein, a writer for the Kansas Senior Press Service

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@nwkansan.com.

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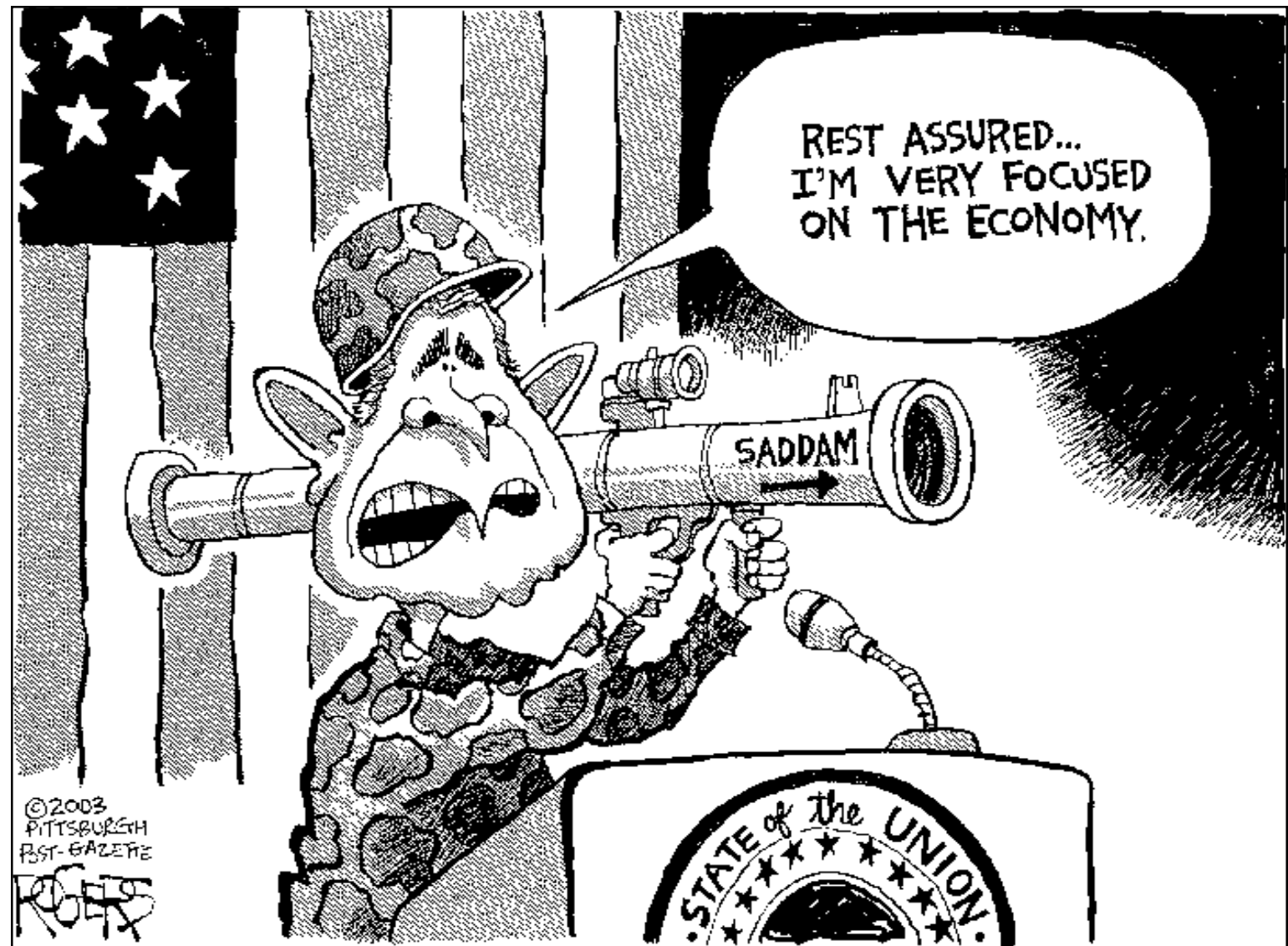
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## It wasn't much, but it was welcome

**WOW! SNOW!** Was nice crawling out of bed Monday morning to be greeted by the sight of snow, some of it in drifts, thanks to the three W's — wild westerly winds — that blew it our way. This was the first measurable snow of the winter season. Matter of fact, that was the first moisture of any kind since the 0.06 inches of rain back on Nov. 14. Nothing since. That's right, we went the rest of November, all of December and January without anything to measure. Maybe, just maybe, Monday's snow will be the beginning of something good. We need it so badly. And we are moving into the months when moisture generally, but not always, favors us. February can be good, March even better and April not bad. The gang at the Northwest Research-Extension Center measured 2 inches containing 0.12 inches of moisture. That's a start. And the weatherpeople said we have around a 20 percent chance for maybe a little more snow tomorrow. The snowman kicked the door open a little on Monday. Let's hope he kicks it down next time around!

**EVER** have a day when you felt like you were run over by a truck — but couldn't find any tire marks? That was me on Sunday. *Lousy*, best describes the condition. Not the flu — flu shot I got in late November was supposed to take care of that pest. Just lousy. Ached all over. No appetite. Felt chilly but didn't have the chills. Laid around for most part. Then around 6:30, I pulled a family size can of chicken noodle soup off the shelf, put it on the stove and waited for it to warm up. Well, not warm up, but to get hot. Very hot. The steam was coming out of the pan. Then I put a big helping into a big bowl, inhaled the steam still doing its thing, then sat down to down it. It tasted so good. A couple of hours later I started feeling like I would like to be around for another day. By bed-



Tom Dreiling

### • My Turn

time I felt totally different. Maybe whatever got its claws into me was done clawing, or maybe the soup was the answer. And don't get smart and ask, "How old did you say you are?"

- YOU** are from Kansas, if:
  - √A tornado-warning siren is your signal to go out in the yard and look for a funnel.
  - √You know the real way to pronounce the name of Clinton's state and the river: arKANSAS.
  - √You think the opening day of pheasant season is a national holiday.
  - √You measure distance in hours.
  - √You know several people who have hit more than one deer.
  - √You use a down comforter in the summer (because you run the A/C at 55 degrees).
  - √You install security lights on your house and garage and leave both unlocked.
  - √You think of the major food groups as beer, beef, and beans.
  - √You carry jumper cables in your car and make sure your better half knows how to use them.
  - √Driving is better in the winter because the potholes are filled with snow.
  - √You know the 4 seasons as: summer, road construction, still summer, winter.
  - √It takes you 3 hours to go to the store for one item, even when you're in a rush, because you

have to stop and talk to everyone in town. √You lock the doors to your truck but leave the windows rolled down.

### HAPPY Birthday to...

**Feb. 5** — Sherry Mead, Larry Zeller, Martha Brewer, Larry Barr, Kyle Lindberg, Dagan Wright

**Feb. 6** — Ed Wright, Ronald Young  
Congratulations!

Call us at 462-3963 or email td@nwkansan.com to have your special day mentioned. And *please* keep us advised of any changes. Thanks!

**THE** cross-examination was getting heated: Lawyer: Doctor, before you performed the autopsy, did you check for a pulse?

Doctor: No.  
Lawyer: Did you check for blood pressure?  
Doctor: No.  
Lawyer: Did you check for breathing?  
Doctor: No.  
Lawyer: So, then it is possible that the patient was alive when you began the autopsy?  
Doctor: No.  
Lawyer: How can you be so sure, doctor?  
Doctor: Because his brain was sitting on my desk in a jar.  
Lawyer: But could the patient have still been alive nevertheless?  
Doctor: Yes, it is possible that he could have been alive and practicing law somewhere.

### HAVE a good evening!

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*Dreiling is publisher of the Free Press. His column appears Wednesdays and Fridays. td@nwkansan.com.*

## Debouch de Bush policy

Ken Poland

### • Ken's World

De Bush policy, concerning the Mideast, is placing the United States between the proverbial Rock and a hard place. Perhaps we should just debouch now and save face and lives. In other words, let's get the heck out of there and let the U.N. do it's job.

We may be the richest and most powerful nation in the world today. If we unilaterally declare war on another nation we have become the aggressor and we risk losing our relationship with most of the rest of the world. Have you not heard, "It's lonely at the top." It is quite difficult to remain at the top without friends for support.

Without doubt, Saddam Hussein is an evil man with the power to inflict great pain and suffering on his own people and the world around him. If you eliminate him, however, there will be hundreds or even thousands of evil men to take his place. We'll be busy beavers if we cut down every evil man in the world. Beavers are not selective in cutting down trees. They quite often cut down good trees. They also may create damage upstream, downstream, and in the low laying areas around them. Their only priority is to create a little pond for themselves. Is our real motivation for cutting down Saddam for the benefit of the world? Or, is it to create our own little pond of security?

We had no alternative to our entry into World Wars I and II. There was unmistakable evidence of aggression against our nation by another nation. We may have been justified when we intervened in Korea, Vietnam (questionable), and Kuwait. Even though we were not being attacked directly, there was unmistakable aggression by an identifiable nation taking place. We were justified in our pursuit of the perpetrators of the terrorist acts of Sept. 11, 2001. But to declare it a war and upon failure to corral Osama bin Laden, we threaten war against Iraq? We haven't proved Iraq's direct involvement in 9-11. We have no absolute proof of any official government entity being responsible for that attack.

The Mideast is embroiled in a family feud that began thousands of years ago. The enmities that

developed between Isaac and Ishmael and then the problems between Jacob and Esau have never been resolved satisfactorily. That enmity will continue unless hearts change and true repentance and forgiveness takes place. Either side of that family will kick the shins of anyone they perceive siding with the other side.

Is it time for the United States to debouch the Mideast? It just might be, when you consider that the success rate for settling family fights by outside forces is rather poor. You may be able to stop the dish throwing, but unless you address and correct the underlying problems, the dishes will fly again. Declaring irreconcilable differences may be abused in our permissive society, but there are times when separation is the only solution. After World War II the victorious political leaders established the modern nation of Israel. Instead of keeping the factions apart, we forced the household to give up a room and expected them to live together in peace. As you may have concluded, this writer has question concerning the great wisdom of that action.

Hatred is the most powerful emotion man can have. There is an enormous amount of hatred among the people of Arabic and Hebrew descent. From the beginning, both sides in this contest have been guilty of atrocities that rival any modern inventions of torture or abuse. When the Christians entered the picture it became a three-way battle that has continued to this day. History reveals the nature of man is to attempt domination of all territories contiguous to his own boundaries. The Christians joined the battle when they gained political power through the

marriage of the Roman dictators and the organized established Christian church. By this time the Jews had essentially lost any organized political power. The Arabic Moslems were a powerful group and inclined to eradicate any religious group that did not adhere to their faith and doctrines.

The Christians of this era were inclined to think God had empowered them to wipe out all religious groups that refused to come under and be subject to their judgment. The religious wars that ensued during the dark ages without doubt were a disgrace to all organized religious groups. The blood shed between the Catholics and the Protestants (Ireland), the modern nation of Israel and her neighbors, and now the United States and the radical Moslems will never be stopped by force.

All of these major religious groups and their many factions claim the God of Abraham. For us who claim to be Christians, that God is, unmistakably, a God of Love. Jesus Christ told us to love our enemies. That is a big order and very difficult to do without the Grace of God intervening. Have we really tried? Violence begets violence. Terrorist acts beget terrorism. Do you suppose love can beget love? With the help of God, it can.

If we continue to leave the expression of our religious convictions to the radicals of our faith we will never really know the power of God. Are we Christian Zealots or Zealous Christians? There is a difference you know. The Zealous Christian operates on the power of principle (right is right). The Christian Zealot operates on the principle of power (power is right). The Zealous Christian understands that Christ's peace is not absence of conflict. It is inner tranquility in the midst of conflict.

The Christian Zealot will never know that inner tranquility. Man is destined by his very nature always to be in conflict.

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*Ken Poland, Gem farmer, is a frequent contributor to this page. Feedback to rcwinc@cheerful.com.*