

# Family

## Death

### Robert Dale Strickler

Robert Dale Strickler, 72, died Friday, Dec. 19, 2003 at the Hutchinson hospital.

Services were Tuesday, Dec. 23 at the United Methodist Church in Ransom. Burial was in Ransom Cemetery. Veterans of Foreign War Post #7972 of Ransom provided graveside military honors.

Mr. Strickler is survived by his wife, Wanda Joleen of the home in Hutchinson; two sons, Jim Strickler, Ransom and Chad Strickler, Wichita; one daughter, Lori Ellis of Ellis; four step-sons, Robert Colburn, St. Charles, Mo., Randy Colburn, Shawnee, Okla., Curtis Colburn, Oakley, Jody Colburn, Dighton; five step-daughters, Sherry Zerr, Oakley, Tammy Mann, Dighton, Lori Haberer, Colby, Vanessa Griffith, Hutchinson, and Valerie Dutcher, Hutchinson; seven grandchildren and 16 step-grandchildren. He was born Aug. 7, 1931 at Ransom to Russell and Mary (Elias) Strickler. He was a U.S. Air Force veteran. His occupation was in hospital maintenance. He was a member of the United Methodist Church, and the Ransom Lions Club. Arrangements were by Fitzgerald Funeral Home in Ness City.

## Keep resolutions, goals realistic

Webster's Dictionary defines the word resolution as "a thing determined upon" or "a decision as to future action."

With the start of another new year, many people start thinking about such resolutions; things they want to do differently, usually designed towards self-improvement or getting along better with someone else.

The most common resolutions relate to losing weight, stopping smoking, getting more exercise and spending more time with various family members and friends.

For most people, those well-intentioned resolutions don't last past the first month of the year.

Resolutions that require giving up something can be very hard to achieve, such as quitting smoking or giving up favorite foods that add to weight gain.

And because behaviors such as smoking or overeating are long-time habits, abruptly stopping is usually more than most people can successfully accomplish.

Thus, it is important to set realistic resolutions that are designed to make big changes in reasonably obtainable smaller steps.

For example, beginning with a



### High Plains Mental Health • Plain Sense

A community service from the High Plains Mental Health Center

reduction in the number of cigarettes smoked per day might be better accomplished than stopping all at once.

As a person succeeds with each small step, the sense of accomplishment provides self-encouragement to move into the next phase. The same can be said for attempting to improve difficult family relationships.

For example, trying to get along better with a family member who is not interested in improving the relationship may result in more frustration.

The feelings of discouragement from lack of success then can make it very difficult to even want to continue to pursue the effort.

As a small step, a phone call or personal letter on a regular basis to a difficult relative may be easier to accomplish than a visit, yet still convey a message of concern and caring.

## Community Calendar

### MONDAY, December 29

- Duplicate Bridge, airport, 1 p.m.
- Quit smoking support group, 775 E. College Drive, 1 p.m.
- Monday Afternoon Bridge, Meadowlark Manor, 1 p.m.
- Take Off Pounds Sensibly, United Methodist Church, 7 p.m.;
- weigh-in, 6-6:30 p.m.
- Rexford Lions, Rexford Cafe, 7 p.m. (2nd & 4th Mondays)
- Pride of the Prairie Orchestra practice, Colby Community College Band Room, Cultural Arts Center, 7:30-9 p.m.
- Alcoholics Anonymous, City Hall Basement, 8:30 p.m.

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<p><b>\$11,850</b></p> <p>2002 Pontiac Grand Prix SE - Vibrant White/Cloth Buckets, Pscat, 35Kmi</p>	<p><b>\$11,500</b></p> <p>2003 Ford Focus SE - 4 Door, 4 Cylinder, Auto, CD, A/C, Bright Red, 18K mi</p>
<p><b>\$12,850</b></p> <p>2000 Ford F150 - Supercab XLT, 4x2, V8, Trailer Tow, Fiberglass Tonneau Cover, 76K mi</p>	<p><b>\$10,850</b></p> <p>1998 GMC - Ext. Cab, 4x4, A/C, V8, Auto, White, Local Truck</p>
<p><b>\$18,950</b></p> <p>2002 F150 Supercab XLT - 4x2, V8, Auto, 17K mi, white/silver</p>	<p><b>\$15,500</b></p> <p>2001 Ford Ranger XLT - Supercab, 4 Door, 4x4, 4.0L, V6, Auto, Blue, Loaded, 27K mi</p>
<p><b>\$17,500</b></p> <p>2003 Ford Windstar - SE, White, 4 Door, Rear Air, Only 16K mi, Aluminum Wheels, CD</p>	<p><b>\$19,500</b></p> <p>2003 Mercury Grand Marquis LS - Loaded, Leather, Silver Frost, 15K mi</p>
<p><b>\$5,500</b></p> <p>1994 Ford Reg Cab XL - 4x4, 6 Cylinder, 4 Speed, Bright Red, 107K mi</p>	<p><b>\$11,995</b></p> <p>2001 Ford Ranger Super Cab XLT - 2 Door, V6, Auto, A/C, Tilt, Cruise, 23K mi, 4x2</p>

## Woman can't decide on brothers

DEAR ABBY: I met my boyfriend, "Ray," three years ago. We have a great relationship. We are best friends and lovers. He wants us to marry and start a family soon.

My problem is I find myself lusting after Ray's brother, "Tim." Ray introduced me to Tim about six months after we met. Ever since, I have asked myself, "Have I picked the right brother?" I stuck with Ray because I felt morally obligated.

Tim has tried to express his feelings to me and pursue things, but I ignore him or change the subject. It's not because I want to, but I feel it wouldn't be right.

I am strongly attracted to Tim. I know it's wrong, but he's all I can think about. Please help.

— LOST IN LUST

DEAR LOST: Since your infatuation with Tim has lasted 2 1/2 years, it's safe to say that it's not a passing fancy. In fairness to all concerned, it's time to tell Ray that you are better friends than lovers and break off the relationship. He deserves a wife who is sure he's Mr. Right — not Mr. Right's brother. Once you are a free woman, for the sake of family harmony, you and Tim should refrain from starting a relationship for at least six months — or until Ray finds another love interest. It's important that you be patient. If you jump the gun, it could cause a permanent rift in the family.

DEAR ABBY: I am an "A" student in high school and an amateur figure skater. My problem is I can't live up to my mother's standards.

When I spend all day on a school project so I can get as high a grade as possible, she yells at me for not helping her around the house and claims she could've done the same project in an hour. If I get even three points off on a school exam, she gets angry and says that I made stupid mistakes and would've gotten a perfect score if I'd studied harder. If I mop the floor, she'll yell if even the tiniest speck of dirt remains. If I polish the railing, she yells that I should do something else because the railing didn't need it. If I show her what I'm sketching for art class, she belittles it. You get the picture.

I've tried to talk to her and to walk away from fights, but she'll yell from the other end of the house or come to my bedroom door and berate me. I want a loving relationship with my mom. I've tried everything I can think of because I'm so tired of the fighting. What's your advice?

— TIRED OF FIGHTING IN LAWRENCE, N.Y.

DEAR TIRED OF FIGHTING: You are describing verbal abuse. It's possible that your mother is experiencing pressures or problems of her own and is venting on you because you are handy. Is your father in the picture? If he is, what does he think about this?

If you are being raised by a single parent, confide what's going on to your father or a close adult relative who can intercede on your behalf. If this is new behavior, she should be evaluated by her doctor. If it is not, perhaps you should be living with your father or another relative.



### Abigail Van Buren

Dear Abby

A constant barrage of criticism from a parent who is impossible to please can cause lasting damage. If there is no relative in whom to confide, talk to a trusted teacher or the parent of a friend.

DEAR ABBY: I have a serious anger problem. When my fiance and I first met, it was love at first sight. But after six months, everything he does seems to tick me off.

In the beginning, I didn't show him my ugly side. I didn't want to scare him off. Then he said he wanted me to be more open, so I let it all out. Now I'm letting it out every single day. I get mad when he does or says the same things I do or say to him, and I'll isolate myself or give him the silent treatment.

I think I have a serious mental and/or anger problem, but I don't know where it comes from. Everybody thinks I'm crazy. They say, "I don't know when you're happy or mad because you have the same expression." Maybe they're right. Maybe I'm not happy because I haven't accomplished anything in

my life.

— LASHING OUT IN NORTH CAROLINA

DEAR LASHING OUT: You are only 22. It's too early to declare yourself a failure. However, it is difficult to be loving to others if you don't like yourself.

Before you and your fiance go any further, you must get to the root of what is really bothering you. A call to your local department of social services or mental health association will help you locate a counselor you can afford. A course in anger management would also be helpful. Please don't wait. You have a right to be happy.

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## May the bell ring in good cheer for you...



May the beauty and joys of this season... Refresh your spirit and brighten your life! Happy Holidays!

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