

# Family

## Deaths

### Delta Marie Pottratz

Delta Marie Pottratz, 22-months-old, of Colby, died Sunday, Jan. 22, 2006 in Colby. She was the daughter of Kendra Manis of Colby. Delta is survived by her mother, Kendra Manis of Colby; stepfather Dustin Gillenwater of Ellsworth; father Robert Pottratz of Topeka; brother Tristian Manis of Colby; grandmothers Sharon Pickering of Colby, Cindy Harris of Burlingame and Deana Gillenwater of Topeka; three grandfathers, Wayne Manis of

Topeka, Roger Pottratz of Minnesota and Tommy Wiedeman of Topeka. She was preceded in death by two grandfathers, Ervin Pickering and Paul Gillenwater. Services were held at 2 p.m. today at Harrison Chapel. Graveside services followed at Beulah Cemetery. Flowers and donations may be sent in care of Harrison Chapel, which handled arrangements.

## Babies

### Nash Robert Geisinger

Jason and Dana Geisinger of Selden announce the birth of their son, Nash Robert Geisinger on Thursday, Dec. 15, 2005. He was born at Gove County Medical Center in Quinter. Nash weighed 9 pounds, 3 3/4 ounces and was 21 3/4

4 inches long. Grandparents are Don and Helen Juenemann and John and Julia Geisinger, all of Selden. Great-grandmothers are Amelia Juenemann of Colby and Ann Martin of Herndon.

# Colder weather, shorter nights cause 'winter blahs'

For those who live in locations where winter brings colder weather along with shorter hours of daylight, it is not uncommon to experience feelings of discouragement, unhappiness and even depression during the first few months of a new year. Various terms are used to describe this including "post-holiday blues," "cabin fever," "Seasonal Affective Disorder" and "stimulus deprivation." For some people, feelings of sadness are due to a let-down that often occurs after the excitement of the holidays. The parties are over, family members have returned from where they came and the normal daily routine is once again in place. Some people may be worn out from the stress of the holidays, while others may be experiencing disappointment because the holidays did not fulfill their expectations. The beginning of a new year may also be complicating the situation, with additional financial strain from the holidays and resolutions that will take more time and effort. Add to all that the colder weather that keeps people indoors and traveling less. So, what can be done

## Plain Sense

about the "winter blahs?" Here are a few suggestions:

- Recognize your feelings, talk with others and come up with a plan for restoring positive emotional well-being.
- Get together with friends and family members whose company is enjoyable.
- Volunteer time to local groups; helping others is a great way to feel better about oneself.
- Try something new such as a reading group, art class or college course; begin a new hobby or renew a project that has been set aside too long.
- Take care of yourself, get enough sleep, eat healthy and exercise regularly.
- If feelings of sadness persist for several weeks, seek advice from a family physician, faith minister or mental health professional.

*Editor's note: The preceding article was contributed by Karen Beery, Consultation and Education Department with High Plains Mental Health in Hays. The views expressed here are those of the individual 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 East Seventh, Hays, Kan. 67601. Questions will be formatted and answered in a manner that ensures confidentiality. Internet site: www.highplainsmentalhealth.com.*

## Markets

Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat	\$3.65
Corn	\$1.91
Milo	\$2.87
Soybeans	No bid

## Twila Pearl Saddler



Twila Pearl Saddler was born in a sod house south of Halford, Kansas on August 2, 1914 to Earle and Minnie Howard. They lived there 5 years when they moved to the Howard homestead 6 miles east and 5 1/4 miles south of Colby. She departed this life on January 20, 2006 in Colby, Kansas. Twila attended Union Country School Elementary where she met her future husband, Cyril Saddler. The Saddler and Howard families were neighbors and became good friends while doing many community functions together. She then attended Colby High School. After graduation she worked in the ASCS office as a secretary then worked for her father, Earle Howard, measuring land for the crop program. Twila continued her education at Emporia State College, Fort Hays Teachers College and Kansas State University receiving a Life-Time Teaching Certification. After graduation she taught north of Colby and in the Pleasant Hill school district. Twila and Cyril dated for two years and were married on June 22, 1941 at the Colby Methodist Church. Twila taught 7th and 8th grades at the Gem School while Cyril was serving WW II. After he returned she chose to spend her time helping on the Howard family farm. She lived there for over 60 years when they moved to their current home in Colby, Kansas. Twila was a charter member of the Farm and Fireside Unit, a member of the Gem First Baptist Church and was active in the leadership of the American Baptist Women. She was a member of the Solomon Valley 4-H club and served as the clothing leader for several years while her children attended. She also served on the board of the Thomas County Historical Society. Twila enjoyed spending time reading, was an avid seamstress and loved playing cards and games with her family. She always took time to visit with friends and loved having people in her home. She especially liked traveling with her husband and extended family to Europe. Twila lived in Thomas County all her life. Twila was preceded in death by her daughter Janis Pearl Saddler. Twila loved: Her Lord Jesus Christ, Her husband Cyril, Her children, Janis Saddler, Doyle Saddler and wife Sarah (Colby, Kansas), Corla Harrison and husband Tad (Centennial, Colorado), Her grandchildren, Dru Saddler and wife Charity (Wichita, Kansas), Todd Harrison and wife Victoria (Littleton, Colorado) and Tyler Harrison (Centennial, Colorado), Her great-grandsons, Aden Cyril Harrison and Christopher Isaac Harrison (Littleton, Colorado) Twila leaves a host of family and friends that will miss her. Services were held at Harrison Chapel in Colby, Kansas on Monday, January 23, 2006 at 2:00 p.m. Pastor Bradley Herndon officiated. Pallbearers were Dru Saddler, Tyler Harrison, John Saddler, Todd Harrison, Cloyde Hopper, and Carl Saddler. Mrs. Pat Ziegelmeyer was the Organist. Twila's final resting place was Beulah Cemetery in Colby, Kansas. Harrison Chapel conducted the funeral.

# Exchange student gets send-off party

Tom and Nancy Schertz hosted a farewell party for Judith Poggi Friday evening. Dinner guests were Judith Poggi, her host parents, Kent and Cindy Gfeller, her host siblings Amberly, Brett and Ryan, Judy Gfeller, Kyle Gfeller, Eric Gfeller, Alma Atkinson and Lila and Ed Greene of Oakley, Kurt Maurath, Leigh Ann and Adam of Oakley, Julie Maurath, creative memories consultant, was in Nashville, Tenn., so was unable to attend the family gathering. It was an emotional "send-off"



**Jean Lowe**  
Winona Correspondent

when Judith Poggi, Kent and Cindy Gfeller, Amberly, Brett and Ryan were saying farewells at the airport in Denver Sunday. Judith arrived in August to spend the next six months with the Gfeller family as an exchange student from Mulhein, Ger-

many. While a student at Triplains High School Judith participated in sports, academics and drama. For her brief experience in Winona she made many friends and became an intrinsic member of the Gfeller family. The week before her departure her host family entertained the high school youth in their home with dinner, games and a movie. Dennis and Jana Gfeller and Kyle and Eric hosted a 14th birthday supper for Kara after the junior high basketball games. The girls' team gave Kara a victory for her birthday.

Those attending were Marsha Johnson of Sharon Springs, David and Judy Gfeller, Kent and Cindy Gfeller, Amberly, Brett and Ryan, and Judith Poggi. The following night Jana took the birthday honoree, Kara Gfeller, Lakyn Mackley, Tori Mackley, Jerri Williams, Heather Martin, Amberly Gfeller and Judith Poggi extreme bowling in Colby. They were joined by Jordan Barrett, Brett Gfeller, Kelsey Barrett and Emily Terrell in Colby. The girls returned to Winona for sleepover party. Donita Goyen attended the funeral service for her late husband's brother-in-law in Fairview, Okla. Monday afternoon. A large group of friends and family attended a baby shower in the Chamber of Commerce building for the month-old daughter of Dathan and Sarena Nichols. Joslyn Marie slept through most of the "Ohs, Ahs, and Isn't that cute?" comments made as her mother opened and displayed the gifts. Marge Ausmus and Judy Gfeller served cookies and beverages to the guests. "The best way to "save face" is to keep the bottom half shut."

# Tips can help save on vehicle costs

MANHATTAN — Purchasing a vehicle can require a loan, but shoppers who look for the lowest price may save more if they are willing to do a little homework first, said Carol Young, Kansas State University Research and Extension family financial management specialist. "Check your credit rating before shopping for a new - or newer - vehicle," she said. "Prospective lenders typically check a prospective borrower's

credit rating before offering a loan rate," Young said. "If, for example, a prospective customer has a history of paying bills or making payments promptly, he or she usually will be offered a lower loan rate." "If you know your credit rating, you'll be better able to compare offers and evaluate rates," said Young, who advised checking with more than one loan provider. "Special promotions such as zero down (payment) or zero percent

loans may result in a low rate during the early months of the loan, but increase the rate during the life of the loan; lengthen the life of the loan; or apply only to certain individuals or car models," she said. "To shop for a loan, start with a financial service provider with whom you have other accounts," Young said. "Use the time as an opportunity to discuss your overall financial ability and your credit rating."

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