

Family

Let go of worry; trust God

Philippians 4:6-9 (New International Version) says "Do not be anxious (worry) about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure ... - if anything is excellent or praiseworthy - think about such things. Whatever you have learned or received or heard from me, or seen in me - put it into practice. And the God of peace will be with you."



Eugene Rothfuss

• From the Pulpit

about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

The antidote for worry is in God, who can release us and give us security. In Philippians, Paul says "the peace of God ... will guard your hearts and minds." "Guard" is an inadequate translation; the Greek word depicts an entire garrison of soldiers guarding a prisoner - 24 soldiers; two chained to the prisoner, two at the door, and two at the gate, rotated in six-hour shifts. God will keep a 24-hour watch on our minds.

Here's how we can claim God's promise:

Purposeful praying. When you're tempted to worry, pray. "Present your requests...." Notice, Paul subdivides prayer. There's prayer - talking to God as with a friend; petition - telling God worries and asking him to care for the situation; and thanksgiving - thanking God in advance for handling the issue. Paul says to pray about everything.

Positive thinking. Paul gives a list of positive things and says "think about such things." Restrict your thinking to what is uplifting, pure and admirable. This rule holds; you get out of something what you put in it. You can't fill

your mind with pornography and murder from television and expect to have uplifting thoughts.

There are negative inputs that you cannot control, but there are ways to overcome them.

First, find something positive in everything. Did you hear about the two positive thinkers in the Army guardhouse? One said to the other, "How long are you in for?" "Thirty days." What did you do?" "I was AWOL - how long are you in for?" "Three days." "What did you do?" "I shot the general." "How come I got 30 days for being AWOL and you got only three days for shooting the general?" "They're hanging me on Wednesday."

Second, increase positive input to balance things out. As stress rises, increase the time spent on things that destress. Read God's Word, be in church and involved with positive people who share your faith in God. Read encouraging books. Pray more. Spend time alone with God, write letters to him in your journal - anything but sit and fret and let Satan devour your faith.

Practice these principles daily. Don't wait until worries reach emergency levels; be proactive. Paul wrote, "Whatever you have learned from me, or received or heard from me, or seen in me - put it into practice."

Do God's will daily, trusting him to lead you one day at a time.

Eugene Rothfuss is pastor of the Colby Wesleyan Church. He can be reached at colbypastor1@st-tel.net.

Country music show starts Saturday night

A Smoky Hills Public Television original series featuring classic country legends debuts this weekend.

Down Home Country-Live in Branson, a musical variety series featuring quality classic country music, conversation and family entertainment with some of the biggest names in the genre, including Mo Bandy, LeRoy Van Dyke and Johnny Lee, begins at 9 p.m. Saturday on Smoky Hills Public Television, with a repeat at 6:30 p.m. Sunday.

"The decision to do this kind of production was an easy one for us," Jayne Heller, director of development at the station, "because it's the kind of programming that our viewers have re-

quested." Each program in the 10-week series features Branson Entertainer of the Year Dalena Ditto as host. She interviews the major guests and her band provides musical support.

Each show features one major classic country entertainer, along with another Branson entertainer performing.

Performers in the series include the Sons of the Pioneers, Wanda Jackson, Penny Gilley, Roy Rogers Jr., Pierce Arrow, the Baldknobbers, a Jerry Lee Lewis Tribute and more.

Interviews will include Mel Tillis, Lee Greenwood, Daniel O'Donnell, Bill Anderson, Jim Ed Brown, the Oak Ridge Boys, Mickey Gilley and more.

Babies

Taylor Lee Brooks, son of Andrew Wayne Brooks and Brittany LeAnne Barton of Colby, was born Monday, April 26, 2010, at Citizens Medical Center. He weighed 4 pounds, 15 ounces and measured 18 inches.

Brother Andrew Wayne Brooks Jr. welcomed the baby home.

Grandparents are Verna and John Brooks of Neodesha and Johnnie and Brian Barton of Colby.

Great-grandparents are Opal Brooks, Caney; Julia Slavin, Kansas City, Mo.; Ray Slavin, Kansas City; Bob and Pansy Barton, Colby; and Frances and the late Pula Griego, Colby.

Markets

Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat (bushel)	\$3.95
Corn (bushel)	\$3.05
Milo (hundredweight)	\$4.98
Soybeans (bushel)	\$8.58

What is worry? The Greek word means "to be pulled in different directions." Our hopes pull one way, our fears the other way.

The Old English word for worry means "to strangle." You can get so wrapped up in worry that you get headaches, ulcers, even back problems. One doctor wrote that up to half of his patients have problems caused by stress.

Worry is the opposite of trusting God. Matthew 6:25-34 (NIV) says, "Therefore I tell you, do not worry about your life, what you will eat or drink.... Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not ... store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable ...?"

"...Therefore do not worry

Corrections

A headline of the Special Olympics story on Page 1 of the Thursday, April 29, *Colby Free Press*, gave an incorrect day for the event. The story listed the correct day. The Special Olympics meet is Saturday. This was an editing error.

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In the Veterans of Foreign Wars Auxiliary minutes on Page 4 of the Thursday, April 22, *Free*

Press, the date of the next meeting was incorrect. It will be Wednesday, May 12. This was due to incorrect information given to the newspaper.

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The Colby Free Press wants to maintain an accurate record of our town. Please report any error or lack of clarity in a news story to us at 462-3963.

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Florence H. Gilchrist
1910-2010

Florence Henrietta Tecklenburg Gilchrist, was born March 7, 1910, in Rexford, Kansas. The family moved to Fairbury, Nebraska in 1911, where her father was employed at the ice plant. While living Nebraska, her sister Doris was born. Florence attended her first year of school and two weeks of her second year at Fairbury, Nebraska. When the family returned to Rexford in 1918, after a few days in the second grade classroom, it was suggested that she skip second grade and be accelerated to the third grade. In 1920, Florence and her family moved to a farm north of Rexford. She attended the fifth through the eighth grades at Hopewell, a country school north of Rexford, and graduated from Rexford High School with the class of 1927.

Following completion of her teacher education at Fort Hays State Teacher's College, Florence taught grades 1-8 at the Hawkeye one-room school north of Rexford where she not only taught but also was in charge of getting the old stove fired up and doing janitor duties. Following two years of teaching country school, she was offered a position teaching fifth and sixth grades at Levant, and two years later accepted a position teaching sixth grade at Colby Grade School under R.L. Dennen. Even though her full-time teaching career ended when she married Dean Gilchrist in 1934, she continued teaching throughout her life. For many years, Florence was a substitute teacher in the Rexford school system, often teaching four to six weeks at a time. Never a student had a day off when she was the substitutes. Whatever the subject area, she taught the day's assignment.

Dean Hart Gilchrist and Florence Henrietta Tecklenburg were married at Florence's home north of Rexford on her parent's 28th wedding anniversary, September 29, 1934. After their marriage, they established their home on the Hart Gilchrist farm southeast of Rexford in the house that Dean, his father and brother Dale built in 1916.

The following years proved to be a test of their faith, ingenuity, resilience, and determination to survive as the rain stopped and the wind blew. Florence could tell many stories about the horrible dirt storms. She told how much of the time they only lived in two or three rooms of the house, as they had sealed the windows against the dirt and shut off most of the rooms of the house. She and her generation would never forget the value of a dollar after living through those dirty 30's.

Following her marriage, Florence dedicated those years to being a farm wife and mother. She was also a tireless worker in the education of the Rexford Community Church youth. Fifth and sixth graders were her favorite, and she worked with these young people for years as Sunday School teacher, Sunday School superintendent, and Bible School teacher and coordinator. She also served as the director of the all-church Christmas programs and even filled the pulpit on Sunday morning occasionally in the absence of the pastor.

Following Dean's death in 1965, she embarked upon a new career, that of a businesswoman. She not only became actively involved in the farm's operation and management but also became one of the earlier farmers in Thomas County to develop a portion of her farm for flood irrigation. During this time she continued to live on the farm and drove to Hoxie each day where she was a teller and assistant cashier at the Hoxie State Bank. Her association at the bank gave her an opportunity to again join the world of the working woman and also the opportunity to cultivate friendships with the people of Hoxie and Sheridan County.

Following her retirement from the Hoxie State Bank, Florence decided it was time for her to move to Colby to be near her family. She enjoyed immensely being able to attend the school music and sporting events in which her grandchildren and great-grandchildren have participated. Until this winter, she was able to attend several sports events of the great grandchildren each year, climbing clear to the top of the gym seats if necessary, and attended all their high school graduations. In addition, she became actively involved and held offices in the Retired Teachers Association, her Methodist Cluster, the Thomas County Museum, BPW, and Hospital Auxiliary, only retiring as treasurer of the Auxiliary during the last three years.

During the 1970's and 80's, she and several of her friends were able to enjoy several nice trips within the United States and Europe. They even took a cruise.

What changes Florence witnessed during her life. As a child, there was no running water in their house, no bathroom facilities as we know it, no tractors (her father farmed with horses and she could tell stories about the runaways her father experienced). She either rode a horse or walked to school. The first car she rode in was a Model T, and she told how when they got to a hill they all had to get out and push the car up the hill.

One of the highlights of her life occurred only a few weeks ago when she celebrated her 100th birthday over the weekend of March 7 with her Austin Court neighbors, nieces, nephews, cousins, friends, all of her grandchildren and great grandchildren, and Vernon and Karen.

Second only to her family, she was most proud of her farm. Florence enjoyed watching her crops grow and her grandson's cattle roaming the pastures. She never missed a harvest; however, her job description changed somewhat over the years. She moved from doing much of the cooking herself, to chief baby-sitter for the great-grandchildren during harvest, to just getting to ride to the field and eat lunch with the family crew; but she never missed a year watching some of her wheat being harvested and has, until the last two years, climbed up into one of the combines and ridden several rounds over her fields. Florence derived a great deal of satisfaction knowing that she was able to successfully operate her farm until she could then pass on the legacy of the "family farm" to her family.

Florence was preceded in death by her tow infant sons, Gary D. in 1935 and Robert D. in 1939, her husband Dean in 1965, her parents, Henry and Etta Tecklenburg, and her sister, Doris Huber.

Florence leaves her daughter Karen and her husband Vernon Flanagin of Colby, her grand-daughter Karen Jayne and her husband Tim Thompson of Bogue, her three grandsons: Jay and wife Luetta Flanagin of Colby, Marlin and wife Darla Flanagin of Emporia, and Quintin and wife Mary Flanagin of Colby. She also leaves her nine great-grandchildren: Jared, Andrew, and Kaitlyn Flanagin of Colby, Zach and Seth Thompson of Bogue, Danielle and Nathaniel Flanagin of Emporia, and Alison and Emily Flanagin of Colby, nieces, nephews, and cousins.