

Family

Find time to nourish body and mind

It's hard to live a joyful life when your cup is almost empty. Take responsibility for filling up that cup and demand less of others to fill it for you.

When you don't take care of yourself, you can become irritable, overwhelmed, depressed or physically sick. As unpleasant as that can be, the situation becomes even worse when how you feel begins to affect how you deal with family and friends. You can have so little energy that you resent responding to your family's needs, or can't meet them at all.

Avoid this kind of burnout by taking care of yourself. Experts recommend at least 30 minutes of self-nurturing time each day. It will take commitment, determination, and creativity – but it is well worth it!

First you need to "find" this 30 minutes a day. Some possible ideas: Get up 30 minutes earlier or go to bed 30 minutes later, squeeze 30 minutes out of your lunch hour. If you have children, alternate time off with your partner, swap babysitting with a relative or friend or hire a sitter. Get creative and find the time.

Once you find time for yourself, use it wisely. Catching up on bill paying or returning business calls is not restorative! Use your time to take a bubble bath or a relaxing hot shower, play a musical instrument, draw, paint, read, walk, meditate, think or dream.

This past week I attended "Seven Habits of Highly Effective People" training. One of the habits echo's this topic – taking time for you. (Stephen Covey, the author of the training (and book) states: "To maintain and increase effectiveness, we must renew ourselves in body, heart, mind, and soul.")

Body – the physical dimension. This in-



Diann Gerstner

• Knowledge for Life

volves caring for our physical body – eating the right foods, getting enough rest and relaxation and exercise.

"Assume you've had a heart attack in the last month," Covey says. "How would you approach exercise and nutrition?"

Would that prompt some changes in your exercise and diet habits? The time is now, not after you have pushed it too far and have a major health problem.

Heart – the social/emotional dimension. "Assume that everything you say about people will be heard by them," Covey says.

Hmmm, might this change some of our conversations? This dimension also includes relationships with others. Work on building existing relationships and developing new ones to widen your circle of friends. Think about what relationships could use some extra devotion. Now schedule those visits.

Mind – the mental dimension. Most of our mental development happens in class, but as soon as we leave the discipline of school, many of us let our minds go soft. We don't do any serious reading or explore new subjects unless they're related to our occupation. We don't think analytically or test our abilities.

I challenge you to keep a journal, develop a new hobby, explore a new subject, read, read

and read. Covey says, "There's no better way to inform and expand your mind on a regular basis than to get into the habit of reading good literature."

Soul – the spiritual dimension. This is your core, your center, your commitment to your value system. It is a private and important part of your life.

People commit time to this dimension in very different ways – attend and be involved in the church of your choice, give of your time, money and self, watch, listen and enjoy the world of nature; read inspirational biographies, create a personal mission statement. The question for this dimension is "Assume you have a year to live. What legacy would you want to leave?"

Now that you have found things in each dimension to work on – schedule them. Do it – now! These actions that will "fill your cup" are like anything else – they won't happen unless you schedule time for them.

Covey recommends that at the beginning of each week, you schedule your events for the week and to include your "cup filling" chores: Tuesday at noon – lunch with the girls, Wednesday 7 to 9 p.m., read, daily at 6:30 a.m., 15 minutes of prayer and meditation, Monday, Wednesday, Friday and Saturday walk on the treadmill from 7 to 7:30 p.m.

Think about these dimensions and start filling your cup. I suggest starting now, but these lifestyle changes would also make great New Year resolutions. You only get one life. Live it to the best and enjoy the ride!

Diann Gerstner is the family and consumer sciences agent for the Thomas County Extension office.

Babies

Grace Elizabeth Beckley

Grace Elizabeth Beckley, daughter of Jake and Randi Beckley of Colby, was born Wednesday, Nov. 17, 2010, at Citizens Medical Center. She weighed 7 pounds, 14 ounces and measured 19 3/4 inches.

Grandparents are Chet and Jodi Beckley and Ron and Lona Donley, all of Colby.



Grace B.

Traeton Michael Nitsch



Traeton N.

Traeton Michael Nitsch, son of Jonathan Nitsch and Christy Lisk of Colby, was born Friday, Nov. 19, 2010, at Citizens Medical Center. He weighed 9 pounds, 12 ounces and measured 21 inches.

Brother Chase Broderly welcome him home.

Grandparents are Michael Nitsch of Hayes Center, Neb.; Diane and Allen Kurth of Colby; Lori and Norm Torgerson of Indianola, Neb.; and Ken and Tricia Lisk of Seneca Falls, N.Y.

Ag training for teachers coming to Colby in 2011

The Kansas Foundation for Agriculture in the Classroom and Kansas Farm Bureau will sponsor the fourth annual Be Ag-Wise educator training workshops in Colby early next year.

The workshops, designed for agricultural education presenters, will train participants for hands-on learning labs, provide resource materials and ideas, and allow participants to network and practice presentation skills.

The workshops are targeted at volunteer agricultural educators including Extension agents, county Farm Bureau volunteers, conservation district managers, ag teachers, youth presenters and others.

The Colby workshop will be from 10 a.m. to 3 p.m. Feb. 19 at the Community Building. Dates and locations for other workshops are Jan. 15 in Manhattan at the

Kansas Farm Bureau office, Jan. 22 in Emporia at the Girl Scouts of Kansas Heartland building and March 5 in Garden City at the Southwest Area Research and Extension Complex.

The theme is "Farmers and Ranchers CARE – Care and Respect Everyday," focusing on best management practices with animals and land.

A minimum of 10 participants is required to conduct a workshop. In the event that one will not be held, participants may attend any of the other sessions.

Information and registration forms can be found on the foundation website at www.kstagclassroom.org. The fee of \$50 per person includes lunch, refreshments and materials. Forms and fees are due by Monday, Jan. 3, to Farm Bureau Accounting and Human Resources in Manhattan.

On the Beat

COLBY POLICE DEPARTMENT Sunday

- 2:04 a.m. – Pickup backed into a vehicle at Twisters and left.
- 2:15 a.m. – Fight at 265 E. Fourth.
- 2:40 a.m. – Dispute between subjects. All OK.
- 3:27 a.m. – Received several 911 calls reporting a domestic conflict.
- 4:09 a.m. – Subject called 911 to report daughter leaving the house. Transported juvenile.
- 9:32 a.m. – Officer flagged down. Information provided. Everything OK.
- 9:42 a.m. – Vehicle at 1150 S. Franklin was impeding traffic. Left message for owner to contact and move vehicle.
- 12:33 p.m. – Subject seeking medical attention from incident earlier. Spoke with subject.
- 3:41 p.m. – Subject advised friend was involved in incident overnight in Dodge City; is now somewhere in Texas possibly suicidal. Spoke to reporting party.
- 4:23 p.m. – House egged overnight. Spoke to reporting party, egg washed off, no report.
- 5:20 p.m. – Seven officers pro-

vided traffic control for Christmas light parade.

7:58 p.m. – Injured dog caught at 1005 E. Eighth, turned over to Animal Clinic.

9:27 p.m. – Assisted sheriff's office on call.

9:34 p.m. – Civil stand-by.

Monday

7:39 a.m. – Employee at Farmers and Merchants Bank reported pickup truck parked in lot blocking traffic. Owner contacted; vehicle moved.

7:56 a.m. – Provided traffic control for subject out of fuel in the 100 block of West College Drive.

8:09 a.m. – Subject reported tree cut down at Fike Park north of Fike Park Road. Report on file.

8:32 a.m. – Subject reported non-injury accident in front of 1170 S. Country Club Dr. Report on file.

10:49 a.m. – Posted tow notice on car with expired tag at 265 W. Seventh St.

11 a.m. – Posted tow notice on pickup truck with expired tag at 555 E. Eighth St.

2:16 p.m. – Provided information to subject on test driving a semi without a class D license.

3:05 p.m. – Subject reported counterfeit \$20 bill received. Forgery/fraud report on file.

3:27 p.m. – Subject reported speeding vehicle southbound on K-25 from Straight Line. Vehicle located.

4:02 p.m. – Subject reported abandoned bike at 895 S. Garfield Ave. Report on file.

8:21 p.m. – Driving while suspended report on file for traffic stop at Franklin Avenue and Davis Avenue.

10:26 p.m. – Two officer assisted landlord who called to report subject smoking marijuana. Report on file.

THOMAS COUNTY SHERIFF Sunday

2:15 a.m. – Assisted Colby Police with a fight at Love's.

2:40 a.m. – Assisted police with a suspicious incident at Quality Inn.

MOVIE PASSES

Watch for your name in the Wednesday movie listings for 2 free passes.

(Passes must be used within 7 days.)

Pick up your passes at your:



3:36 a.m. – Assisted police with a domestic call on West Second.

4:09 a.m. – Assisted police at the same address on West Second.

10:45 a.m. – Window broken sometime in the night in Brewster.

1:51 p.m. – Residence broken into in Brewster.

5:20 p.m. – Assisted police with traffic control for Christmas parade.

9:27 p.m. – High Plains Mental Health needed subject taken from Colby Care Center to Larned State Hospital. Brought to station, to take to hospital on Monday.

10:13 p.m. – Subject reported he and another person had a dispute. Spoke to subjects, all OK. Provided ride for reporting party to Dylan Drive.

11:02 p.m. – Criminal damage to property: report filed for old complaint.

HAPPY Birthday!

Card shower for Frances Black on her 90th birthday. ☆

December 8th

Cards may be sent to Frances at: 1211 Court Place Colby, KS 67701 ☆

Markets

Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat (bushel)	\$6.92
Corn (bushel)	\$4.90
Milo (hundredweight)	\$8.33
Soybeans (bushel)	\$11.55

Corrections

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.

For Sale at Auction December 12

2003 Toyota Matrix

5dr. 4 cyl. 30+mpg, AT, power windows, power locks, cruise, tilt, keyless entry, CD player, 130,000 local owner mostly highway miles. Excellent condition. This car is owned by Lillian Sulzman (785-475-3630) and no longer needs it because of purchasing a newer Matrix from an individual.

Will be selling on Dec. 12 at 1 p.m. at Brown Auction, 4H Building, Hoxie KS. Your chance to buy a well maintained auto at auction. Would make a great holiday gift for someone.

Schedule Change Notice:

Pioneer Memorial Library

DECEMBER 9 & 10

Closed: Thursday 9 a.m. to 3 p.m.

Open: Thursday 3 to 8 p.m.

Closed: Friday 9 a.m. to 5 p.m.

for staff training.

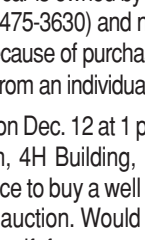


2010 Southwind Plaza Drawing Winners

Thank you for shopping Southwind Plaza during our Christmas Opening

Congratulations to our prize winners:

\$75 Beef Bundle Carol Morgan Ryan Inman	\$50 Plaza Bucks Danette Ryan Keela Case	\$50 Gas Cards Melissa Hunsberger Ron Higerd D. Wark
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Dora Alice George

Dora Alice Darmstatter George, 88, a wonderful wife, mother, grandmother, great-grandmother, sister, aunt, and friend, was born May 19, 1922, in Longford, Kansas, to Fred and Laura Darmstatter. Dora died December 5, 2010, in Junction City at Valley View Senior Life Center after several months of deteriorating health issues. She was preceded in death by her parents, an infant sister Marguerite and sister Melba Pauli. She is survived by her husband of 66 years Max A. George, children Sharon (Joel) Kriss of Manhattan, Doug (Leslie) George of Conway, Arkansas, Ann (Justin) Hoover of Junction City, grandchildren, Joel L. (Dawn) Kriss, Kristy (Todd) Lowe, Matt, Alex, & Dani Hoover and great-granddaughters Kelsey and Kenzie Kriss and Evelyn Lowe as well as a host of sisters and brothers-in-law, nieces and nephews.

Dora graduated from Longford High School with an enduring love for music, church, and family. After a training course she taught in a one room school house while Max was serving in the Army. On April 9, 1944, Dora and Max were united in marriage. Shortly after exchanging their vows Dora contracted tuberculosis and spent the first two years of their marriage in the Norton Tuberculosis Sanitarium. Upon release they moved to Junction City for two years and then to Colby, Kansas, where they raised their family and spent their remaining years until recently moving back to Junction City.

Dora spent much of her spare time volunteering and working for the Colby United Methodist Church and United Methodist Women. There wasn't a job over the years that she didn't willingly volunteer for. She loved arts and crafts and was in charge of the local Bloodmobile for many years. Her enthusiasm for whatever job she undertook was a joy to behold. She also took great joy in all the activities that her children and grandchildren were involved in whether it was music or sports. It didn't matter whether they were two or sixty-two, she was there to show her support and love. Extended family gatherings of the Georges and Paulis were always a highlight in Dora's life. Whether she was being Mrs. Claus handing out cookies at Santa City or helping Max around the house and yard, her joy for life was a shining example for those who had the pleasure of knowing her.

Services will be held at 10:00 a.m., Thursday, December 9, 2010, with Reverend Marshall Stanton officiating at Penwell-Gabel Johnson Chapel, 203 N. Washington, Junction City, KS. No visitation is planned. Burial will follow at 11:30 a.m. at Keystone Cemetery near Longford, KS. A Memorial Service will be held at a later time in Colby. Memorials may be made to Colby United Methodist Church or the Citizens Foundation and left in care of Penwell-Gabel or at any bank in Colby.

To leave a special online message for the family, visit, www.PenwellGabelJunctionCity.com



Rodney Michael Ryan

Rodney Michael Ryan, age 75 and lifelong resident of rural Colby, Kansas, was welcomed home to the Lord on Wednesday, November 10, 2010. He left this earth at his home with his wife and family by his side. He was born December 9, 1934 to Thomas (Al) and Clara (Brenenkamp) Ryan in Halford, Kansas. Rodney attended grade school in Halford, Kansas and then continued his high school education at the Abbey in Canyon City, Colorado where he graduated in 1952. After high school Rodney returned to his childhood home to work on the family farm.

In 1955, Rodney enlisted in the United States Army and was stationed in Korea. While serving his country he was awarded for his skills as a sharp shooter and competed in many competitions for his unit. He was honorably discharged in 1957.

In 1961, Rodney started attending Immaculate Conception Seminary in Conception, Missouri. He earned his Bachelor of Arts degree with an emphasis in Theology. He continued his education at the seminary until 1967 when he once again returned to the Colby area to help on the family farm.

On April 12, 1969, Rodney married Danette Mary McEachern Graff at Annunciation Catholic Church in Leadville, Colorado. They started their life together on a farm in rural Colby, Kansas where Rodney built his family their home. This special couple was blessed with 6 daughters, who enjoyed their upbringing working along-side Rodney on their family farm. Rodney and Danette spent 41 years together raising their family and being steward of the land.

During childhood and early adulthood Rodney was an active member of the local 4-H. Rodney served on the High Plains Cooperative board of Directors for 31 years, where he made life-long friendships with remarkable individuals. He also served on the Thomas county Hospital Association for 8 years and was instrumental with the building of Citizens Medical Center. Rodney was very active in his Catholic community, teaching CCD in both Oakley and Colby and sponsored many CYO events that his daughters participated in. He was also a life-long member of the Knight of Columbus and served on various committees at Sacred Heart, with one of his favorites being the Sacred Heart Annual Parish Auction committee.

Rodney has many interests and talents. He received his pilot's license and took his family on plane trips in the 1970's. He enjoyed taking his family on Sunday rides where they would visit various members of their extended family throughout northwest Kansas. He also made sure to take his wife and daughters on a family vacation every summer. As his daughters grew and had families of their own, time was made once again to take family vacations all together. Many lasting memories were made on these various trips. Rodney had an avid love for learning and was always reading various magazines, books or newspapers. Golfing was also an activity that Rodney began to enjoy after playing in a tournament with his colleagues from Co-op in the mid 1990's. His love for the game continued even after he could no longer physically play.

Rodney was preceded in death by his parents, brothers Thomas, Joseph, and twin brother Ronald, and a sister Mary Margaret (Marge) Caruso. He is survived by his wife Danette of the home, his daughters, Elizabeth (Lee) Moore of Olathe; Celine (James) Wright of Great Bend; Veronica of Shawnee; Collette Morris of Colby; Patricia (Tyler) Samuelson of Olathe, and Katera (Thomas) Mowry of Springfield, Missouri; brothers Dennis (Francis) Ryan of Colby and David (Tracy) Ryan of Las Vegas, Nevada; sisters Kathleen Stevenson of Santa Paula, California; Ethel (Bob) Ortiz of Albuquerque, New Mexico; Zita bathes of Durham, North Carolina and Judith (John) Sears of Bella Vista, Arkansas. He is also survived by 9 grandchildren and brothers-in-law James McEachern of Leadville, Colorado, and Charles Caruso of Albuquerque, New Mexico along with many nieces and nephews.

Funeral mass was November 15, 2010 at Sacred Heart Catholic Church and rite of Catholic burial with military honors was held at Sacred Heart Catholic Cemetery in Colby. Pallbearers were Lyle Saddler, Darrell Pabst, John strecker, Chris Ryan, Ed Caruso and Ron Brier.

In his honor, the family suggest memorial contributions be given to the Sacred Heart Church remodeling fund or Hospice Services of Thomas County. Donations can be left at any Colby bank.