

Family

Deaths

Bernadine Louise Samson

Bernadine Louise Samson, 66, Ludell, a science teacher in the Colby, Cheylin and McDonald schools before she retired in 2007, died Sunday, Dec. 5, 2010, at Citizens Medical Center.

She was born near Hepler on June 3, 1944, the daughter of Chester and Myrtle (Parnell) Hale. Growing up in Crawford County, she graduated from Girard High School in 1962. Going on to K-State, she received a bachelor's degree in 1966 and a Master of Science in 1968.

On Aug. 7, 1968, she married Richard B. Samson.

In 1967, she began teaching physics, chemistry and earth science at Atwood High School. In 1974, she moved to the McDonald School District, teaching science to grades seven through 12. After that school merged with Bird City to form the Cheylin district in 1975, she taught sixth to eighth grade science, and was reassigned in 1981 to teach computer, math and physics in the high school. In 2000, she began teaching high school science in Colby.

Her love of teaching won her awards, including a certificate of recognition for promoting scientific literacy in teaching from the American Medical Association and the Kansas Medical Society,

as well as Physics Teacher of the Year from the Arkansas-Oklahoma-Kansas section of the American Association of Physics Teachers.

She was an active member of the Kansas-National Education Association and the Kansas-National Education Association-Retired, serving on the board of the teachers' group for six years. She was a past president of the association's Cottonwood UniServ district, president of her Delta Kappa Gamma chapter, treasurer for Ludell Township, and a member of the Old Depot group in Atwood. In her spare time, she enjoyed knitting baby afghans and sewing.

Survivors include her husband, of the home; a son, Jamie (Sara) Samson, Lindsborg; two sisters, Sharon (James) Vap of Colby, and Shirley (Bill) West, Hanford, Calif.; and two brothers, Donovan (Kathy) Hale, Girard; and Conley (Pat) Hale, Haxtun, Colo.

Services were Thursday, Dec. 9, 2010, at the First Christian Church of Atwood, with burial in the Ludell Cemetery.

The family suggests memorials to the Bernadine Samson Education Foundation, in care of the Williams Funeral Home, 109 N. Second St., Atwood, Kan., 67730.

Are you listening? Hear your family

Diann Gerstner

• Knowledge for Life



It's almost Christmas! What to write about three days before Christmas? How about one of the most important things you should be doing over the holidays – reconnecting with family and friends?

Take time to sit down with family members and truly connect. Dig beneath the “How are you?”

For younger members, ask what they have been doing, future plans, favorite pastimes, who their friends are, special opposite-sex interests, favorite book, etc. Some of these same questions will work for older family members, too.

And if these are striking out, asking about memories might be the key. Ask about their favorite Christmas memory, favorite childhood memory, childhood home memories, memories of their parents, etc. You may gain a wealth of information about your family and develop a connection with one or more family members.

A loftier task you might embark upon would be to try and “mend some fences” in relationships with your family.

I believe that step one would be to follow Habit 5 of “The 7 Habits of Highly Effective People:” empathic communication – Seek first to understand, then to be understood. Most people do not listen with the intent to understand; they listen with the intent to reply. They're either speaking or preparing to speak. They are filtering everything through their own experiences, reading their own view point into the other person's situation.

Empathic listening means listening with intent to understand, really understanding. Empathic listening gets inside another person's frame of reference. You look out through it, you see the world the way they see the world, you un-

derstand how they feel.

Just because you understand how they feel doesn't mean you have to agree with them, just that you understand that person emotionally as well as intellectually. In empathic listening, you listen with your ears, but you also, and more importantly, listen with your eyes and with your heart. Listen for feeling, meaning and behavior.

Empathic listening is reflecting what a person feels and says in your own words. Instead of trying to counsel, solve, fix, change, judge, agree, etc., use some of the following wording to say what they are telling you in your own words: As I get it, you feel..., So as you see it..., You seem..., You must have felt..., You sound..., What I'm hearing is..., I'm not sure I'm with you, but..., Your feeling now is...

Following is an example of how this is used: Son: “Boy, Dad, I've had it! School is for the birds!” Father: “You're feeling really frustrated about school?” Son: “I sure am. It's totally impractical. I'm not getting a thing out of it.” Father: “You feel like school's not doing you any good.” As the conversation goes on, the son gets to what is actually bothering him. Empathic listening is a tremendous deposit in the Emotional Bank Account. It can be deeply healing because it gives a person “psychological air.”

To understand psychological air, Stephen

Covey gives the following scenario: If all the air were suddenly sucked out of the room you're in right now, what would happen to your interest in this article? You wouldn't care about reading; you wouldn't care about anything except getting air. Survival would be your only motivation.

But now that you have air, it doesn't motivate you. This is one of the greatest insights in the field of human motivation: Satisfied needs do not motivate. Next to physical survival, the greatest need of a human being is psychological survival – to be understood, affirmed, validated, appreciated. When you listen with empathy to another person, you give that person psychological air. And after that vital need is met, you can then focus on influencing or problem solving.

Remember when sharing your feelings that you use “I” messages instead of “You” messages. Example: instead of “You always take credit for everything.” Try “I feel that you take more credit than is fair.” I messages have less attack and cause less defensive responses.”

This topic can get pretty deep. I recommend that you seek more information to hone your communication skills. Communication is the most important skill in life. We spend most of our waking hours communicating.

Consider this: You've spent years learning how to read, write and speak, but what about listening? Few people have had any training in listening at all. One of the best ways to open or renew a relationship is to truly listen.

Enjoy your family and the holidays!

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

Scholarships granted

Three northwest Kansas students attending Garden City Community College have received scholarships for the spring semester.

Bailey A. Hemert, 18, Oakley, a freshman in secondary education, will be receiving a \$1,000 scholarship for books and tuition to play basketball for the Lady Broncbusters. She is the daughter of Kyle and Barb Hemmert.

Receiving a \$700 dean's schol-

arship is Clement W. Fellhoelter, 19, also of Oakley, a freshman majoring in agriculture. He is the son of Robert and Rhonda Fellhoelter and a 2010 Oakley High School graduate.

Ryan L. Murphy, 23, Colby, the son of Roy and Denise Murphy, will receive a \$500 John Deere Tech Scholarship. He is a 2007 graduate of the Blue Springs (Mo.) High School.

Graduate receives commission

Tanner Oren Popp, a Hoxie High School graduate and candidate for a bachelor's degree in geography, was commissioned as a second lieutenant in the Air Force at the University of Kansas fall semester graduation Saturday, Dec. 18.

The son of Keith and Shirley Popp, he is assigned to Vandenberg Air Force Base in Lompoc, Calif., as a combat missile crew officer.

Popp completed the Reserve Officers Training Corps program at KU. Air Force ROTC commander Lt. Col. Gena R. Stuchbery addressed the cadets and their guests at graduation.

Stuchbery and Maj. Gary Marsteller, commandant of KU

cadets, administered the oath.

KU is one of only 50 universities in the nation offering a ROTC program that represents all branches of the military. Besides training KU students, the ROTC program also trains cadets, midshipmen and officer candidates at Haskell Indian Nations University in Lawrence, Baker University in Baldwin City, the University of St. Mary in Leavenworth, Washburn University in Topeka, Mid-America Nazarene University in Olathe, Johnson County Community College in Overland Park and Kansas City Kansas Community College.

On the Beat

COLBY POLICE Friday

12:14 a.m. – Assisted sheriff's deputies on I-70 mile 53 westbound.

1:59 p.m. – Possible intoxicated driver in the 300 block of N. Franklin. Unable to locate.

2:32 p.m. – Security check at Walmart.

2:57 p.m. – Caller reported employee's vehicle and items inside had been tampered with.

3:01 p.m. – Caller reported subject driving with a suspended license. Information provided.

3:38 p.m. – Subject came to Law Enforcement Center to report money stolen from account. Report filed.

4:35 p.m. – Subject came to Law Enforcement Center requesting information from officers for school project. Spoke with subject; information provided.

9:25 p.m. – Caller reported internet harassment. Information provided.

THOMAS COUNTY SHERIFF Friday

12:06 a.m. – Caller reported possible drunk driver. Located driver, not drunk.

4:21 p.m. – Report filed for narcotics violation on John Adams.

6:23 p.m. – Highway Patrol dispatcher advised of erratic driver continually driving through the median of I-70. Subject trying to contain loose dog.

8:20 p.m. – Dusken Juenemann arrested on warrant.

10:10 p.m. – Caller reported possible drunk driver. Not found.

10:45 p.m. – Assisted Colby Police at Copeland and Fourth.

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.

Markets

Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat (bushel)	\$6.86
Corn (bushel)	\$5.36
Milo (hundredweight)	\$9.07
Soybeans (bushel)	\$12.01



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Starring: Denzel Washington & Chris Pine
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Friday & Saturday 7:00 & 9:00
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Starring: Anne Hathaway & Jake Gyllenhaal
PG 1 Hour, 53 Minutes
Friday & Saturday 7:00 & 9:15
Sunday - Thursday 7:00

Starting on Wednesday Dec. 22nd

TRUE GRIT
Starring: Jeff Bridges, Matt Damon, & Josh Brolin
PG 1 Hour, 50 Minutes
Wednesday & Thursday 7:00 & 9:00

LITTLE FOCKERS
Starring: Ben Stiller, Dustin Hoffman, & Jessica Alba
PG 1 Hour, 40 Minutes
Wednesday & Thursday 7:00 & 9:00

We are closed Christmas Eve but reopen on Christmas Night Happy Holidays

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WINNER OF 2 MOVIE PASSES
SHERRIE OVERTON



Thank You

Thanks to everyone who helped me with the fund raising efforts for my upcoming participation in the Down Under Sports track and field high jump event in Australia next summer.

The winner of the drawing was Russ Emigh of Selden.

Cole Christensen
Golden Plains

Thank You

Many thanks to a wonderful and generous community. Thank you all for the many donations made to my medical mission in Ghana, West Africa. I so appreciate your words and deeds of support and caring.

LaDonna Regier MD

Got news?
Call 462-3963

Wishing all a Merry Christmas

We will be closed Friday, Dec. 24 and Saturday, Dec. 25 to observe this wonderful holiday.

Gambino's Pizza **KANSAS COUNTRY STORE**

May the beauty and joy of this season... Refresh your spirit and brighten your life.

Merry Christmas!

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This is personal.

My mother died of colon cancer when she was only 56.
Terrence Howard, actor/musician

Screen for Life
National Colorectal Cancer Action Campaign

Colorectal cancer is the 2nd leading cancer killer in the U.S., but it's largely preventable. If you're 50 or older, please get screened.

1-800-CDC-INFO (1-800-232-4636)
www.cdc.gov/screenforlife

EIF National Colorectal Cancer Research Alliance
Entertainment Industry Foundation Program