

Game night brings family fun

We live in a busy world in which time together is often lost in the buzz of activity. Setting aside a time to play board games can bring fathers, mothers and other loving adults together with children. When played in the right spirit, games provide a shared experience in which the minds of those playing engage each other in challenging ways. Having fun together is the priority goal in playing board games.

Games also provide learning opportunities for children. Most games require an estimation of probabilities in risk taking. Dice may be rolled, the results dictating an outcome. Money may have to be counted, gained, and spent. Play involves operating within rules. Children have to think logically, often planning their next move when taking a turn. This taking turns is an important social skill that is a part of gaming. Many games challenge players to think under stress and be decisive in risk taking.

Children can also learn to be gracious winners and gracious losers by watching how parents deal with winning and losing. They can learn how to manage disappointment, set aside their frustration to play again. When losing, they can stay focused in the game and persevere despite being behind.

Good board games can make learning fun. Lousy board games are bored games. The WonderWise Parent, an award winning, informative, ad banner-free site on parenting and parent-child relationships; feels that the best



Diann Gerstner

• Knowledge for Life

games now on the market are being created in Germany. Games are popular in Germany because of family traditions of spending time together in the home. While American producers depend on traditional themes like Monopoly or commercially popular media themes like Survivor, German game creators focus on innovation, quality parts, and good game design. For a recommended list of games visit www.k-state.edu/wvparent/games/list.htm.

During the holidays there may be more family and time for "family time" and you may want to add a New Year's resolution to have a weekly or monthly Game Night. To start a Game Night tradition, set aside one evening or afternoon a week for Game Night. Be sure to start the Game Night early enough before family members become too tired. If the age range of your children is too great to play any single game, divide the group into older and younger players. Some games can be played with all ages and could be used to bring the entire family together. Consider allowing children to invite a friend to play.

Be prepared before the Game Night starts. Determine which games are to be played after polling family members, make sure the parts are present, and go over the game rules to refresh your memory. Make snack foods available that do not ruin game parts (e.g., unbuttered popcorn, a bowl of M&Ms, pretzels). Snack tables for drinks are advisable to avoid spills.

Discuss rules of behavior for Game Night, such as:

- Stay friendly even if you are losing
- Help someone who makes a mistake
- Rules can be changed only if everyone agrees
- Accept lots of mistakes by everyone the first time a game is played
- Loud laughter is encouraged but not mean words
- Play fair at all times

Go over game rules patiently and provide lots of help the first time a game is played. If the game involves cards, for example, you might play the first game with all hands showing.

Most of all – have fun, laugh, and enjoy the time with you family members.

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

Ranking places Dakota cities as coldest

By Kristi Eaton
Associated Press

SIOUX FALLS, S.D. (AP) – Let's face it: Anyone who survives a winter in the Dakotas deserves an award. A T-shirt, maybe?

Er, make that a sweatshirt. With temperatures already hitting the single digits, there's no denying that it's mighty cold out – and we're just getting started. So it's little surprise that a recent online ranking claims that six of the eight coldest cities in the country are in North Dakota and South Dakota.

In fact, John Martin, warning coordination meteorologist at the National Weather Service in Bismarck, thinks there should be even more North Dakota cities among the *Daily Beast's* list of 25 coldest cities. The list, which has made the rounds on Twitter and Facebook this week, ranks Grand

Forks, Bismarck and Fargo, N.D., second through fourth, respectively.

"Minot and Williston would probably beat out Bismarck for cold, and only because they get the cold air first," Martin said.

The only place colder than North Dakota, according to the *Daily Beast's* list? Fairbanks, Alaska. Three South Dakota cities also made the list. Watertown, Aberdeen and Sioux Falls were all noted for their bone-chilling temperatures.

The *Daily Beast* posting indicates it used data from the 2009 winter for the rankings, but it's not clear why its tally appears at odds with meteorologists' expectations – or what criteria were used when determining what constitutes a city.

Minot has a population of about 41,000, while Williston has about 15,000 residents, according to the

2010 census. Both Wasilla, Alaska, with a population of less than 8,000, and St. Albans, Vermont – population 7,000 – made the top 25.

The *Daily Beast* did not respond to an email seeking clarification.

Asked if he had recommendations for someone wanting to visit North Dakota at this time of year, Martin was quick to answer: "I recommend they come in the summer months."

For some North Dakota residents, it's a point of pride each spring when they dig themselves out from beneath mounds of snow and allow their skin to have contact with outside air for the first time in months.

"There are a lot of negatives to it, but the positives, jeez, if you can survive a Dakota winter, boy, that's one you can brag about for the rest of your life," Martin said.

A bell ringer for the Salva-

tion Army in Sioux Falls, Diane LeGrand spends 10 hours at a time outside. She didn't need a list to tell her how cold it gets – but she doesn't mind.

"This isn't bad," LeGrand, 51, said as temperatures dipped below 20 degrees during a recent shift. LeGrand wasn't even wearing her gloves or scarf.

People who grew up in South Dakota are used to sub-zero temperatures every winter, she said.

Some native South Dakotans have even grown to downright dislike the heat.

Aberdeen Mayor Mike Levens recalled how uncomfortable he felt when the thermometer hit 105 during a trip to Phoenix.

"There's only a certain level you can go in taking clothes off," he said. "But when it's cold, as long as you add layers, there's nothing you can't do to put more layers on and stay warm."

Holiday spending: talk with family, friends before shopping

Holiday ads are plentiful, but not reason enough to spend.

"In the rush to shop, we sometimes lose sight of the rest of year, in which money will be needed to cover extras such as track shoes, summer camps, family reunion or other trips, unexpected car or home repairs, etc.," said Carol Young, K-State Research and Extension financial management specialist.

Before spending, Young encourages families and friends – all would-be shoppers – to:

1) Talk with family and friends about their expectations for the holidays. They often say that holiday foods (cookies or other recipes remembered from previous holidays) or other activities, rather

than purchased gifts, will make for a happy holiday.

2) Does that mean the family and friends agree to skip gift-giving? Many people will still want to exchange gifts and may draw names or place a limit on the value of the gift to curb expenses. Or, reduced spending could allow saving for a vacation or a new sofa.

Children may have a long list of wants, so the holidays can help them prioritize. Gifts need not be expensive, as children may enjoy time with a parent or grandparent as the best gift of all. Some choose to limit gift giving and instead provide food and gifts for a less fortunate family or individuals.

3) Take time to estimate total holiday season costs, such as trav-

el to visit family, cost of holiday meals, children's gift exchanges, added work-related expenses, and other expenses in addition to gift giving. End-of-year expenses such as real estate taxes due in December also need to be paid.

4) Review personal finances to determine the money available without adding debt. If carrying a credit card balance and paying interest, Young advises leaving the credit card at home, and using cash, checks or a debit card to cover holiday expenses.

"A gift need not be expensive to be a hit," said Young, who noted that more people also are shopping for gently-used items in thrift, dollar or discount stores.

5) Shop with a list, and stick to it.

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)	\$6.11
Corn (bushel)	\$5.84
Milo (hundredweight)	\$10.00
Soybeans (bushel)	\$9.88

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Deaths

Loyde Davis

Loyde Davis, 68, Colby, died Monday, Dec. 12, 2011, at the Logan County Hospital in Oakley.

He was born May 27, 1943, in Smith Center, the son of Otis and Lois (Kendall) Davis.

On Aug. 15, 1970, he married Connie Smith in Colby.

A leader for the Boy Scouts, he was a member of Tau Kappa Epsilon, Western Kansas Manufacturers Association and the First Presbyterian Church of Colby.

His parents preceded him in death.

Survivors include his wife, of the home; two sons, Andy Davis and Chris Davis, both of Colby; two daughters, Lisa (Matt) Rit-

ter, Broomfield, Colo.; and Karen (Nick) Prochazka, Colby; a sister, Judy (Rav) Moller, Casa Grande, Ariz.; and three grandchildren.

Memorial services will be at 11 a.m. Friday, Dec. 16, 2011, at Baalman Mortuary (formerly Harrison Chapel), 190 S. Franklin, Colby, with Pastor Carol Rahn officiating.

No visitation; there was cremation.

The family suggests memorials to the church or to the Colby Community College International Students and Friends organization, in care of any Colby bank or Baalman Mortuary, Box 391, Colby, Kan., 67701.

Colby Rotary Club

Colby Rotary Club met Tuesday with 32 members and guests Michelle Spence, Mint Culver, Lloyd Cersovsky, Christy Rocca, Brenna McKee and Jon and Lynda McKee.

Thank you notes from students receiving dictionaries were passed around. The monthly collection for Genesis-Thomas County was taken.

Tama Unger reported the "Coats for Kids" project is organized and will be completed by the end of the week.

Brenna McKee was recognized as the December Student of the Month.

Ron Evans had the program,

which featured stories of his experiences from his 20-year career as an Air Force pilot. Evans was both a student and later an instructor at the Air Force Fighter Weapons School at Nellis Air Force Base in Las Vegas. During the Viet Nam War, he was stationed in Thailand for two years and flew many missions. He shared a variety of pictures from his time in the Air Force and the history of the various jets he flew. Evans retired from the Air Force in 1986.

Brenna McKee won Roto-Lotto.

Colby Rotary meets weekly at Colby Community College in Room 106 of the Student Union.

Three of Clubs

Fourteen members attended the Three of Clubs Christmas luncheon on Friday, Dec. 9, at the Pioneer Memorial Library in Col-

by. Entertainment was provided by Monica Bugbee, who led the group in singing Christmas carols.

Kids' data coming out

On Friday, Smart Start Northwest Kansas and Northwest Kansas Prevention of Child Abuse and Neglect will distribute the 2011 Kids Count data book to local businesses and organizations in Thomas County.

Kids Count focuses on indicators that provide an annual snapshot of how Kansas children are doing. Some indicators for Thomas County and Kansas are rates of free and reduced lunch, poverty, uninsured children, infant mortality and reading proficiency.

Highlights for 2011 indicate Thomas County immunization rates are above the state average and reading proficiency is very

close to the state average.

Smart Start will be starting early literacy programs in Thomas County starting in January.

The use of discipline for teaching and guiding our children is the distribution theme.

Discipline is defined as guiding children to be respectful, empowered, cooperative and caring.

All businesses and organizations receiving data will also receive a guardian angel decorated by children of Kids Port Group Child Care.

For information visit www.kidscount.org or call Smart Start Northwest Kansas at 460-9103.

Officer ticketed for speeding

MIAMI (AP) – A Miami police officer is accused of driving 120 mph on a turnpike because he was late for his off-duty job working security at a school.

The Florida Highway Patrol says officer Fausto Lopez was arrested at gunpoint after leading police on a brief high-speed chase.

According to a police report, a

trooper spotted a patrol car changing lanes in a dangerous manner. The report says the patrol car ignored warnings to pull over and led a brief high-speed chase before stopping near Hollywood.

Miami police spokesman Delrish Moss told the Associated Press that administrative action will be taken after the criminal case.

Home Sweet Home



After years of not being able to keep up with my house and yard, I knew there had to be an easier way. After a visit to Fairview Estates, I knew that kind of apartment living was for me. It felt like home! No cooking and even a garage for my car. I picked out an apartment and moved in. My family lives close, and I get to see my grandchildren!

Verna Wicns

Fairview Estates Retirement Community
Independent & Assisted Living
1630 Sewell Ave. • Colby, KS • (785) 462-2154

Kurt Bowman

Kurt Bowman, age 40, passed away Thursday, Dec. 8, 2011 at the Via Christi St. Francis Hospital in Wichita, KS. He was born April 5, 1971 in Oakley, KS to Jay Dee and Connie (McGuire) Bowman. He was a teacher and coach.

Survivors include his wife Jessica (Hyman) Bowman of Hillsboro, KS; mom Connie (McGuire) Bowman of Smith Center, KS; brother Steven (Connie Sue) of Whitewater, KS; mother-in-law Rhonda Hyman of Smith Center, KS; niece Cora Bowman of Overland Park, KS; aunts Vae Jene (Don) Herron of Lawrence, KS and Robyn Daryl DePeel of Windom, KS; uncle Chuck McGuire of Springfield, MO; cousins Michelle (Michael) Levy of Lawrence, KS, Ty (Vicki) Herron of Shawnee, KS, Ashley (Jeff) Schwein of Hutchinson, KS and Shane Bowman of Hutchinson, KS.

Visitation was to be held Monday, Dec. 12, 2011 from 3 p.m. until 8 p.m. at the mortuary.

Funeral services were to be held at 1:30 p.m. Tuesday, Dec. 13, 2011 at the H.W. Lohrenz Building Chapel on Tabor College Campus with Dr. Del Gray officiating.

Burial was to be at 10:30 a.m. Wednesday Dec. 14, 2011 at the Cora-Cedar Hill Cemetery, Rural Bellaire, KS.

In lieu of flowers the family strongly requests memorial contributions to the Kurt Bowman Memorial Scholarship and can be sent in care of the mortuary.

Simmons-Rentschler Mortuary in Smith Center, KS is handling the arrangements.

www.simmons-rentschler.com

Reckless Driving
IS ONE PARTY YOU DON'T WANT TO CRASH

(There is no cheesy slogan to prevent reckless driving.)

There is no spokesperson with a catchy phrase to remind the driver to slow down, stop eating, quit messing with the radio or pay attention to the road. There's Only You. Speak Up.

AM SPEAKER @talktoplan.com

Farmers & Merchants Bank of Colby
MEMBER FDIC

Christmas Open House
December 14th, 15th, 16th
9:00 to 3:00

-2012 Calendars Register for various drawings!
-Hot Cider
-Goodies & More

785-460-3321
www.fmbcolby.com

Merry Christmas
Stop by either location!