

4-H parents may someday hear glorious words of thanks from kids



Diann Gerstner

• Knowledge for Life

I've heard it twice now, so that surely means it is worth mentioning.

What am I rambling about? Those sweet words a parent loves to hear: "Mom (or Dad) I'm sure glad you had me do..."

We generally have to wait quite awhile before we get to hear those glorious words and know that not everything we did was wrong and scarred them for life. Thus, we take it to heart when we finally do.

What did I do that prompted those glorious words to come from my children's lips? I had my children participate in 4-H.

The first time I heard those glorious words was two years ago when Kelly was doing interviews for food science internships. She said "Mom, I'm so glad you had us in 4-H. I can talk with interviewers a lot easier than others seem to be able to and all the activities and community service we did gives me a lot to talk about."

Just a couple of weeks ago, Kimberly said, "Mom I'm so glad you had us in 4-H. You don't know how many times in class or at an event, there needs to be a group spokesperson. Everyone is petrified so I volunteer and the group thinks I'm awesome. They asked how I'm not afraid and I just tell them, "When you have been speaking in front of groups since you were 7 years old, you don't think anything of it." Being comfortable leading groups, another skill learned in 4-H, helped her land a job as a Wildcat Warm Up leader this past summer.

As I mentioned in a previous column, 4-H is for all kids age 7 by Jan. 1 to 18 years old. All kids, not just farm kids. With more than 35 projects, we have one to catch almost any interest and teach a lot of life skills. Some of the most popular non-livestock projects in Thomas County are dog, foods and nutrition, buymanship - how to evaluate clothing before buying and care for it afterwards - fiber arts,

visual arts, photography, entomology, shooting sports and woodworking.

Space Tech is a growing project and includes rocketry, astronomy, geospatial global positioning and geographic information systems and robotics. If you have an interest that doesn't fall in a specific project, there is the "self-determined" project option.

When kids explore interests through 4-H projects they often build life skills that may become the basis for a career or a lifetime interest. They also have the opportunity to practice leadership, citizenship, service and personal responsibility. At monthly 4-H meetings, kids learn teamwork and basic parliamentary procedure and have the opportunity to give project talks and demonstrations. Speaking in front of this familiar group can help them to overcome fear of speaking and develop public speaking skills.

Having fun is part of the process and so is learning. Some learning activities are fun, others may not be as fun. Most kids don't beg to do project talks, demonstrations or record keeping. Those in livestock projects aren't always excited about doing chores. But encouragement and help from parents and 4-H leaders can help the child to develop personal responsibility and life skills.

4-H is like most other things, you get out of it what you put into it. If you put a lot in you will get a lot back. But if you don't attend meetings, work to prepare and give a demonstration, volunteer to help with service

projects, the learning and skills will not just happen. Parents probably have to encourage and maybe even push at times. But those extra pushes may lead you to hear those glorious words: "Mom, Dad, I'm so glad you had us..."

The new 4-H year will be starting Oct. 1, so September is a great time to visit clubs and see which one is the right fit for your child. Most families choose a club that has a friend already as a member. 4-H can be a family activity as the entire family is welcome and encouraged to participate. Families with children of similar age and interests often find it fun to work together.

We have five clubs in Thomas County, three in Colby, one in Brewster and one in Gem for the Gem and Rexford area. All hold their meetings on a Monday. For information such as leaders' names and dates and times of meetings, contact the extension office at (785) 460-4582, or thomas@ksu.edu or stop by and see us in the Thomas County Office Complex at 350 S. Range.

Your kids want to have fun with friends. You want to prepare them for life. 4-H is the best of both worlds!

A little side note: The 100th Kansas State Fair starts this Friday and continues through Sept. 16. In celebration, Kansas State University and K-State Research and Extension will sponsor K-State Day Sunday. There will be a variety of entertainment and activities. Outside 4-H Centennial Hall there will be tables and tents for mini 4-H project experiences. I haven't heard details, but a fiber arts group was collecting old T-shirts. If you are close, be sure and go into the 4-H Centennial Hall, full of the best 4-H project exhibits from across the state, including several from Thomas County.

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

Deaths

Emma June Lock

Emma June Lock, Oakley, was born at 12:34 p.m. Thursday, Aug. 30, 2012, at Citizens Medical Center in Colby to Derek and Melissa Lock of Oakley. She died shortly thereafter.

Emma weighed 6 pounds and measured 19 inches.

Her maternal grandparents are John E. and Beth Swenson, Charleston, Ark., and Terry and Lori Clark, Lawrence. Paternal grandparents are Lee and Pauline Lock, Wallace.

Maternal great-grandparents are Jerry and Leona Clark, Colby, and John C. and Karen Swenson, Grove, Okla.

Aunts and uncles include John C. Swenson, Covington, La.; Josh

(Katie) Swenson, Lenexa; Leasa (Glen) Huddle, Oakley; Tricia (Chris) Unruh, Lakin; and Rossanna (Pete) Ziegelmeier, Gem.

She was preceded in death by great-grandparents, Kenny and Marylou Henning, Clyde and Francis Lock and Emerson and Cleo Langdon; a great-uncle, Randy Henning; and an uncle, Jason Rice.

Services were at 10 a.m., Monday, Sept. 3, 2012, at the Dinax Community Church in Wallace, with burial in the Fort Wallace Cemetery.

The family suggests memorials in her name in care of the Baalman Mortuary, Box 204, Oakley, Kan., 67748.

Patricia Rose Herin

Patricia Rose Herin, 61, Overbrook, an Oakley native and sister of Verlene Mader of Oakley and Eugene Schoenberger of Brewster, died Tuesday, Aug. 28, 2012, at her home.

She was born July 6, 1951, in Oakley, to Daniel Lawrence and Mary Ludguina (Dechant) Schoenberger. On Dec. 17, 1971, she married John Rogers Wechsler. They divorced in 1994.

On Dec. 28, 2002, she married Kenneth Charles Herin in Overbrook.

She graduated from Allen County Community College and from Washburn University with a bachelor's degree in social services, she worked for KVC Behavioral Health Services and for St. Francis Community Services.

Preceding her in death were her parents, brothers Richard Schoenberger and Alvin Schoenberger,

and sister Doloras Schoenberger.

Survivors include her husband, of the home; four children, Kirby (Jill) Wechsler, Overbrook; Jaime (T.J.) McCoy, Osage City; Greta Ann (Diek) Wheeler, Harrisonburg, Va.; and Gregg (Shannon) Herin, Topeka; three more brothers, Edward Schoenberger, Greensburg; Daniel Schoenberger, Garden City; and Ronald Schoenberger, Enders, Neb.; three other sisters, Dorothy Savacool, Goodland; Darlene Hileman, Enders; and Cindy Everly, Lyndon; and 10 grandchildren.

Memorial services were Saturday, Sept. 1, 2012, at the Grace Community Church in Overbrook.

The family suggests memorials to Gideons International or the St. Francis Breast Center, in care of Feltner Funeral Home, 822 Topeka Ave., Lyndon, Kan., 66451.

Tumor doesn't keep Eric from being boy

By Carolyn Plotts

c.plotts@nwkansan.com

If you ask 3-year-old Eric Kuhlman what he wants to be when he grows up, he doesn't say a cowboy or a fireman. He says he wants to be like his daddy.

And with a miracle of modern medicine, that may just be possible.

In July, Eric, the son of Matt and Brandy Kuhlman of Norcat, was diagnosed as having cancer, a Wilms' tumor on his right kidney. His mother said this type of cancer affects children age 3 to 5. It is usually found after the child has an accident, she said, adding that doctors told her Eric was born with the tumor, but it wasn't until after he fell at a waterslide July 6, that he began to complain of his side hurting.

That Sunday, she said, he couldn't walk, his stomach was hard and he wouldn't allow anyone to touch it. His parents took him to the emergency room at McCook Community Hospital.

Blood work showed his white-cell count was three times higher than normal. X-rays and a CT scan were done. A surgeon told Eric's parents a mass had been found on this right kidney. Children's Hospital in Omaha was recommended as the best place to take him, and by 8 p.m., he and his mother were in an ambulance headed for eastern Nebraska with his father following right behind them.

The family arrived in Omaha by midnight, where a surgeon met them and double-checked the tests. He offered the worried parents some good news: the tumor had not spread. July 10, Eric's right kidney and a 1 1/2 pound tu-



Carolyn Plotts/Oberlin Herald

Three-year old Eric Kuhlman, who has to travel to Omaha once a week for chemotherapy treatments, rode his "bucking horse" in the living room of his home in Norcat. Friends and family are sponsoring a benefit hog roast at 7 p.m. Saturday at the former Norcat Grade School.

mor the size of a grapefruit, were removed. Waking after the surgery, Eric cheered his parents even more by asking for a cheeseburger Happy Meal. Doctors said it's always a good sign when a child's appetite returns.

Eric's medical team has recommended chemotherapy as a precautionary measure - just to be sure the cancer is gone. Brandy

Kuhlman said doctors put no limitations on Eric, and he is your normal rough-and-tumble boy, though he tires easily. She said he needs to avoid sick people, as his immune system has been weakened. He will be monitored for two years: if the tumor comes back, doctors say, it should be within that time. After that, he will be checked less frequently. After 10 years, assum-

ing the tumor doesn't reappear, he should be fine.

Eric has to go to Omaha every week for six months to take chemotherapy. Brandy Kuhlman said he has been "a little trooper" throughout the whole ordeal. She said he doesn't fight the nurses at all when he receives his treatments. He calls the port where he receives his drugs his "bump."

"He's the best kid ever," she said. "He takes it all in stride."

His mother works for Joe Dawson at his hog farm near Norcat, while his dad works for Sumner Farms. His mom had nothing but praise for both their employers.

"The whole Sumner family and Joe have been terrific," she said. "They've been so kind to us, understanding when we needed to go to doctor's appointments and everything."

"We've sent thank-yous, but that doesn't come close to expressing how grateful we are."

The family has tried to have fun during this ordeal, she added. They went to the Omaha Zoo, where Eric said, "I like to go to the zoo and I like the lions, too."

To help the family with medical and transportation costs, a benefit hog roast will be held at 7 p.m. Saturday in the multipurpose room at the former Norcat school building. Ed Braun, Lance Braun and Greg Vanover will cook a hog donated by Jesse and Megan Carter of Jennings. Brandy Kuhlman's sisters, Kasey and Brianna Cook, are organizing the event. Other helpers will be Eric's grandparents, Tami and Brian Cook, Norcat, and Ron and Raye Kuhlman, Oakley.

Everyone is invited. Donations will be accepted.

Retreat designed to heal

Rachel's Vineyard will have its next retreat, designed for anyone affected by abortion, Friday through Sunday, Sept. 28-30, at a private retreat house in the northwest Kansas area.

"Once a woman has an abortion, she pushes it to the back of her mind," said Donetta Robben, retreat director, "but the pain remains, and women must pretend everything is OK when they are really falling apart inside."

"Rachel's Vineyard provides a nurturing environment where anyone affected by abortion can safely grieve their loss while dealing with the anger, guilt and shame that accompanies this decision."

The retreat is not only for women who have had abortions, she said, but for men, grandpar-

ents, aunts, uncles, siblings, married couples, people who have worked in the abortion industry - anyone affected.

Robben said the weekend will mesh religion and psychology into an intense, emotional, supportive and nonjudgmental process.

"There is also a need to grieve," she said. "These individuals have experienced the loss of a child, but society says they need to get up the next day and go on. They have never had the chance to grieve this loss, so at Rachel's Vineyard Retreats, a safe environment is created that allows this grief to take place."

For information, contact Rachel's Vineyard at (877) I-GRIEVE or rachelvineyard@ruraltel.net. Registration deadline is Thursday, Sept. 20.

Corrections

The starting date for the chronic disease workshop at Citizens Medical Center was incorrectly stated in the article "Colby hospital to offer classes" on Page 1 of the Thursday, Aug. 30, *Colby Free Press*. The workshop will begin Monday, Sept. 10, and continue every Monday for six weeks. This was an editing error.

★ ★ ★ ★ ★
The article "Truck Convoy Headed to Colby," on Page 1 of the Friday, Aug. 31, *Colby Free Press*, gave the wrong starting time for the convoy. Registration will begin at 8:30 a.m. (Central

Time) in both Oakley and Goodland. The convoy will leave the Mitten TA Travel Plaza in Oakley at 10 a.m. and Wilkens Truck and Trailer in Goodland at 9:45 a.m. (Central Time). The story also said the convoy will finish at noon, but organizers say they do not have an exact time. These were reporting errors.

★ ★ ★ ★ ★
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)	\$8.23
Corn (bushel)	\$7.80
Milo (hundredweight)	\$13.59
Soybeans (bushel)	\$16.68

General Public Transportation Van

Hours: 8 a.m. to 4 p.m.
Days: Monday - Friday
Phone: 785-460-2901
(8 a.m. - 12:30 p.m.)
785-443-9208
(12:30 - 4 p.m.)

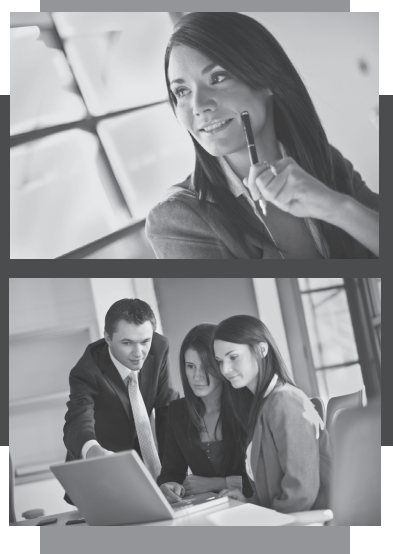
If possible call for Reservations by 11 am the previous business day. Provided to Colby, Brewster, Gem, Menlo, Rexford and a Portion of Oakley as needed.

"This Project Funded in Part by the KDOT Public Transit Program"

This could be the **Opportunity** You've been waiting for...

The Colby Free Press is looking for a **FULL TIME ADVERTISING EXECUTIVE** to join our team selling advertising for NorWest Newspapers. The work week would be 40 hours with occasional evening and weekend duties. Computer skills with Excel, Photoshop, InDesign, and Acrobat helpful but not required. Must have good communication skills, excellent customer service skills with attention to detail, and enjoy a fast paced atmosphere.

Send a letter and resume to Sharon Friedlander, Publisher, at 155 W. Fifth St., Colby, Kan., 67701, sfriedlander@nwkansan.com or apply in person. No calls please.



Wishing **Mark & Ardath Beringer** a happy 30th Anniversary

With much love, your kids and grandchildren, Curt and Christina David and Jessie, and Jade, Adam, Luke, Maya and Eli

ANY TIME IS GRILLING TIME! TRAEGER GRILL SPECIALS!

PELLETS ON SALE NOW!!
Traeger Bar-B-Q Pellets • \$13.50/Bag

September 1st-15th ONLY Large Orders Call on Friday
GRILLS • PELLETS • SUPPLIES
Traeger Supplier - Downtown Colby

CARQUEST AUTO PARTS **COLBY AUTOMOTIVE**
Hours: 8-12 & 1-6 • M-F & 8-12 Sat
590 N. Franklin • Colby • 785-462-3349
Thanks for your patronage through our 34 years in downtown Colby!