People often need to be reminded how good they really are.

Life has a way of sucking the goodness out of people. Whether it is temporary or longterm, something comes along to be a "goodness sucker." When you are a child, you want to be notable in your parents' eyes. You ask for their attention in various ways, with a natural instinct to try to achieve that in any way you can. When it is lacking, you may act out just to receive some attention.

As you get a little older the days on the playground will serve as one of your platforms. You will try to be good at the things you try to gain friends and respect. When there is a lack in the areas mentioned, you may become snotty and even mean to try to demand attention.

Then the teenage years come and you start to develop a desire to have a place in society. You may start to dress a certain way or talk a certain way, all in hopes to be the best you. As you phase into adulthood, the responsibilities become greater as well as greater amounts of stress. You handle each stress differently and may be able to handle some better than oth-

In all of these scenarios some things are still vital. What are they? They include the fact that you matter. Whether or not your parents give you the attention you deserve, you matter. Whether or not your friends on the playground think you're the best at things, you matter. Whether or not people understand why you are acting like you do, you matter. Whether or not the stresses of adulthood have weighed you down, you matter. In the good and the bad situations in life the same theme runs through it all – you matter.

We can easily forget this, as I know from experience. Each of us has various experiences. As a third child of four, I can remember doing

The 2012 edition of the Kansas

4-H Dog Conference is Saturday

and Sunday, Oct. 20-21 at Rock

Springs 4-H Center south and

This year's theme is "Taking

a Paws for Health." Dog owners

and their pets are welcome, said

Jim Adams, K-State Research and

Extension 4-H youth development

specialist and liaison to the 4-H

Dog Care and Training Action

Team which is organizing the con-

west of Junction City.

October

2012



the Pulpit my family. I can remember enjoying attention

from my parents. Craving the time spent with Mom and Dad, individually and together.

As I went to a few different schools, I remember trying to prove myself at each school. Even at the school I attended longest, I remember continually trying to prove myself. As one who had struggles as a teen, I remember trying to be more mature to fit in with those older than I was, including adults.

As an adult, I have had various stresses and found myself swimming in worry. I wish I would have had someone there reminding me along the way that I mattered. This last sentence is not to say that I was degraded or never received any encouragement, but life has a way of drifting. Amongst our drifts, we tend to forget to remember that we matter or to remind someone else that they matter.

Recently, I saw the movie titled, "The Help," about the lives of black women who served as maids in the homes of white families. The maids were often referred to as "the help." They were often degraded, due to segregation. Some families built separate bathrooms for their "help" to use. These maids were more than cleaning ladies. They were nannies to young kids; they invested their lives in their work, caring for the families.

One of the main characters worked for a the two was around 3 years old. The maid to reached at (785) 460-6322 or by e-mail at jarsome things to try to make myself stand out in this family would often say to this young girl, rods@att.net.

The two-day event is intended line for registration is Monday.

go to: www.Kansas4-H.org. Dead-

Quotes as of close of

previous business day

**Hi-Plains Co-op** 

\$8.05

\$7.00

\$12.07

\$14.80

Markets

Milo (hundredweight)

Wheat (bushel)

Corn (bushel)

"You is smart. You is kind. You is important." Then, she would have the little girl repeat the phrase back. She wanted this little girl to know that she mattered, not only in the eyes of the maid but in the eyes of the little girl.

As a parent, I have found it is necessary to make sure my kids know that they matter. There have been several times when I told my son I was proud of him he would get a smile on his face. It immediately showed me how important it was for me to express that. There have also been times when he would ask why I was proud of him.

Parents, I want to challenge you to let your children know that not only do you love them, you are proud of them, no matter their age. I still enjoy it when I hear those words from my parents. We cannot fill children's minds with encouragement that simply makes them feel good but tell them honest words describing why we are proud of them. This is also important when you may be talking to a younger child that is experiencing some jealousy of

I also want you, as a reader, to understand that you matter. You is smart. You is kind. You is important. You are good at many things. May you utilize those good things as you go through life. You are important to your culture and society. You have a lot to contribute. You matter to many, including me. Though I may not know you, I would be able to find something to be proud about. Celebrate your accomplishments and revel in your smallest of

Remember, you matter. Now, say this phrase a few times, "You is smart, you is kind and you is important!"

Jarrod Spencer is the minister at the Colby family with two young children. The older of Church of Christ, 510 East Fourth. He can be

## 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



of Colby invite friends and family to join them in celebrating her birthday Wednesday, October 3rd

her at: 870 Sunset Dr., Colby, KS 67701

colby.editor @ nwkansas.com

# Candidate from Colby

Among the nominees for Fort Hays State University's Homeorganizational leadership ma-Broeckelman, a junior from have an average of 2.5. Selden, a heath and human per-Sigma Chi sorority. Broeckel-Plains High School, while Mill- 6, against Lindenwood Univerer graduated from Colby High.

Homecoming weekend is from Thursday to Sunday, Oct. coming 2012 court are Tyson 4 to 7. Each student organiza-Miller, a senior from Colby, an tion at Fort Hays was encouraged to nominate a candidate jor, nominated by the Anderson for king or queen. Candidates VIP Ambassadors, and Isaac must be full-time students and

The king and queen will be formance major, nominated by announced at halftime of the Fort Hays Tiger Homecoming man graduated from Golden football game Saturday, Oct.



A funny thing with a diet, the second day of a diet is always easier than the first. By the second day you're off it. Jackie Gleason

If you haven't already guessed, yes I am going to talk about a subject that is on most minds but one which we hate to talk about... DIETS! If you think I ride my old crusier bike around town for the scenic ride each day, you are wrong. I like everyone else I know, has the desire to lose pounds. And you know how much of a challenge that is. Did you know that in 10 very small little M&Ms there are 103 calories and you would have to walk 5 minutes to lose those 103 calories. I do not know about you, but who in the heck, can only eat 10 M&Ms anyway?..."! can't". There were two little girls who were playing, they went into the bathroom together to wash their hands, the one little girl looked over to the bathroom scale, the other little girl, said "do not get on that thing, cuz it always makes my mommy cry." Here is my challenge to you...join me in trying to stay active... save gas, get healthier an eliminate some stress...try to walk, or ride your bike as much as you can around town. "We could become known as the

"Bike Riding City". See you out there!

"an agent outselling"

Stock Realty & Auction Co. mollyo@stockrealtyandauction.com (785)462-5203

In the articles "Residents ask city for dog park here," on Page 1 of the Monday, Sept. 4, Colby Free Press, the name of Melissa Leavitt was misspelled due to a reporting error.

to us at 462-3963.



The family of

Dreuscilla Washburn with a card shower.

Cards may be mailed to

We want your local news:

## Vivian Rose Backus Houston

Vivian Rose Backus Houston was born in Colby, Kansas on August 29, 1926. Vivian grew up in and around Colby and graduated from Colby High School in 1944. She often attended the high school reunions.

Vivian married Kenneth Eugene Houston (Gene) in 1945. They had three children; Phillip, Tamara, and Robert and lived on a farm outside Gem. They

moved to California and raised their children there but kept their farm and continued to operate it for many years, always returning for harvest. Vivian and Gene were divorced after 16 years of marriage. Gene passed away in 1992 and is buried in the Gem cemetery.

Vivian subsequently remarried and had a full life. Vivian had a successful career as a bank teller, secretary, and dispatcher for the fire department. She retired in 1979.

Vivian loved music and loved to dance! She was a faithful attendant of the Sacramento Dixieland Jazz Festival for many years. She also square danced for many years. Vivian loved to travel and had been to Europe, the Far East, South

America, China, Mexico and Hawaii; but nothing made Vivian happier than to spend time with her family. Vivian was welcomed into Heaven on September 2, 2012 by her

grandsons Michael and Aaron Houston, her sisters Violet Wentz and Verleen VanHorn, her parents John Backus, Florence Keck and her stepfather Howard Keck. Her memory will live on in her children, her grandchildren Shara,

Alex, Katelyn, Dawna, Michael, Josh and his wife Chris; her great grandchildren Aamanda, Sophia, Zeke, Evan, Ethan, and Camryn; and her many friends. A celebration of Vivian's Life will be held on October 9, 2012 at 1pm at

Campus Commons Senior Independent Living Center, 22 Cadillac Drive, Sacramento, CA 95825.

# Paul & Shirley are celebrating their 65th anniversary! If you are unable to

# Paul & Shirley Brown Surprise 65th Anniversary Celebration

Sunday, October 7th, 2012 2 - 4 p.m. ~ come & go

Home of Doug & Wanda Brown 1385 Lue Drive, Colby, KS 67701



attend, we're having a greeting card shower. Please send the cards to Doug & Wanda Brown, 1385 Lue Drive, Colby, KS 67701 or email notes of congratulations or favorite memories to share to DougBrown71@hotmail.com If you have contact with anyone who knows Paul & Shirley, please pass this message along to them. Thank you for helping make this a special day.

4-H to offer dog lovers' weekend

to help 4-H members and fami-

lies enrolled in the dog project or

considering it to learn more about

caring for a dog, animal health,

and teaching a dog to be a good

The cost to attend is \$65 per per-

son, plus \$5 per dog, and includes

conference materials, meals, and

For registration or information, Soybeans (bushel)

## Wed Thu Fri Sat Sun Mon **Tue** Rawlins 2 3 4 5 6 County Dr. Rubinowitz Oncology Health Center **Jltrasounds** Cardiac Rehal Diabetic Clinic MRI's Cardiac Reha 7 8 9 12 13 10 11 Dr. Reeves Dr. Frankum **RAWLINS Podiatry** Surgery **COUNTY** Nuclear HEALTH Cardiac Rehab Cardiac Reha Diabetic Clinic MRI's Cardiac Reha **CENTER** 14 16 18 19 20 **17 COMMUNITY** Dr. Curtis **CALENDAR** Cardiology Cardiology Ultrasounds Ultrasounds Cardiac Rehab MRI's Cardiac Rehab 707 Grant Diabetic Clinic 21 25 26 27 22 23 24 Atwood, KS 67730 (785) 626-3211 **Jltrasounds** Medicine Ultrasounds Cardiac Reha Cardiac Rehab Diabetic Clinic Cardiac Rehab MRI'S Bringing 28 30 29 31 Specialized Dr. Frederick C Healthcare Cardiology To Your Ultrasounds Community Cardiac Rehal Cardiac Rehab Diabetic Clinic

To schedule an appointment with a visiting physician, PLEASE CALL (785) 626-3211 Cheryl Banister, RN **Specialty Clinic Director** 

## Harold Eugene Jones

Harold Eugene Jones was born in Ellsworth, Kansas on October the 15th, 1933 to ohn Edward and Mary Ethel (Pegram) Jones. Harold was the 9th of 10 children and moved with the family to Colby, Kansas when John followed railroad work. Harold attended Colby public schools and graduated in 1951. His love for sports started as an Eagle when he competed on the football, basketball, track and wrestling teams.

In March of 1952, Harold enlisted in the U.S. Army as an infantryman. He volunteered for additional mountain training and shipped out to Austria, returning in 1955, just before the end of the Allied Occupation of Austria. Even in middle

of the Korean Conflict era and far from home, Harold found time for sports, competing in the Spaghetti Bowl where footballers from Austrian and Italian occupation forces competed. Harold left active duty as a sergeant in Headquarters Company, 3rd Infantry Battalion, 350th Infantry Regiment where he worked in the operations and intelligence section.

On August 21st, 1953 he married Grace Irene Barnett of Colby, Kansas. Harold and Grace were the parents of Donald Eugene and Linda Irene who graduated as Colby Eagles in 1979 and 1982 respectively. Also in 1955, Harold joined the First Baptist Church of Colby and accepted Jesus Christ as his Lord and Savior. He served as Deacon, Trustee and Usher over the years.

Fresh from his Army tour and newly married, Harold worked for an outdoor advertising company for about 4 years. In 1960, he began working at the U.S. Post Office, spending most of his years as a clerk. Many citizens of Colby remember the friendly man behind the counter who handed out Tootsie Rolls, conversation, and a smile in equal measure. It was during these years that Harold cultivated a life of public service. He could be counted on to help when asked and never turned down a request for assistance. Over the years, Harold Jones earned the respect and admiration of those around him – "He was a great man",

Harold worked on the Colby Eagle chain-gang and moved the marker down the sideline for every Eagle first down for years. He worked the ticket counter for Colby Community College basketball games and attended many Colby High School and CCC sporting events. Driving east, he attended football and basketball games for his beloved Kansas Jayhawks when he could and followed the games in the paper and on television, and radio when he couldn't. His influence and mentorship led one of his grandsons to become a sports broadcaster. His last words were "did you ever hear the final score of the KU football game?"

Harold loved nothing more than to play with his grand children and great grand children whom he cherished. They remember him as Grandpa...the one with infinite patience and a never ending supply of candy in his pockets. His enduring love for Grace carried into its 57th year, the highlight of his long and successful life. He was friend to all he met and always left a smile on your face. He was the perfect man for the job as volunteer at the Colby Visitor's Center – can there be any doubt that many travelers left Colby, Kansas for their destination with a smile on their face.

Preceding him in death were his mother and father; sisters; Irene Cruse, and Viola Svoboda. Brothers: William, Allen, Melvin, and Lloyd, and his loving son Donald Eugene Jones. Surviving him are his beloved wife Grace Irene of Colby, Kansas; his daughter Linda Irene of Montreal, Missouri; sisters Helen Thompson of Los Angeles, California; Mary Foster, of Gasville, Arkansas; and brother Oscar of Colby, grandchildren Kuper, Chris, Matthew and Tammi, and great-grandchildren Dominik, Evan, Phallon, and Montanna.

A Memorial Fund is being established for a scholarship fund for a man's basketball player attending

Colby Community College.