

Seminar urges positive ideas, setting some goals

By **KIMBERLY DAVIS**

Around 60 people learned some tools for developing a positive mental attitude during a motivational seminar at The Gateway last Tuesday.

Dick Kelsey, who re-opened Sappa Valley Youth Ranch this week, gave the seminar. Mr. Kelsey, a state representative, pastor and businessman, said it is easier for people to be negative than positive.

While trying to lead his first church, Mr. Kelsey said, he figured out there are two kinds of people — those who are happy and those who are grouchy. The happy people, he said, are the ones who have learned how to forgive others and can continue to love.

A person's mind is divided into two parts, he said, the subconscious and conscious. The subconscious is the part that stores information and works like a massive computer. Everything that a person has come into contact with is stored in that part of the brain.

The conscious part makes decisions based on what is in the subconscious, he said.

It is important, said Mr. Kelsey, not to fill the mind with negative things and attitudes, because then it is hard to have a positive outcome.

He said he believes if a person hears one negative thing, it takes about 10 positive things to overcome the one.

Mr. Kelsey had the audience of about 60 people stand up and repeat after him: "I feel healthy, I feel happy and I feel terrific."

Every morning, he said, you should say that a few times to yourself. It will help develop a positive mental attitude.

Put positive thoughts in your mind, he said, just like it says in the Bible in Philippians 4:8: "And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise."

Another part of being positive, he said, is surrounding yourself with positive people.

Make a plan, said Mr. Kelsey, and stick to it. Set goals and set a time line.

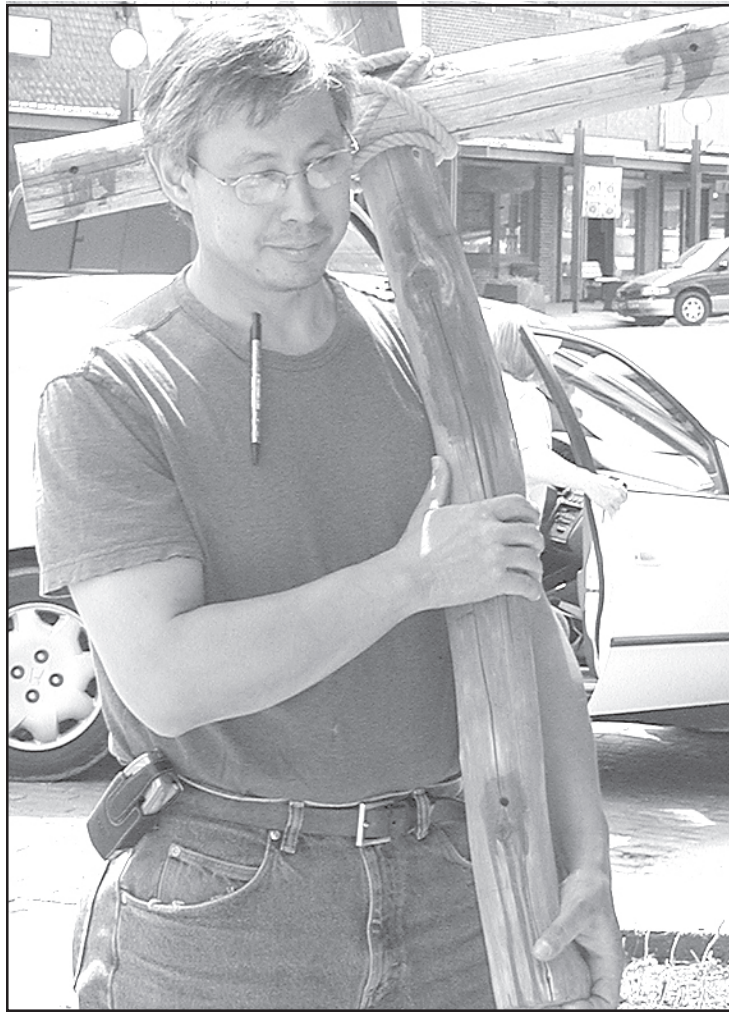
The principles of goal setting, he said, are to remember to shoot high, put the goals in writing, be specific and set time frames. Goals can be revised and adjusted as needed.

A goal, he said, isn't just something a person wishes for, but something specific, something a person is determined to do.

God has a reason and a plan for everyone. Keep on with your goals, even when things get tough, he said, and God will bless you. Everyone, said Mr. Kelsey, should have the goal of being more Christ like.

Willingness to succeed, he said, is directly based on a person's willingness to fail. Every time a problem arises, he said, the chance is there to succeed or fail — and to be negative or positive about it.

Just remember, he said, there isn't any problem or attitude that you can't handle with God's help.



Group gathers at stations

ON GOOD FRIDAY, the Decatur County Ministerial Alliance sponsored a walking "stations of the cross" service downtown, with songs, scripture and prayers to recount the walk Jesus made the day of his crucifixion. Pastor Charlotte Strecker-Baseler (above) held the picture for the first station. The service started in the gazebo at Centennial Park. Robert Rouse (left) took a turn carrying the wooden cross.

— Herald staff photos by Kimberly Davis

Group will guide northwest region homeland security

The state plans to start giving federal Homeland Security money to a regional group rather than directly to counties, the Decatur County attorney told commissioners at their meeting last Tuesday.

County Attorney Steve Hirsch, who is the county's representative to the regional agency, said the group held its first meeting in Hoxie Tuesday, April 4, to go over proposed bylaws. There are 18 counties in the group, each having at least one representative.

Probably the longest part of the meeting was setting up the board, he said. Besides a representative from each county, there will be one representative for each group including fire departments, emergency medical services, sheriffs and other first responders.

Some counties don't have a representative yet, said Mr. Hirsch. In the future, he said, the state will run Homeland Security money through the regional group.

That way, every county won't buy 100 Hazmat suits or lots of other things that they don't need. The region can buy the equipment and share it.

The regional director is from Smith County, he added.

The only thing that concerns him, said Mr. Hirsch, is that the group is so large that they will need a lot of people for a quorum to have a meet-

County roundup

At their meeting last Tuesday, the Decatur County commissioners:

- Heard that they need to update census numbers for the county's strategic plan, which is being worked on. Story on Page 10A.
- Heard that the state plans to start giving federal Homeland Security money to a regional group instead of to the counties. Story at left.
- Approved the firemen replacing a driveway at the fire station in Oberlin as long as the cost doesn't exceed \$1,500. Story at far right.

ing.

Was there a limit set on how many members can be from each county? asked Commissioner Ralph Unger. No, the group didn't say, said Mr. Hirsch.

Next year, he said, half of the money for Homeland Security that has gone to the counties will go to this group and then after that, it all will. That includes the money that the counties get from the Kansas Highway Patrol each year.

State road crew offers meeting

A \$6.5 million road project on the highway east of Jennings will be discussed at a public meeting at 10:30 a.m. Thursday at the city hall there.

The project along K-383 started this winter, running from the west Jennings city limits to the Norton/Decatur County line.

Representatives from the Kansas Department of Transportation and from Venture Corp. of Great Bend,

the contractor, will be at the meeting to answer any questions.

During the project, some city streets will need to be closed. Those will be discussed at the meeting.

"This major modification will widen the shoulders of the roadway and therefore eliminate a large section of guard rail just east of Jennings," said Jeff Stewart, construction engineer with the depart-

ment. "The remaining guard rail at four of the larger structures will be brought up to current Kansas Department of Transportation criteria for safety."

During the project, he said, over seven miles of pavement will be milled and resurfaced with seven inches of new asphalt. The department encourages anyone with questions to be at the meeting.

Museum rummage sale starts Saturday

The Last Indian Raid Museum is holding its annual rummage sale Saturday and Sunday in the Bohemian Hall.

For the past week, the museum has been taking donations of "gently used" items for the sale. They will still take donations up to Satur-

day. The sale will start at 9 a.m. and go to 4:30 p.m. on Saturday and from noon to 4 p.m. on Sunday.

Health fair to be next week

Booths will offer lots of information

Mark your calendars for the Decatur County Health Fair on Friday, April 28, at The Gateway.

Health Department Administrator Marilyn Gamblin said the fair will start at 10 a.m. and go to 3 p.m. Admission is free, and The Gateway staff will be selling lunch in the arena.

Ms. Gamblin said several health care providers signed up for informational booths.

So far, she said, the booths include:

- The Lions Mobile Screening Unit for hearing, vision, blood pressure and blood sugars. All the tests are free.
- Several nutrition booths.
- Fair Chiropractic Clinic.
- A helicopter from the Good Samaritan Air Care in Kearney in the parking lot between 11 a.m. and 1 p.m. if the weather and schedule permit it.
- An osteoporosis bone density scan for \$20.
- Decatur County Hospital, Cedar Living Center and Cottonwood Home Health Care.
- Decatur County Stand Against Violence.
- Valley Hope substance abuse treatment.
- Information on drug and alcohol use.

Ms. Gamblin said those who had blood work done for the fair will be able to pick up their results at The Gateway that day.

Fireman will pave driveway

The Decatur County commissioners told firemen they could replace a driveway at the fire station in Oberlin as long as the cost doesn't exceed \$1,500.

Fire Chief Bill Cathcart said instead of bidding the project and having someone come in and repave the driveway, they decided that they could do the work themselves.

The city and county will donate the equipment, said Mr. Cathcart, who said he had already talked with City Administrator Gary Shike and Road and Bridge Supervisor Tim Stallman.

The cost of material, said Mr. Cathcart, will be around \$1,500.

Where is the old concrete going to go? asked Commissioner Patricia Glenn. To the county road crew to be used for projects, said Mr. Cathcart.

He said Mr. Stallman doesn't have a problem with using a county truck to haul the old concrete out if the commissioners say it is OK.

The \$1,500 is everything? asked Commissioner Doyle Brown.

The only thing that isn't included are a few 2x6 boards for a form, said Mr. Cathcart, but he is looking for some used ones.



HOME FOR SALE FORECLOSURE

United States of America v. Tracey Glosser-Pershing and Kelly Pershing.

Date: Thursday, April 27, 2006
 Time: 10:00 a.m. C.T.
 Place: Decatur County Courthouse
 Property Address: 702 N. Penn, Oberlin

2 bedroom, 1 Bathroom, Bungalow with basement.
 Proposed Bid \$1.00

Property will sell subject to any unpaid real estate taxes or special assessments. No redemption rights.

For further information contact:
USDA Rural Development
915 E. Walnut, Suite 3
Colby, KS 67701 PH: 785-462-7671 (4)

PCAN
 Prevention of Child Abuse & Neglect

WHERE'S YOUR BLUE RIBBON?

April is child abuse prevention month. During this month and throughout the year, Decatur County Interagency Team is dedicated to raising awareness about child abuse and neglect and what each one of us can do to help keep children safe. Throughout the month coalition members will be passing out blue ribbons. The blue ribbon campaign raises awareness of the positive steps that can be taken to prevent child abuse. Please wear a blue ribbon to support a standard that every child should grow up in a loving, safe, nurturing home.

For more information on programs and how you can participate in the prevention of child abuse, call Roxy Cabral, NWKS Regional Prevention Center, at 785-460-8177.

Regional Prevention Center
 Prevention of Child Abuse & Neglect
 505 N. Franklin, Suite E
 Colby, KS 67701
 785-460-8177

1996 Cadillac Deville Loaded, Northstar, V8 Low miles, Super Sharp,	only \$6,230
2002 Kia Spectra only 57,000 miles, great gas mileage, below book	\$4,995
2000 Dodge Intrepid Showroom shape, Beautiful blue sporty car	\$5,720
1994 Bonneville Green, Fancy wheels, leather, Loaded	only \$1,954
1998 Chevy Lumina Pretty green, Purrs like a Kitten Below book	\$2,895
1999 Buick Regal Well cared for, Run / Drives excellent	\$3,850
1990 Mercury Topaz Great work car	\$ 695
1989 Ford F-150 Ext. cab, Good runner, Great for farm, 4x4	\$1,840

McCook Auto Mart

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