

Family

Death

Pauline Sorensen Goetsch
Pauline Sorensen Goetsch of Longmont, Colo., 93, died Wednesday, Dec. 1, 2004, at the Peaks Care Center.



P. Goetsch

She was born Oct. 24, 1911, in Colorado Springs to Soren Jens "Sam" and Julia Velma "Dot" (Warner) Sorensen. At the age of 7, she moved to Brewster and graduated from high school there in 1928. She married Walter John Goetsch on Sept. 19, 1928, in Atwood. They were married 68 years until her husband's death in January of 1997. In 1939, they moved from Colby to Greeley and to Longmont in 1979. In Greeley, she worked at Dodd's Dress Shop and the Curtis Shoe Co.

Babies

Paige Elizabeth DeGood
Daris and Adele DeGood announce the birth of their daughter, Paige Elizabeth DeGood on Tuesday, Nov. 18, 2004 at Citizens Medical Center in Colby. She weighed 7 lbs., 1 oz. and was 19 1/2

inches long. Grandparents are Dr. Ernest and Bonnie Cram and Dwen and Charilyn DeGood, all of St. Francis. Great-grandparents are Coy and Neva DeGood and Tom and Marvel Gleason, also of St. Francis.

for many years. She was baptized at Our Savior's Lutheran Church and in Longmont was a member of Bethlehem Lutheran Church and The Peaks Care Center Advisory Board. She was preceded in death by her husband, two daughters-in-law, two grandchildren, and a great-grandson. She is survived by three sons, Marno Goetsch of Lompoc, Calif., Leo Goetsch of Leawood and Jo Goetsch of Windsor, Colo.; a daughter, Deanne Sarchet of Longmont; 12 grandchildren, 27 great-grandchildren, many nieces and nephews and one cousin. Services were held at Bethlehem Lutheran Church, Monday, Dec. 6, with Pastor Matthew Bolz-Weber officiating. Burial was at Sunset Memorial Gardens in Greeley. Memorials may be given to Bethlehem Lutheran Church, 1000 15th Ave., Longmont, Colo.

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Federal government pegs \$100,000 for Kansas forests

MANHATTAN — The U.S. Department of Agriculture has officially recognized Kansas' forest lands as a natural resources concern — a big enough concern to be offering \$100,000 to help landowners start work on such management practices as thinning and planting trees during 2005.

Landowners have until Jan. 21 to apply for 2005 funding at their local Natural Resource Conservation Service office.

The \$100,000 is a small but important part of the \$22 million in the Environmental Quality Incentives Program.

Kansas received for 2005, said Bob Atchison of the Kansas Forest Service rural coordinator.

A state forest report spurred the federal agency's actions, Atchison, Kansas Forest Service rural forestry

coordinator. The service's 2003 inventory of woodland resources found that 47 percent of all hardwood and/or deciduous trees in the state's eastern forests were culls — unusable for wood products. A tree is considered a cull when its trunk is crooked and has lots of branches or when it is damaged.

"Of course, trees provide many other important benefits besides wood products: recreation, wildlife habitat and the like.

Nonetheless, our having this high a percentage of culls means we've got a natural resource that is going largely unmanaged for any purpose. If nothing else, it's not even close to reaching its economic potential for the state," Atchison said.

The forest service brought the issue to the attention of the Kansas Technical Committee, a group of 72

By TISHA COX

Colby Free Press

Holiday cheer is finally here but it can sometimes bring an unwanted friend with it.

Holiday stress is as much a part of the season as the festivities but Karen Beery, consultation and education manager with High Plains Mental Health in Hays, offered a few tips on how to reduce holiday stress.

She said a major cause of stress is time, or not enough of it.

Brewster announces honor roll

Brewster Public School has announced its first quarter honor rolls.

Students earning Honorable Mention (3.0-3.49) are:

Seventh grade: Rose Bear, Britany Burkholder, Nichelle Erskine, Spencer Holm, Callie Jorgensen, Tad Sheets.

Eighth grade: Aleisha Bremerkamp, Leanna Burkholder, Seth Carpenter, Chance Cranston, Tyler O'Connor, Jeff Reid.

Ninth grade: Amanda Albers, Melissa Baird, Michael Collett, Hayley Rice, Baylee Westover.

The tenth grade recipient was An-

slowly down and delegating to family members can help, as well as realizing one person doesn't have to do everything, and perfection isn't the rule.

Beery said people also can make lists to help get organized and instead of doing every holiday event possible, to cut back and pick specific things to do to help slow down.

Another source of stress can be gifts.

"Be sensible about gifts," she said, adding she's even been so bold

draw Starns.

Eleventh grade students recognized were: Amy Carpenter, Megan Fulwider, Branson Gilley, Cory Grantz, Aaron Horinek, Brent Pettay, Garrett Smith.

Twelfth grade: Paul Flanders, Jake Long, Mark Luckert, Josh Ryan.

Honor With Distinction (4.0)

Eighth grade: Brittany Schuette.

Ninth grade: Abbie Allen, Luke

Goudy.

Tenth grade: Audrey Hoyt.

Eleventh grade: Karman Selby.

Twelfth grade: Andrie Baird.

as to suggest people not give out gifts, but that doesn't sit well sometimes.

Instead, Beery said, families need to discuss gift-giving if there is a money crunch, or to avoid overspending. She said talking about alternatives and setting limits can help eliminate stress.

Family can be another holiday hassle. Sometimes families don't get the chance to see everyone but once a year, and that, couple with unrealistic expectations for the holi-

day can lead to problems.

Beery said people shouldn't expect everything to be perfect because things don't normally turn out as idealistically as people think they should be. She also said people need to try to be understanding if there are family members they do have differences with.

"Be realistic and realize you're not going to enjoy being around some as much as others," she said.

People dealing with grief can also be a concern. Beery said the holidays can be rough for people who have lost a loved one during the year, or others who get sad around the holidays.

She said the most important thing is for people to maintain contact with their family and to not isolate themselves. Beery said not rushing the holidays can also help. She said hints of the holiday start cropping up as early as September and by the time Christmas actually arrives, adults can be overloaded.

She said parents can help themselves by not getting in a hurry as Christmas approaches by waiting to put up the tree and the gifts beneath.

Talking to their children and setting limits about gifts and activities can also help eliminate problems.

Even though there are some many causes of stress, Beery said there is one quick way to reduce stress no matter the situation, from overcrowded stores while Christmas shopping or dealing with unruly relatives.

She said count to 10 and take a deep breath, which shuts down or slows the physical stress response.

"It backs that response off," she said.

Good planning, like shopping when stores aren't as busy, setting limits and being realistic are all good ways to deal with the holiday hustle.

Beery said even a little self-maintenance goes along way this time of year, like taking good care of oneself by getting enough rest, exercise, eating right and taking time out occasionally can all help.



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