

What does our legacy cost?

Legacy costs. That is a familiar term we have heard over the past several weeks as the Big Three auto makers try to stay afloat and competitive. In the sense the term is used here, legacy costs refer to the amount of money that has to be added to each auto sold to cover retiree’s health and pension obligations. In this sense of the term, legacy costs seem to appear in the negative.

But there is another way to look at those two simple words. Instead of considering “legacy costs” as a noun and an adjective, let’s consider the term as a declarative sentence. Legacy costs, a noun and verb in a simple sentence.

Well, maybe not so simple. Does legacy cost? Politicians are



Rev. John Schmidt

- From the Pulpit

very concerned about their legacy and how they will be remembered. I think, personally, that is a good concern, for it brings, hopefully, accountability.

But what about us? Do we have a legacy we leave? If so, what does it cost?

The cost is perhaps not so easily identified. It is woven each day into the fabric of our actions. It is laced in between the words we say as matched to the actions we do. Are we guided in our decisions by Godly Wisdom, are we sold out to

the World, or have we just retreated and are doing nothing?

Can we be too cautious in our living out of our Christian lives? An unknown poet gives us food for thought:

There was a very cautious man
Who never laughed or played;
He never risked, he never tried,
He never sang or prayed.
And when one day he passed away
His insurance was denied;
For since he never really lived
They claim he never died.
Retreat into one’s Self accomplishes nothing. Living worldly values instead of Christian values accomplishes nothing. Living your days for Jesus leaves a legacy.

Legacy costs. The price was three nails and a cross.

Museum opens new exhibit Sunday

The combined works of area artists, Marian Boyd and Kristin Johnson will be on display for visitors to the Prairie Museum of Art and History from Sunday to mid-March.

The exhibition includes Boyd’s watercolors and oil paintings along with Johnson’s gourd art. Johnson will share her personal collection of unique, decorative gourds that she has collected from other gourd artists.

Boyd will be available to discuss her watercolors and oil paintings with interested patrons on Thursday afternoon from 2 to 4 p.m. at the museum.

Johnson will present an oil pastel gourd pendant workshop for anyone interested in experiencing the unique style of creating cut-out jewelry made from gourds. Participants will start by planning a vase or bowl from the gourd, and then go on to create a pendant, and possibly beads, from the remaining parts.

An oil pastel and mineral spirits technique will be introduced and used. The workshop is scheduled for Thursday from 10 a.m. to 12:30 p.m. at the museum. The fee for the workshop is \$15, and registration is required. Anyone interested should contact the museum at (785) 460-4590 or e-mail prairiem@st-tel.net.

Boyd was born on her family’s farm located five miles west of Monument and attended school at Bethany College. It was during those years Marian learned to appreciate nature and the changes in the seasons, colors of the sky and beautiful Kansas sunsets.

She remembers intently studying pictures by famous artists and wondering what processes were used in their creation. Her time was spent making line drawings of the family dog, cats, birds, and plants.

Boyd tells of her fourth grade teacher asking her to create a Thanksgiving picture on the chalkboard with colored chalk. It was a great privilege for her, but remembers being a little critical of her work at the time. In 1958 she married Thelbert Boyd and moved to Monument where she resides today.

Boyd’s real connection with art came when she drove her young daughter to Colby Community College to attend an Outreach class with Kenneth Mitchell and ended up enrolling in the class herself. She enrolled in a number of other Outreach art courses, and continued gaining knowledge by reading various art books and magazines. Boyd says, “I feel that I am just a painter, I am working at becoming an artist.” She would

like to study abstract art and impressionism in the future.

In addition to being a gourd artist, Johnson is an art teacher and mural painter. Growing up 13 miles southeast of Hoxie. She has always loved art.

She received her B.A. in Studio Art and Art Education from Bethel University in St. Paul, Minn., and taught elementary art in Ionia, Mich.

It was there she met and married, Rick Johnson. With a growing family, Johnson transitioned to a half-time high school position and then to part-time, Kindergarten to eighth grade teaching job. She continued her art education at Central Michigan University. Along with her family, Johnson returned to Northwest Kansas this past summer to take over the family farm.

About six years ago, Johnson attended an art educators’ conference where she was introduced to gourds from Nigeria and made a gourd basket with a woven edge. She was immediately hooked and began creating gourd baskets, ornaments, and jewelry. Johnson has shown her work at gourd shows in Ohio, Missouri, Indiana, and Texas. Her jewelry, miniature work and wood-burned bowls have received a number of blue ribbons at many art shows.

Senior Progress Center

Wednesday from 11 a.m. to noon the Thomas County Health Department will be at the Senior Progress Center doing blood pressure checks. All seniors are invited to attend.

Activities for the coming week:

Monday: popcorn. **Tuesday:** 10 a.m. exercise; board meeting following lunch. **Wednesday:** 11 a.m. to noon, blood pressure check. **Thursday:** 10 a.m., exercise, 10:30 a.m. domino game.

Friday: 10 a.m. exercise, 10:30 a.m., pool game.

Menus for the coming week:

Monday: Swedish meatballs, stewed tomatoes, green beans, noodles, pears; **Tuesday:** chicken vegetable, casserole with vegetables, tossed salad, biscuit, fruit cup #1; **Wednesday:** brat with kraut, mashed potatoes, corn, bun, cinnamon apple slices; **Thursday:** Spanish rice with hamburger, carrots, fruit in gelatin, chips, spice

cake with topping; **Friday:** liver and onions in gravy, parsley potatoes, broccoli with cheese, bread, pineapple.

The Thomas County Nutrition Center invites anyone 60 and older and guests to lunch Monday through Friday at the senior center. Home delivery is available, as is pick-up service.

Make reservations at (784) 460-2901 by noon the day before.



Dr. Regier would like to let her patients know that she will be available at Family Center for Health Care beginning Thursday, January 22, 2009

To schedule an appointment, contact us at (785) 462-6184.

Stop by Family Center for Health Care or call us and we will help you complete the forms needed to transfer your original medical records to Dr. Regier.



Cindy Theimer, LPN



Nancy Arendt, LPN

Family Center For Health Care,
“Our Family Taking Care of Your Family.”
(Just east of the hospital)
310. E College Drive, Colby, KS.
(785) 462-6184, or 1-800-453-6751, after hours (785) 443-5171

‘Wise Up’ program well attended

Even though the weather was bad, a good crowd of 75 members of the Thomas County Wise Up and Count Down program showed up for their meeting on Monday night to hear Jenny Niblock, Advanced Registered Nurse Practitioner from the Family Center for Health Care, discuss the importance of a nutritious diet. The program was free to members of the “Wise Up,” group. Those who did not join the program, but still want to attend the Monday evening programs, can come for a \$5 fee.

Niblock told the group there are more obese people in the United

States than ever before, and because of this, there are more diabetics than ever before. She related this to the fact that people are eating too much junk food and, because of television and computer games, are not getting enough exercise.

A nutritious diet was discussed. People who did not attend the program can go to www.mypyramid.gov to see what should be included in diets every day as suggested by the United States Department of Agriculture Niblock said.

The “Wise Up” program is being sponsored by The Thomas

County Extension, Thomas County Wellness Committee and the Colby Recreation Department. The program started on Jan. 19, and 156 individuals have enrolled in the program to encourage area individuals to improve their health and slim down. The group will meet every Monday night at 5:30 p.m. for various programs.

On Monday they will hear Dr. Dennis M. Medeiros, Human Nutrition Department Head, Kansas State University College of Human Ecology, speak on Fad Diets — Why They Don’t Work.

Rawlins County Health Center

RAWLINS COUNTY HEALTH CENTER COMMUNITY CALENDAR

707 Grant Atwood, KS 67730 (785) 626-3211

Bringing Specialized Healthcare To Your Community

February 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 -Dr. Martin J. Rubinowitz Oncology -Cardiac Rehab	3	4 -Diabetic Clinic -Mammograms -Ultra Sounds -Cardiac Rehab	5 -Dr. James E. Reeves Podiatry -MRI's	6 -Dr. James E. Reeves Podiatry -Ultra Sounds -Cardiac Rehab	7
8	9 -Cardiac Rehab	10	11 -Dr. Charles E. Frankum Surgery -Brandie Ihrig Dietician -Ultra Sounds -Cardiac Rehab -Diabetic Clinic	12 -MRI's	13 -Cardiac Rehab -Ultra Sounds	14
15	16 -Bone Density -Cardiac Rehab	17 -Dr. Frederick C. Miller Cardiology	18 -Dr. Jeffery L. Curtis Cardiology -Diabetic Clinic -Ultra Sounds -Cardiac Rehab	19 -Dr. Saba Othopedics -MRI's	20 -Ultra Sounds -Cardiac Rehab	21
22	23 -Cardiac Rehab	24	25 -Diabetic Clinic -Ultra Sounds -Cardiac Rehab	26 -MRI's	27 -Ultra Sounds -Cardiac Rehab	28
<div>Happy Valentines Day</div> <div><div>In House Services Available Daily CT Scan ** Bone Mineral Density ** EKG Electrocardiograms</div><div>TO SCHEDULE AN APPOINTMENT WITH A VISITING PHYSICIAN, PLEASE CALL (785)626-3211 Cheryl Banister, RN Specialty Clinic Director</div></div>						

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* 'Part C' available for new checking households only. Must maintain checking account for six months, and \$100 minimum deposit required to open new checking account.
Freedom service requirements will apply.

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