

Start a project to clear up clutter by visiting library

I hope that you all had a wonderful Memorial Day weekend. I certainly did. It was a great time to garden, mow the lawn and complete some of the honey-do items on our list. This, brings me to a book that I recently found especially insightful. The book “Enough Already!: Clearing Mental Clutter to Become the Best You,” by Peter Walsh was published in 2009. A funny thing happened at my office however; I enjoyed reading it so much that I wanted to wait for an opportunity to write about it. Thus, it has sat cluttering my office for a few weeks. (So much for putting into practice what I read in the book!) Walsh is about helping the reader take control of the issues of mental clutter within your mind and life. He explains that we all have baggage in our lives and that we need to examine the stuff we carry around with us in our head. One really great suggestion was to consider what you are going to do and then make a realistic plan to complete it. He promotes living in the present and creating a vision for our relationships. What needs improvement in your mental attitude and in life? He provides useful questions for each person in a relationship that can help impact and change their relationship for the better. He also gives questions for the single person as well. Walsh covers family, money, health and work. He is brutal, blunt and yet on target much of the time.

Walsh has also written three other books. One is “How to Organize Just About Everything: More than 500 Step-by-Step Instructions for Everything From Organizing Your Closet to Planning a Wedding to Creating a Flawless Filing System” (2004). This was one of his first times to catch the worlds attention, so if you’ve haven’t read it, you might just skim it for ideas.

Another item is “Does This Clutter Make My Butt Look Fat?: An Easy Plan for Consuming Less and Living More” (2008). What a great book about how to curve our appetite for foods we may not need. This book helps the reader focus on the important things in their life and what they want their world to be like when they are finished. It takes a bit of work, but even a light reading will benefit those of us who can only take little steps at a time.

A third wonderful book written by this New York Times Bestselling author is “It’s all Too Much: An Easy Plan for Living a Richer Life with Less Stuff” (2007). This book is also about the belongings in your life. What is it you must have, need, want, and hope for. After you evaluate these issues, Walsh says it becomes easier to rid our lives of junk, pursuing the



Melany Wilks

Library Links

focus of our lives instead. Another issue that arises in families is that one person’s junk is another person’s treasure. Don’t worry, he deals with those issues too. The author doesn’t give one person in the family permission to throw everyone else’s stuff away. No, this is a fair process for family members to participate in. Take his challenge for the summer; see what you can accomplish just in three short months.

In case those books are checked out, fear not, we have others in that genre. The book “Reinvention: How to Make the Rest of Your Life the Best of Your Life,” by Brian Tracy is a great book to consider life choices for your job and career. Tracy helps you examine where you are, what you aspire to, and what you really think is possible. It was published in 2009, so it’s valuable current look at today’s job market and business situation is invaluable.

A very good book that discusses health issues that really impact our daily lives is: “Feeling Fat, Fuzzy or Frazzled?” by Richard and Karilee Shames. This book discusses the thyroid, adrenal gland and reproductive hormone-related metabolic problems of a person. It helps you identify your “endotype,” and gives you a “5-day jump-start program.” (front flap).

Two other good books that I do not have time to describe are: “One Less Thing to Worry About: Uncommon Wisdom for Coping with Common Anxieties,” by Jerilyn Ross (2009); “Always Looking Up: The Adventures of an Incurable Optimist,” by Michael J. Fox (2009).

Remember our exciting summer reading program began today with a movie matinee at 1:30 p.m. Encourage your child to “Be Creative @ Your Library.” The program is divided into three distinct offerings: Weekly Storytimes, Special Events and Imagination Station (Reading Challenge Game). Information can be found at your library, on the library website (colbylibrary.com), and on bulletin boards around town. For more information, stop by the library at 375 W. Fourth or call 460-4470. All programs are free of charge.

Summer hours have begun at the Pioneer Memorial Library: Monday – Wednesday, 9 a.m. - 6 p.m.; Thursday, 9 a.m. – 8 p.m.; Friday, 9 a.m. – 5 p.m.; Saturday, 9 a.m. – 4 p.m.; Sunday, 1 – 4 p.m. Come and stay cool at your library.

On the Beat

COLBY POLICE

Saturday
12:55 a.m. – Someone reported lying on the concrete in the 800 block of S. Franklin.
1:11 a.m. – Check to B-Hive.
1:45 a.m. – Barking dog.
2:14 a.m. – 911 call about wife hit in face. Report for battery.
2:50 a.m. – Unknown type of disturbance reported.
9:07 a.m. – Side mirrors damaged on pickup.
2:40 p.m. – Assisted sheriff’s office on possible drunken driver call eastbound on I-70 at mile marker 56.
5:45 p.m. – Gas skip reported at Love’s County Store. No report, mechanical error.
8:39 p.m. – Vehicles parked at the pond behind Terrace Dr. Vehicles moved.
8:08 p.m. – Citizens Medical Center called about drunk male leaving. Subject located and advised not to drive.

Sunday
12:55 a.m. – Sherman County Communications requested help locating subject to call parent and return home.
6:13 p.m. – Call about vehicles parked behind house.
6:45 p.m. – Vehicle stalled in intersection at Range and Williams. Highway patrol reported vehicle moved.
10:19 p.m. – Barking dog at Garfield and Pine. Owner contacted.
11:44 p.m. – Dog brought to the law enforcement center. Taken to Colby Animal Clinic.

Monday
9:12 a.m. – Gas skip reported. All OK; was card reader error; subject returned to pay.
9:31 a.m. – Animal complaint call in the 2100 block of U.S. 24.
3:01 p.m. – Ex-boyfriend of caller causing problems.
5:43 p.m. – Possible drunk or elderly driver heading northbound on Range; vehicle then parked in driveway.
5:54 p.m. – Recovered a walker in roadway on N. Range.
6:27 p.m. – Theft of American flag from yard. Will do further checking with subject who picks up flags left in yards for holidays. Flag to be returned.
9:19 p.m. – Assisted motorist on K-25 south of I-70. Taylor Motors contacted.

THOMAS COUNTY SHERIFF
Saturday
9:03 p.m. – Citizens Medical Center reported female subject bitten by dog in Rexford.
9:35 p.m. – Tractor struck by lightning at County Rd. 27 blocking roadway. Contacted County Road Department.
9:44 p.m. – Accident on I-70 eastbound at mile marker 50.
Sunday
1:08 p.m. – Vending machine glass shattered at I-70 rest area.
10:55 p.m. – Caller reported male subject continues to come on her property at Levant.
11:44 p.m. – Dog brought to the law enforcement center.
Monday
No activity reported.

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