

Believe in positive thinking

I am a strong believer in the power of positive thinking, and the idea that you get farther with a pinch of sugar than you do with vinegar has served me well through the years.

While I don't believe you should always cover your true feelings and indicate everything is "perfect," I think our society has swung the opposite direction. If you greet someone with "good morning" you will likely get the reply of "well, it's morning" or "what's good about it?"

As a society we like to complain and whine. This tendency includes all ages. To kids, I can get away with the reply, "Do you want cheese with that whine?"

I blame some of this social change on television. Many reality television shows have popularized rudeness and negative outlook. It is cool to put others down and be crass.

In 1952, Dr. Norman Vincent Peale published his best-selling book, "The Power of Positive Thinking." He popularized the idea that if you can change your attitude, you can change your life. Peale urged people to consciously train themselves to be optimistic and enthusiastic, to believe in themselves, to refuse to dwell on negative thoughts and to visualize success. He also vigorously advocated forgiveness, gratitude and building one's own character.

Who could argue with that? Apparently, the entire psychiatric community. His theories evoked universal criticism from psychiatrists, who labeled his advice shallow, simplistic and possibly dangerous. They theorized that some people might be so taken by the "self-hypnosis" of positive thinking that they would foolishly ignore obvious risks.

Clearly, extreme unreflective optimism can mask risks - you shouldn't cross a busy street without observing oncoming traffic simply because you are feeling positive and invincible. But I suspect more people suffer because of negativism than optimism.

Scientific research in 1998 proved the huge value of positive attitudes and optimism in producing happiness and mental wellbeing which returned validity to Peale's ideas. Even today, many Peal-isms are appealing and useful. I hope this gentle reminder will help keep you on track for a positive attitude and happier life:

- It's always too early to quit.
- If life gives you lemons, make lemonade.
- Success consists not in fighting battles, but in avoiding them. A masterly retreat is itself a victory.
- The trouble with most of us is that we would rather be ruined by praise than saved by criticism.
- We've all heard that we have to learn from our



Diann Gerstner

• Knowledge for Life

mistakes, but I think it's more important to learn from successes. If you learn only from your mistakes, you are inclined to learn only errors.

- Action is a great builder of confidence.... Any action is better than no action at all.
- Any fact facing us is not as important as our attitude toward it, for that determines our success or failure. The way you think about a fact may defeat you before you ever do anything about it. You are overcome by the fact because you think you are.
- Don't take tomorrow to bed with you.
- Formulate and stamp indelibly on your mind a mental picture of yourself as succeeding. Hold this picture tenaciously. Never permit it to fade. Your mind will seek to develop the picture.... Do not build up obstacles in your imagination.
- Getting people to like you is merely the other side of liking them.
- Stand up to your obstacles and do something about them. You will find they haven't half the strength you think they have.
- The more you lose yourself in something bigger than yourself, the more energy you will have.
- There is a real magic in enthusiasm. It spells the difference between mediocrity and accomplishment.
- We struggle with the complexities and avoid the simplicities.
- Imagination is the true magic carpet.
- We tend to get what we expect.

I believe we all need to remember what our mothers taught us "If you can't say something nice, don't say anything at all."

Then to get it to go along with positive attitude, tweak it by substituting positive for nice, "If you can't say something positive, don't say anything at all."

I want to challenge you this week to work on being more positive - in your words and your actions. Either start working on being positive or increase your level of positive energy and see if you can feel the difference at the end of the day or the end of the week. You might be surprised if you really do try to make some changes.

If you have children, share these ideas with them. A positive attitude could help develop a positive year at school. I'll end with: "The best makeup is your smile. There is no beauty like the one that comes from inside of you."

Be the best you that you can be!

Diann Gerstner is the family and consumer sciences agent for the Thomas County Extension office.

On the Beat

COLBY POLICE

Friday

7:31 a.m. - Driving while suspended report filed on traffic stop at I-70 exit 53 eastbound.
4:16 p.m. - Provided traffic control at Davis and Franklin.
9:24 p.m. - Caller reported theft.
10:52 p.m. - Provided information to motorist at Oasis.

Saturday

7:40 a.m. - Caller reported man lying at the end of street. Ride provided.
9:21 a.m. - Caller reported aggressive dog at large. Spoke with owner; verbal warning given.
10:02 a.m. - Removed dead opossum from roadway.
4:31 p.m. - Caller reported transients asking for money. All OK, brought subject to station for aid.
7:30 p.m. - Provided directions for subject at 1945 S. Range.
10:09 p.m. - Caller reported woman using a screwdriver to break into a window. Report filed.
10:19 p.m. - Caller reported barking dog. Not found with owner. Contacted owner by phone; will get handled.

Sunday

12:16 a.m. - Third party report of someone walking around house. Subjects talked to, suspect gone when officers arrived.
12:34 a.m. - Subjects on playground equipment at Arby's. Spoken to, all OK.
5:29 a.m. - Caller reported loud party. Not found.
8:33 a.m. - Provided six trailer courtesy warnings.
4:30 p.m. - Provided traffic control for oversized semi at Fourth and Range; semi headed east on U.S. 24.
5:59 p.m. - Caller reported subject's room unlocked; needs to get it locked so that no one steals from her. Got room locked up.
7:20 p.m. - Caller reported subjects making too much noise. Spoke to subjects.
8:14 p.m. - Caller reported vehicle seen speeding around neighborhood.
9:39 p.m. - Caller reported possible homeless subjects at Villa High Pond. All OK, were locals who would be gone shortly.

THOMAS COUNTY SHERIFF

Friday

7:17 a.m. - Custodian advised

of window broke at Golden Plains School, Rexford. Burglary/theft report filed; items entered in National Crime Information Center.
5:31 p.m. - Caller reported accident at City Limits.
8:03 p.m. - Caller reported loud vehicles near County Rd. 10. Spoke with reporting party.
9:51 p.m. - Caller reported accident at fairgrounds. No report.

Saturday

2:28 p.m. - Caller reported erratic driver on eastbound I-70 from mile 31. Stopped vehicle at eastbound rest area in median. Report filed.
4:25 p.m. - Caller reported car wrecked in ditch in the 300 block of County Rd. S. Driving under the influence report filed.
5:08 p.m. - Subject came to Law Enforcement Center about pickup struck on Wednesday or Thursday at Thomas County Fairgrounds. Report filed.
8:47 p.m. - Caller reported possible drunk man causing a scene in line at a ride at the Thomas County Fairgrounds. Unable to

locate.
10:36 p.m. - Found open door at Brewster School. Thomas County deputy and a Sherman County Sheriff's Office deputy reported OK.
11:38 p.m. - Caller reported subject walking in middle of U.S. 24 by Levant. Made contact, subject was drunk; family member picked him up.

Sunday

4:47 p.m. - Caller reported she received information that someone was trying to break into her house. Spoke to subjects; was a roommate, who was moving out.
5:53 p.m. - Caller reported six to eight head of cattle out on roadway in the 1700 block of County Rd. 5. All OK; owner there handling it.
7:41 p.m. - Assisted Colby Fire Department on grass fire call at County Rd. L.
9:37 p.m. - Helped motorist in parking lot at Oasis Travel Center.

Public Notice

RESOLUTION NO. PBC 2012-2
A RESOLUTION DECLARING IT NECESSARY FOR THOMAS COUNTY, KANSAS PUBLIC BUILDING COMMISSION TO PAY THE COSTS TO CONSTRUCT AND OUP A JAIL/DETENTION FACILITY IMPROVEMENT IN THOMAS COUNTY, KANSAS; AND TO ISSUE REVENUE BONDS IN AN AMOUNT NOT TO EXCEED \$2,000,000 FOR THE PURPOSE OF PAYING A PORTION OF THE COSTS THEREOF AND RELATED FINANCING COSTS.

WHEREAS, under the authority of K.S.A. 12-1707 et seq. (the "Act"), Thomas County, Kansas Public Building Commission (the "PBC"), a municipal corporation of the State of Kansas, has heretofore been created by action duly taken by the governing body (the "Board") of Thomas County, Kansas (the "County"); and

WHEREAS, the PBC has the power and authority under the Act to issue revenue bonds to construct, furnish and equip a jail/detention facility improvement in the County (the "Project"), the estimated cost of which is \$2,000,000; and

WHEREAS, the Board has made request of the PBC that the PBC undertake the Project and provide for the financing thereof in an amount of \$2,000,000.

NOW, THEREFORE, BE IT RESOLVED BY THOMAS COUNTY, KANSAS PUBLIC BUILDING COMMISSION:

SECTION 1. The Project. It is hereby deemed and declared to be necessary, based on the request of the Board, to construct, furnish and equip the Project.

SECTION 2. Revenue Bonds. In order

to pay a portion of the costs of the Project and related financing costs, it is necessary and advisable for the PBC to issue revenue bonds in one or more series (the "Bonds") in an aggregate amount of \$2,000,000, to be issued in accordance with the provisions of the Act, K.S.A. 10-1201 et seq., and all other laws of the State of Kansas supplemental thereto or amendatory thereof. The Bonds shall be revenue bonds of the PBC payable solely and only from the revenue received by the PBC from a lease or lease-purchase agreement entered into with the County pursuant to the Act. The Bonds may be issued to reimburse expenditures for costs of the Project made after the date that is 90 days prior to this date and otherwise as provided by U.S. Treasury Regulation §1.100-2.

SECTION 3. Effective Date of Project. This Resolution shall be published once a week for two consecutive weeks in the official newspaper of the County and shall be effective from and after its adoption by the PBC and such publication in the official County newspaper, except that, if, within 30 days of the date of the last of said publications, a petition in opposition to this Resolution, signed by not less than 10% of the County voters, is filed with the County Clerk, the Project shall not be undertaken and Bonds shall not be issued unless and until such motion are approved at a County special or general election.

ADOPTED by Thomas County, Kansas Public Building Commission on July 30, 2012.

/s/ Paul M. Stank, President

ATTEST
/s/ Randy Jones, Secretary

(Published in the Colby Free Press on Thursday, August 2, 8, 2012)

Underwear and microwave don't mix

LONDON (AP) - Note to self: A microwave is not for boxers.

British firefighters say they saved an apartment from destruction after a resident tried to dry his wet socks and underwear in a microwave oven.

The Dorset Fire and Rescue Service says firefighters rescued the man from his home and extinguished the kitchen blaze.

The fire destroyed the appliance along with the two pairs of underwear and socks inside it,

and caused smoke damage to the apartment southwest England.

"The fire safety message here is to never put clothing of any kind in the microwave or an oven to attempt to dry them," the Dorset firefighters said in a statement.

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