

This Is Potwin

Potwin, Kansas

January 2019

Are you going to make a New Year's Resolution?

About ½ of all New Year's Resolutions Fail, but that's still better than the less than 5%, who just set a goal. There are ways to improve your chances of success.

Accountability, so tell a friend or post it on Social Media.

Set manageable goals and be specific, i.e. I will lose 5 lbs by March 1st, 5 more lbs by May 1st etc. Break up big goals into smaller goals.

Write them down. Put them somewhere you'll see them, and review your resolutions regularly.

If you get off track, get back on as soon as possible. Just because you had a bad weekend doesn't mean you'll have a bad week.

Some of the most common resolutions are:

Improve your health: Lose weight and workout more often. Quit smoking. Stop drinking sugary drinks and drink more water. Eat healthier. Take the stairs. Walk regularly. Get more exercise. Get more sleep.

Things that can help motivate you are: Wear workout gear that makes you feel good, buy new sneakers. Switch it up; don't do the same things every day. Go to bed on time, with your partner. Avoid electronics in bed and clean your phone weekly.

Career and money: Stick to a budget. Make better financial decisions. Save money. Bring your lunch to work, eat out less. Make more money. Make a career change. Check your credit score. Pay bills on time, avoid impulse purchases.

Life and Self Improvements: Learn something new: Explore more hobbies. Learn a new skill, take a cooking class, guitar lessons, tennis lessons. Learn a new language. Write notes to yourself or write in a journal. Be nicer to the person in the mirror. Practice positive self talk, do daily affirmations, and meditate every day. Spend time alone. Volunteer. Do more good deeds for others. Make more friends. Find the love of your life or enter a relationship. Date more. Give more compliments. Start a vision board. Be on time. Stop procrastinating.

Clear the Clutter: Get rid of one small thing every day, or a big item once a week. Or a plastic sack of items every week. Donate old clothes or items that are still useful. Get organized.

Quality Time: Spend less time in front of a screen; TV, Phone, Computer, or Video Games. Take a social media break. Read more. Spend more time with your family and friends. Go outside, spend time in nature. Travel more. Live your life to the fullest.



PICCOLLAGE



PICCOLLAGE

It's time to register your cats and dogs for 2019.



Winter Weather Tips

for your four-legged friends!

It's a common belief that dogs and cats are resistant than people to cold weather because of their fur, but it's untrue. Like people, cats and dogs are susceptible to frostbite and hypothermia.

- 1. Keep Pets Inside**

Longer-haired and thick-coated dog breeds, such as huskies and other dogs bred for colder climates, are more tolerant of cold weather; but no pet should be left outside for long periods of time in below-freezing weather.
- 2. Provide Choices**

Just like you, pets prefer comfortable sleeping places and may change their location based on their need for more or less warmth. Give them some safe options to allow them to vary their sleeping place to adjust to their needs.
- 3. Make Some NOISE!**

A warm vehicle engine can be an appealing heat source for outdoor and feral cats, but it's deadly. Check underneath your car, bang on the hood, and honk the horn before starting the engine to encourage feline hitchhikers to abandon their roost under the hood.
- 4. Play Dress Up!**

If your dog has a short coat or seems bothered by the cold weather, consider a sweater or dog coat. Have several on hand, so you can use a dry sweater or coat each time your dog goes outside. Wet sweaters or coats can actually make your dog colder. Some pet owners also use booties to protect their dog's feet; if you choose to use them, make sure they fit properly.
- 5. Provide Shelter**

We don't recommend keeping any pet outside for long periods of time, but if you are unable to keep your dog inside during cold weather, provide them with a warm, dry, solid shelter against wind. If you're able to, consider providing shelters for stray cats in the neighborhood.
- 6. Be Prepared**

Cold weather also brings the risks of severe winter weather, blizzards and power outages. Prepare a disaster/emergency kit, and include your pet in your plans. Have enough food, water and medicine (including any prescription medications as well as heartworm and flea/tick preventives) on hand to get through at least 5 days.




thatpetplace.com

Information provided by the AVMA at <https://www.avma.org/public/PetCare/Pages/Cold-weather-pet-safety.aspx>

Some of the things the patrons of the library are thankful for:

1. My family. Parents and children.
2. My Pets.
3. The colorful fire hydrants. They make me smile.
4. My family's good health.
5. That I have employment.
6. A home and a warm bed.
7. Chocolate and coffee.
8. That I have a car.
9. Running water.
10. Laughter. My family's, my friend's, and mine.
11. Warm winter days.
12. That I am loved.
13. God.
14. The candy at the library.
15. Books, the library, and the great librarian. (Thanks! <3)

With the New Year, take a moment to be thankful. Tell the people in your life that you love them, and take joy where you can find it. Did you see tonight's sunset? It was amazing.



The poster features a circular logo for the National Weather Service, Department of Commerce, in the top left corner. The main title is "Cold Weather On The Way Here Are Some Safety Tips..." in a blue, bubbly font. To the right is a cartoon illustration of a man with a red hat, green sweater, and blue pants, looking cold with icicles on his nose and teeth. The background is a light blue, textured pattern.

- ❖ Wear layers of clothing to stay warm. Gloves and a hat will help prevent losing your body heat.
- ❖ Don't forget your pets! Bring them indoors or make sure they have enough shelter to stay warm and that they can get to unfrozen water.
- ❖ Protect your pipes. Wrap any outdoor pipes to insulate them.
- ❖ If you are using a space heater, place it on a level, hard surface and keep anything flammable at least three feet away (clothing, bedding, curtains, rugs, etc).
- ❖ If you use a fireplace, use a glass or metal screen large enough to catch any sparks.
- ❖ Turn off space heaters and make sure fireplace embers are out before leaving the room or going to bed.
- ❖ Never use a stove or oven to heat your home.
- ❖ Check on elderly friends and relatives as they are more susceptible to the cold.

As I Remember Potwin
by Velene Barber Brown

After spending several hours pondering over the Potwin Centennial Book, and being impressed with what our community had become in the late 1800s...I felt like it might be interesting for some to read what Potwin was like during part of my childhood . (1959-1967). Keep in mind the remainder of my family(The Jack and Velma Barber family) moved back to Potwin in 1972 and my siblings all graduated from Remington High School. And even though I only spent eight of my "growing up years" here, my childhood memories and my willingness to share them are what gives me "author's prerogative.)

Both of the southern entries into Potwin were basically the same as it is today with one big exception:Vickers Refinery. The 265 foot "cat cracker" was a Potwin landmark and could be seen for several miles before arriving in town. Vickers was going strong in 1959 and employed probably 75% of the community. Both the bank (then known as Potwin State Bank) and the large brick building known as Whitmore's Hardware were open for business. The Potwin Service Station and a small Drugstore and a short term clinic were on the opposite corners from the hardware store and bank.

The post office was where it is today and hasn't changed much since I was a kid. It was "visit central" back then and appears to be the same today. Anna Grace

Davis was the postmaster and I always considered her the "Auntie of Potwin" because she called me and every body else by name and was always friendly.

There wasn't a car wash in 1959 but there was a beer joint and a barber shop in the area where the 123 Tavern and the aluminum recycling bin are today. The building that caved in on itself last year was known as the Potwin Locker and was owned by Vic Jost. The current fireworks building back in the early 60's was known as Johnny's Cafe owned by Johnny Thomas and provided a coffee and eating place for the adults during the day and a "hang out" for the junior high kids in the afternoons and during the summers. The bigger building known most recently as Wilbur's was Potwin IGA and was owned and operated by Woody and Dode Wilson. Before the store opened there, it was briefly located in what has most recently been known as Hendricks Upholstery Shop. It is the only building on the west side of Randall street and used to be a two story building. It was also the beginning and the end of my shoplifting career!

I had picked a juicy plum off the produce rack and ate it before my mother caught me. She marched me back in the store with the plum pit in hand , confession on my lips, and shame in my heart! I believe I was 7 years old.

On the east side of Randall street the white building with faded red trim was the Potwin Fire Station. Next to it was an antique store, then a shoe repair shop operated by a deaf mute man by the name of Billy Jim Ball. The most notable thing about Mr. Ball was his smile; he wore it often. Next to his shop was a laundry mat. (now the McNary photography studio building) The current Josephs Law office was another meat locker (I didn't remember this, but LaVonne Baker did) and next to it was the Wheat State Telephone Co. building (home to our current library) The library was located in the Community House in a room on the second floor. Both the Community House and the Elementary school have undergone some major renovations on the inside but from the outside they look about like they did 60 years ago with one exception: The old gymnasium wasn't attached to the building. It looked like a huge white barn and set on the back of the parking lot. (next month....Potwin Activities)

A Wonderful New Year In Potwin!

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D A N C I N G F X W B C O N F E T T I R V N A N A
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T H G I N D I M F O E K O R T S C R B C T S Q N V

AULD LANGSYNE
BALLOONS
CONFETTI
DECORATIONS
FRIENDS
HOURGLASS
MEMORIES
NEWYEARSRESOLUTIONS
RAISEYOURGLASSES
STAYUPLATE

BABYNEWYEAR
CELEBRATION
COUNTDOWN
FATHERTIME
GOALS
JANUARY
MUSIC
NOISEMAKER
RINGINTHENEWYEAR
STROKEOFMIDNIGHT

BALLDROP
CHAMPAGNE
DANCING
FIREWORKS
HATSANDHORNS
KISS
NEWBEGINNINGS
PARTY
SPARKLER
TIMESSQUARE

*Happy
New Year*



Potwin PRIDE News

We received word that we have been granted the status of Community of Excellence for the years of 2019-2012. We are eligible for some grants because of this. We will be looking into some for the park project. The city council approved the government resolution we need to enroll again next year.

About 40 people and 4 dogs visited Santa at the tree on December 15. Kids were given a free hot dog and hot chocolate at the 123 Tavern. Thanks to the Lions Club for putting up the tree and co-sponsoring the activities.

We want to thank Westar Energy workers for putting the Christmas trees on the poles this year.

Have a Happy New Year!

Melvina Jones, secretary



Souper Bowl Sunday Soup Dinner
First United Methodist Church of Potwin
123 N. Anita

Sunday, February 3
12:00 to 1:00 PM

Youth will be serving chili and potato soup as well as relishes, desserts, and drinks in the church basement

Free will donation for youth mission activities

Everyone is invited to come support the youth

Potwin Christian Church

Please join us, Sunday, January 6th.

As we begin a study in Revelation.

Each week, during our worship service, Pastor Chuck plans on doing a chapter of the Book of Revelation.

Worship service begins at 10:30 am.