



New patio for community bulletin board

By NANCY SWAIN

The Community Bulletin Board in front of Quivira Federal Bank in Bushton has a new look! Recently the Bushton Proud committee engaged volunteers to create a checkerboard patio around the new bulletin board.

The design was achieved by using discarded bricks and reusing white gravel, and moving the bench to allow easier access to the board. Volunteers on the project include Duane Gish, Loren

Orth, Tom Swain, Addison Swain and Nancy Swain.

Bushton Proud purchased new plants and planters to complete the design. The Community Bulletin Board contains information on one side about the geographic center of Kansas, the history of Rice County, the Rabbits of Rice County and Lt. General Clarence Huebner.


The flip side has an area for current events in the area. Bushton Proud is a local non-profit committed to community improvement.

TOP LEFT: Addison and Tom Swain spread sand on new patio (Photo by Nancy Swain)

BOTTOM LEFT: New patio at Quivira Federal Bank (Photo by Nancy Swain)



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Through therapy, she learned of positive affirmations, personal phrases and beliefs about oneself that she used to help her navigate her way to believing she could become a good mother. However, she said it was hard for her to mentally accept those phrases she was saying to herself.

The text of the book contains some of the positive affirmations she had developed which became easier to accept as she read them to her son. Simultaneously, the development of her child's brain was positively influenced as he heard her voice through

rhymes, rhythms and high-contrast images

Dr. Jennifer Froese of Sterling College spoke next on toxic relationships. She said one of the ironies of personality disorders is that some people really can't see it in themselves because they lack the capacity to self reflect. This causes wide-spread destruction in their relationships with others.

She gave an overview of what causes toxic relationships which she said are hard to leave due to the fact that all humans prefer familiar situations despite the harm they entail.

Froese said many different causes of toxic relationships exist but her presentation focused on those where one person has narcissistic personality traits or narcissistic personality disorder. She said learning to recognize toxic patterns in relationships is key and identified several methods that can be utilized to end those relationships.

Amy and Rene Lucio, bilingual educators, provided the final presentation with a bilingual children's story hour and pinata fun.



History Harbor Founder Dr. Donna Devlin (Photo by Manuel Gomez)



Dr. Jennifer Froese concludes her presentation on toxic relationships Saturday at the History Harbor Grand Opening.(Photo by Manuel Gomez)

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Emma Hilger displays her book "I'm a Good Mom" before reading it to those in attendance Saturday at the History Harbor Grand Opening (Photo by Manuel Gomez)


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