

Family

Books uncover creative drive

The Pioneer Memorial Library is adding a few very good books.

The first is "Your Creative Brain: Seven Steps to Maximize Imagination, Productivity, and Innovation in Your Life," by Shelley Carson. The author tells us in her preface that "we are all (barring serious brain injury) equipped with basically the same brain structures" (preface, ix). Carson says we all have creative brains, but it is in the way our brain functions and that makes us creative.

The book gives clues and helpful hints to breaking out of our comfort zones and thinking patterns to better use mental resources to be more creative. Convergent and divergent thinking are discussed, along with emotional learning and growth and the need for continual learning. I enjoyed the small cartoons in almost every chapter as well. The book is well documented with notes, references and an index, but is readable and encouraging.

Another book on our brain is called, "The Shallows: What the Internet is Doing to Our Brains," by Nicholas Carr. Many have heard that we are skimming more and reading less deeply on the Internet and that the next generation's thinking patterns and abilities are changing. Carr discusses this and other factors that show how all of society has shifted from deep and reflective thinkers to people who



Melany Wilks

Library Links

make quicker and sometimes less thoughtful decisions.

The author tells of Christof van Nimwegen, a Dutch clinical psychologist who conducted a test for two groups to solve a puzzle. Each group was given computer software to transfer "... colored balls between two boxes in accordance with a set of rules governing which balls could be moved at which time" (p. 214).

He found the software that was more helpful actually hindered deep thinking for later moves in the puzzle. The group who had the software with less helps had to solve and figure things out in a different way. Thus, software that is user friendly and intuitive really hampered deep learning and thinking. This book has notes, a list of additional reading for the interested and an index.

A third book to help improve our lives is "Unstuff: Making Room in Your Life for What Really Matters," by Hayley and Michael DiMarco. This 173-page paperback is a quick read that will inspire you to really examine your

life to become spiritually fit – with your life in order – so stuff does not keep you from being all God wants you to be.

Another book we have just gotten is "Not Quite Adults: Why 20-Somethings Are Choosing A Slower Path to Adulthood and Why It's Good For Everyone," by Richard Settersten and Barbara E. Ray. This book is a compilation of studies and interviews with young adults, parents and such. It tells us we do not have a coddled group of young persons but those from 18 to 34 are finding transitioning into adulthood is taking longer.

The book discusses swimmers and treaders. Swimmers are those pursuing an education and slowly making their way into becoming thriving adults. Treaders are taking some higher education, but struggling or skipping crucial steps to successfully entering adulthood. Read the book, glean what you believe applies and let's be positive about the future of our youth.

Other books I do not have time to discuss that are interesting are: "Motiv8n' U: 8 Core Tips That Will Give You The Strength to Lead A Healthy, Motiv8in' Lifestyle," by Staci Boyer; "Sell Yourself First: The Most Critical Element in Every Sales Effort," by Thomas A. Freese; "Born For Love: Why Empathy is Essential and Endangered," by Maia Szalavitz and Bruce D. Perry; and

"Why Boys Fail: Saving Our Sons From An Educational System That's Leaving Them Behind," by Richard Whitmire.

The library is sponsoring "Chocolate And All That Jazz" at 7 p.m. next Monday – Valentines Day. We will be having the Colby Community College jazz band playing, along with desserts. We hope to make it a fun way to spend the evening with friends, loved ones, family members or spouse. It's about celebrating relationships that enrich our lives.

Don't forget to go to the Colby Take Charge Energy Challenge Kick-Off Event from 7 a.m. to 1 p.m. Saturday at the Colby Community Building. If you are an adult and live in the 67701 zip code area, you can enter to win a free 46" Samsung Energy Star TV. We will also be handing out free compact fluorescent lightbulbs. At the same time you can talk with the representatives about an energy audit for your home or business. All of this will be done along with a free pancake feed.

If you need to renew your items, you can always call us at 460-4470 and we will check to see if the item can be renewed. Please also visit our website for information, including upcoming events at www.colbylibrary.com/webpages/location.htm. See you in the library!

Babies

Koulter Blain Plummer



Koulter P.

Koulter Blain Plummer, son of Nathan and Rachel Plummer of Colby, was born Monday, Jan. 10, 2011, at Hays Medical Center. He weighed 7 pounds, 15 ounces and measured 20 inches.

Grandparents are Randy and Barb Albers of Colby and Kevin and Andrea Plummer of Winona.

Great-grandparents are Arnold Albers of Colby, Sammy Russell of Winona and Verlin and Noni Plummer of Winona.

Ethan Douglas Reinert



Ethan Reinert

Ethan Douglas Reinert, son of Loree Siruta and Jake Reinert was born Monday, Jan. 24, 2011, at Saint Francis Medical Center in Grand Island, Neb. He weighed seven pounds, 10 ounces and measured 21 inches.

Grandparents are Doug and Marla Reinert of Atwood and Kent and Melissa Siruta of Johnson.

Colby Rotary Club

Twenty-eight members and guests braved the cold weather and bitter wind to attend the Tuesday Colby Rotary Club meeting. Guests included Sheila Frahm, Dr. Amanda Griggs and Cherry Chen. Chen is an exchange student from China staying with Sandy and Melany Wilks.

The monthly collection for Genesis-Thomas County was taken.

Dr. Eric Griggs had the program which featured his wife, Dr. Amanda Griggs, giving a presentation of what chiropractic care is. She noted that the focus of chiropractic is on the spine and central

nervous system. Griggs reviewed causes of interference – stress, trauma or toxins – or subluxations to the body. She noted chiropractic care doesn't treat the actual symptoms but focuses on removing the interruptions causing the symptoms, allowing the body to heal itself. she also showed a video, "Big Idea," which highlighted the activity of the central nervous system.

Chen was this week's Roto-Lot-to winner.

Colby Rotary meets each Tuesday at the college.

– Relda Galli

Dry fields could erode

Farmers with thin winter wheat stands due to the dry weather will likely face problems this winter and early spring as wind erosion reaches its peak.

"If you have some fields that are looking a little thin, with soil that is fragile, such as a sandy loam, those are going to be most susceptible to erosion," said DeAnn Presley, soil management specialist with Kansas State University Research and Extension.

According to Presley, roughening the soil with ridges and large soil clods, or aggregates, is a good option for farmers who need protection against wind erosion.

"Roughening the land surface with ridges and clods reduces the wind velocity and traps drifting soils," she said. "A cloddy soil surface will absorb more wind energy than a flat, smooth surface. Better yet, a soil surface that is both ridged and cloddy will ... be even more effective in reducing the potential for wind erosion."

To use ridges in protection from wind erosion, Presley said it is

crucial to till across the prevailing wind direction. Because Kansas winds tend to run north-south, farmers using this method should till east-west.

Ridges and depressions in the soil will alter wind velocity, but if the ridges do not have clods, they will quickly erode. Because sandy soils do not form clods well, tilling them will offer little protection from wind erosion.

"Clod-forming tillage produces aggregates or clods that are large enough to resist the wind force and trap smaller moving particles," said Presley. "If clods are large and stable enough, as smaller particles are removed or trapped, the surface becomes stable or 'armored' against erosive action."

Presley recommended farmers monitor fields closely for signs of erosion and make necessary treatment adjustments. She warned against driving through the fields to check them, however. Tire tracks can actually break the crust on the soil and initiate wind erosion.

African serval cat caught

LONGVIEW, Wash. (AP) – Some residents in a Longview neighborhood thought a cheetah was on the loose when they saw a large spotted cat showing up on backyard decks.

Cowlitz Humane Society Director Rick Johnson told *The Daily News* of Longview it was an African serval. The 35-pound cat was on the loose for about a week before animal control caught it Sunday in a trap baited with cat food.

The cat named Rajah is owned by a Longview woman, but was quarantined Monday.

Corrections

The Colby Free Press wants to maintain an accurate record of our town. Please report any error or lack of clarity in a news story to us at 462-3963.

Markets

Quotes as of close of previous business day

Hi-Plains Co-op	
Wheat (bushel)	\$8.17
Corn (bushel)	\$6.04
Milo (hundredweight)	\$10.35
Soybeans (bushel)	\$13.19

Snowman tops 35 feet in New York

CHAMPION, N.Y. (AP) – A northern New York man has topped his own record by building a 35-foot, top hat-wearing snowman on his property.

Vern Scoville started building huge snowmen several years ago as something fun for his family and friends to do after the holidays. Last year, his snowman topped out at 25 feet.

This year, Frosty stands 35 feet high just off Route

126 in the Jefferson County town of Champion, 70 miles north of Syracuse.

The snowman sports three black car tires for buttons, an orange and white traffic cone for a nose and part of an old pool for a top hat.

The mammoth snowman is a local attraction, especially for children who like to get their pictures taken standing in front of it.

Ag foundation to offer course

Kansas Foundation for Agriculture in the Classroom will offer a graduate-level course through Kansas State University in summer 2011. Scholarships are available.

"Connecting Your Classroom to Kansas Agriculture" is a week-long hands-on experience to help teachers integrate agriculture into classroom subjects. Teachers will create techniques to allow their students to investigate the scientific process, practice daily observations, take data measurements and analyze results using agricultural examples.

The course is Monday to Friday, June 6-10, in Manhattan. Participants earn Kansas State University graduate credit. The course is approved for continuing education hours required of teachers for license renewal and salary advancement, designed for Kindergarten through high school teachers.

Applications are available at www.kstagclassroom.org. Application deadline is May 2. To learn more, visit the website or contact Cathy Musick at (785) 532-7946 for information and scholarship availability.

THANK YOU

The family of Ralph Hansen would like to extend a special thanks to the community, friends and family for all their prayers, love and support throughout his illness and death. The food, flowers, mass stipends, gifts, caring phone calls, words of encouragement, and hugs are greatly appreciated.

Thank you to the Gove county medical staff and bluestem medical clinic for all their loving, compassionate care while caring for our husband, father, and grandfather. He received excellent care.

Thank you to the Logan county manor and staff for the quality of care and compassion, it was very touching and we will always remember that he was cared for with such kindness. The people of Logan County should be proud to have such a wonderful facility.

Thank you to Father James, Father Mike, and Father Dana for the excellent funeral service, to the St. Ann's Alter society for the funeral lunch, and to Kennedy and Koster Funeral Home for the good service.

May God Bless All of You!
The Family of Ralph Hansen

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DEADLINE IS FRIDAY, FEB 4TH!

The Colby Free Press will be printing a special section saluting our CHS athletes on Friday, Feb. 11. We are giving parents a chance to sponsor their child and have a small message with their picture.

For more information call Andrea, Kathryn, or Tammy at 785-462-3963 or stop by the office at 155 W. Fifth St., in Colby.

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