

# After summer reading program, library still has plenty going on

Summer reading at the Pioneer Memorial Library is now officially over.

We had a wonderful time with the children and youth of the community. Together we explored various countries around the world. Each week we learned about foods from these countries as well.

As part of the summer reading project, children first through eighth grade wrote poetry, which is on display at the Colby Visitor's Center, 2015 S. Range. They will be displayed there until Sept. 11.

If you come to the library you will also be able to see the mobiles and license plates made by children displayed in the children's area of the library.

Do not be fooled however; this does not mean the end of activities for the library. Librarians and the Friends of the Pioneer Memorial Library will see you in the Fair Parade on Tuesday – look for our entry.

The week after the Thomas County Fair, the library will be holding its "Blow-Out Book Sale." It will begin at 9 a.m. Saturday, July 30, just as the fair begins to wind down and run until Saturday, Aug. 6.

We are also holding a discussion about long-term care and ways to be an advocate for those in your family who are elderly. The Kansas Advocates for Better Care are presenting "The KABC's



**Melany Wilks**

• **Library Links**

of LTC & 123's of Advocacy," at 3 p.m. on Thursday, Aug. 4, at the library.

In recognition of the fair, I want to tell you about a few westerns we have received. I happen to enjoy Avalon Westerns because they are an easy read but full of suspense. The book "Desperados," by Art Isberg is no exception. Isberg has written four other novels for Avalon and is a sought-after writer of short stories.

In this book, protagonist Trey Wingo was born in Montana. The label of troublemaker came to be associated with him as a young teenager. When grown, he left town. Then he fell in love with a young woman named Chita Ovalis. Finding that she is carrying their child, he wants to put away his old life and returns to Montana to try and break the cycle and begin living within the law. This will be the biggest challenge of his life and readers will see if he can really break free.

A second book is "The Last Outlaw," by Stone Wallace, the third he has written for Avalon. In

this book, Cash McCall has just gotten out of prison. It is his intent to lead a clean life now. He does not want to go back to jail anytime soon. However, Cash's brother draws him into a scheme with Cash's previous partner Steve Reno. Reno is intent on stealing gold. Cash is trying to avoid being involved but Reno and the gang takes his brother captive to gain participation in the robbery. So Cash finds himself between a rock and hard place. How can he save his brother without robbing gold and getting thrown back in jail?

A third Avalon western is "The Miracle of Santa Maria," by I.J. Parnham. Fergal is a traveling salesman who has arrived at Sundowner Mission to peddle his wares and observe an eclipse. When he arrives, he finds the mission in grave disrepair. Sister Maria has been in a coma for two years since a gang came to her mission and killed everyone but her. Fergal finds the local Bishop wants to close the mission. He gets involved in not only saving the mission but Sister Maria as well.

A western audiobook we have added to the collection is a nine-CD dramatization of short stories by Louis L'Amour: "Lit a Shuck for Texas," "Turkeyfeather Riders," "McQueen of the Tumbling K," West of the Tularosas," "The Sixth Shotgun," "Rain on a Mountain Fork," "A Ranger Rides

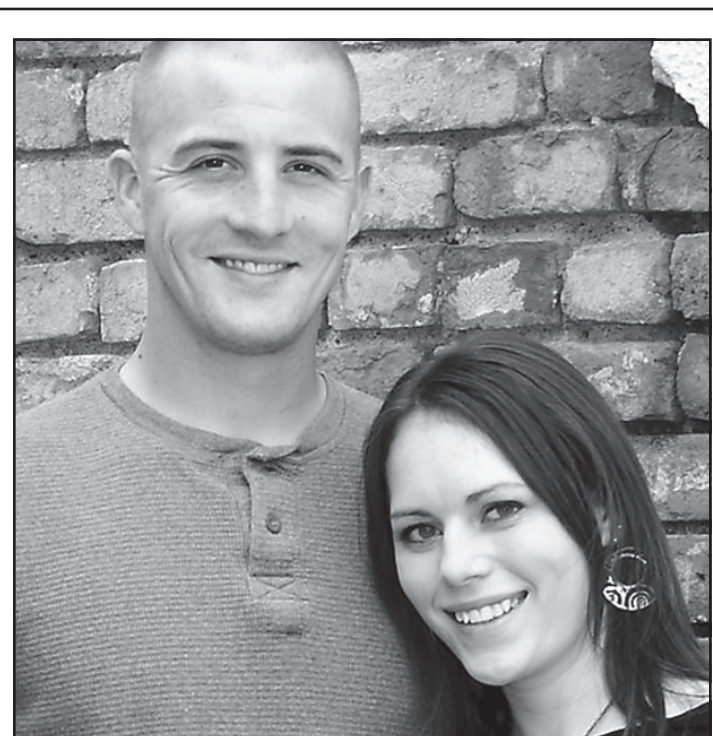
to Town," "Love and the Cactus Kid" and "Medicine Ground."

We have added several large print books. "Chasing the Sun," by Kaki Warner is one. This is the last of the Blood Rose trilogy. In it, Jack Wilkins has been trying to win the woman he loves but she has just left him. In the process, Daisy Etheridge comes to town. Here is where the story gets interesting. He is taken with Daisy but wants to get back together with his old love. Daisy's appearance complicates things because she is with child. Daisy and Jack now have to make difficult life choices.

Another large print book is "One Summer," by David Baldacci. Jack Armstrong is terminally ill. His wife Lizzie is killed in a car accident. This leaves Jack without anyone to care for him or his three children. Lizzie's mother decides she will take charge and split up the children amongst others in the family. Jack miraculously gets better and is determined to bring his family back together. This is not without interference once again of dear darling Bonnie, the mother-in-law.

If you have not gotten your new library card, drop by and let us update your account.

Our summer schedule is: 9 a.m. to 6 p.m. Monday through Wednesday, 9 to 8 p.m. Thursday, 9 to 5 p.m. Friday, 9 to 4 p.m. Saturday and 1 to 4 p.m. Sunday.



**Sgt. Tyson D. Reed and Robyn Elizabeth Schmid**

## Garden wedding planned in Colby

Robyn Elizabeth Schmid and Sgt. Tyson D. Reed of Colby plan to marry Saturday, Aug. 13, in the gardens of the Kansas State Experiment Station in Colby.

The bride is the daughter of Bernie and Dana Schmid of Colby. Her grandparents are Leo and Dorothy Vonfeldt of Palco and Mary and the late Andy Schmid of Hays. A 2006 graduate and class salutatorian of Colby High School and a 2008 graduate of Colby Community College, she works as a clerk at Hi-Plains Co-Op in

Colby.

The groom is the son of Bruce and Tina Hansen of Colby and Ronnie and Debbie Reed of Goodland. His grandparents are Melvin and Dorothy Musil of Edson and Shirley and the late Bud Reed of Goodland. A 2004 graduate of Colby High School, he is stationed in Fort Riley as an enlisted sergeant in the army.

The couple plans to live in Manhattan with their 15-month-old son, Lynk Lynnix Reed following the wedding.

# Longer lives don't perpetuate myths

MANHATTAN – Forget that over-the-hill party ware. Landmark birthdays signal a gift of time.

Our population is living longer. The average life expectancy at birth for someone born in the U.S. in 1900 was 47 years, according to 2006 data from the U.S. Department of Health and Human Services National Center for Health Statistics. In 1950, average life expectancy reached 68 years, and, by 2006, average life expectancy had climbed to 78 years, with men averaging 75 years and women averaging almost 80 years of age.

The more than 30 years of added life expectancy at birth reflect a mix of biology and culture, but are not always perceived positively, said Debra Sellers, K-State Research and Extension specialist on aging and adult development.

Many in our culture associate aging with losses, rather than viewing each year as an opportunity, said Sellers, who explained the importance of separating commonly perceived myths about aging from reality:

• Myth No. 1: If you live long enough, you'll surely get Alzheimer's.

Sellers' response: Living longer can increase vulnerability for Al-

zheimer's disease, but not every older adult will end up with this diagnosis. There are other reasons that may cause a person to experience confusion or memory loss, such as poor nutrition or depression, and these may be modifiable.

The bottom line? Many people are able to enjoy their later years without signs of dementia or Alzheimer's disease.

• Myth No. 2: Older adults are grouchy.

Sellers' response: Our personalities are largely established by mid-adulthood, and that means that a grouchy or otherwise disagreeable young person will likely retain that personality trait throughout his or her lifespan.

The bottom line? Growing older doesn't mean that an individual will turn into a different person.

• Myth No. 3: Aging is negative, and means giving up things that you enjoy.

Sellers' response: The effects of aging can push older adults to make choices, but making choices is part of life at any age and the choices need not be negative.

While some choices can be related to losses due to the natural aging process, such as changes in vision, hearing or memory, many

adults report balancing such losses with gains and new opportunities and report a sense of well-being in their mid-70s that is greater than a sense of well-being felt at a younger age.

In reporting such findings, Sellers tells the story about Larry, whom she met a few years ago, while waiting for her husband to register at a regional auto race track in northeast Kansas.

In striking up a conversation with him, she learned that he also had come to race, and would be driving a red 2006 Chevrolet Corvette with a six-speed manual transmission.

Larry led the field in the first session, but, when Sellers asked if he had plans to participate in any other of the day's sessions, he indicated that he'd head home to Missouri, saying, "at 90, you can't quite do what you've always done."

Larry had made a choice, said Sellers, who noted that he had established his priorities, but knew when to set limits.

The bottom line? Aging is a natural life process, said Sellers, who emphasized the need to be proactive and make choices to take advantage of the gift of time.

In the U.S., in 1900, only four

percent of the population reached the age of 65 or older; in 2000, 12 percent of the population was age 65 or older, and, in 2050, 21 percent of the population is expected to be age 65 or older.

As older adults, or, if you prefer, adults getting older, we're going to have a lot of company, and that's why it's important to strive for a healthy lifestyle, maintain a positive attitude, and be willing to adapt to each new year, said Sellers, who noted that many people will be able to enjoy previous activities and also may develop new interests.

More information on aging well is available at K-States Research and Extension offices throughout the state and online: www.ksre.ksu.edu. To listen to an audio interview with Sellers, go to www.ksre.ksu.edu/news, and click on K-State Radio Network; choose "Streaming Archives," then "Sound Living," and scroll down to "Negativity Surrounding Aging."

## 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.

## Making lists can save on grocery bills

Making a list and checking it twice – may yield substantial savings on groceries.

Why a list? "Impulse purchases drive up food costs," said Mary Meck Higgins, K-State Research and Extension nutrition specialist.

"On average, about 40 percent of grocery purchases are impulse buys."

That means a consumer shopping with a list and sticking to it who spends \$50 a week on groceries might save \$20 a week, or more than \$1,000 a year. If spend-

ing \$100 a week, savings could add up to \$2,000 year.

Higgins' tips include:

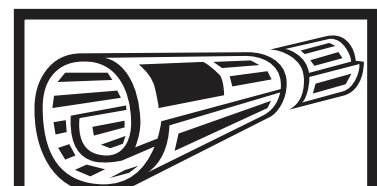
• Keep a shopping list in the kitchen, since return trips take time and add cost.

• Organize a shopping list by category and in the same order as the store aisles.

• Plan ahead, in thinking through meals and menus.

• Shop the outside aisles of the store where the least-processed foods – fresh fruits and vegetables, meat, eggs, dairy and bread are offered.

- Eat before shopping, and shop when the store is less crowded.
- Stick to the list.



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## Urgent news for DIABETICS with BLADDER CANCER

The diabetes drug, ACTOS, has been linked to an increased risk of bladder cancer. If you or a loved one has been diagnosed with bladder cancer after taking ACTOS, ACTOplus met, ACTOplus MET, XR or duetacta, call us now at 1-800-THE-EAGLE about monetary compensation. No fees or costs until your case settles. We practice law only in Arizona, but associate with lawyers throughout the U.S.

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## UPCOMING EVENTS in Kansas

Brought to you in part by Kansas Department of Commerce Travel & Tourism Division

**National Day of the Cowboy**  
July 23, Abilene  
Celebrate the American Cowboy with activities at Old Abilene Town. Gunfights, stagecoach rides, can-can dancers, class in a one-room school, ice cream social, music and more!

**KKOA Leadsled Spectacular Car Show**  
July 29-31, Salina  
World's Oldest & Most Famous "Traditional" Kustom Car & Truck Event! 1,000+ Kustoms, Hotrods & drag machines. Live entertainment. kustomkempsofamerica.com

**Dodge City Days Festival**  
July 29 - August 7, Dodge City  
Western heritage comes to life. Parades, BBQ, concerts, rodeo & more!  
(620) 227-3119, dodgecitydays.com

**Wild Bill Hickok Rodeo**  
August 3-6, Abilene  
Put on your boots and hat and attend this exciting PRCA event. Bullfighters, clowns and specialty acts. wildbillhickokrodeo.com

**Dodge City Roundup Rodeo**  
August 3-7, Dodge City  
The greatest show on dirt!  
(620) 225-2244 or (866) 327-6366  
dodgecityroundup.org

**Wichita Flight Festival**  
August 20-21, Wichita  
Three day festival celebrating the past, present and future of aviation in Wichita, the Air Capital of the World.  
(316) 462-2787, wichitaflightfestival.com

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