

Deaths

James Perona

James Perona, 91, Thornton, Colo., formerly of Colby, died Tuesday, June 18, 2013, at Alpine Living Center in Thornton.

He was born March 11, 1922, the son of John and Clara Belle (Hempill) Perona. He attended Emporia State University and for 40 years was an administrator for Standard Beverage of Wichita and Colby Distributing Co. of Dodge City and Colby, retiring Jan. 1, 1990.

He served in the Army during World War II, attaining the rank of technical sergeant. He received the Bronze Star and Purple Heart while serving in Normandy and the Combat Infantry Badge among others.

On June 30, 1946, he married Myrna Jean Samples at Emporia. She died July 11, 2001.

He was a former member of Ascension on the Prairie Episcopal Church in Colby and a life member of the Disabled American Veterans and the Veterans of Foreign Wars, receiving the Elmer Jenkins Award from the VFW Department of Kansas for 1999-2000. He was a 55-year member of the American Legion and a 50-year member of Lions International, receiving the Lion of the Year Award in 1997. He was a member of AMVETS or

American Veterans of Fort Dodge, the Military Order of the Purple Heart, Salina, and the Service Core of Retired Executives. He also served on the advisory board for the Salvation Army.

He was also preceded in death by his parents and five sisters.

Survivors include: a son, John "Joco" (Donna) Perona, Independence, Mo.; two daughters, Jeanie Dayton, Mesa, Ariz., and Joy Perona, Thornton; eight grandchildren, 13 great-grandchildren; and three great-great-grandchildren.

Memorial services will be at 10:30 a.m. Friday, June 28, 2013, at the Fort Dodge Chapel, with Vernon Bogart officiating and inurnment at the Kansas Veterans Cemetery, Fort Dodge, with military honors by the Fort Riley Honor Guard.

Friends may sign the register from 9 a.m. to 5 p.m. Thursday at the Ziegler Funeral Chapel, Dodge City.

Rather than flowers, the family suggests memorials to the Disabled American Veterans in care of the funeral chapel, 1901 N. 14th Ave., Dodge City, Kan., 67801.

Condolences may be left at www.zieglerfuneralchapel.com.

Colby Rotary Club

Colby Rotary Club met Tuesday at Colby Community College with 23 members and guest Rusty Grafel.

Melany Wilks updated attendees on the club's project at Pioneer Memorial Library.

The program was a club assembly led by Marilyn Unger. Strategic planning for the coming year was reviewed. Representatives of the Public Image, Membership, International and New Generations/Family committees gave an overview of their respective goals for the coming year.

J.L. Evins won Roto-Lotto. Twenty club members and their

guests met again Tuesday evening for an Ann and Andy event. Guests were: Lloyd Cersovsky, Willard Crumrine, Peggy Frahm, Verna Wiens, Tracey Galli, Tom Harrison, Millie Horlacher, Bob Renner, Gary Sloan, Margaret Stanley, Chuck Thomas, Pat Tubbs, Janet Wells and Jeff Wagoner.

Harrison and Wagoner provided musical entertainment during the meal, and the group played card games afterward.

Colby Rotary Club meets Tuesdays at noon in Room 106 of the student union.

- Relda Galli

Honor Rolls

Sterling College

Rachel and Sarah Grafel of Herndon were named to the Sterling College Dean's List for the spring 2013 semester. Rachel Grafel is a sophomore and Sarah Grafel is a senior. Both are the daughters of Kyle and Cindi Grafel.

The Grafels were two of 175 students named to the Dean's List for the semester. Criteria include

the completion of at least 12 graded credit hours and a semester average of 3.5 or better.

Sterling College is a Christ-centered, four-year college located in Sterling, with a mission to develop creative and thoughtful leaders who understand a maturing Christian faith. For information, go to www.sterling.edu.

Oklahoma State University

Logan M. Wark of Colby, a graduate student studying veterinary medicine, has been named to the Deans Honor Roll at Oklahoma State University in Stillwater. A total of 4,973 students were

named to the 2013 spring semester honor rolls at the university. Students with a grade average of 3.50 or higher with no grade below a "C" were placed on the Dean's Honor Roll.

Northwestern Oklahoma State

Spring honor rolls at Northwestern Oklahoma State University, with a main campus in Alva, include Kayla Cozza of Colby on the Vice President's Honor Roll and Anthony Vrbas of Atwood on the President's Honor Roll.

Those on the President's Honor Roll earned all As, or a 4.0 grade average, in a minimum of 12 undergraduate graduate hours. Those on the Vice President's list had averages of 3.5 or better in a minimum of 12 undergraduate hours.

Bridge Club

Meadow Lake Bridge winners for Tuesday were: first, Margaret Denneler; second, Elaine Ptacek; third, Gail Vacca; fourth, Pat Erickson; fifth, Ken Ptacek; and sixth, Sarah Jane Barrett.

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.

Nonfiction adds books to grow on



Melany Wilks
• Library Links

Summer is a time for fun and taking time to refresh and grow, so this week I have decided to tell you about some nonfiction books we have on our new book shelf.

When I first started out thinking about this column, I was inspired by the title of the book, "Snap: Seizing Your Aha! Moments," by Katherine Ramsland. The author is a licensed therapist but had her own aha moment when she realized that she needed to write about this subject.

The book tells us that many times it is not the genius who comes up with solutions, inventions or ideas. It is usually the person who is faced with a problem and is willing to work on it until it is solved. However, it also tells us there is a process which might lend itself for you to use in off time during the summer evenings enjoying the outdoors, a game or just a walk. It might be during a vacation.

There are three essential steps that help to create a snap or aha moment. "... (1) to be diligently working within the parameters of the problem; (2) after intense effort relax; and (3) let the brain play with what it already knows. The impasse, or 'plateau moment,' as frustrating as it may feel, is an important part of the process" (p. 127). Ramsland tells us it is the incubation time that helps solutions come to the surface. This quick read will help inspire and guide you into creative thinking.

The second book that caught my eye was "Better By Mistake: The Unexpected Benefits of Being Wrong," written by Alina Tugend.

Most of us do not want to be wrong or mistaken, but such occurrences do happen. One insight Tugend tells us is that men and women process mistakes differently. Women tend to internalize them and make them personal. When women retell their mistakes they usually include messy details.

Men on the other hand tend to process mistakes externally. They direct their energies from the mistake outward. This is why men tend to express anger at themselves or others when a mistake happens - they tend to emphasize outward particularities that led to the mistake. Men also generalize and describe mistakes less emotionally and will retell the problem to put themselves in a better light. The author does give the caveat that this is a generally observed occurrence through studies and may not always apply.

Chapter seven talks about mistakes being learning opportunities. Tugend points out that cultures process mistakes differently, deep within core values. She compares Japan to the U.S.A. The Japanese teach in their classes to process the mistakes of children in front of everyone so they can all share in the learning process of what is correct and incorrect. This shared learning time creates an atmosphere of learning. In the U.S. we tend to cover the mistakes of a child or quickly correct them in the class. Tugend asserts that U.S. students do not learn from their

mistakes, emphasizing the right answer, not the learning.

While I agree that Japan's culture has encouraged group think and learning through examining mistakes so the person can grow, there is also a tendency to have the young person take highly competitive tests to be eligible to go to university or study a specific course. So while they encourage learning from mistakes, ultimately they require their youths to compete on a level that can be destructive. Our system demands the child to get the right answer and be used to the competition. Other than this quip about little arguments in the book, I think it would be a very constructive read.

A book some may enjoy is the "Ultimate Aptitude Test," by Jim Barret. It provides different types of tests including visual, mathematics, spacial, verbal and more. Some people may be good at these tests, but if you are not, there may be other ways you process information not shown in this book. Science and studies are showing us every day it is the information processing each person brings to the table that is unique. Your aptitude may be found in other areas. Maybe your aptitude is in interactive relationships and not facts. It is about allowing yourself to grow and learn in enjoyable ways that you can bring to yourself, family, friends, work and others in the community.

The next book I want to discuss was recommended to me by a friend - "Help, Thanks, and Wow: The Three Essential Prayers," by Anne Lamott. While this book is not about how we think, it is about processing our circumstances, and learning that there is a way to help us in time of stress. This small, easy-reading book tells us to keep it simple. It's about getting the most out of life and realizing that we have so much around us.

And now some other books of this type that we have. They are: "Organize Your Mind, Organize Your Life: Train Your Brain To Get More Done In Less Time," by Paul Hammerness and Margaret Moore; "Smart Thinking," by Art Markman; "Thinking Fast and Slow," by Daniel Kahneman; "10 Mindful Minutes," by Goldie Hawn; "Building Blocks of Personality Type," by Leona Haas and Mark Hunziker; "Body Language: How to Know What's Really Being Said," by James Borg; and "Activate Your Goodness: Transforming The World Through Doing Good," by Shari Arison.

Our summer hours are 9 a.m. to 6 p.m. Monday through Wednesday, 9 a.m. to 8 p.m. Thursday, 9 a.m. to 5 p.m. Friday, 10 a.m. to 4 p.m. Saturday and 1 to 4 p.m. Sunday.

See you in the library!

Zoo meets library



SAM DIETER/Colby Free Press

Tristan Irish, a volunteer for the Rolling Hills Wildlife Adventure, showed a ferret from the zoo to a crowd of youngsters Monday afternoon in the basement of the Pioneer Memorial Library. Over 200 kids and parents showed up when the library invited the zoo volunteers and their animals to come out from Salina.

K-State 2013 graduates include Colby, Brewster

Several students from Thomas County are among those who completed degree requirements from Kansas State University this spring.

Graduates include: **Colby:** Treat Bugbee, Bachelor of Science in family studies and human services; Joseph Heier, Bachelor of Science in computer science and Bachelor of Science;

Taylor McLemore, Bachelor of Science in education; Matthew Oesterreich, Bachelor of Science in civil engineering; Mitchell Tuma, Bachelor of Science in agriculture; and Cody Wark, Bachelor of Science in chemical engineering

Brewster: Timothy Knox, Bachelor of Science in industrial engineering.

Market got no bananas

COPENHAGEN, Denmark (AP) - Drug traffickers back in Colombia must be going bananas over how their shipment ended up at Danish supermarkets and not on the streets.

Police say employees at the supermarket chain Coop got a big surprise when they opened banana boxes from the South American country and found about 100 kilograms (220 pounds) of what police believe is cocaine.

The powder was discovered in Aarhus, western Denmark, when employees noticed that some of the boxes were heavier than others.

Coop spokesman Jens Juul says more bags with white powder

were found Wednesday in a separate shipment from Colombia at a central dispatch facility in suburban Copenhagen.

Juul told the Danish news agency Ritzau the company has contacted their Colombian supplier.

Police are investigating, but haven't made any arrests.

Markets

| | Quotes as of close of previous business day |
|------------------------|---|
| Hi-Plains Co-op | |
| Wheat (bushel) | \$7.14 |
| Corn (bushel) | \$7.28 |
| Milo (hundredweight) | \$12.39 |
| Soybeans (bushel) | \$14.73 |



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FULL TIME ADVERTISING EXECUTIVE to join our team selling advertising for Nor'West Newspapers. The work week would be 40 hours with occasional evening and weekend duties. Computer skills with Excel, Photoshop, InDesign, and Acrobat helpful but not required. Must have good communication skills, excellent customer service skills with attention to detail, and enjoy a fast paced atmosphere.

Send a letter and resume to Sharon Friedlander, Publisher, at 155 W. Fifth St., Colby, Kan., 67701 sfriedlander@nwkansas.com or apply in person. No calls please.

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WILD WEST FESTIVAL July 3rd through July 6th At Hays Municipal Park Hays, KS

Wednesday, July 3rd * 9:30pm * Love & Theft
Wednesday, July 3rd * 7:30pm * Dustin Lynch
Friday, July 5th * 9:30pm * Neal McCoy
Saturday, July 6th * 9:30pm * Little River Band

\$12 One \$12 Ticket is your pass to all events. Tickets available at www.wildwestfestival.com

Thursday, July 4th * 10 p.m. * Fireworks Display