

# Hair salon opened by Colby newcomer

By Sam Dieter  
Colby Free Press  
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A new hair salon celebrated its opening here Tuesday.

"I am just very excited to be in Colby," Becky Herrman told a crowd of about 20 citizens and business leaders at a ribbon cutting for Mane Appearance & Design that morning.

Herrman said she does haircuts, perms, colors and waxing. Her son, Taten Emigh, 9, said later he's setting up a play area for kids, adding that his mom told him he will have to cut his mohawk shortly after he starts fourth grade.

She moved here in June from near Cimarron and started setting up shop at 140 E. Fifth St. She opened Tuesday, having only done a few appointments for friends and family.

"We've been coming up here for about a year and a half," Herrman said, "(There's) just a lot of great people, and my son

and I just decided that it would be a great place to live."

Herrman said she came here to go golfing with friends when she worked on a farm near Cimarron and raised cattle with her father. During the trips, she said, she came to love Colby.

"I love it here, I feel this is where I'm supposed to be," she said.

She added that the move here was easy. She quickly found the place where she set up her business, then met with her landlady and rented it on the spot. She had heard that hair salons do a lot of business here, and the choice of work came naturally to her.

"I've been doing hair for over 20 years, and just thought it would go over well," she said.

About two years ago, before she lived in Cimarron, Herrman said, she owned a salon in Danbury, Neb. She had one in Dodge City for the first 10 years she cut hair.



B. Herrman

# Start habits today for school season

Getting ready to go back to school can be a hectic time for both kids and parents. Schools in the area are all starting soon. Colby Public Schools start in just eight short days!

Here are some simple steps to take to make the transition from summer to school a little easier. If you haven't already, it's time to start winding down the summer schedule and start back with regular bed and breakfast times. More and more studies are showing that adequate sleep is essential for good health.

How much sleep do kids need? It depends on their age. Three- to 6-year-olds need 10 to 12 hours of sleep per day. Typically this age group goes to bed between 7 and 9 p.m. and wake up around 6 to 8 a.m.

Seven- to 12-year-olds need 10 to 11 hours per day. At these ages, with social, school, and family activities, bedtimes gradually become later and later, with most 12-year-olds going to bed at about 9 p.m.

There is still a wide range of bedtimes, from 7:30 to 10 p.m., as well as total sleep times, from 9 to 12 hours, although the average is only about nine hours.

Twelve to 18-year-olds need a minimum of eight to nine hours per day. Sleep needs remain just as vital to health and well-being for teenagers as when they were younger.

In fact, many teenagers may need more sleep than in previous years. However, social pressures generally work against this.

Remember that breakfast is considered the most important meal of the day. Research has shown that children who have eaten breakfast are more attentive in class and score higher on tests and assignments.

One way to help start of the year on the right foot is to make sure there is open parent-teacher communication.

Early in the school year, schedule a get-acquainted meeting with your child's teacher. Approach the meeting with the concept of



## Diann Gerstner

### • Knowledge for Life

developing a team plan for how you can best work together. Ask the teacher how he or she views parents' roles. Discuss the best ways to communicate with one another about schoolwork, illness, or other absences. You may want to offer a brief overview of your child's strengths and weaknesses — but consider it to be background for the teacher, rather than a list of "do's and don'ts."

Below are more tips for the new school year. I hope you find them helpful and have a great year!

- Study school policies and help your child learn to follow them.
- Model respect for teachers and school administrators to help your child learn how to be courteous and respectful at school.
- Encourage your child to pursue his or her interests.
- Reinforce learning outside of the classroom through extracurricular or family activities.
- Demonstrate lifelong learning. Nurture your own interests and pursue learning activities.
- Talk with your child, but do not press for every detail. Learn to be a good observer and really listen to what your child is saying.
- Establish a study area and limit distractions during study hours.
- Celebrate your child's effort, rather than grades. Emphasize the process of learning, rather than test scores.
- Try not to make homework an issue. Allow your child to take the responsibility for finishing it.
- Maintain a rule that your child will finish homework before moving on to the "fun stuff."

Diann Gerstner is the family and consumer sciences agent for the Thomas County Extension office.

## Deaths

### Charles S. Erwin

Charles S. Erwin, 90, Lakewood, formerly of Colby, died Saturday, July 6, 2013, in Denver.

He was born July 28, 1922, in a farmhouse five miles north of Levant, the son of Charlie and Lydia (Smith) Erwin. An all-state basketball player, he graduated from Colby High School in 1940, receiving a scholarship to the University of Denver.

Rather than going to college, he enlisted in the Navy, serving aboard the aircraft carrier USS Lexington.

Following his honorable discharge in 1943, he married Eileen Golden of Colby. They lived in Colby, where he worked for his father-in-law at Golden Wholesale Hardware.

In 1952, they moved to Denver,

where he worked at Townley Metal and Hardware. In 1961 the couple opened their own business, Bear Valley Ace Hardware, in Denver. When they retired to Scottsdale, Ariz., they sold the store to their son, Ron Erwin.

Preceding Mr. Erwin in death were his parents; two brothers, an infant and Doyle Erwin; and five sisters, Lucille Mayer, Hattie Touselee, Margie Koons, Daisey Swartwood and Laura Keck.

Survivors include another brother, Rick (Janell) Erwin, five grandchildren and eight great-grandchildren.

Graveside services were Monday, July 15, 2013, at the Fort Logan National Cemetery in Denver.



Charles Erwin

# Battle of the Badges goes to Fire Department

The Colby Red Cross goal was met for the Battle of the Badges Blood Drive last Wednesday and Thursday.

The Fire Department won the Battle of the Badges with 40 votes. Law enforcement had 32 votes and Emergency Medical Services had 31.

Prize for the winner is a plaque which will be engraved and on display for "bragging rights" in their office for a year.

Wednesday, 80 units were donated and the goal was 85. Thurs-

day the goal was 42 and 49 units were given.

Becky Valdez-Castell won a \$50 family session from Fotogirl Photography; Jessica Ann Applebaugh and Tony Horinek each won a \$25 gift card from Walmart. Josh Davis won two movie tickets for Colby Cinema; James Elling won a \$10 discount for the Norwex Basic Pack by Bev Vaughn. Debbie Potter won a free massage at Sweet Escape by Dakota Salgado (\$50 value).

## Billboard gives wrong date

DETROIT (AP) — Billboards promoting Detroit's upcoming general election offered up some erroneous information about when to go to the polls.

The *Detroit Free Press* reports (on.freep.com/14J4HEc) that many of the 14 billboards gave a September date for the election. The vote will actually be Nov. 5.

City Clerk Janice Winfrey says the billboards were updated Sat-

urday with information about the general election, and she calls the September date "a mistake" by the business that handles the billboards.

Winfrey says she noticed the error and was angry. Winfrey says she was told all the billboards would be fixed by Tuesday.

The November election includes races for Detroit mayor and city council.

# Open house to honor Colby woman's 90th

Beverly Petersen of Colby turns 90 years old on Friday, Aug. 16, 2013, and will celebrate her birthday with an open house from 2 to 4 p.m., Saturday, Aug. 17, at Fairview Estates.

Petersen grew up in Iowa. She moved to Colby in 1954 from Stuart, Iowa, with her second husband, "Pete" Petersen who was the Rock Island depot agent.

Petersen worked at various businesses in Colby as a receptionist and secretary.

She has five children: Mick Hedrick of Moline, Ill.; Sharon Woofler of Colby; Scott Petersen of Huxley, Iowa; Curt Peterson of Iowa Falls, Iowa; and the late Debbie Hendrick Wagoner.

Cards can be sent to 1630 Sewell Ave., Apartment A4, Colby, Kan., 67701.



Beverly Petersen

# Employer pledge supports veterans

The Kansas Department of Commerce encourages employers to show their support for hiring veterans by signing the "Hire a Veteran" pledge on the new KanVet website at www.KanVet.ks.gov. Employers who sign the pledge agree to consider qualified military veterans for open positions.

"Kansas is proud of those who have sacrificed to defend our country and freedoms, and we are thankful for their service," Kansas Commerce Secretary Pat George said. "The 'Hire a Veteran' pledge provides employers with a way to show their appreciation and ... it also helps veterans by matching them with job opportunities."

KanVet connects veterans with higher education information and job searching tools designed specifically for veterans. Employment resources include information about Kansasworks, the KanServe program, opportunities with

## Bridge Club

Meadow Lake Bridge winners for Aug. 6 were: first, Elaine Ptacek; second, Ken Ptacek; third, Biddie Keck; fourth, Joy Davis; fifth, Alvin Koenig; sixth, Katie Melvin.

## 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)       | \$6.86  |
| Corn (bushel)        | \$5.95  |
| Milo (hundredweight) | \$9.34  |
| Soybeans (bushel)    | \$12.32 |

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the Kansas Army and Air National Guard and descriptions of other employment services.

Education tools provide the ability to search for higher education programs for veterans at all Kansas Board of Regents universities as well as community and technical colleges.

Employers can find the "Hire a Veteran" pledge at www.KanVet.ks.gov. Kansasworks staff will contact businesses and organiza-

tions that take the pledge to help link them with qualified veterans seeking jobs.

In addition to Commerce, other state agencies that helped develop KanVet include the Kansas Adjutant General's Office, the Kansas Commission on Veterans Affairs, the Department for Children and Families and the Kansas Board of Regents.

For information, go to www.KanVet.ks.gov.

**THANK YOU**  
to our 4-H livestock buyers!

**Farm Bureau Financial Services**

**Thummel Dentistry**

**Tubbs and Sons Ford Sales**

**ZEZ Commodities**

We appreciate you!  
Nathan and Anna Stramel

**HomeLand**  
**HoeDown**  
Customer Appreciation Night

**HomeLand**  
REALTY AUCTION  
www.HomeLandRE.com

**Thank you for attending the HomeLand HoeDown we were glad you were there!**

**WINNERS:**

**Gary Lindberg** - iPad Mini

**Shane Franz** - Trip for Two to Las Vegas Airfare, Three Nights in a Deluxe Room at the Westin and \$50 Free Play per person

**Bev Eicher** - Trip for Four to Carson City Airfare, Three Nights in Two Deluxe Rooms at Carson Station \$50 Food Credit per person at the Station Restaurant and \$50 Free Play per person

**Let Our Agents Work for You!**

|                             |                           |
|-----------------------------|---------------------------|
| Pat Sloan 785-443-3261      | Tom Harrison 785-443-0136 |
| Marilyn Meyer 785-462-2703  | Rose Koggie 785-821-1179  |
| Rock L. Bedore 785-443-0136 | Jerry Wycoff 785-672-0429 |
| Toni Lindberg 785-443-4032  | Mike Scott 785-675-8556   |

Rory L. Bedore, Owner

# Western Plains Arts Association

## Tentative Schedule for 2013-14

Western Plains Arts Association Offers Its 44th Season

The new 2013-14 Season is upon us and the offerings lined up are as varied as ever! From sounds of the Caribbean to jazz, bluegrass, gospel, classical, pop, country and western music to programs of illusion, theatre, dance, comedy, and storytelling, we have something for everyone to enjoy. It is through the combined efforts of many that we are able to enjoy these quality programs and are able to offer them at the ticket levels listed. As always, we acknowledge the top four membership categories at each of the shows. The membership levels are:

Student \$15 • Adult \$50 • Family \$110 • Sponsor \$200 - 349 • Patron \$350 - 749  
Sustaining \$750 - 1,499 • Benefactor \$1,500 and above

Please contact any board member in your county, or send check and self-addressed envelope to Pat Ziegelmeier, Executive Director, CCC, 1255 South Range, Colby, KS 67701 (785)460-5518. Other contact in Colby would be Amie Kendrick, 648 La Hacienda, (785)460-3837. Tickets may also be purchased online using PayPal or credit card at <http://www.wpaa.us>

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*Doors will open approximately 30-40 minutes before each show starts.*

Saturday, September 7 at 7:30 p.m. • One of the Midwest's most popular brass quintets, **Nebraska Brass**, will perform an array of music including classical, Dixieland, and jazz. • Gateway, Oberlin

Sunday, September 15 at 3 p.m. • With sounds of the Caribbean, **Pan Jumbies**, a steel drum band, will present a variety of selections. • Colby H.S. Auditorium

Sunday, September 29 at 3 p.m. CDT, 2 p.m. MDT • **Goldwing Express** will present an exciting show of bluegrass/gospel/and country music. • Goodland H.S. Auditorium

Saturday, October 12 at 7:30 p.m. • The vivacious **K State Singers** will do a lively show of musical selections. • Hoxie H.S. Auditorium

Monday & Tuesday, October 14 & 15 • Wichita Children's Theatre will perform *Goldilocks* in area schools. • Quinter, Golden Plains, Sharon Springs, Colby, Winona & Goodland

Sunday, October 20 at 3 p.m. • **Karen Knotts** of the famous Don Knotts' family will present an entertaining show called *All Tied Up in Knotts*. Oakley H.S. Auditorium

Sunday, November 3 at 3 p.m. • Dancers from Lindsborg will present a show of traditional Swedish dances. • Quinter H.S. Auditorium

Sunday, November 17 at 3 p.m. • Experience the extraordinary with global phenomenon, **Craig Karges**, master of illusion. • Cultural Arts Center, C.C.C.

Sunday, December 8 at 3 p.m. • Famous pianist **Mac Frampton** will entertain us with a Christmas show. • Cultural Arts Center, C.C.C.

Tuesday, January 21 at 7:30 p.m. • **Church Basement Ladies** in *A Mighty Fortress Is Our Basement* will present the newest installment in the popular comedy series. • Oakley H.S. Auditorium

Sunday, February 2 at 3 p.m. CST, 2 p.m. MST • **James Bertolin and the Stanleytones** will perform a variety of musical selections. • Sharon Springs H.S. Auditorium

Sunday, February 16 at 3 p.m. • **Pippa White** will present a history based program called *The Story of the Orphan Train*. • Atwood H.S. Auditorium

Monday, February 17 • School presentation • Rawlins County Schools

Saturday, March 1 at 7:30 p.m. • From Branson, the famous **Sons of the Pioneers** will delight us with a variety of their country and western music classics. • Oakley H.S. Auditorium

Sunday, March 23 at 3 p.m. • Hyperion Productions will present *California Dreaming*, a sun-kissed song and dance tribute to the pop music of the '60s. • Cultural Arts Center, C.C.C.

Sunday, April 6 at 3 p.m. • With their warm, versatile style of family fun, the **Balyeats** will share country, gospel, western and bluegrass music. • Oakley H.S. Auditorium

Sunday, April 27 at 3 p.m. • **Eddy and Robert Hiebert** will perform a variety of selections with their hammered dulcimers. • St. Francis H.S. Auditorium

This is a tentative schedule and all programs are subject to change. Please check the program booklet which will be printed later this summer for more definite information on performances.