

Community Calendar

SUNDAY, SEPTEMBER 9

Sunday Morning Alcoholics Anonymous, Ramada Inn, 9 a.m.
Backyard Expedition, Prairie Museum, noon
Willard and Maxine Moore 60th, Lantern Park Manor, 2-4 p.m.
Higher Ground, High School Youth Group, Berean Church, 6 p.m.
New Hope Narcotics Anonymous, City Hall Basement, 8 p.m.

MONDAY, SEPTEMBER 10

Civil Defense sirens test, 10 a.m.
Duplicate Bridge, airport, 1 p.m.
Quit smoking support group, 775 E. College Drive, 1 p.m.
Monday Afternoon Bridge, Meadowlark Manor, 1 p.m.
Colby Housing Authority Board, Meadowlark Manor, 5 p.m.
High Plains Lions, Ramada Inn, 7 p.m.
Take Off Pounds Sensibly, United Methodist Church, 7 p.m.; weigh-in, 6-6:30 p.m.
Rexford Lions, Rexford Cafe, 7 p.m. (2nd & 4th Mondays)
Pride of the Prairie Orchestra practice, Colby Community College Band Room, Cultural Arts Center, 7:30-9 p.m.
St. Thomas Lodge, 215 N. Franklin, 8 p.m.
Colby Jaycees, East Highway 24, 8 p.m.
American Legion, 8 p.m.
Downtown Alcoholics Anonymous, (smoking), City Hall Basement, 8:30 p.m.
Al Anon, (nonsmoking), 1275 W. 6th, 8:30 p.m

Bad sportsmanship ruins games for others

Dear "Plain Sense:" School has started again and I am already dreading "sports" season. Not because of the extra time involved or my children and myself, but because of the parents who attend these events and complain and yell at their kids and the coaches. I'm not sure if I should encourage my children to go out for the teams, especially since the bad sports have taken the enjoyment out of it for them too.

It's unfortunate that we hear of the "bad sports" at most events. In recent years, they have even made national news by being ejected from games and arrested for assault, and last year a father was accused of beating another parent because of a dispute at their sons' hockey practice. According to Fred Engle, author of *Why Johnny Hates Sports*, 73 percent of children who compete in organized sports quit by age 13 because they say the pressure from coaches and parents takes the fun out of playing and competing.

Both parents and coaches need to emphasize skill development and good sportsmanship and less on winning and competition, especially with young



Mental Health

- Plain Sense

children. Most pre-adolescents do not enjoy the competitive nature of sports. The emphasis for this age should be on fun, developing relationships, and good physical skills. Criticism can destroy a child's self-esteem and confidence, so make an effort to praise the effort, and not just the final win-lose result.

Some children do not have, and never will have, the ability to be highly skilled in athletics, and can become frustrated and discouraged if pushed beyond their capabilities. Give your children the chance to talk about their sports interests and, as a parent, help them to recognize healthy limits and reasonable expectations. Give them the opportunity to try several sports and have some choice as to their preference. Too many parents try to relive their own childhood experiences

Her grandson caught several fish

Cleda Moeder took her grandson, Taylor Moeder of Colby, to the Sheridan Lake on a fishing trip last weekend and caught several fish.

Louise Lahman, Jessica and Ryan of Gilbert, Ariz., left Saturday after spending the last month with her parents, Dean and Glendora Bastin.

The Ladies Missionary meeting was held at the Church Fellowship Hall Tuesday afternoon with seven present. Delores Dible read an interesting devotional after which letters from three



Lula Thieler

- Rexford Correspondent

missionaries were read. Prayers were offered for them and others in need of prayer. Betty Carswell served a delicious salad, crackers and iced tea for a time of fellowship.

Plant foods are best antidotes for chronic ailments

Senior Ponderings

For the past several weeks we have been talking about the 10 most important things we can do to improve our diet. Numbers 5 and 6 are the following:

5. Drink tea. Real brewed tea (from bags or loose tea) has amazing power to help discourage stroke, heart attack, cancer and neurological damage. To extract the most antioxidants, brew tea five minutes. (Instant, bottled and herbal teas lack antioxidants.)

6. Eat more fruits and vegetables. Plant foods are the best antidote to virtually all chronic ailments. Fruits and vegetables are a rich source of vitamins, minerals, fiber and antioxidants. Best bets are berries, citrus fruits and

Adopt a pet

The Colby Animal Clinic has three dogs for adoption. One is a 4-5-year-old blue tick coonhound, female, very gentle. They also have two 12-16 week old terrier mix male puppies, black and tan.



Lois Myers

- Senior Savvy

deeply colored greens. Eat at least five servings a day.

Next week: Good carbohydrates and meat restrictions. The following activities have been scheduled at the Senior Progress Center for the week of Sept. 10-14. Any senior 60 or older may participate.

Monday – Shuffleboard at 10 a.m.; Cards at 1 p.m. Tuesday – Low impact exercise class at 9:30 a.m.; Shuffleboard at 10 a.m.; Cards at 1 p.m. Wednesday – Line dance class at 10 a.m.; Cards at 1 p.m.; Beginners computer class at 3 p.m. Thursday – Low impact exercise class at 9:30 a.m.; Shuffleboard at 10 a.m.; Senior Bridge at 1 p.m. Friday – Share-a-Memory/

Death

Robert Dale Vaughn

Robert Dale Vaughn, 57, a brick mason of Rexford, died Friday, Aug. 24, 2001 at his father's home in Northglenn, Colo., of cancer.

Robert was born March 17, 1944, in Colby, and moved to Longmont, Colo., when he was 7 years old. He graduated from Selden High School in 1962 in Selden. He married Georganne Hart in 1991 and settled in Rexford in 1992. He served as a city councilman of Rexford in 2000-2001. His hobbies included playing cards with friends at the Rexford American Legion and stock car races.

He was preceded in death by one son, Jerry, in 1984 and two brothers, Jackie and John in 1966 and 1971.

Robert is survived by his wife, Georganne; mother and step-father Frances and Clyde Turrell, Rexford; father Dale Vaughn, Northglenn, Colo.; sons, Joe, Salt Lake City, Utah, and Robbie and wife Amanda, Rexford; four step-children, Scott, Danny, James and Megan; 17 grandchildren; sister and husband, Lois Ann and Jim Jones, Northglenn, Colo., and two nieces and one nephew.

Memorial and burial services were Friday at the Rexford Community Church in Rexford. Memorials will be donated to cancer research.

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Coffee time at 9:30 a.m.; Shuffleboard at 10 a.m.

Indoor walking, snooker, pool, puzzles and cards are available whenever the center is open...and the coffee pot is always on!

Planning a part or reception? You do not need to be a senior to rent the center. Call Deb at 462-2901 for more information.

Club News

BOY SCOUT ROUNDTABLE

District Executive Ed Evans of Hays conducted Boy Scout Roundtable Thursday night, Aug. 30, at The Church of Jesus Christ of Latter-day Saints. He previewed coming attractions.

Cub leader training will be Sept. 15, with registration at 8:30 a.m. (Mountain Time) at the Goodland Armory.

All Boy Scouts and Webelos are invited to *2001: A Scout Odyssey* Sept. 28-30 at Camp Abilene. There will be no district camporee.

Cub Scout Fun Day will be Oct. 6 in Goodland. There will be a leaders' retreat Oct. 27 at Camp Hansen. The Klondike Derby will be the weekend of Jan. 11-13.

The group then broke into two sections. Deanna Oesterreich lead the Cub Scout leaders, and Evans lead the Boy Scout leaders.

The next Roundtable will be Oct. 4 at 7:30 p.m. at The Church of Jesus Christ of Latter-day Saints. Information and materials for the popcorn sales will be distributed. Delivery will be Nov. 16.

New Winter Hours

Dinner
5:00 pm 10:00 pm
Bar
4:00 pm- Close

Starting Friday,
August 31, 2001

2227 S. Range
462-6565



Homestead Nutrition Sept. 10-14.

Monday – Wieners w/sauerkraut, bun or bread, mashed potatoes, apricots, ice cream w/strawberries. Tuesday – Taco salad, chips, cantaloupe, Rice Krispie treat. Wednesday – Philly steak sandwich, bread, tropical fruit salad, cherry cobbler. Thursday – Bierock casserole, bread, Mandarin oranges, cookies. Friday – Oven fried chicken, mashed potatoes w/gravy, bread, corn, jello w/ mixed fruit. Meal reservations need to be made before noon, 24 hours in advance at 462-2901. Cancellations should be called in as soon as possible. Menu is subject to change.

Hospital

CITIZENS MEDICAL CENTER

Wednesday, Sept. 5, 2001

Admissions

Lureta Johnson, Colby

Dismissals

Pierre Henry, Colby

Markets

Quotes as of close of previous business day
Hi-Plains Co-op

Wheat	\$2.63
Corn	\$2.04
Milo	\$3.18

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Thank you for your crazy ways, your sudden slow smiles, your patience and endurance, your tried and triumphant faith in us - but most of all for your precious time on earth and your love for us.

We miss you and love you always.

Mom, Dad, your children and your siblings

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MOODY HOOTERS

Classic Rock Band
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Saturday, Sept. 8th
10:00 p.m.-2:00 a.m.

Advance Tickets:

\$5.00

At the door:

\$7.00

NO ONE UNDER 21!

These guys were invited to Hutchinson to participate in the BATTLE OF THE BANDS, and they kicked some booty! Now you have the chance to hear them for yourselves!!

FOR INFO OR TICKETS, CALL: Lori @ 462-6557 or 462-9011; Doug/Bonnie @ 462-3627; Tony @ 754-3169; Chandra @ 462-9976 or Deb @ 462-2890

