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.; weighin, 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

Plant foods are best antidotes for chronic ailments

Senior Ponderings

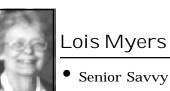
For the past several weeks we have been talking about the 10 most important things we can do to improve our diet. Numbers 5 and 6 are the follow-

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-yearold blue tick coonhound, female, very gentle. They also have two 12-16 week old terrier mix male puppies, black and



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 par-

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

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.

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

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 attrac-

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 in-

vited 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' re-

treat 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

462-6565



Homestead Nutrition Sept. 10-14 Monday – Wieners w/sauerkraut, bun Indoor walking, snooker, pool, 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 po-

tatoes w/gravy, bread, corn, jello w/

mixed fruit. Meal reservations need to

be made before noon, 24 hours in ad-

vance at 462-2901. Cancellations

should be called in as soon as possible.

Hospital

Menu is subject to change.

CITIZENS MEDICAL CENTER Wednesday, Sept. 5, 2001 Admissions Lureta Johnson, Colby Dismissals

Markets

Pierre Henry, Colby

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

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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 Engh, 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

Cleda Moeder took her grandson, Taylor Moeder of Colby, to the

Sheridan Lake on a fishing trip last

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 de-

votional after which letters from three

Performance in Quiet

trol allows easy access to both programs.

weekend and caught several fish.

Her grandson caught several fish

Plain Sense children. Most pre-adolescents do not enjoy the competitive nature of sports.

Mental

Health

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 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 and have some choice as to their preftheir own childhood experiences

them to recognize healthy limits and reasonable expectations. Give them the opportunity to try several sports erence. Too many parents try to relive

Lula Thieler

Correspondent

Comfort in Noise

Rexford

offered for them and others in need of

prayer. Betty Carswell served a deli-

cious salad, crackers and iced tea for a

time of fellowship.

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Sewell Ave., Colby, on September 10th from 9:30 a.m. to 1:00 p.m.

McCook Hearing Aid Center

1-800-229-7817

through their children, particularly in regards to sports, and too often put their own desires ahead of the child. Most important, be a good sport and

role model on the sidelines. Keep comments positive and encouraging. Don't use bad language towards coaches or players. Teach your children that mistakes are part of the learning experience of the game. Remember too, that for most children and adults, sports is a small part of their lives, with school, friends and family, church and community a larger part of the whole. And it takes all of these to help develop confidence and skills to deal with the ups and downs of life.

Contributed by Karen Beery, LCPC, Consultation and Education Department, High Plains Mental Health Center, Hays, Kan. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional

Mail questions to: Plain Sense, Consultation and Education Department High Plains Mental Health Center, 208 East 7th, Hays, Kan. 67601 Questions will be formatted and answered in a manner that insures confidentiality.

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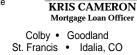
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These guys were invited to Hutchinson to participate in the **BATTLE OF THE BANDS**,

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