

Programs coming for diabetic support

Hays Medical Center will hold two programs on diabetes next month, one on Thursday, Sept. 3. Kimberly Alldredge will share her experiences after being diagnosed with type 1 diabetes, including how to control blood sugar and incorporating diabetes management into your daily routine. Target audience for this program

is children diagnosed with type 1 diabetes. The program, at 6:30 p.m. in the Hadley Conference Room, is free, but registration is requested.

The Diabetes Support Group will have a guest speaker with discussion at 6 p.m. Thursday, Sept. 17, in the Debakey Conference Room.

On the Beat

COLBY POLICE
Wednesday
2:45 p.m. – Accident at Nashville and E. Fourth St.
6:18 p.m. – Theft of license plate.
10:31 p.m. – Complain of ex-husband’s girl-friend texting woman after she got a restraining order on him.
11:47 p.m. – Picked up dog and took to Colby Animal Clinic.

THOMAS COUNTY SHERIFF
Wednesday
4:09 a.m. – Citizens Medical Center requested assistance trans-

porting someone to Larned.
2:52 p.m. – Assisted police on accident at Nashville and E. Fourth.
5:24 p.m. – Accident at County Rds. 9 and S.

Markets

Quotes as of close of previous business day	Hi-Plains Co-op
Wheat (bushel)	\$4.16
Corn (bushel)	\$2.78
Milo (hundredweight)	\$4.15
Soybeans (bushel)	\$10.20

School Activities and Menus

Brewster
Activities: Monday: Tuesday: first day of school; beginning sports practice. **Wednesday:** 8 a.m. senior magazine sales. **Thursday:** fall pictures and sports pictures; college outreach enrollment. **Friday:** school. **Saturday:** volleyball officials clinic at Quinter.
Menus: Tuesday: breakfast: cinnamon roll. Lunch: soft shell taco, corn, tomatoes, orange, applesauce. **Wednesday:** breakfast: sausage biscuit. Lunch: chicken patties, mashed potatoes, broccoli, baby carrots, pineapple, banana. **Thursday:** breakfast: scrambled eggs, bacon. Lunch: goulash, green beans, carrots, pears, peaches. **Friday:** breakfast: pancakes, sausage. Lunch: hamburgers, fries, coleslaw, baby carrots, fruit.
Colby Public Schools
Activities: Monday: staff development; football begin practice without pads; high school practice begins for cross country/ girl’s tennis / girl’s golf / volleyball / debate; middle school practice begins football/ volleyball; college registration and new student orientation; 7 p.m. board meeting at district office. **Tuesday:** staff development; college classes begin. **Wednesday:** staff tech / work day;

8 p.m. sixth grade back to school. **Thursday:** first day of school; football begin practice with pads. **Friday:** orange day; girl’s tennis / girl’s golf earliest competition.
Menus: Thursday: breakfast: maple iced long johns, chilled grape juice. Lunch: hamburgers, baked sun chips, baked beans, watermelon chunks, cookie. **Friday:** breakfast: French toast styxs, warm syrup, orange juice. Lunch: school pizza, bread sticks with sauce, tossed salad, green beans, rosy applesauce.
Colby Community College
Activities: Saturday: 7 p.m. volleyball at Western Nebraska Community College, scrimmage, Scottsbluff, Neb. **Sunday:** 10 a.m. dorms open – students check-in; 10 a.m. – 3 p.m. financial aid, student accounts, admissions. available for questions; 8:30 a.m. – 3 p.m. bookstore open for purchases; 5 p.m. free barbecue for all students, north side of Student Union. **Monday:** 7:15 a.m. cafeteria open for students with meal plan, Student Union; 8:30 a.m. new student orientation (required for all new students), Cultural Arts Center; 8:30 a.m. – 4:30 p.m. bookstore open for purchases; 9 a.m. new student final registra-

tion begins, Student Union; 3-4 p.m. (A-L), 4-5 p.m. (M-Z) final registration for transfer/returning, Student Union; 5 p.m. board of trustees’ meeting, Thomas Hall board room; 7 p.m. movie at Colby Cinema, \$3 with student ID; 9 p.m. – midnight bowling at Colby Bowl, \$5 with student ID. **Tuesday:** 8 a.m. Tuesday/Thursday classes begin; 5:30 p.m. (cafeteria closed) Colby Chamber of Commerce Block Party, free barbecue outside Student Union; 7 p.m. mud volleyball, by the baseball field; 7 p.m. kickball, at the Carl Adams softball field. **Wednesday:** 8 a.m. Monday/Wednesday/Friday classes begin; 7 p.m. Amazing Race followed by ice cream social, Student Union. **Thursday:** 7 p.m. “Show Off Your Hometown Pride.” Student Union (games and

karaoke). **Saturday:** 6 p.m. volleyball alumni scrimmage, community building; 6 p.m. Duck Soup softball tournament, city baseball fields. **Sunday:** 1 p.m. Duck Soup softball tournament, city baseball fields.
Heartland
Activities: Monday: staff orientation; fall sports begin; 6 p.m. board meeting. **Tuesday:** staff orientation; orientation barbecue. **Wednesday:** staff orientation. **Thursday:** first day of school.
Sacred Heart
Activities: Monday – Wednesday: staff orientation. **Thursday:** first day of school.
Menus: Thursday: pizza, green beans, apple slices, bread sticks. **Friday:** hard taco, corn, lettuce/tomato/cheese, corn bread, tropical fruit, salsa.

Corrections

An item on the anniversary of Steve and Barb Alwin on Page 4 of the Thursday, Aug. 13, edition of the *Colby Free Press* reported incorrectly that the couple was married in Alliance, Neb., in 1959. The wedding was in Fairbury, Neb., in 1969. The story said that daughter Andrea Shep-

herd lives in Colby. She lives in Goodland. These were reporting errors.
☆☆☆☆
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.

Thank You!!

The **Kiwanis Club** of Thomas County Colby would like to thank the following individuals, businesses, and organizations for donating to the annual Kiwanis 4th of July Fireworks celebration, and a special Thank You to the Colby Fire Department Firefighters for firing the show. We apologize if anyone was inadvertently omitted.

American Legion Post #363 Bev & Dean Anderson Carolyn Armstrong Bickner Electric Ken Bixenman Bosselman, Inc. Larry & Betty Brenn Kathy Britton Ken & Janet Christiansen City Limits Colby Automotive Colby Bowl & Fun Center Colby Canvas Colby Convention & Visitors Bureau Colby Fertilizer Colby Implement Colby Livestock Auction Colby True Value Hardware Comfort Inn Cornerstone Ag Terry & Jim Cousins Daniel & Margaret Denneler Don & Kathy Harrison Donelan Jewelry Bill & Janiece Dowell F&M Insurance Store Farm Bureau Financial Services First National Bank Frontier Ag, Inc. Western Kansas Farm Credit, FLCA Farm & Ranch Realty Farmers & Merchants Bank Sheila & Ken Frahm Robert & Dianna Gatz Chris & Diann Gerstner Great Plains Spraying, Inc. Hairitage Harrison Chapel Hi-Plains Co-Op Assn. Picnic in the Park Fundraiser Eugene & Kathryn Robert Ed Midenberger Tara Bowles Rick Dickman Robert Standage	Homeland Real Estate Ken & Carol Idol J&R Marketing Jim’s Electric John C. Tweed Agency Kevin & Donna Juenemann Kansas Quick Lube Trek Keck Keana Keck Kenton & Sheila Krehbiel L&M Steel Leroy’s Printing Marvin & Carol Lovenstein Lyle’s Body Shop Northwest Kansas Fire Extinguisher Molly Oliver Palace Drug Store Bonnie Plummer Poverty Corner Robert & Barbara Potter Prairie Designs Landscape Pyramid Abstract Rasure Lumber Gary & Marilyn Reed Ladonna Regier, M.D. Rita Roe - Peters Agency Service Oil Jo Strange Sunflower Bank Tarbet Construction Tina Harris Physical Therapy Linda Van Horn Veterans of Foreign Wars VFW Auxiliary - Barnett Post 6882 Western Sprinklers, Inc. Participants in the Dress down day: Vision Source Citizen’s Medical Center Cersovsky Insurance F&M Insurance Thomas County Community Foundation Thomas County Courthouse Colby Convention & Visitor’s Bureau Colby/Thomas County Chamber of Commerce First National Bank
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LOCAL TV LISTINGS

sponsored by the



Monday Evening										August 17, 2009	
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
KARE/ABC	Live & Kahrena	Dating in the Dark	Cosby		Local		Local	Local	Local	Local	
KBSL/CBS	How I Met How I Met	Two Men Big Bang	Cos: Morn		Local		Local	Local	Local	Local	
KSNK/NBC	Am. Flood Trip	Law Order: CI	Charlie NBC		Local		Local	Local	Local	Local	
KSAB/FOX	Howe	Life in the	Local								
Cable Channels											
A & E	Intervention	Intervention	Intervention	Intervention	Intervention	Intervention	Intervention	Intervention	Intervention	Intervention	Intervention
AMC	Sublime										
ANIM	Days 101	Monsters Inside Me	Animal Cross Phoenix		Days 101						
BRAYO	Housewife: All	Housewife: All	Housewife: All								
CMT	Extreme Home	Pure Country									
CHN	Campbell Brown	Larry King Live	Anderson Cooper 360								
COMEDY	Seelye Mads 3		Polurana / Penelope		Daily	Comcast					
DISC	The Colony	The Colony	The Colony		The Colony						
DISH	Monsters	Monsters	Life-Size		As the Be						
ET	Kourney	Kenya	Kenya		Comedians The Soup						
ESPN	NFL Football										
ESPN2	Little League										
FAM	Seems-Teen	Make it or Break it	Secret-Teen		The 700 Club						
FOOD	Good Eats	Good Eats	Unwrapped	Unwrapped	Unwrapped	Unwrapped					
FX	X-Men: Last										
HGTV	Property	Property	House	My First	House	For Rent					
HST	Woodstock				Clash of the Gods						
LIFE	Deep Dead Oba	Army Wives	Army Wives		Army Wives						
MTV	P. Okey's Summer	Madison's Bed	Madison's Bed		Madison's Bed						
NICK	G. Munn	Madison	Lopez	Lopez	Lopez	Lopez					
SCI	Star Trek Gen.	Star Trek Gen.	Star Trek Gen.		Star Trek Gen.						
SPIKE	UFC: Unleashed	UFC: Unleashed	UFC: Unleashed		UFC: Unleashed						
TBS	Prim. Gay	Prim. Gay	Prim. Gay	Prim. Gay	East	Home Ent					
TCM	Forest of Gaea										
TLC	Cake Boss	Cake Boss	Jon Kate	Jon Kate	Cake Boss	Cake Boss	Cake Boss	Cake Boss	Jon Kate	Jon Kate	
TRN	The Chase	The Chase	The Chase		Raising the Bar						
TOON	Egy Kids 3-D	Stoked	Star Wars	King-III	King-III	Prim. Gay	Prim. Gay	Squidbill	Stoked		
TRAV	Anthony Bourdain	Anthony Bourdain	Anthony Bourdain		Anthony Bourdain						
TV LAND	Grimm	Grimm	Grimm	Grimm	MFA'S-H	MFA'S-H	MFA'S-H	MFA'S-H	Reverence	Reverence	
USA	100	White Monday	White Monday								
VH1	Real Chance of Love	Real Chance of Love	Real Chance of Love		Real Chance of Love						
WGN	Funniest Home Videos	Funniest Home Videos	Funniest Home Videos		WGN News at Nine						
Premium Channels											
HD	Real Time	Flaw: The Talking			Season: Local: Tilt, Dark						
MAX	Journey	Death Race			The Frasier						
SHOW	Music Within	Californ	Californ	Woods	Woods	Woods	Woods	Woods	Woods	Woods	

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RAWLINS COUNTY HEALTH CENTER


707 Grant Atwood, KS 67730 (785) 626-3211

Bringing Specialized Healthcare To Your Community

August 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Back 2 School						1
2	3	4	5	6	7	8
			Diabetic Clinic Ultrasounds		MRI's Ultrasounds	
	Cardiac Rehab		Cardiac Rehab		Cardiac Rehab	
9	10	11	12	13	14	15
			Dr. Frankum Surgery Bone Density Diabetic Clinic Ultrasounds	Brandi Ihrig Dietician	MRI's Ultrasounds	
	Cardiac Rehab		Cardiac Rehab		Cardiac Rehab	
16	17	18	19	20	21	22
			Dr. Curtis Cardiology Mammograms Diabetic Clinic Ultrasounds	Dr. Reeves Podiatry Dr. Saba Orthopedics	MRI's Ultrasounds	
	Cardiac Rehab		Cardiac Rehab		Cardiac Rehab	
23	24	25	26	27	28	29
		Dr. Miller Cardiology	Diabetic Clinic Ultrasounds	Dr. Curtis Cardiology	MRI's Ultrasounds	
	Cardiac Rehab		Cardiac Rehab		Cardiac Rehab	
30	31	TO SCHEDULE AN APPOINTMENT WITH A VISITING PHYSICIAN, PLEASE CALL (785)626-3211 Cheryl Banister, RN Specialty Clinic Director				
	Dr. Rubinowitz Oncology					
	Cardiac Rehab					

THANK YOU FOR READING THE...



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