

GWEN GRIFFITHS/Colby Free Press

Members of Sidney, Neb., and Leoti youth groups worked to pound in nails, scrape and paint along a building on Main Street in Rexford.

## Rexford gets ready for Thanksgiving

It's that time of year when we stop to give thanks for all of the relationships and memories we have been blessed with. Many area organizations held Thanksgiving services or celebrations this weekend.

Following the Lions Club hunter's dinner Nov. 10, Shepherd's Staff had pheasant hunters well into this week. We will continue to be host to pheasant hunters through the rest of the month.

Shepherd's Staff had youth groups from Sidney, Neb., and Leoti this weekend. While here, the teens and leaders painted the north side of John Ray Gould's building on Main Street. They were excited to help freshen up the look of this building.

A number of Rexford residents drove to Oakley Sunday after-



**Gwen Griffiths**

• Rexford Correspondent

noon for the Western Plains Arts Association presentation of Feast, a celtic music group from Colorado.

A few Rexford residents also attended the Thomas County Community Thanksgiving Service Sunday at the Frahm Theater at Colby Community College.

That seems to be the news for this week! I'd love to tell about your family gatherings and celebrations. You can call 687-2076 or e-mail [griffithsgang@gmail.com](mailto:griffithsgang@gmail.com) with your news.

## Pinterest workshop offered at Colby college

Dr. Keegan Nichols, vice president of student affairs at Colby Community College, will lead a Pinterest workshop at 9 a.m. Saturday, Dec. 1, in the Student Union, room 106.

Participants will be able to complete four holiday-themed projects. Materials will be provided.

Pinterest is a content-sharing service that allows members to "pin" images, videos and other objects to their "pinboard." It also includes standard social networking features.

Members use the site to plan weddings, decorate their homes and organize favorite recipes. Us-

ers can browse pinboards created by other people.

"Browsing pinboards is a fun way to discover new things and get inspiration from people who share your interests," said Dr. Nichols. "We will create four projects. Participants may do one or all four. New projects will begin at 9 a.m., 10 a.m., 11 a.m. and noon."

Cost for the workshop is \$25 per project or \$80 to participate in all four. The fee will cover the cost of materials.

Deadline to register is Tuesday. Call Nichols at 460-5490 for information. To register, call Penny Cline at 460-5404.

## Scholars hold Rexford meet

By Hailee Spresser  
Golden Plains High School

The Golden Plains High School scholar's bowl team held its first meet of the year.

Golden Plains and eight other teams competed for the top spot Nov. 5 to kick off the season, including: Brewster, Cheylin, Golden Plains, Hill City, Rawlins County, Triplains, Wallace County, Weskan and Wheatland.

The Golden Plains varsity team, senior Andrew Luna and juniors Macayla Easton, Lea Juenemann, Jacob Antholz and Kylie Jones, won three consecutive rounds against Triplains, Hill City and Wallace County, and

lost five against Cheylin, Rawlins County, Wheatland, Brewster and Weskan.

"It was fun," said Luna. "I like scholar's bowl because I like answering questions. We have our first-meet jitters out. Now we are ready to do well in the other scholar's bowls."

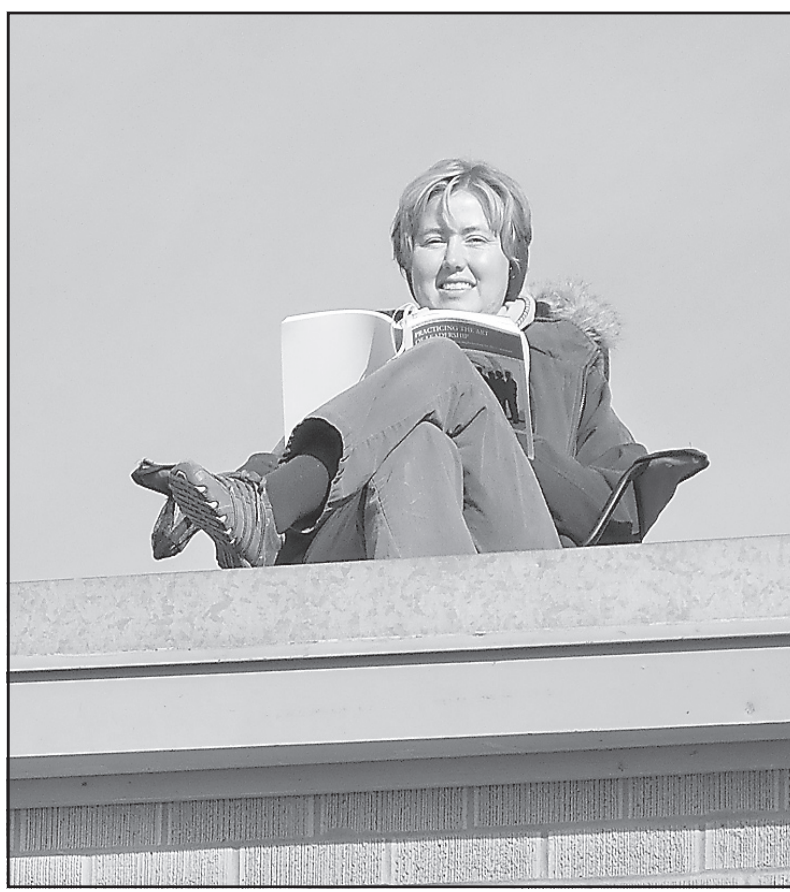
## Corrections

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.

Please Recycle

## Chilly sunshine greets reading on the roof

Principal Laura Krejci of the Sacred Heart School read on the school's roof Wednesday to pay up on a deal she made with the students to spend the day there if they met their reading goals for the two weeks ending last Monday. Though goals were not met by every student, there were enough to keep her up there most of the day. Meanwhile, she had a bird's-eye view of the playground at recess.



ALICE ZIEGLER  
LAURA KREJCI  
Sacred Heart School



## Trim food costs, reduce waste, says food pro

Food prices are rising, yet it's still possible to trim the grocery bill.

According to an Environmental Protection Agency report, American households waste an average of 14 percent of the food they buy, said Kansas State University professor Mary Meck Higgins.

If a family of four spends \$100 a week (\$5,200 a year) on food, reducing an average waste of 14 percent could yield a savings of \$728 - or enough to buy groceries for seven weeks, said Higgins, a food and nutrition specialist with K-State Research and Extension and a registered dietitian.

Higgins offers these suggestions to reduce waste:

- Review your calendar, and plan meals and snacks that work with your schedule. If time is available one day but not the next, cook more when you have time and use the leftovers when time is short.
- Review recipes and compare the list of ingredients with those on hand. Make a shopping list of only the items needed.
- Give preference to nutrient-rich, less-processed foods such as

fresh fruit rather than canned or frozen vegetables without added sauces. These foods are usually displayed around the outer walls of a store.

- Buy seasonal foods when supplies are abundant and prices low. Fill in with canned, frozen or dried fruits and vegetables between shopping trips.
- Choose economical versions of food choices such as dried beans; soak and cook as directed to save on healthy food choices.
- Look for creative ways to use leftovers, such as incorporating them in a meal in the next day or two, freezing them for a future meal or using them as a snack in place of costly snack foods. Planning snacks to fill the gaps between meals can help manage weight and health.

## Markets

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

Wheat (bushel)	\$8.16
Corn (bushel)	\$7.32
Milo (hundredweight)	\$12.54
Soybeans (bushel)	\$12.93

- Buy only as much as you can use within a reasonable period of time to minimize spoilage.
- Opt for minimal packaging and limit buying items that will go to the landfill by choosing reusable fabric place mats and napkins and washable dish cloths or sponges.
- Choose local providers who have sustainable business practices, and take advantage of sales.
- Shop one store regularly, rather than spending time and money driving to several to buy one or

two sale items. More time and money-saving ideas are included in a new K-State Research and Extension fact sheet: "Making Everyday Choices for a Healthy, Sustainable Diet." It is available at Extension offices and online at [www.ksre.ksu.edu/library/fntr2/mf3060.aspx](http://www.ksre.ksu.edu/library/fntr2/mf3060.aspx).

We want your local news: e-mail to [colby.editor@nwksas.com](mailto:colby.editor@nwksas.com)

## BLACK FRIDAY SPECIALS NOVEMBER 20-21-23



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