

Family

Fall offers chance to start fresh

A couple of weeks ago I had the privilege of attending Colby High School's Freshman Retreat. I participated in helping the Regional Prevention Center do a Jeopardy-like game to educate kids on drugs and alcohol. It was very enjoyable to see the kids come through before they begin another venture along life's path.



Jarrod Spencer

• From the Pulpit

A's, regardless of how they finished out last year.

Whether or not last year's seasons were successful, this year's can be. A new start for every sports program out there. This is a good time of the year to start fresh!

What about you? What are some things that have been dragging you down? What has been stressing you, lately? How can you use the fall to start fresh again?

You may not be able to erase any situations, but this starting fresh could be as simple as getting a new attitude about something or giving it another chance.

September is National Back to Church month. Have you been away for awhile? Everyone has their reasons why they may stop attending. Maybe it is because religious people are just "hypocrites."

Maybe it is because you took a job. Maybe it is because you no longer believe in God. Maybe it is because there were not enough kids for yours to be around. Maybe it is because the preacher, or someone else, offended you by something they did or did not say. The list could go on and on.

Why not use the fall to make a fresh start? Not only are kids returning to school, but maybe this is the time to return to church.

It may not only be good for you, spiritually, but it may be a good idea to return to church from a physical standpoint, too.

According to WebMD, a website that I checked out last week, Dr. Harold G. Koenig, of Duke University Medical Center in Durham, N.C., did a study of 4,000 people age 64 to 101 and found that even after dividing the group by age, race, current illnesses and other health and social factors, "there was still a 28 percent reduction in mortality" for those who attended religious services at least once a week (www.webmd.com/balance/features/spirituality-may-help-people-live-longer).

Which means that as a part of being totally healthy, you not only need to exercise and eat right, but be part of a church.

So who's with me? Let's go to church and get a fresh start in the fall!

Jarrod Spencer is the minister at the Colby Church of Christ. You can reach him by e-mail at ichthus_man@hotmail.com.

Corrections

The Page 4 article "Ministers' meetings to resume" in the Monday, Aug. 24, *Colby Free Press* incorrectly listed the phone number for Jarrod Spencer. It should be (785) 443-2403. This was an error in information provided to the *Free Press*.

☆☆☆☆
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.

Lions Club

Norm Whittaker was host to the Colby High Plains Lions Club Monday night at his farm home, northeast of Brewster.

Along with steak, diners chose from a variety of food grown by Whittaker in his garden.

Most of the meeting time was spent on the American Legion motorcycle ride across the nation.

The club will be helping welcome riders as they come to town on Interstate 70, and help with welcome banners and a balloon release for the riders at the Mingo overpass.

A second group will help with another balloon release south of the Walmart parking lot. The release will be about 200 balloons.

The club invites any organization or individual who would like to help to come to the Walmart parking area around 4 p.m. Monday.

There will be a supper and motivational talk in Fike Park in the evening.

Sheryl Brenn presented Larry Koon with a 100 percent attendance pin and Roger Hale with a Past President badge.

Chris Burrus told the group the Gem Hog Roast would be Wednesday, Aug. 26, and the next meeting will be Monday, Sept. 14 at the Student Union on the college campus.

Markets

Quotes as of close of previous business day Hi-Plains Co-op	
Wheat (bushel)	\$4.16
Corn (bushel)	\$2.77
Milo (hundredweight)	\$4.12
Soybeans (bushel)	\$10.69

On the Beat

COLBY POLICE Tuesday

3:46 a.m. - Two people on bike, with one taking off from the B-Hive area.

12:59 p.m. - Cell phone found at Eighth and Lincoln; owner contacted police.

1:01 p.m. - Accident at Taco John's; minor damage.

2:06 p.m. - Complaint of workers on Country Club by the cemetery without markers. Loader had flashing lights; workers had vests on.

2:52 p.m. - Theft of games.

4:23 p.m. - Phone harassment.

4:42 p.m. - Residence check OK.

9:54 p.m. - Custodian at college student union needed help disposing of a rattlesnake.

10:53 p.m. - Dog at large in vicinity of Franklin and Plum.

THOMAS COUNTY SHERIFF Monday

1:45 p.m. - Provided ride for

subject from westbound I-70 mile 56 to Butch's Body Shop.

9:22 p.m. - Report of weather-related damage at Brewster.

Tuesday

12:45 a.m. - Call about someone walking by Farm and Ranch on W. U.S. 24. Subject located and taken to residence in Brewster.

9:02 a.m. - Lost tag.

10:38 a.m. - Accident at 1133 County Rd. 35.

1:30 p.m. - Assisted Social and Rehabilitation Services in Brewster.

1:42 p.m. - High Plains Mental Health requested welfare check in Levant. All OK.

7:18 p.m. - A man in an older red car parked in field to the southwest of County Rds. 27 and CC. All OK; vehicle still there but no one around.

9:42 p.m. - Checked area of earlier suspicious vehicle call at County Rds. 27 and CC. Vehicle still there; no one around.

Thank You

Thanks to all, for the memorials, flowers, food, phone calls and prayers from the family of Alice Conaway.

Judy Swart,
Tracie Miller & Rocky Zerr, Miranda Miller, Rod-Jody-Triston-Karenna Swart, Randy Swart.

**General Public
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Days: Monday - Friday
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443-9208 (12:30 pm - 4 pm)

If possible call for Reservations by 11 am the previous business day. Provided to Colby, Brewster, Gem, Menlo, Rexford and a Portion of Oakley as needed.

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Thomas County Health Department Flu Clinics

DATE:	TIME:
September 2	1:00 pm-4:00pm
September 9	9:00am-3:00pm
September 10	9:00am-4:00pm
September 14	9:00am-12:00pm
September 15	9:00am-4:00pm
September 16	1:00pm-4:00pm
September 17	9:00am-4:00pm

Clinic dates in October and November are To Be Announced. H1N1 vaccination dates also To Be Announced. They can pick up consent forms at the courthouse, Thomas County Health Department, and Walmart. Please bring copy of insurance card or payment of check or cash and your filled our form.

Cost of Flu shot will be \$25.

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SERVICES DIRECTORY

Worship in the church of your choice this weekend.

LEVANT COMMUNITY CHURCH, 205 1st St., Pastor Jerry Vincent, 785-586-2376, Sunday School (classes for 3 years & up and 3 adult classes) 9:30 a.m., Morning worship 10:30 a.m.

Schedule of church services

GATEWAY FELLOWSHIP, 2nd and Sunrise, Oakley. Pastor James Bloom, Sunday Morning Worship and Children's Church 10:15 a.m., Wednesday evening Bible Study and Intercessory Prayer 6:30 p.m. 785-671-4020.

COLBY INDEPENDENT BAPTIST CHURCH, 730 E. 3rd (former Jaycee's building), Pastor Bernard Heinz, 785-460-0313, Sunday School 9:30 a.m.; Sunday Morning Worship 10:30 a.m.; Sunday Evening 6:00 p.m.; Wednesday Evening 7:00 p.m.

ASCENSION-ON-THE-PRAIRIE EPISCOPAL, Rev. Don Martin, College Drive & Wheatridge Rd., 785-462-3041, Holy Eucharist, 9:00 a.m. every Sunday. Evening Prayer, 5:15 p.m. Wednesday, September through May. Christian Education for Youth, 6:30 p.m. Wednesday, September through May.

COLLEGE DRIVE ASSEMBLY OF GOD, 245 W. College Dr., Colby. Pastor Steve Todd. Sunday School 9 a.m. for all ages. Wednesday Youth at The Rock 3:30 and 7 p.m. Sunday Nite Life at The Rock 5-6 p.m.. 785-462-8234. cdag@st-tel.net.

BEREAN CHURCH, 1000 S. Franklin, 785-460-2763, www.colbyborean.com; Sunday School 9:30 a.m., Sunday Worship 10:45 a.m. Awana Clubs, Wednesday, 7 p.m., Middle & High School, Wednesday, 7 p.m. @ the Heartland Christian School Gym.

FIRST BAPTIST CHURCH, (Affiliated with American Baptist Churches USA) Carroll H. Morony, Pastor, 615 W. Webster, 785-462-2867. Sunday School: 9:15 a.m.; Family Worship: 10:30 a.m.; Bible Study: Sundays at 7 p.m. RC Club 2nd and 4th Sundays at 2 p.m.

COLLEGE VIEW BAPTIST CHURCH (Affiliated with Southern Baptist), 1185 Wheatridge Rd. at College Drive, 785-460-7144, Sunday Bible Study 9:30 a.m., Sunday Worship services, 10:45 a.m. Prayer Service at 6:30 p.m. on Wednesdays.

PLEASANT HOME CHURCH, Pastor, Perry Baird, 785-890-3375, 3190 Road 70, Edson, Worship, 9:00 a.m., Sunday School 10:00 a.m.

WINONA METHODIST CHURCH, Rev. Sheryl Johnson, Sunday School, 10:30 a.m., Morning Worship 9:15 a.m. (CDT)

MINGO BIBLE CHURCH, 420 Main Mingo, 785-462-2992: An independent community church served by Village Missions Intern Pastor Pat Colley. Sunday School: 9:30AM-all ages. Sunday Services: 10:45AM. Sunday Nights: 1st Sunday of the month: potluck following morning service - no evening service; 2nd Sunday: services at 6:30 PM; 3rd Sunday: informal fellowship - bring a snack to share! 4th and 5th Sunday: services at 6:30 p.m.

SACRED HEART CATHOLIC, 785-462-2179, Father Dana Clark, Pastor, Saturday Eve. Mass 5:30 p.m., Sunday Masses 8:00 & 10:00 a.m., Confessions will be heard Saturday 4:30-5:05 p.m. and from 7:30-7:45 a.m. and 9:25-9:40 a.m. on Sunday.

FIRST PRESBYTERIAN CHURCH, Rev. Carol Rahn, 515 W. 4th, 785-462-6342, Sunday Worship 9:00 a.m.

WESLEYAN CHURCH, 320 W. Pine - 785-462-8391, Sunday School 9:30 a.m., Sunday Worship 10:40 a.m., Sunday Evening Cell groups at 6:00 p.m., Wednesday Youth Ministries, Kids Clubhouse 7 p.m.

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS, 1145 S. Franklin - 785-460-6605, President Gary Slavens, 785-460-2656; Erwin Mitchell, 1st counselor, 785-460-1952; Tim Wilson, 2nd counselor, 785-846-7796. Sacrament meeting 10 a.m., Sunday School and Primary 11:20 a.m., Priesthood, Relief Society, YM/YW, 12:10 p.m.; Family History Center open to public, 7-9 p.m. Thursdays or by appointment. Call 785-462-3571.

REDEEMING LOVE MINISTRIES, INC., 345 N. Franklin, Dr. W.G. and Rev. Orvella Romine, Equipping Class, Sunday, 9 a.m., Sunday worship, 10 a.m., Wednesday, R.L.M Training Centers (Bible School), 6 p.m. Shop online at: www.rlmregionalchurch.com.

COLBY UNITED METHODIST CHURCH, Rev. James Mardock, pastor, 950 S. Franklin, 785-460-6521, Sunday Worship Services at 8:30 and 11:00 a.m., Fellowship coffee 9:30 a.m., Sunday School, 9:45 a.m., KXXX broadcasts 11:00 worship. www.colbyumc.org

CHURCH OF CHRIST, Minister, Jarrod Spencer. 510 E. 4th, Sunday Bible Study 9:30 a.m., Sunday Worship 10:30 a.m., Interpretation for the deaf, Wednesday, Bible Study 7:00 p.m.

FIRST CHRISTIAN CHURCH, (Disciples of Christ), Pastor Lyle Knebel, 385 W. 3rd - 785-460-2718, Sunday Morning Worship at 10:00 a.m.; Sunday School at 11:15 a.m. E-mail: fccolby@st-tel.net.

OUR SAVIORS LUTHERAN CHURCH, Brewster, Sunday worship 9:00 a.m.; 2nd Sunday of the month at 8:00 a.m.

TRINITY LUTHERAN CHURCH, Rev. Don White and Rev. Tim Llewellyn, East 5th & Country Club, 785-462-3497, Services, Sat., 5:30 p.m., Sunday; Sunday School and Adult Bible Class 9:30 a.m.; Services, 11:00 a.m. Visit us at www.trinitycolby.com.

LEVANT COMMUNITY CHURCH, 205 1st St., Pastor Jerry Vincent, 785-586-2376, Sunday School (classes for 3 years & up and 3 adult classes) 9:30 a.m., Morning worship 10:30 a.m.

BREWSTER UNITED METHODIST CHURCH, PO Box 250, Brewster. Pastor Dorine Chambers, 785-462-6044, Sunday School: 9:45 a.m.; Worship Service, 10:45 a.m.

THE SHEPHERD'S STAFF, REXFORD, Joan Dingworth, Director, 785-687-2565.

REXFORD COMMUNITY CHURCH, Rexford, Pastor Lane Purcell, 785-687-3305, Sunday School 9:30 a.m., Worship Service 10:30 a.m.

BREWSTER COMMUNITY CHURCH, Mike Pinkelman, Pastor, Brewster - 785-694-2720, Sunday School (all ages) 9:30 a.m., Worship Service 10:30 a.m., Bible Study 7:00 p.m., Wed. mornings 6:30 a.m. - Men's Bible Study, Wed. 7:00 p.m. - Children's Ministries (Royal Rangers/Missionettes), Wed. 7:15 p.m. - Intercessory & Prayer, Thurs. 4:00 p.m. - Women's Bible Study.

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