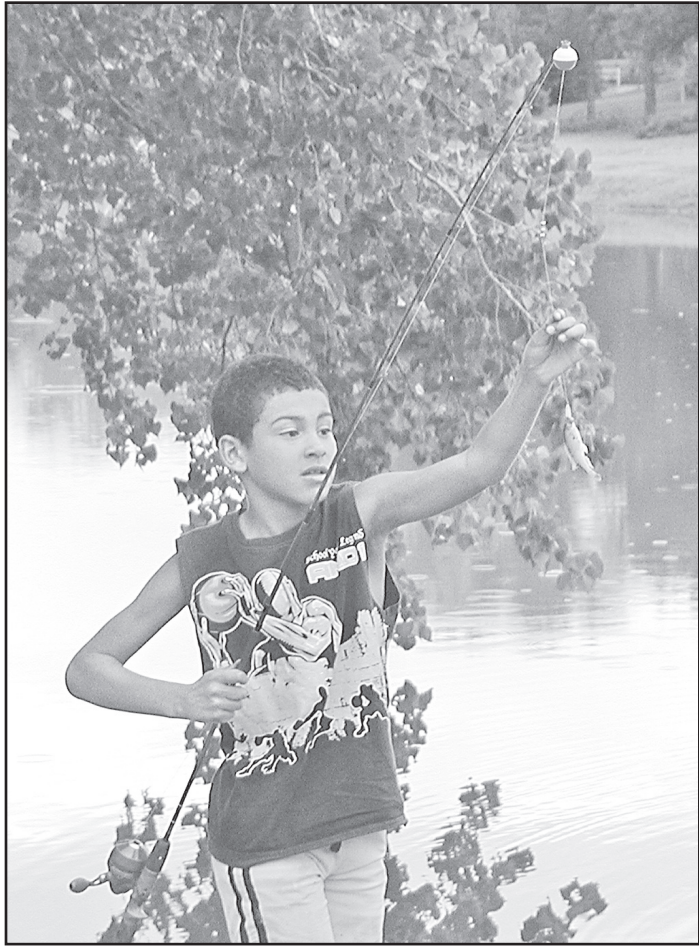


Fishing is hard work!



SAM DIETER/Colby Free Press
A of couple families took the opportunity to visit Villa High Pond on Labor Day. Caelen Arendt of Colby displayed a fish he pulled out of the water.

Senior Progress Center

There will be bingo at the Senior Progress Center on Tuesday. Activities for the week: **Monday:** 10:30 a.m. dart game. **Tuesday:** 10 a.m. exercise; 10:30 bingo. **Wednesday:** cookie day. **Thursday:** 10 a.m. exercise; 10:30 a.m. pinochle. **Friday:** 10 a.m. exercise; 10:30 a.m. Wii game. Menus for the week: **Monday:** macaroni and cheese with smokies, winter mix vegetables, plums, bar cookie. **Tuesday:** smothered steak, au gratin potatoes, seasoned carrots, ambrosia fruit salad. **Wednesday:** beef and noodles, cook's choice vegetable, stewed tomatoes, apricots. **Thursday:** pork roast with gravy, creamed potatoes and peas, strawberries and bananas, cake with frosting. **Friday:** lasagna, corn, tossed salad with carrots, garlic bread, cinnamon apple slices. The Thomas County Nutrition Center invites anyone 60 and older and guests to lunch Monday through Friday at the senior center. Home delivery is available, as is pick-up service. A contribution of \$3 per meal is suggested for seniors, \$5.25 for others. For anyone under 60, home delivery is \$5.75. Make reservations at (785) 460-2901 by noon the day before.

Red Barn

Activities for the week: **Sunday:** Grandparents' Day. **Monday:** John Ray Gould's birthday; 1:45 p.m. blood pressure clinic; 2 p.m. Barnswallows. **Wednesday:** 10 a.m. ladies' Bible study. **Thursday:** 2 p.m. Come on Down. **Friday:** 9:30 a.m. Koffee Klatch; 2:30 p.m. Stitch and Chatter.

School Activities and Menus

Colby Public Schools
Activities: Monday: 9 a.m. junior varsity tennis, Garden City; 3 p.m. sophomore/junior class magazine sales meeting; 4 p.m. grade school site council, grade school cafeteria; junior varsity football, Scott City. **Tuesday:** 3 p.m. mandatory sophomore class meeting with Josten's for class ring presentation; 3 p.m. junior varsity gold, Ulysses; 4 p.m. volleyball, Liberal with Guymon, Okla., Ulysses and Liberal. **Wednesday:** 7:30 a.m. high school faculty meeting. **Thursday:** 3 p.m. junior varsity tennis, Hays; 3:30 p.m. volleyball, Oakley with Hoxie, Scott City; 3:45 p.m. cross country, Hays; 4 p.m. C-team volleyball vs. Hays, Norton, Wheatland; 4 p.m. seventh and eighth volleyball, Scott City vs. Ulysses, Oakley; 4 p.m. seventh and eighth football vs. Ulysses. **Friday:** 7:30 p.m. football, Ulysses. **Saturday:** 8:30 a.m. varsity volleyball, Liberal tourney; 9 a.m. seventh and eighth volleyball, Oakley tourney. **Menus: Monday:** breakfast: pancake and sausage on a stick, mandarin oranges; lunch: Salisbury steak, mashed potatoes, brown gravy, steamed carrots, apple wedges. **Tuesday:** breakfast: cereal choice, orange juice; lunch: turkey and cheese sub, tater tots, fresh broccoli, sliced peaches. **Wednesday:** breakfast: scrambled eggs, toast, grape juice; lunch: burrito, lettuce, salsa, refried beans, pineapple chunks.

Thursday: breakfast: biscuit and gravy, apple juice; lunch: waffle sticks, syrup, sausage patty, hash browns, strawberries, orange juice. **Friday:** breakfast: breakfast round, apricots; lunch: chicken patty on a school bun, cauliflower with cheese, romaine lettuce and tomatoes, applesauce. **Sacred Heart**
Activities: Monday: 6 p.m. open house and pot luck. **Friday:** 8 a.m. school pictures; Triumph of the Cross. **Menus: Monday:** beef and bean burrito, romaine and tomato, apple wedges. **Tuesday:** stromboli, garden spinach salad, fresh carrots, fresh strawberries. **Wednesday:** barbecue beef on a bun, sweet potato puffs, baked beans, orange smiles. **Thursday:** turkey and cheese sub, romaine lettuce and tomato, oven fries, sliced peaches. **Friday:** country style beef patty, mashed potatoes and gravy, steamed broccoli, banana. **Heartland**
Activities: Monday: 7 p.m. Hope meeting. **Tuesday:** 8:30 a.m. to 11:30 a.m. school pictures; 4 p.m. high school volleyball, Healy tri. **Thursday:** 4 p.m. junior high volleyball vs. Northern Valley; 6:30 p.m. senior and parents meeting in library. **Golden Plains**
Activities: homecoming week. **Tuesday:** 4 p.m. high school volleyball, Healy. **Thursday:** 4 p.m. middle school volleyball/football vs. Grinnell-Wheatland. **Friday:**

fall pictures; 6:30 p.m. homecoming crowning; 7 p.m. high school football vs. Greeley County. **Menus: Rexford: Monday:** breakfast: pancake and sausage; lunch: beef fingers. **Tuesday:** breakfast: monkey bread; lunch: chili dogs. **Wednesday:** breakfast: breakfast combo; lunch: surprise pizza. **Thursday:** breakfast: sausage biscuits and gravy; lunch: bierocks. **Friday:** breakfast: hash browns and toast; lunch: chicken fiesta. **Selden: Monday:** breakfast: burrito; lunch: taco soup. **Tuesday:** breakfast: waffle sticks; lunch: corn dog. **Wednesday:** breakfast: biscuit and gravy; lunch: beef and noodles. **Thursday:** breakfast: muffin; lunch: chicken quesadilla. **Friday:** breakfast: eggs and toast; lunch: cowboy cavatini. **Brewster**
Activities: Monday: 4:30 p.m. junior high volleyball/5:30 p.m. junior high football at Weskan vs. Wallace County-Weskan. **Tuesday:** 4 p.m. high school volleyball quad at Brewster. **Thursday:** 4:30 p.m. high school cross country, WaKeeney. **Friday:** 7 p.m. high school football at Winona vs. Wallace County-Triplains. Homecoming; no school. **Menus: Monday:** breakfast: sausage-cheese biscuit; lunch: ham and cheese sandwich, potato wedge, fresh broccoli, banana. **Tuesday:** breakfast: pancakes, sausage; lunch: sausage pizza, tossed salad, corn. **Wednesday:**

breakfast; scrambled eggs; lunch: chicken patties, mashed potatoes, gravy, green beans. **Thursday:** breakfast: pizza; lunch: Italian pasta bake, baby carrots, rolls. **Colby Community College**
Activities: Sunday: men's golf, Hesston; baseball, Kearney, Neb.; softball, Concordia. **Monday:** men's golf, Hesston. **Wednesday:** 5 p.m. baseball, Garden City; 6:30 p.m. volleyball, Dodge City. **Saturday:** 10:30 a.m. men's cross country, Lincoln, Neb.; 10 a.m. women's cross country, Colorado Springs; baseball, Hays; softball, Kearney. **Sunday:** baseball at Hays; women's golf, Meadow Lake Golf Course; softball, Kearney. **Triplains**
Activities: Monday: 4:30 p.m. junior high volleyball, Weskan; 5:30 p.m. junior high football, Weskan. **Tuesday:** fifth and sixth grade field trip; 4 p.m. high school volleyball at Brewster vs. Weskan, Cheylin and Logan. **Wednesday:** fifth and sixth grade field trip; 3:30 p.m. Kay meeting, auditorium. **Thursday:** 6:30 p.m. hot dog roast; 7:30 p.m. bonfire. **Friday:** 4 p.m. homecoming parade, the pep rally; 5:30 p.m. meal; 7 p.m. high school football vs. Wallace County; dance until midnight. *Send us your calendar and menus. E-mail colby.society@nwkansas.com or mail Colby Free Press, 155 W. Fifth, Colby, Kan., 67701.*

Co-op plans to counsel rookie farmers

Kansas Farmers Union and the High Plains Food Co-op plan a Beginning Farmer Workshop from 10 a.m. to 4 p.m. on Wednesday, Sept. 19, at the Atwood American Legion. The workshop, which is free and open to the public, will feature five speakers and a panel of members of the high plains food co-op. "We see a large number of farmers that are considering retirement and the next generation is going to have to step up and take the lead," Nick Levendofsky, Farmers Union special projects coordinator, said. "We know they're out there, it's just a matter of finding them and helping them find the resources that they need to become the next generation of family farmers." Workshop speakers include Donn Teske, former financial advisor, on the financial aspect of farm transition; Linda Hessman, ag mediator, on bridging the gap between beginning and retiring farmers; Char Henton, Kansas Agricultural Mediation Service; Calvin Adams on the Kansas Ranch Institute internship program he created; Dr. Scott Mickelsen with the Nebraska College of Technical Agriculture on the college's 100 Cow program and others the college offers. Growing Produce and Delivery to Market, Youth Internships and Beginning Farmer Website will be presented by the food co-op and Rawlins County Extension Agent Cynthia Dixon. After the workshop, at 5 p.m. Wednesday, Farmers Union board member Chris Schmidt will show everyone around Atwood, including the Ben-Lee Processing Plant.

Supper will be at 6:30 p.m. at the Atwood American Legion and will feature food produced by co-op members. The next day a tour of the co-op, open to the public, will be held from 7 a.m. to noon in St. Francis. Registration and meals, are free. For information about both events, including a schedule, go to kansasfarmersunion.org. To

register, call Nick Levendofsky at (785) 527-0941 or e-mail kfu.nick@gmail.com. The Farmers Union is offering tours through a grant from Farm Aid to help beginning farmers find mentors. The event is sponsored by Farmers Union, the food co-operative and Rawlins County Economic Development.

McDonalds adds managers

Nyda Luna and Blake Mayfield have been promoted to swing managers at the Colby McDonalds. Luna has worked at the store since April 2 and Mayfield since July 1. The restaurant is owned by Rick and Gail Kuehl. A swing manager

is in charge of a shift, supervising quality, service and cleanliness. The firm says more than 80 percent of its 14,000 U.S. restaurants are independently owned. The Kuehls have over 195 employees at operations in Hays, Colby, Russell and WaKeeney.

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