

Family

Registration open for June ACT test

Students should register by Friday, May 8, for the next ACT college admission and placement exam, which will be given Saturday, June 13.

Late registration is available May 9 to 22 for an extra fee. Students may register online at www.actstudent.org or pick up a form from their high school counseling office.

The June test date is popular with high school juniors. Many of them take the ACT at the end of the year, knowing they can retake it the following year.

Once they receive their scores, juniors can plan their senior courses to better prepare for college and careers. Seniors who take the test may send up to four free score reports to colleges. Students decide only those test scores they wish to report.

The cost is \$31 for the traditional

test and \$46 for ACT Plus Writing. Students should determine whether colleges on their list require the optional writing score. A list of schools that require this test can be found at www.actstudent.org/writing.

This year, ACT will offer a September test. Registration for the Sept. 12 test begins in mid-July. For those students who qualify, fee waivers for the September test are available from school counselors.

The ACT, a curriculum-based achievement exam, consists of tests in English, mathematics, reading and science, and takes about three hours. The optional ACT Plus Writing requires an additional 30 minutes.

The ACT website, www.actstudent.org, has helpful information, free sample tests and inexpensive prep materials.



VERA SLOAN/Colby Free Press

Kasey Felzien, a fifth grader, opened up wide to get the first bite of his cheese quesadilla in the Brewster school lunchroom last Thursday. Fourth graders managed to plan a menu of what kids liked while still making it nutritious, all at the same time. Kasey is the son of Clint and Lana Felzien.

Kids planning menu for Brewster lunchroom

By Vera Sloan

Colby Free Press
colby.society@nwkansas.com

What happens when kids get to make up the menu for the school cafeteria?

Ice cream for the main course and bubble gum for dessert?

Well, there are some rules. The menu has to meet federal nutrition guidelines. And before they started, the kids had to study why nutrition is important.

Last Thursday, Brewster fourth graders chose cheese quesadillas, veggie sticks, seven-layer salad, orange and apple slices, rolls and chocolate-chip cookies.

The menu they chose had the proper mixture of protein, vegetables, fruit and grains, and made a colorful plate, said Nancy Mills, head cook at the Brewster school.

Brewster Grade School was on the list this year for a visit from Body Venture, a display sent to rural schools by the state Department of Education to teach students in the primary grades about good nutrition.

The exhibit includes a mock-up of the human body, beginning with the brain, showing how nutrition flows through the blood stream to various body parts and finally to

the bones and the skin.

The students learned why they need to eat smart in order to study and play hard.

"Body Venture is presented to kindergarten through fifth grade, and is sent around to schools every two to three years," Mills said. "The kids always look forward to having the display."

After the study ends, she said, each class gets to make a menu of their choice. They have to put together a meal that's nutritious, with attractive color on the lunch plate, according to nutrition guidelines.

Last week, it was the fourth graders' turn. This week, second graders have chosen a menu.

Beach party nostalgia in Oakley

The Western Plains Arts Association is sponsoring the Kahuna Beach Party, a nostalgic show of the Beach Boys' music, at 3 p.m. Sunday at the Oakley High School Auditorium.

Kahuna Beach Party isn't just a band, the group says, it's an event. With a mix of music, comedy and audience participation, it's the party band for you.

Do you love the Beach Boys? All songs are performed just like you remember them. It's a top-down cruise through all the big harmonies and twangy guitars.

Send your guests home singing "Good Vibrations" and "Surfin' USA." Car songs? How about "Little Deuce Coupe" and "I Get Around?" And who hasn't had dreams about the "Little Surfer Girl?"

The "Fun, Fun, Fun" includes activities like a hula hoop contest, and you can show your best moves in the surfboard riding contest.

Admission is by Western Plains season ticket or at the door, \$10 for adults and \$5 for students.



Sebastian and Kathryn Peña

Colby woman wed in Florida

Kathryn Lang, daughter of Ken and Beverly Lang of Colby, and Sebastian Peña married Jan. 10, 2009, in Fort Lauderdale, Fla.

Both are graduates of Liberty University in Lynchburg, Va.

The bride is a marketing and sales professional and the groom is an investment broker. He is the son of Juan Carlos and Erika Peña, Santiago, Chile.

After a honeymoon cruise to the Bahamas, the couple plans to live in Miami.

Land protection sign-up announced

The U.S. Natural Resources Conservation Service is accepting applications for the Farm and Ranch Lands Protection Program for money to buy easements protecting farm and ranch lands.

Eric B. Banks, state conservationist for Kansas, said the 2008 Farm Bill provided for a continuous sign-up.

"We changed the Kansas Farm and Ranch Lands Protection Program, designating all counties as eligible..." Banks said.

Groups eligible for money under the program include state, tribal or local governments and nongovernment organizations that have an established farm-and-ranch-land protection program, Banks said. They must have the authority to hold and manage easements; have the capacity to acquire, manage,

and enforce the easements; and the money to match the federal contribution.

Landowners need to work with an eligible agency or group in submitting applications, he said. They must submit applications by May 22 for Fiscal Year 2009.

Land proposed for the program must contain at least 50 percent prime and unique farmland soils and soils of statewide and local importance, contain historic or archeological resources, or land that supports the protection policies of state or local programs.

Owners must have an income of less than \$1 million and comply with requirements for erodible land and wetland protection.

Application go to the state office in Salina. The best parcels will be selected for the program, Banks said. Ranking and selection will be done immediately after the deadline.

The program has enrolled over 14,000 acres on 12 farms and ranches in Kansas since Congress reauthorized it in 2002, Banks said.

More information is available at www.nrcs.usda.gov.

Card shower set for man

Tauscher Bretz will be honored with a card shower when he celebrates birthday No. 86 on Monday, April 27. Card will reach him at 118 Apache Acre, Wallace, Kan. 67761.

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.

Markets

Quotes as of close of previous business day

Hi-Plains Co-op	
Wheat (bushel)	\$4.99
Corn (bushel)	\$3.54
Milo (hundredweight)	\$5.30
Soybeans (bushel)	\$9.30

We want your local news: e-mail to colby.editor@nwkansas.com.

NOTICE

Colby American Legion Post 363 on West Highway 24 will open the Sixth District Convention Saturday, April 18, 2009 10:00 AM

Local American Legion members, Ladies Auxiliary, Sons of American Legion and the Legion Riders Members are asked to please make an effort to attend this convention in their home town of Colby.

The Colby American Legion Family has New young officers and members who have made many post home improvements and are proud to host this Legion Convention.

Hopefully the Colby Community will reward their work.

Saturday night, April 18, 2009 the Post Home hosts a dance and **the public is invited to attend.** Cost is \$5 per person. Live Band!

purplewave.com
AG EQUIPMENT INTERNET ONLY
NO RESERVE!
AUCTION
Bidding Ends Wednesday, April 22 | 10:00 A.M.

1999 Case-IH 2388 axial-flow combine

2005 Apache 850 Self propelled sprayer

Complete catalog with detailed photographs, descriptions & seller contact information at purplewave.com
10% buyer's premium applies

1-866-608-9283 purplewave.com

Economy getting you down?
Worried about making bills on time? **We've got good news!**
The Colby Free Press is looking for some people to make some extra cash in the Colby Area!
Call **462-3963** if you're interested in a newspaper delivery route.

COLBY FREE PRESS

Are you looking for a good job?

The Colby Free Press is looking Must have good communication for a full-time advertising skills, and excellent customer executive to sell advertising for service skills with attention to Nor'West Newspapers. The work detail. Send a letter and resume week would be 40 hours with to Steve Haynes, publisher, at occasional evening and weekend 155 W. Fifth St., Colby, Kansas., duties. Computer skills with 67701 or s.haynes@nwkansas.com. Excel, Photoshop, inDesign, and Acrobat helpful but not necessary. been looking for. EOE M/F/H

COLBY FREE PRESS
155 W. 5th • Colby, KS 67701 • 785-462-3963