School Activities and Menus

Brewster

Activities: Tuesday: 6 p.m. Freedom League meeting at Oakley; 7 p.m. Western Kansas Liber- and hearing screenings. Tuesty League Meeting. Wednesday: Thursday: Friday: no school. Saturday: 9 a.m. high school volleyball tournament at Healy.

Menus: Monday: breakfast: blueberry muffin. Lunch: macaroni and cheese, pigs in blanket, peas, baby carrots, apple, applesauce. Tuesday: breakfast: breakfast pizza. Lunch: chicken nuggets, mashed potatoes, gravy, green beans, mandarin oranges, pineapple. Wednesday: breakfast: pancakes, sausage. Lunch: taco salad, corn, chips, tomatoes, fruit. Thursday: breakfast: scrambled eggs and cheese. Lunch: sausage or DVDR). Saturday: girls varpizza, seven-layer salad, baby carrots, cantaloupe, mixed fruit.

Colby Community College Sunday: 1 p.m. Duck Soup softball tournament, city base-Vet Tech Association Picnic, Fike Park. Tuesday: 6:30 p.m. mud volleyball, by the college base-

ball field; 6:30 p.m. kickball, Carl Adams softball field. Friday: volleyball vs. North Platte, Colby Community Building; 1 p.m. men's basketball golf tournament, Meadow Lake golf course; 7 p.m. men's cross country colby invitational. Saturday: volleyball vs. North Platte, Colby Community Building; 1 p.m. (Central Time), baseball vs. Otero, La Junta, Colo. **Sunday:** Noon, baseball vs. Dodge City, Colby.

Colby Public Schools Activities: Monday: 8:30 a.m.

- 3:30 p.m., grade school vision **day**: 8:30 a.m. – 3:30 p.m., grade school vision and hearing screenings. Wednesday: last day high school students add/ drop classes; 8:30 – 11:30 a.m., high school vision and hearing screenings; 12:30 – 3:30 p.m., middle school vision and hearing screenings; football area supervisors meeting at high school. Thursday: sophomore and junior class magazine sales meeting; girls varsity golf with Sublette at Satana. Friday: volleyball earliest competition; volleyball sports drink scrimmage; football video scrimmage (8MM sity tennis at Trego Community.

Menus: Monday: breakfast: blueberry muffin, grape juice. Lunch: chicken patty, mighty rib on a bun, seasoned potatoes, celball fields. Monday: 6:30 p.m. ery sticks, cantaloupe. Tuesday: breakfast: donut, apple wedges. Lunch: taco pie, nachos, refried beans, lettuce/tomato, cinnamon bread sticks, fresh orange slices. Wednesday: breakfast: waffle, maple syrup, orange juice. Lunch: sloppy joe's or pig in blanket, potatoes, seven-layer salad, sliced carrots, pear. Thursday: breakfast: tastries, pineapple chunks. Lunch: chicken fried steak, chicken sticks, whipped potato, country gravy, hot roll, peas, peach slices. Friday: breakfast: breakfast burrito, salsa, apple juice. Lunch: hot beef or grilled chicken on

whole wheat bun, tater tots, baked beans, apple.

Golden Plains

Activities: Monday: teacher inservice; 6:30 p.m., doors open; 6:45 p.m., and 7:15 p.m. back-toschool welcome. Tuesday: teacher inservice/work day. Wednesday: 7:55 a.m., shuttle buses depart from Rexford/Selden; 8:15a.m., school starts. Friday: soap scrimmage: 5-6 p.m. volleyball, 6:15-7:15 p.m., football; barbecue follows. Saturday: 9 a.m., high school volleyball at Healy.

Menus: Wednesday: breakfast: breakfast combo; lunch: chicken nuggets. Thursday: breakfast: pancake and sausage; lunch: taco salad. Friday: breakfast: long john; lunch: cheeseburgers. Heartland

Activities: Monday: first day of preschool. Thursday: school pictures. Saturday: high school

volleyball at Healy. Sacred Heart

Activities: Monday: first day of preschool.

Menus: Monday: tater tot casserole, baby carrots, whole wheat roll, watermelon. Tuesday: corn dogs, french fries, kiwi, no bake cookies. Wednesday: spaghetti/ meat sauce, garden salad/ranch dressing, french garlic bread, sliced peaches. Thursday: chicken nuggets, mashed potatoes/gravy, fresh broccoli, roll, strawberry bananas. Friday: ham sandwich, potato wedges, frozen peas, fresh grapes, chocolate pudding.

Lunch program guidelines set

schools participate in the national school lunch and/ or breakfast program. Local school officials have adopted the following household income guidelines for determining eligibility for Child Nutrition Program benefits.

Income eligibility guidelines for 2009-2010 school year:

Household size	Free Benefits	Reduced Price
1	\$14,079	\$20,036
2	18,941	26,955
3	23,803	33,874
4	28,665	40,793
5	33,527	47,712
6	38,389	54,631
7	43,251	61,550
8	48,113	68,469
For each additi	anal household r	nember add \$4.86'

For each additional household member add \$4,862 (free benefits) and \$6,919 (reduced price benefits).

Application forms are available from the school. They may be submitted at any time during the year but cannot be approved unless they are complete. Households receiving Food Assistance (formerly

Senior Progress Center

We will celebrate August birthdays on Wednesday.

Activities for the week: Monday: 11 a.m., root beer floats. Tuesday: 10 a.m., exercise; 10:30 a.m., Skip Bo game. Wednesday: 11 a.m., August birthday party. Thursday: 10 a.m., exercise; cookie day. Friday: 10 a.m., exercise; sweets day.

Menus for the week: Monday: baked fish, green beans, rice pilaf, bread, mandarin oranges. Center invites anyone 60 and

All Kansas school districts and many private Food Stamps) or Temporary Assistance to Families will be notified that their children will receive free benefits unless the household notifies the school that it chooses to decline benefits.

Groups that may be eligible for benefits include participants in the Special Supplemental Nutrition Program for Women, Infants and Children, households with children enrolled in Head Start/Even Start Program or Migrant Education Program, those considered homeless or runaway by the school district's homeless liaison, and foster children.

Families not receiving other assistance should apply for benefits by completing only one application per household. The information needed includes names of everyone in the household, income amount and source, and the social security number of the person signing the application. Information is confidential and is used only for determining eligibility. Continuing eligibility status may be checked at any time during the school year.

Schools and the district office have copies of the benefits policy for review.

Tuesday: beef and noodles, peas older and guests to lunch Monday through Friday at the senior center. Home delivery is available, as is pick-up service. A contribution of \$2.75 per meal is suggested for seniors, \$5 for others. For anyone under 60, home delivery is \$5.75. Make reservations at (784) 460-2901 by noon the day before.

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

Veterans of Foreign Wars Auxiliary

The Veterans of Foreign Wars hours, 164 miles of volunteer home. President Peggy Ohlrogge presided.

Roll call of officers was read. The meeting opened with the ritual prayer, patriotic instructions, flag salute and Prisoner of War/ Missing in Action prayer.

Minutes and treasurer's report were read, along with General Orders, president's message, thank you from American Cancer Society and an award from Snowball Express and Operation Uplink.

The hospital chairman reported making lap robes for Fort Dodge soldiers' home. Community ser-

۲

Auxiliary met Aug. 12 at the post service for May and 26 projects, 324 hours of volunteer service for June. Publicity reported item in the Free Press being published as Veteran Club activity instead of Ladies Auxiliary.

> One thousand poppies were ordered for Veterans Day and Memorial Day. A letter from Johns Hopkins Medical Center was read.

President Ohlrogge reported on activity and business at the midsummer conference Fall District Convention will be in Stockton on Sunday, Oct. 20.

The annual coffee tour of offivice reported 23 projects, 352 cers will be at 10 a.m., Nov. 15, at

the post home in Colby. District President Leona Washburn will make her annual inspection at 5 p.m. on Sept. 9. A sandwich and salad supper to follow

meeting. A donation was made to the Grinnell Veterans of Foreign Wars Auxiliary to help provide care boxes for military personnel.

The national home prayer was offered and meeting closed with a ritual prayer.

Next meeting will be at 5 p.m. Wednesday, Sept. 9, at the post home. Auxiliary members are invited to come and meet the district president.

- Hazel Duffey



and carrots, tomato cucumber

salad, roll, blueberry coffee cake.

Wednesday: baked chicken,

mashed potatoes/gravy, corn,

bread, rosy applesauce. Thurs-

day: ham and beans, cantaloupe,

cornbread, cook's choice comple-

ment. Friday: hamburger, pasta

vegetable salad, fruit cup, bun,

The Thomas County Nutrition

yogurt.

Monday Evening August 24, 2009								1, 2009		
	7:00 7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
KAKE/ABC	Dating in the Dark	Dating in the Dark		Castle		Local	Nightline Jimmy Kim		mel Live	
KBSL/CBS	How I Met How I Met	Two Men	Big Bang	CSI: Miami		Local	Late Show-	Late Show-Letterman		
KSNK/NBC	Am. Road Trip	Law Order: CI		Dateline NBC		Local	Tonight Show Late N		Late Nigh	
KSAS/FOX	House Lie to Me			Local						
Cable Cha	annels									
A & E	Intervention Intervention			Hoarders		Paranorml	Paranorml	anorml Intervention		
AMC	Firewall		Mad Men		Kiss Kiss, E	Bang Bang				
ANIM	Dogs 101	Monsters Inside Me		Animal Cop	ps Phoenix Dogs 101		Monsters I		nside Me	
BRAVO	Housewives-Atl	Housewives	s-Atl	Rachel Zoe)	Rachel Zoe		Housewives-Atl		
CMT	Extreme-Home	Videos	Jacked Up	Cribs	Cribs	Cribs	Cribs	Son-in-Law		
CNN	Campbell Brown	Larry King Live		Anderson C	Cooper 360			Larry King Live		
COMEDY	Harold & Kumar Go			Futurama	Futurama	Daily	Colbert	Jo Koy: Angry		
DISC	Cleopatra-Killer	Out of Egyp	ot	Out of Egypt		Cleopatra-Killer		Out of Egypt		
DISN	Princess Protection Program A		As the Be	Wizards	Montana	The Suite	So Raven	Life With	Cory	





Tentative Programs for 2009-2010

The Boulder Acoustic Society will present a lively band program of fiddle, accordion and drum music. Sunday September, 13 3 p.m. Gateway, Oberlin

The Russian Virtuoso musicians, *The Flying Balalaika Brothers*, dressed in traditional colorful costumes, will perform their folk Music and also music melding with American bluegrass and contemporary international acoustic styles. Sunday September, 27 3 p.m.

St. Francis High School Auditorium. School program. September, 28 St. Francis

Talented singer/songwriters Suzy Bogguss and Jim Salestrom will present a varied concert that embraces jazz, folk, country, rock, and show music. Saturday October 3, 7:30 p.m. Cultural Arts Center, C.C.C. Colby

The Free Staters will play fun, fast-paced, popular music from 1850s America. Sunday, October 11, 3 p.m. (2 p.m. MST) Goodland H.S. Auditorium

The Noteables, a jazz ensemble from the USAF Heartland of America Band, will present a rousing evening of entertainment.

Sunday, October 18 7:30 p.m. Colby H.S. Auditorium

Wichita Children's Theatre will do Little Red Riding Hood in five area schools. Tues. & Wed., October 20 & 21 Oberlin, Atwood and Goodland

Travel the world with Voyager, a fresh and original voice in World Music. Midwestern roots and world travels give this band's music a unique perspective and a rockin' world beat. Sunday, November 1 3 p.m. (2 p.m. MST) Sharon Springs H.S. Auditorium

Tony Kenny's Stars of Irish Cabaret will present a wonderful evening of music and dance. Saturday, November 14 7:30 p.m. Cultural Arts Center, C.C.C Colby

The Famous Riders in the Sky will present the holiday show, Christmas the Cowboy Way. Monday, December7 7:30 p.m. Oakley H.S. Auditorium

Wichita Children's Theatre will present a melodrama, Miss Clara's Classroom Calamity, in five area schools. Thrus. & Friday, January 21 & 22 Quinter, Winona, Sharon Springs and Hoxie

#1 Hits of the 60's is a fast-paced, high-energy show from Branson, Missouri, that captures the heart and soul of this era through a colorful tapestry of music and dance. Monday, February 8 7:30 p.m. Colby H.S. Auditorium

Route 66 is a rock & roll musical revue that follows the path of the old Route 66 highway from Chicago to California, with musical numbers from the late 1950s and early '60s. Sunday, March 7 3 p.m. Oakley H.S. Auditorium

The Singing Quakers from Friends University will present a concert of varied vocal styles of music. Sunday, March 14 3 p.m. Atwood H.S. Auditorium

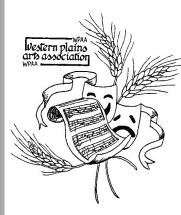
A new musical comedy, Church Basement Ladies, is a large production celebration of the church basement kitchen and the women who work there. Friday, March 19 7:30 p.m. Oakley H.S. Auditorium

The world renowned opera singer and native of Colby, Sam Ramey, will present a vocal concert. Sunday, April 11 3 p.m. Colby Community Building

K State Brass will present a lively concert of varied selections. Sunday, April 25 3 p.m. Hoxie H.S. Auditorium

Colby Community College Jazz Ensemble TBA Quinter H.S. Auditorium

Other tentative shows TBA: American scholar, Clay Jenkinson, with Theodore Roosevelt

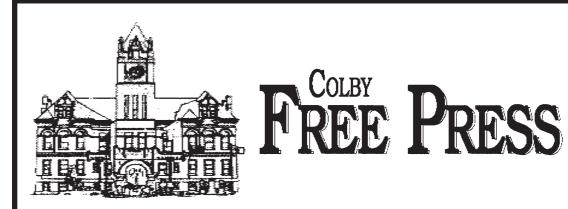


Membership options are listed below. Tickets are available now, so please send requests to Pat Zieglemeier at Colby Community College, or Aime Kendrick, 648 La Hacienda, Colby, Ks.

. N	/lembersl	hip Levels:
Benefactor	\$1,500	Complimentary
Sustaining	\$700	8 Adult
Patron	\$350	6 Adult
Sponsor	\$160	4 Adult
Family	\$90	2 Adult plus
Adult	\$40	1 Adult
Student	\$15	1 Student

And one last note, it is you, the members, who determine the number of programs that can be purchased for your enjovment.

	Routiney	Routiney	Ronara		ooup	The obup	oncisca	L: 140443	Unusua	ooup	
ESPN	NFL Footba	ill			•		SportsCenter		NFL Live	Baseball	
ESPN2	Little League				MLB Baseball						
FAM	Secret-Teel	า			Secret-Tee			The 700 Club		Secret-Teen	
FOOD	Good Eats	Good Eats	Unwrapped	Unwrapped	Diners	Diners	Good Eats	Unwrapped	Unwrapped	Unwrappe	
FX	Wild Hogs			•		The Girl Ne	xt Door				
HGTV	Property	Property	House	My First	House	For Rent	The Unsel	My First	Property	Property	
HIST			Clash of the	of the Gods Clash of the Gods			Ice Road Truckers				
LIFE	Reba Reba Drop Dead Diva		Army Wives		Grey's Anatomy		Frasier	Frasier			
MTV	P. Diddy's Starmaker Making His Band		Band	Making His	Band Making His		Band	Best Dance Crew			
NICK	G. Martin	Malcolm	Lopez	Lopez	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanr	
SCI	Star Trek G	en.	Star Trek G	en.	Star Trek G	Gen. Gundam 00 Gur		Gundam 00	Rave	Rave	
SPIKE	Star Wars-F	Phantom	Star Wars-Phantom						Batman	CSI	
TBS	Fam. Guy	Fam. Guy	Fam. Guy	Fam. Guy	Name Earl	Name Earl	Engvall	Sex and t	Sex and t	Crocodile	
TCM	Les Miseral	oles			Dr. Jekyll-H	yde					
TLC	Jon Kate	Jon Kate	Jon & Kate Plus 8		Cake Boss	Cake Boss	Jon Kate	Jon Kate	Jon & Kate	Plus 8	
TNT	The Closer T		The Closer Raising		Raising the	Bar	CSI: NY		Raising the Bar		
TOON	Bobbe	Happen	Stoked	6TEEN	King-Hill	King-Hill	Fam. Guy	Fam. Guy	Chicken	Aqua Tee	
TRAV	Anthony Bourdain Anthony Bourdain		Anthony Bo	ourdain Anthony Bourdain		Anthony Bourdain					
TV LAND	Griffith	Griffith	Griffith	Griffith	Griffith	Griffith	Griffith	Griffith	Roseanne		
USA	NCIS WWE Monday Night Ra		w Royal Pains		Law Order: CI						
VH1	Real Chance of Love		Real Chanc	e of Love	TO Show Real Chanc		e of Love TO Show		My Antonio		
WGN	Funniest Home Videos		Funniest Home Videos WGN New		at Nine	Scrubs	Scrubs	The Bob & 7	Tom Show		
Premium	Channels										
HBO	Real Time Which Way He		Home		Tropic Thur	nder			Boxing		
MAX	A Knight's Tale			RocknRolla				Forbidden Science 2			
IVIAX		Witless Protection					Weeds		Penn	Midnight	



YOUR LOCAL SOURCE FOR: • WEATHER **SPORTS** NEWS •

155 W. 5th • 785-462-3963

Come see us at 155 W. 5th St. or call 462-3963