

## School Activities and Menus

**Brewster**  
**Activities: Monday:** Northwest Kansas Service Center mock interviews, high school; 7 p.m. board of education. **Tuesday:** 6:30/8 p.m. high school basketball vs. Hitchcock, Brewster. **Wednesday:** noon - high school Liberty League scholars bowl, Wheatland. **Thursday:** 4 p.m. junior high basketball, Heartland. **Friday:** no school; 6:30/8 p.m. high school basketball vs. Rexford, Brewster.

**Menus: Monday:** breakfast: blueberry muffin. Lunch: hamburger stroganoff with noodles, green beans, peaches, apple. **Tuesday:** breakfast: french toast, bacon. Lunch: smothered burrito, corn, veggie sticks, oranges, pears. **Wednesday:** breakfast: sausage cheese biscuit. Lunch: ham and cheese rolls, hash brown square, tossed salad, mixed fruit, mandarin oranges. **Thursday:** breakfast: scrambled egg and cheese. Lunch: chili, veggie sticks, applesauce, apple, cinnamon rolls.

**Colby Public Schools**  
**Activities: Monday:** 4 p.m. scholars bowl - Northwest Kansas League, Oakley; 4:30/6 p.m. girls seventh grade/eighth grade basketball, Quinter; 7 p.m. board meeting, district office. **Tuesday:** 4:30 p.m. boys middle school wrestling vs. Burlington and Scott City. **Wednesday:** 1:30 p.m. all schools dismissed; school improvement; 1:30-5 p.m. junior cheer and

dance clinic. **Thursday:** 1 p.m. high school dismissed; 3 p.m. varsity basketball Orange and Black (junior cheerleaders and dancers perform). **Friday:** 1 p.m. high school dismissed; middle school John Phillip Sousa, University of Kansas; debate, state tournament; 10 a.m. middle school wrestling, Goodland; 2 p.m. boys varsity wrestling, Beloit; 3 p.m. varsity basketball Orange and Black. **Saturday:** Scholastic Aptitude Test; middle school John Phillip Sousa, University of Kansas; debate State Tournament; 9:30 a.m. junior varsity wrestling, Rawlins County Tournament; noon girls/boys varsity basketball Orange and Black; 2 p.m. boys varsity wrestling, Beloit Tournament.

**Menus: Monday:** breakfast: waffle sticks/syrup, applesauce. Lunch: chicken nuggets, beef fingers, whipped potatoes/gravy, cole slaw, peaches. **Tuesday:** breakfast: pumpkin muffin, orange juice. Lunch: ravioli, marzetti, mixed vegetables, mandarin oranges, cookie. **Wednesday:** breakfast: pancake/syrup, sausage patty, apple juice. Lunch: taco or egg roll, rice/cinnamon, corn, pear. **Thursday:** breakfast: donut, oranges. Lunch: chicken strips, meat loaf, au gratin potatoes, parsley carrots, apple. **Friday:** breakfast: pancake and sausage on stick/syrup, grape juice. Lunch: regular or smothered burrito, lettuce/tomato, rice,

cinnamon breadsticks, peaches.

**Colby Community College**  
**Activities: Sunday:** 4 p.m. northwest Kansas all-star volleyball game, Colby Community Building. **Monday:** noon backer club luncheon, Student Union 106; 6 p.m. make up game women's basketball vs. Seward County, Colby Community Building; 8 p.m. make up game men's basketball vs. Seward County, Colby Community Building. **Tuesday:** 5 p.m. student educators' meeting, Bedker 714. **Wednesday:** 6 p.m. women's basketball vs. Butler, Colby Community Building; 8 p.m. men's basketball vs. Butler, Colby Community Building. **Thursday:** 7:30 p.m. OPTIC (Ordinary People Together in Christ), Fireside Lounge. **Saturday:** 5:30 p.m. women's basketball, Hutchinson; 7:30 p.m. men's basketball, Hutchinson; 10 a.m. indoor track, Hutchinson.

**Golden Plains**  
**Activities: Monday:** 7 p.m. board of education meeting. **Tuesday:** high school basketball, Triplains/Winona. **Wednesday:** 9 a.m. middle school Freedom League scholars bowl, Grainfield; noon - high school scholars bowl, Grainfield. **Thursday:** middle school basketball vs. Greeley County, Rexford. **Friday:** high school basketball, Brewster.

**Menus: Rexford: Monday:** breakfast: pizza bobs. Lunch:

corn dogs. **Tuesday:** breakfast: monkey bread. Lunch: taco salad. **Wednesday:** breakfast: biscuit sausage and gravy. Lunch: surprise pizza. **Thursday:** breakfast: scrambled eggs. Lunch: chicken nuggets. **Friday:** breakfast: breakfast pizza. Lunch: barbecue beef.

**Selden: Monday:** breakfast burrito. Lunch: ham. **Tuesday:** breakfast: blueberry muffin. Lunch: spaghetti. **Wednesday:** breakfast: biscuit and gravy. Lunch: chicken nuggets. **Thursday:** breakfast: pancakes. Lunch: taco salad. **Friday:** breakfast: scrambled eggs. Lunch: wiener wrap.

**Heartland**  
**Activities: Monday:** high school basketball, Sante Fe Trail; board meeting. **Tuesday:** high school basketball, Sante Fe Trail. **Wednesday:** noon dismiss; school improvement. **Thursday:** junior high basketball vs. Brewster. **Friday:** high school basketball, Sante Fe Trail. **Saturday:** high school basketball, Sante Fe Trail.

**Sacred Heart**  
**Menus: Monday:** barbecue beef sandwich, cheesy potato, pork/beans, apple. **Tuesday:** ham and cheese sandwich, fresh vegetables, peaches. **Wednesday:** meat loaf, mashed potatoes/gravy, green beans, fruit. **Thursday:** burrito, lettuce, cheese, corn, biscuit. **Friday:** chicken nuggets, french fries, fresh vegetables, kiwi.

## Senior Progress Center

Come play pinochle at the Senior Progress Center Thursday. Activities for the week: **Monday:** 10:30 a.m., scrabble game. **Tuesday:** 10 a.m., exercise; cookie day. **Wednesday:** 10:30 a.m., dart game. **Thursday:** 10 a.m., exercise; 10:30 a.m., pinochle game. **Friday:** 10 a.m. exercise; 10:30 a.m., Wii game.

Menus for the week: **Monday:** tater tot casserole, Italian blend vegetables, pears. **Tuesday:** ham and beans, strawberries and bananas, cornbread, choice complement. **Wednesday:** tuna noodle casserole, green beans, spinach

salad, pears. **Thursday:** roast turkey, mashed potatoes/gravy, apricots, birthday cake. **Friday:** baked spaghetti, broccoli salad, corn, garlic bread, mixed fruit.

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 \$2.75 per meal is suggested for seniors, \$5 for others. For anyone under 60, home delivery is \$5.75.

Make reservations at (785) 460-2901 by noon the day before.

## Use caution in gauging ice thickness before skating

With the recent extremely cold weather, ice tempts people to use ponds and creeks as impromptu skating rinks.

But Kansas climatologist Mary Knapp urges caution.

"Ice needs to be at least 3 inches thick to support an individual," said Knapp, who oversees the state's Weather Data Library, based in K-State Research and Extension. "The only reliable way to test ice thickness is to cut a core sample. Also, keep in mind that the thickness can vary a great deal within a very short distance, so you would need to test the ice

in several locations."

Knapp said that water currents, especially around intakes, outlets, bridges, and other objects, can result in much thinner ice.

"Never trust the ice on streams or rivers," she said. "The changing currents mean that the ice conditions also change rapidly."

Information about Kansas weather is available on the Weather Data Library Web site, www.ksre.ksu.edu/wdl/.

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