

Senior Progress Center

The Thomas County Health Department will be at the Senior Progress Center Tuesday.

Activities for the week: **Monday:** 10:30 a.m. Skip Bo. **Tuesday:** 10 a.m. exercise; 11 a.m. health department; board meeting after lunch. **Wednesday:** popcorn day. **Thursday:** 10 a.m. exercise; 10:30 a.m. Rummikub. **Friday:** 10 a.m. exercise; 10:30 pool game.

Menus for the week: **Monday:** hamburger, cook's choice vegetable, potato salad, bun, fruit mix. **Tuesday:** salmon loaf, Italian blend vegetables, rosy pears, diner roll, pudding. **Wednesday:** open-face turkey sandwich, mashed

potatoes, green beans, bread, apricots. **Thursday:** lasagna, tossed salad, seasoned carrots, garlic bread, applesauce. **Friday:** pioneer girl goulash, pea salad, bread, fruit cup.

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 (784) 460-2901 by noon the day before.

Help kids to make 'better bad choices'

Halloween is a night of tricks and especially treats for children, but for parents it can turn into a nightmare as their little ghosts and goblins splurge on candy with no health benefits.

"Halloween is one day, and for most children a handful of their favorite candy is not a problem. The challenge is what happens to the rest of the trick-or-treat goodies," said Roberta Anding, registered dietician at Baylor College of Medicine and Texas Children's Hospital.

She advises letting children enjoy a few of their favorites after a night of trick-or-treating, and then putting the rest out of sight, such as in the freezer. "It is true that out of sight is out of mind," Anding said.

All food encounters can serve as teaching moments for parents, she said. Parents should not refer to candy as "bad" food, but rather label it "once-in-a-while" food and serve it as a dessert after a meal, not as a snack.

While no candy can be viewed as a health food, there is such a thing as a "better" bad choice, Anding said.

"Certainly, dark chocolate does have some health benefit, and partnering this with a fruit, such as chocolate covered raisins, would be an option," she said. "If allergies are not a problem, dark chocolate-covered almonds might be another."

Sugar-free candy should be avoided, she added. Many of these treats are sweetened with sugar alcohols, which can cause diarrhea. Read the packaging for ingredients ending in "ol," such as sorbitol, manitol and xylitol.

All small candies can pose a choking hazard, so younger children should be monitored, Anding said.

By making smarter choices and monitoring when youngsters are eating their treats – and how much they're eating – parents can ensure a fun Halloween.

Student News

Brewster

Activities: Monday: 4 p.m. junior high scholars bowl, Rawlins County. **Tuesday:** football bi-district. **Friday:** 4 p.m. junior high pre-season basketball tournament, Brewster; no school. **Saturday:** football regionals. 10 a.m. junior high pre-season basketball tournament, Brewster.

Menus: Monday: breakfast: scrambled egg and cheese; lunch: nacho beef and cheese, corn, veggie sticks. **Tuesday:** breakfast: breakfast pizza; lunch: spaghetti and meat sauce, green beans, bread sticks. **Wednesday:** breakfast: pancakes, sausage; lunch: chicken strips, mashed potatoes, broccoli, cooked carrots. **Thursday:** breakfast: sausage gravy biscuit; lunch: taco salad, corn, veggie sticks.

Colby Public Schools

Activities: Monday: begin second quarter; lunch money due; grade cards sent home; 4 p.m. softball, Rawlins County; 4 p.m. grade school site council, grade school cafeteria. **Tuesday:** bi-district football. **Wednesday:** noon – grade school parent-teacher organization meeting; 3:45 p.m. coordinating council, administration building; 7 p.m. high school all sports booster club. **Friday:** ACT test registration deadline for Dec. 11. **Saturday:** Kansas Music Educators Association middle school honor band and choir, Hays; regional football; 8 a.m. debate, Hugoton; 10 a.m. middle school wrestling, Hugoton.

Menus: Monday: breakfast:

pizza, grape juice, lunch: chicken patty on bun, potatoes and gravy, peas, celery sticks, grapes. **Tuesday:** breakfast: pancakes, applesauce, lunch: beef and bean burrito, corn, cornbread, mandarin oranges. **Wednesday:** breakfast: sausage patty, cinnamon toast, orange wedges, lunch: pig in blanket, sliced potatoes, cauliflower, carrots, apple. **Thursday:** breakfast: pancake and sausage on a stick, apple juice, lunch: chicken fried steak, whipped potatoes, gravy, roll, corn, kiwi. **Friday:** breakfast burrito, pineapple chunks, lunch: hamburgers, sun chips, baked beans, pineapple chunks, cookie.

Colby Community College

Activities: Sunday: 3 p.m. Chinese Golden Acrobats, high school auditorium; equestrian team hunt seat show, University of Colorado, Boulder, Colo. **Monday:** 1 p.m. and 6:30 p.m. Dr. Dan Thomson speaking, Thomas Hall 407; men's and women's cross country regionals, Arkansas City. **Tuesday:** 6 p.m. chess club, library; 8 p.m. (Central Time), men's basketball, Trinidad, Colo. **Wednesday:** noon – hump day activity, north of student union; women's basketball, Lamar Community College, Lamar, Colo. **Thursday:** 10 a.m. blood drive, student union 108; 6 p.m. on-campus bus to Wal-Mart; rodeo, Northwestern Oklahoma State University, Alva, Okla. **Friday:** 5 p.m. men's basketball, Midwestern Sprinklers Classic, Colby Community Building – 7 p.m. Kansas Wesleyan

junior varsity vs. Colby. **Saturday:** livestock judging, Texas Tech University, Lubbock; 5 p.m. men's basketball tournament, community building – 7 p.m. Northeastern Junior College, Sterling, vs. Colby; wrestling, Labette Takedown Tournament, Parsons. **Sunday:** wrestling, Baker Open, Baldwin City.

Golden Plains

Activities: Monday: middle school eligibility reported; 4 p.m. middle school scholars' bowl, Rexford; 7 p.m. high school play practice acts I, II, and III. **Tuesday:** 4 p.m. high school girls basketball meeting, Mr. Smith's room; 7 p.m. high school boys' basketball meeting, big gym; 4:30 high school play practice. **Wednesday:** 11:50 a.m. Red Cross assembly; 9:30 a.m. health career, Colby Community College. **Thursday:** lunch hour – student council meeting; 7 p.m. middle/high school fall concert. **Friday:** 8:30 a.m. Red Cross blood drive (call office at 687-3265 for appointment); middle school basketball tournament, Brewster; 4:30 p.m. play practice. **Saturday:** middle school basketball, Brewster; middle school district Kansas Music Educators Association, high school auditions.

Menus: Rexford: Monday: breakfast: grilled ham and cheese, lunch: chicken a la king. **Tuesday:** breakfast: breakfast burrito, lunch: chili dogs. **Wednesday:** breakfast: hash brown, lunch: taco salad. **Thursday:** breakfast: pancake and sausage, lunch: lasagna.

Friday: breakfast: French toast, lunch: barbecue beef.

Selden: Monday: breakfast: breakfast burrito, lunch: popcorn chicken. **Tuesday:** breakfast: cinnamon toast, lunch: spaghetti. **Wednesday:** breakfast: biscuit and gravy, lunch: hot dogs. **Thursday:** breakfast: pancake and sausage, lunch: pizzawich. **Friday:** breakfast: scrambled eggs, lunch: Frito pie.

Heartland

Activities: Monday: second quarter begins; 4 p.m. scholar's bowl, Rexford.

Sacred Heart

Activities: Monday: second quarter starts. **Friday:** savings school club.

Menus: Monday: turkey wrap, veggies, orange half. **Tuesday:** corn dogs, French fries, vegetable, mixed fruit. **Wednesday:** chili or chicken noodle soup, carrot sticks, bananas and strawberries, cinnamon roll. **Thursday:** taco, corn, fruit. **Friday:** pizza, tossed salad, green beans, breadsticks.

Is your school missing from this list? Send us your calendar and menus. E-mail: colby.society@nw-kansas.com (text files are appreciated) Mail: Colby Free Press, 155 W. Fifth, Colby, Kan., 67701



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