

Trojan sophomore team takes first in cattle judging

The Colby Community College livestock judging team traveled to Goodwell, Okla., last Friday for the Panhandle State University contest.

Overall, it was a successful weekend for both the freshman and sophomore teams.

In the freshman division, Shea Schweizer of Plevna took 10th place in sheep, and Justin Taubenheim of Amherst, Neb., was fourth in sheep, third in swine, first in cattle, first in reasons and first overall.

The freshman team placed fourth in sheep, third in swine, second in cattle, and third overall.

In the sophomore division, Garrett Frank of John-

stown, Colo., placed sixth in sheep; Clint Johnson of Longmont, Colo., took second in swine, fifth in cattle, tenth in reasons and eighth overall; Case Rundel of Levant was first in cattle and third overall; and Ryan Boldt of Longmont took fourth in cattle, seventh in reasons and ninth overall.

The sophomores as a team placed fourth in sheep, second in swine, first in cattle, third in reasons and third overall.

The next contest will be at the National Western Stock Show in Denver on Friday and Saturday, Jan. 14 and 15.

Senior Progress Center

Friday the "Young at Heart" singers will be at the Senior Progress Center for seniors to enjoy.

Activities for the week: **Monday:** 10:30 a.m. Skip Bo game.

Tuesday: 10 a.m. exercise; 11 a.m. bingo. **Wednesday:** 10:30 a.m. coffee and cinnamon rolls.

Thursday: 10 a.m. exercise; 10:30 a.m. Wii game. **Friday:** 10 a.m. exercise; 11:30 a.m. Young at Heart singers.

Menus for the week: **Monday:**

Polish sausage with kraut, mashed potatoes, peaches, cook's choice compliment. **Tuesday:** poor boy stew, spinach salad, biscuit, mandarin oranges. **Wednesday:** cook's choice entree, Italian blend vegetables, cottage cheese with pineapple, yogurt. **Thursday:** meat loaf, mashed potatoes with gravy, strawberries and bananas, bread, birthday cake. **Friday:** baked chicken, potato salad, pork and beans, 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 (784) 460-2901 by noon the day before.

State department encourages Kansans to get flu vaccination

If you haven't already received your flu shot, the Kansas Department of Health and Environment says this is a great time to do it.

This is National Influenza Vaccination Week, and although flu activity in Kansas has been sporadic so far this winter, it's not too late to get a shot. Flu activity is generally highest around February and circulates into spring.

"The flu can be unpredictable, so it's important to protect yourself now by getting vaccinated," said Dr. Jason Eberhart-Phillips, state health officer and director of the Division of Health. "The vaccine is safe and effective, and we encourage anyone over the age of 6 months to get it. It will not only protect you, but your loved ones and your community."

Flu is a serious disease that can lead to complications such as pneumonia and even death. Symptoms include fever, headache, tiredness, dry cough and muscle aches. Complications can include pneumonia, ear and sinus infections, dehydration and worsening

of chronic conditions.

"Some people, such as pregnant women, are at particularly high risk for complications from flu," said Sue Bowden, director of the Kansas immunization program. "When an expecting mother is vaccinated, it protects both the mother and unborn child."

"Unfortunately, influenza immunization rates among pregnant women have typically been low. Anyone caring for or in contact with an infant less than 6 months of age should be vaccinated, since these babies are too young to be vaccinated themselves and are more vulnerable to complications from influenza disease."

Health-care workers are another

group who should be vaccinated to reduce their risk of spreading the flu virus to the people they help, who are often more vulnerable to severe or even life-threatening complications from the disease.

The vaccine is effective for reducing the chances of getting sick and of spreading the flu, the agency says. Additional ways to avoid spreading flu virus include covering coughs and sneezes, washing your hands and staying home when you're ill.

To find out how to get the vaccine, contact your doctor or county health department. Go to www.kdheks.gov/flu/index.html for information.

Student News

Brewster

Activities: Monday: 3:30 p.m. high school scholars bowl, Winona; 7 p.m. board of education. **Tuesday:** 6:30 and 8 p.m. high school basketball vs. Bethune, Winona. **Friday:** half work day for teachers; half day of school; end of semester; 6:30 and 8 p.m. basketball.

Menus: Monday: breakfast: scrambled eggs and diced ham; lunch: soft shell taco, corn, veggie sticks. **Tuesday:** breakfast: cinnamon roll; lunch: chicken patties, mashed potatoes, cheesy broccoli. **Wednesday:** breakfast: french toast sticks, sausage; lunch: pizza, 7-layer salad, baby carrots. **Thursday:** breakfast: grilled cheese; lunch: ham slice, cheesy potatoes, green beans, glazed carrots, pears, ice cream. **Friday:** breakfast: pancakes, bacon; lunch: pizza, corn, 7 layer salad, peaches, applesauce.

Colby Public Schools

Activities: Monday: 4 p.m. girls basketball Great West Athletic Conference TBA; 4 p.m. junior varsity boys basketball at Goodland. **Tuesday:** 7:30 p.m. middle and high school vocal and high school band concert in high school auditorium. **Thursday:** 4 p.m. junior varsity boys basketball at Goodland. **Friday:** 4:30, 6:30, 8 p.m. boys basketball vs. Hugoton at community building/grade school gym; TBA debate regionals; 6 p.m. wrestling vs. Ulysses at high school. **Saturday:** TBA debate regionals; 9 a.m. wrestling at Oberlin tourney; 10 a.m. seventh/eighth grade girls basketball at Great West Athletic Conference

tourney in Holcomb.

Menus: Monday: breakfast: cinnamon tasterie, apple juice; lunch: ham slice, macaroni and cheese, green beans, hot roll, orange quarters. **Tuesday:** breakfast: French toast, grape juice; lunch: chicken strips, whipped potatoes with gravy, hot roll, peas, applesauce. **Wednesday:** breakfast: biscuit and sausage, orange wedges; lunch: burrito, refried beans, corn, garlic toast, peach slices. **Thursday:** breakfast: blueberry muffin, pineapple chunks; lunch: turkey with stuffing, whipped potatoes with gravy, california blend veggies, hot roll, cherry cheese cake, pear half. **Friday:** breakfast: cinnamon toast, grape juice; lunch: fish wedge, tater tots, green beans, dinner roll, apple wedges.

Colby Community College

Activities: Monday: Dec. 13 to Jan. 10, no classes, winter vacation. **Wednesday:** deadline for Dane G. Hansen Scholarship. **Saturday:** campus closed until Monday, Jan. 3.

Golden Plains

Activities: Monday: 3:30 p.m. high school scholars bowl, Triplains; 7 p.m. board of education meeting. **Tuesday:** high school basketball, Healy. **Thursday:** middle school basketball vs. Wallace County and Sharon Springs, Rexford. **Friday:** high school basketball vs. Grinnell and Weatland, Granfield; end of second quarter.

Menus: Rexford: Monday: breakfast: French toast; lunch: Italian dunker. **Tuesday:** breakfast: bagels; lunch: chili dogs. **Wednesday:** breakfast: pizza bobs; lunch: barbecue ribs. **Thursday:** breakfast: breakfast combo; lunch: turkey. **Friday:** breakfast: French toast; lunch: chicken.

Selden: Monday: breakfast: breakfast burrito; lunch: chicken noodles. **Tuesday:** breakfast: monkey bread; lunch: sloppy joes. **Wednesday:** breakfast: biscuit and gravy; lunch: hot dogs. **Thursday:** breakfast: pancake; lunch: turkey. **Friday:** breakfast: scrambled eggs; lunch: pizza.

Heartland

Activities: There are no activities for this week.

Sacred Heart

Menus: Monday: chicken fajita, cauliflower blend, pineapple tidbits, whole wheat roll. **Tuesday:** corn dogs, smile fries, green beans, peach slices, roll. **Wednesday:** soup day. **Thursday:** ravioli, cauliflower blend, whole wheat roll. **Friday:** sloppy joes, fresh broccoli, grapes, cookie.

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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Receive a **54%** Kansas State Income Tax Credit on 2010 returns. Depending on your income, you may be eligible to receive a deduction resulting in further savings on your Federal Income Tax.

Examples		
Contribution to CCC	\$10,000	\$1,000
Less:		
Tax Credit, State of Kansas (54%)	(\$5,400)	(\$540)
Approximate Savings on Federal Income Tax*	(\$2,500)	(\$250)
Estimated Net Cost for Contribution	\$2,100	\$210

All donations are eligible (no minimum).

For tax credit details contact Chief Financial Officer Alan Waites at (785) 460-5402 or Nick Wells, Foundation Director, at (785) 460-4684.

*Based on taxable income above \$33,950 (single) or \$67,900 (married). Filing jointly (both have a "marginal tax rate" of 25%). Tax savings could be greater based on higher taxable income, thereby lowering the overall net cash flow for a contribution.

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