

## School Activities and menus

### Colby Public Schools

**Activities: Monday:** 4 p.m. seventh and eighth basketball, Holcomb; 4 p.m. grade school site council, cafeteria; 6 p.m. girls junior varsity basketball tournament; 7:30 p.m. boys junior varsity basketball tournament. **Tuesday:** 4 p.m. parent teacher conferences. **Wednesday:** middle school music festival, Colby Community College. **Thursday:** 1:30 students dismissed; 2 p.m. parent teacher conferences; high school eligibility for activities determined; 4:30 p.m. C-team basketball, Dodge City; 6 p.m. girls varsity, boys junior varsity basketball, Dodge City; 6 p.m. wrestling vs. Garden City – senior recognition; 8 p.m. boys varsity, girls junior varsity basketball, Dodge City. **Friday:** no school; 4:45 p.m. C-team basketball vs. Goodland; 5 p.m. wrestling, Hoxie; 6:30 p.m. girls varsity, boys junior varsity basketball vs. Goodland; 8 p.m. boys varsity, girls junior varsity basketball vs. Goodland. **Saturday:** 8 a.m. forensics, Norton; 8 a.m. junior varsity forensics, Scott City; 8 a.m. ACT test, college; 9 a.m. FFA Meats Contest, Grinnell; 9 a.m. junior varsity wrestling Bill Voss Novice Tournament.

**Menus: Monday:** breakfast: scrambled eggs, toast; lunch: glazed beef on school bun; french fries, mixed veggies, fruit cocktail. **Tuesday:** breakfast: biscuits and gravy, orange wedges; lunch: chicken nuggets, whipped pota-

toes, country gravy, dinner roll, peas, kiwi. **Wednesday:** breakfast: breakfast pizza, pineapple; lunch: wafered ham, sandwich, tater tots, cauliflower with cheese sauce, peach, apple pie with whipped topping. **Thursday:** breakfast: blueberry muffin, apple juice, lunch: taco pie, lettuce and salsa, black bean, corn, dinner roll, orange quarter.

### Sacred Heart

**Activities: Tuesday:** 4 p.m. parent teacher conferences. **Thursday:** 1:15 p.m. students dismissed; 2 p.m. parent teacher conferences. **Friday:** no school.

**Menus: Monday:** cheese quesadilla, salad, pear half, garlic toast, green beans. **Tuesday:** tacos, lettuce, tomato, cheese, mandarin oranges, biscuit. **Wednesday:** pork patty, potatoes with gravy, veggie, fruit, Bishop bread. **Thursday:** hamburgers, french fries, veggie sticks, fruit.

### Heartland

**Activities: Monday:** half-day school; 2 p.m. parent-teacher conferences.

**Tuesday:** half-day school; 2 p.m. parent teacher conferences; 6 p.m. high school basketball vs. Logan. **Saturday:** 3 p.m. ACT test.

### Golden Plains

**Activities: Monday:** 10 a.m. Western Kansas Liberty League band clinic, Weskan; 6 p.m. concert. **Thursday:** 4 p.m. junior high wrestling, Weskan. **Friday:** no school; 6:30 p.m. high school wrestling, Wallace County. **Saturday:** high school state scholars bowl.

middle school wrestling vs. Cheylin. **Friday:** high school wrestling, Weskan. **Saturday:** high school forensics, Norton; state scholar's bowl.

**Menus: Rexford: Monday:** breakfast: pizza bobs; lunch: popcorn chicken. **Tuesday:** breakfast: biscuits and sausage gravy; lunch: ticerato. **Wednesday:** breakfast: breakfast combo; lunch: chili. **Thursday:** breakfast: scrambled eggs; lunch: barbecue ribs. **Friday:** breakfast: breakfast pizza; lunch: cheeseburger.

**Selden: Monday:** breakfast: breakfast burrito; lunch: chicken patty. **Tuesday:** breakfast: muffin; lunch: hotdogs. **Wednesday:** breakfast: biscuit and gravy; lunch: taco. **Thursday:** breakfast: monkey bread; lunch: ham and cheese pocket. **Friday:** breakfast: scrambled eggs; lunch: Frito pie.

### Brewster

**Activities: Monday:** 10 a.m. Western Kansas Liberty League instrumental clinic, Weskan; 6 p.m. concert. **Thursday:** 4 p.m. junior high wrestling, Weskan. **Friday:** no school; 6:30 p.m. high school wrestling, Wallace County. **Saturday:** high school state scholars bowl.

**Menus: Monday:** breakfast: sausage cheese biscuit; lunch: taco salad, veggie sticks, corn, orange slices, pears. **Tuesday:** breakfast: cinnamon roll; lunch: chicken patties, mashed potatoes, cheesy broccoli, baby carrots, peaches, apple. **Wednesday:** breakfast:

quesadilla; lunch: sloppy joes, fries, veggie sticks, applesauce Jell-O square, banana. **Thursday:** breakfast: pancakes and sausage; lunch: pizza, seven-layer salad, corn, pineapple, mixed fruit.

### Colby Community College

**Activities: Sunday:** Super Bowl; equestrian team, Colorado Springs, Colo. **Monday:** certification day; 6 p.m. women's basketball vs. Seward County, community building; 8 p.m. men's basketball vs. Seward County, community building.

**Wednesday:** toothache day; middle school music contest, Cultural Arts Center and Student Union; 6 p.m. women's basketball vs. Dodge City, community building; 8 p.m. men's basketball vs. Dodge City, community building. **Thursday:** 9:30 a.m. simulated campus attack, Bedker 712 – demonstration following simulated campus attack, college campus; wrestling at West Central Regional, Powell, Wyo. **Saturday:** 2 p.m. baseball, Odessa, Texas; 5:30 p.m. women's basketball, Garden City; 8 p.m. men's basketball, Garden City; equestrian team, Curtis, Neb. **Sunday:** 12 p.m. baseball, Odessa; equestrian team, Lincoln, Neb.; rodeo team, Manhattan.

Send us your calendar and menus. E-mail colby.society@nwkansas.com or mail Colby Free Press, 155 W. Fifth, Colby, Kan., 67701.

# Lifeguard courses scheduled at college

With the addition of the new water park in Colby, there is a need for certified lifeguards at the new facility as well as the Colby Community College indoor pool. The college is offering two sessions for lifeguard training. The first course will be held Wednesday through Sunday, March 9 to 13. Students will attend classes March 9, 10 and 11 from 6 to 9 p.m. and from 9 a.m. to 5 p.m. on March 12 and 13. The second course will be offered Thursday through Sunday, May 19 to 22. Students will attend class on May 19 from 3 to 6 p.m. and on May 20, 21 and 22 from 9 a.m. to 5 p.m. Classes will be held

at the college pool. Students will develop the skills and knowledge necessary for non-surf lifeguarding. Successful completion of the course will result in American Red Cross certification. Students must be at least 15 years of age by the completion date of the course.

Class sizes are limited. To enroll, call the college admissions department at 460-4690. Thomas County high school students are eligible for the Thomas County Tuition Grant.

For information, contact Kipp Nelson at 460-5476.

# Tree foundation offers blue spruce for signup

Joining the Arbor Day Foundation is one way to get into the mood for spring planting and receive 10 Colorado blue spruce free trees to plant when the weather turns warm.

Every person who joins in February will receive the trees.

The 6- to 12-inch trees will be shipped between March 1 and

May 31, with planting instructions, a subscription to *Arbor Day* and "The Tree Book."

To become a member, send \$10 to Ten free Colorado blue spruce trees, Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, Neb., 68410, by Feb. 28, or go to [www.arborday.org/February](http://www.arborday.org/February).

## On the Beat

### COLBY POLICE

**Wednesday**  
7:48 a.m. – Subjects called 911 six times; children playing with cell phone. Spoke with subjects, information provided.  
8:44 a.m. – Accident in the 900 block of W. Fifth.  
11:12 a.m. – Subject came to Law Enforcement Center to report that subject stole items from home and vehicle. Spoke with subjects, information provided.  
12:08 p.m. – Security check at

Walmart.  
12:13 p.m. – Caller wanted subject removed from residence. Information provided, civil matter.  
1:32 p.m. – Sheriff's deputy advised semi-truck struck stoplight at Fourth and Range. City line crew able to temporarily fix light, may be some time before permanent repair.  
4:22 p.m. – Report filed for lost tag.  
11:46 p.m. – Security check at Walmart.

# Teeth whiteners can carry risk to tooth enamel

Dear EarthTalk: I'm considering going for a teeth whitening, but is this safe to do? – Clara Reid, Kent, Wash.

In the U.S., teeth whitening products are not regulated by the U.S. Food and Drug Administration, as they are not classified as drugs. As such, long term safety data doesn't exist for them. But health experts warn that consumers should beware of the risks of using stronger varieties containing hydrogen peroxide. Hydrogen peroxide tends to be more effective (it essentially bleaches the tooth enamel), but it is a harsh chemical that can be poisonous if swallowed.

Europa, the official website of the European Union, cites studies showing that bleaching teeth with hydrogen peroxide-based products can "harm the surface of the teeth, making the enamel more porous and leading to dents, scratches and loss of minerals." Europa further warns that it's important for people to keep their tooth enamel in good condition as it is "the protective, hard layer covering the softer dentine inside the tooth" and "does not regenerate." The union recommends people avoid tooth whitening products with hydrogen peroxide levels higher than a 1.5 percent concentration; most over-the-counter varieties come in at about a 0.5 percent concentration level. If the label doesn't indicate the concentration, it might be better to go with one that has a more complete ingredients listing.

Dentists can access teeth whitening solutions with higher concentrations of hydrogen

peroxide than are available over-the-counter; as such a professional job in your dentist's office will be more effective and last longer than the solutions you take home from the drug store. And dentists can apply it in more targeted ways. If you do it yourself at home there is a greater chance you will expose your gums and other parts of your mouth to hydrogen peroxide or swallow more of it than you should.

As for maintaining that bright white look, your local drugstore or supermarket no doubt carries a wide selection of toothpastes that claim to whiten teeth. The ones which work the best contain – you guessed it –hydrogen peroxide, which can be irritating if used day after day.

Fortunately there are many less harsh varieties of these toothpastes now on the market. The website Skin Deep, a free online safety guide to cosmetics and personal care products published by the non-profit Environmental Working Group, lists Tom's of Maine Natural Antiplaque Tartar Control Plus Whitening Toothpaste – which makes use of all-natural hydrated silica, not hydrogen peroxide, for whitening and stain removal – as one of the safest kinds of whitening toothpastes out there today. Burt's Bees Natural Fluoride-Free Whitening Toothpaste and CloSYS Toothpaste for Teeth Whitening also get high marks from Skin Deep for their natural, non-toxic ingredients.

CONTACTS: U.S. Food and Drug Administration, [www.fda.gov](http://www.fda.gov); Europa, [www.europa](http://www.europa).

[www.greenfootsteps.com](http://www.greenfootsteps.com); Skin Deep, [www.cosmeticsdatabase.com](http://www.cosmeticsdatabase.com); Tom's of Maine, [www.tomsofmaine.com](http://www.tomsofmaine.com); Burt's Bees, [www.burtsbees.com](http://www.burtsbees.com); CloSYS, [www.rowpar.com](http://www.rowpar.com).

SEND YOUR ENVIRONMENTAL QUESTIONS TO: EarthTalk, in care of E – The Environmental Magazine, Box 5098, Westport, Conn., 06881; [earthtalk@emagazine.com](mailto:earthtalk@emagazine.com). E is a nonprofit publication.

# Cosmosphere opens Snoopy exhibit

Snoopy Saturday at the Cosmosphere on Feb. 12 is a day of fun activities to celebrate the opening of a new exhibit called "To the Moon: Snoopy Soars with NASA." Snoopy has a long history with the space program and was even the first beagle on the moon.

From 10 to 3 on Feb. 12 activities including button making, temporary tattoos, a coloring contest, moonwalk and more. Kids will have a chance to make a straw rocket and their own command module. All activities are free.

At 1 p.m. cartoonist Richard Crowson will be talking and doing demonstrations. The *Wichita Eagle* cartoonist was inspired by Schulz who created the Peanuts characters, including Snoopy.

Snoopy will be making an appearance at Snacks with Snoopy at 11 a.m. to make and enjoy food similar to what astronauts eat. Tickets are limited for this event and can be purchased by calling (800) 397-0330.

The exhibit, "To the Moon: Snoopy Soars with NASA" focuses on Apollo 10, which was the "dress rehearsal" for

the moon landing a few months later. The crew nicknamed the command module and lunar module Charlie Brown and Snoopy respectively.

Of course, Snoopy beat everyone to the moon, making his moon landing in March of 1969. The exhibit will include that famous strip, Sliver Snoopy pins, one of the most coveted awards at NASA, have flown on every mission since 1969. They are awarded by the astronauts to people they feel helped significantly with missions.

The Kansas Cosmosphere and Space Center is a nonprofit organization dedicated to enhancing patrons' knowledge of space exploration. It includes the Hall of Space museum, one of the most significant collections of U.S. and Russian space artifacts in the world; the Justice Planetarium, a dome-shaped classroom where attendees learn about astronomy; Dr. Goddard's Lab, a live demonstration of early rocket technology; the Carey IMAX Dome Theater, one of the first ones built in the world; and summer astronaut training camps. For information visit [cosmo.org](http://cosmo.org).

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