#### Student **N**ews

**Colby Public Schools Activities:** 

Monday: 3 p.m. girls varsity golf at Garden City High School. **Tuesday**: 8:15 a.m. to 3 p.m. grade school vision and hearing screenings; 4:30 p.m. varsity and junior varsity volleyball at Osborne with Norton, Osborne and Colby. Wednesday: football and cross country earliest competition; 8:15 a.m. to 3 p.m. middle school and high school vision and hearing screenings; 10 a.m. GWAC league meeting at Scott City. **Thursday**: library card sign-up month; 3p.m. girls varsity golf at Hugoton High School; 3 p.m. girls varsity tennis at Hays High School; 3 p.m. girls junior varsity tennis at Scott City High School; 4 p.m. C-team volleyball with TMP, Norton, Heartland Christian and Colby; 4:30 p.m. 8th grade volleyball vs. Kennedy Middle School; varsity cross country at Goodland High School. salad, strawberries. Thursday: **Friday**: 7:30 a.m. middle school picture day; 7 p.m. varsity football vs. St. Francis High School. Saturday: girls varsity tennis Colby sunchips, baked beans, macaroni Invitational.

K-8 Breakfast Menus: Monday: fruit Whirls, grape juice. Tuesday: pancakes, syrup, applesauce. Wednesday: toast, apple

**High school Breakfast Menus:** Monday: choice, breakfast pizza, grape juice. Tuesday: choice, pancakes, syrup, applesauce. mashed potatoes with gravy, corn, Wednesday: cereal choice, cinnamon toast, apple wedge.

Lunch Menus: Monday: chicken patty on a bun, seasoned wedges, celery sticks, cantablanket, french fries, seven layer

chicken fried steak, whipped potatoes, country gravy, peas, peach slices. Friday: hamburgers, baked salad, watermelon.

**Sacred Heart** 

Menus: Monday: sloppy joes, broccoli and carrots, peach slices. Tuesday: corn dogs, smiley fries, carrot sticks, kiwi, no bake cookies. Wednesday: ravioli, tossed salad, fresh fruit mix, french bread. Thursday: chicken strips, strawberries/bananas. ham sandwich, sliced cucumbers, grapes, chocolate pudding.

#### Heartland

Activities: Monday: 8:10 a.m. loupe. Tuesday: taco pie, refried to noon first day for 4-year-old beans, lettuce/tomato, salsa, cin- preschoolers. Tuesday: 8:10 a.m. namon bread sticks, orange slices. to noon first day for 3-year-old Wednesday: hot dog or pig in a preschoolers; high school volleyball at Wheatland/Grinnell.

**Golden Plains** 

Activities: Monday: first day for 4-year-old preschoolers. **Tues**day: first day for 3-year-old preschoolers; 4 p.m. high school volleyball at Hoxie. Friday: 7 p.m. high school football vs. Quinter.

Menus: Monday: Breakfast: pizza bobs. Lunch: weiner wraps. Breakfast: bagels. Lunch: chicken tenders. Wednesday: Breakfast: scrambled eggs. Lunch: Italian dunkers.

Brewster

Activities: Tuesday: 3 p.m. varsity and junior varsity volleyball at Wheatland. Friday: Homecoming; 7 p.m. high school football vs. Dighton. Monday: Breakfast: bis-

cuit sausage gravy, cereal, toast, juice, milk. Lunch: Sloppy Joes, veggie sticks fruit, salad bar and milk. **Tuesday:** Breakfast: scrambled eggs. Lunch: chicken wrap, lettuce, tomato, baby carrots.

Wednesday: Breakfast: pancakes, sausage. Lunch: pigs-in-blanket, mac and cheese, peas. Thursday: Breakfast: breakfast pizza. Lunch: taco, corn. Friday: Breakfast: grilled cheese sandwich. Lunch: 'Victory Burger," tri-tator, veggie

**Colby Community College** 

Activities: Sunday: Men's golf Independence Invite at Independence; noon to 4 p.m. baseball vs. Dodge City at Colby. **Monday**: Men's golf Independence Invite at Independence. Wednesday: 6:30 to 8 p.m. volleyball at Liberal. Friday: 10 a.m. volleyball Colby Classic Tournament at Colby Community Building and Colby High School gym. Saturday: 9 Tournament at Colby Community gym; women's cross country Wichita Invite at Wichita; 1 p.m.

baseball at Dodge City Community College. Sunday: Volleyball Night Golf Tournament at Meadow Lake golf course; noon, baseball vs Northeastern Junior College. **Triplains** 

Activities: Monday: No school. Tuesday: 3 p.m. high school volleyball at Wheatland with Cheylin, Heartland and Triplains. Wednesday: 7 p.m. speech and drama coaches meeting at Colby. Thursday: 9:15 a.m. spirit spreader and coaches meeting at Colby. Friday: 7 p.m. high school football vs Dighton at Brewster.

Is your school missing from this list? Send us your calendar and a.m. volleyball Colby Classic menus. E-mail colby.society @ nwkansas.com or mail Colby Free Building and Colby High School Press, 155 W. Fifth, Colby, Kan.,

## Evaluate schedule before adding activities

It's natural for parents to want children to grow, learn – and succeed.

Opportunities are plentiful, particularly during back-to-school days when children are urged to sign up for numerous activities, said Charlotte Shoup Olsen, K-State Research and Extension family systems specialist.

"Overscheduling a child - and his or her family – is rarely productive," said Olsen, who urged parents to evaluate opportunities before making a commitment in what she described as a "competitive, super culture."

She offered the example of a 13-year-old boy who had been invited to join a community-based soccer team. The boy was enthusiastic after attending a practice that went well. Before deciding to add the activity, he and his parents reviewed his current commitments, including school, a bowling league, youth golf,

Seeing that his plate was already full, the to support their child/sibling? boy decided not to add soccer to the list, she

The family's evaluation before adding an activity sets a good example, said Olsen, who encouraged parents to involve their children in the evaluation and decision-making process.

If children are in different grades and one or more schools, time commitments may overlap, which can add issues with transportation and

The same is true for children who divide their time between parents' homes, said Olsen, who added that parents' time, job responsibilities and commitment to family and community also need to be considered.

Check the financial commitment before making a decision. What will it cost to rent a band instrument or uniform, buy a required outfit for choir, purchase football, cross country or tennis shoes or a tennis racquet? And, what is the cost to the family to attend events In scheduling family activities, Olsen en-

couraged parents to include family time, such as game night, a casual brunch, walk on a local trail, bike ride or volunteer opportunity, such as cleaning up a neighbor's yard or helping out at a local recycling center.

Doing so helps family members make a connection as a unit, and strengthens each member of the unit, said Olsen, who also recommended scheduling "down time" for adequate rest.

"Still too busy? Review priorities periodically and make changes as needed," she said.

She recommended the book, "Take Back Your Child," by Bill Doherty, family systems specialist at the University of Minnesota, which, she said offers good, applicable ideas

More information on managing family relationships is available at K-State Research and Extension offices throughout the state and online: www.ksre.ksu.edu.

### Senior Progress Center

Wednesday the Senior Progress Center will have ice cream floats loupe, chips, fruit cobbler.

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

Tuesday: 10 a.m. exercise; 0:30 Wii game.

Wednesday: 11 a.m. ice cream Thursday: 10 a.m. exercise;

10:30 pinochle.

Friday: 10 a.m. exercise; 10:30 pool game.

Menus for the week:

Monday: pasta, beef and tomato casserole, California blend of \$3 per meal is suggested for sevegetables, cook's choice fruit, niors, \$5.25 for others. For anyone

Tuesday: ham and beans, orange-pineapple salad, cornbread, 2901 by noon the day before.

Wednesday: taco salad, canta-Thursday: chicken patty sand-

wich, tater tots, corn, fruit mix with banana.

Friday: beef roast, mashed potatoes with gravy, green beans. cook's choice 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 under 60, home delivery is \$5.75.

Make reservations at (784) 460-

### Back to school safety stressed as school resumes

to students, parents, and motorists in Kansas.

#### Tips for Children

Do not hurry to get on or off the bus. Get to the bus stop at least five minutes before the bus

As the bus approaches, stand at least five giant steps (10 feet) away from the roadside, and line up away from the street. Wait until the bus stops, door

opens, and the driver says it's OK before stepping onto the bus. Use handrails to avoid falls. Be carebags, or other items are secure and won't get caught on the handrail bending down. or door of the bus.

school, there are some important sidewalk or along the side of the out the windows. safety reminders the Kansas High-road at least 10 feet ahead of the way Patrol would like to point out bus before you cross in front of it. Be sure the driver can see you, and you can see the driver. Never walk behind the bus, and walk at least a bicycle to school. three giant steps away from the side of the bus.

> Children should stop at the bus's edge and look both ways twice for oncoming traffic before crossing the street. Kids must learn the importance of watching for traffic before getting off the bus and congregating near bus stops. before crossing the street, because drivers may not see them.

If you drop something, tell the without looking for traffic. driver, then make sure the driver ful that clothes, shoelaces, book understands before you try to pick a school bus stopped for loading/ on or off. Motorists must stop and it up, as they may not see you unloading. In Kansas, the fine for wait until the red lights stop flash-

Obey the bus driver, sit facing If you have to cross the street forward in the seat, use an inside

With students getting back to in front of the bus, walk on the voice, and do not stick anything

#### **Tips for Drivers**

When backing out of a driveway or leaving a garage, watch out for children walking or riding

When driving in neighborhoods with school zones, watch out for young people who may be thinking about getting to school, but may not be thinking about getting there safely.

Slow down. Watch for children

Be alert. Children arriving late for the bus may dart into the street

Know that it is illegal to pass \$315 plus court costs.

If you see a bus ahead, slow before starting to drive again.

down in preparation for its possible stop. It's easy to misjudge the speed at which you can overtake a bus, and they make frequent stops. The sooner you slow, the more prepared you will be to stop. Learn the flashing signal light

system that school bus drivers use to alert motorists of pending actions. Never pass a bus when flashing lights are displayed. Yellow flashing lights indicate

the bus is preparing to stop to load or unload children. Motorists should slow down and prepare to

Red flashing lights and an extended stop arm indicate the bus is stopped and children are getting this potentially deadly violation is ing, the extended sign is withdrawn, and the bus begins moving

## A Message Of Thanks



Thank you Mike and Pat Tubbs for donating two processed hogs for the CCC Student BBQ and the Faculty/Staff Picnic We appreciate your support.



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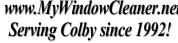
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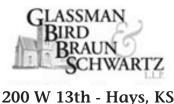
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