

Student News

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. **Friday:** 7:30 a.m. middle school picture day; 7 p.m. varsity football vs. St. Francis High School. **Saturday:** girls varsity tennis Colby Invitational.
K-8 Breakfast Menus: Monday: fruit Whirls, grape juice. **Tuesday:** pancakes, syrup, applesauce. **Wednesday:** toast, apple wedge.
High school Breakfast Menus: Monday: choice, breakfast pizza, grape juice. **Tuesday:** choice, pancakes, syrup, applesauce. **Wednesday:** cereal choice, cinnamon toast, apple wedge.
Lunch Menus: Monday: chicken patty on a bun, seasoned wedges, celery sticks, cantaloupe. **Tuesday:** taco pie, refried beans, lettuce/tomato, salsa, cinnamon bread sticks, orange slices. **Wednesday:** hot dog or pig in a blanket, french fries, seven layer

salad, strawberries. **Thursday:** chicken fried steak, whipped potatoes, country gravy, peas, peach slices. **Friday:** hamburgers, baked sunchips, baked beans, macaroni 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, mashed potatoes with gravy, corn, strawberries/bananas. **Friday:** ham sandwich, sliced cucumbers, grapes, chocolate pudding.
Heartland
Activities: Monday: 8:10 a.m. to noon first day for 4-year-old preschoolers. **Tuesday:** 8:10 a.m. to noon first day for 3-year-old preschoolers; high school volleyball at Wheatland/Grinnell.

Golden Plains
Activities: Monday: first day for 4-year-old preschoolers. **Tuesday:** 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. **Tuesday:** 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: biscuit 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 sticks.
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 a.m. volleyball Colby Classic Tournament at Colby Community Building and Colby High School 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 menus. E-mail colby.society@nwksas.com or mail Colby Free Press, 155 W. Fifth, Colby, Kan., 67701.

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, and 4-H.

Seeing that his plate was already full, the boy decided not to add soccer to the list, she said. 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 childcare. 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 to support their child/sibling? 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 for families. More information on managing family relationships is available at K-State Research and Extension offices throughout the state and online: www.ksre.ksu.edu.

Back to school safety stressed as school resumes

With students getting back to school, there are some important safety reminders the Kansas Highway Patrol would like to point out 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 is scheduled. 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 careful that clothes, shoelaces, book bags, or other items are secure and won't get caught on the handrail or door of the bus. If you have to cross the street

in front of the bus, walk on the sidewalk or along the side of the road at least 10 feet ahead of the 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 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 before crossing the street, because drivers may not see them. If you drop something, tell the driver, then make sure the driver understands before you try to pick it up, as they may not see you bending down. Obey the bus driver, sit facing forward in the seat, use an inside

voice, and do not stick anything out the windows.
Tips for Drivers
 When backing out of a driveway or leaving a garage, watch out for children walking or riding a bicycle to school. 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 congregating near bus stops. Be alert. Children arriving late for the bus may dart into the street without looking for traffic. Know that it is illegal to pass a school bus stopped for loading/unloading. In Kansas, the fine for this potentially deadly violation is \$315 plus court costs. If you see a bus ahead, slow


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 stop. Red flashing lights and an extended stop arm indicate the bus is stopped and children are getting on or off. Motorists must stop and wait until the red lights stop flashing, the extended sign is withdrawn, and the bus begins moving before starting to drive again.

Senior Progress Center

Wednesday the Senior Progress Center will have ice cream floats to enjoy. Activities for the week:
Monday: 10:30 Skip Bo game. **Tuesday:** 10 a.m. exercise; 10:30 Wii game. **Wednesday:** 11 a.m. ice cream floats. **Thursday:** 10 a.m. exercise; 10:30 pinochle. **Friday:** 10 a.m. exercise; 10:30 pinochle. Menus for the week:
Monday: pasta, beef and tomato casserole, California blend vegetables, cook's choice fruit, pudding. **Tuesday:** ham and beans, orange-pineapple salad, cornbread, cookie.

Wednesday: taco salad, cantaloupe, chips, fruit cobbler. **Thursday:** chicken patty sandwich, tater tots, corn, fruit mix with banana. **Friday:** beef roast, mashed potatoes with gravy, green beans, cook's choice fruit. The Thomas County Senior 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.

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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