

School Activities and Menus

Colby Public Schools

Activities: springs sports begin practice. **Monday:** varsity basketball sub-state.

Tuesday: varsity basketball sub-state; 4 p.m. seventh and eighth grade scholar's bowl, Scott City. **Wednesday:** varsity basketball sub-state; 8 a.m. FFA ag mechanics/spring meeting, Goodland. **Thursday:** music in our schools month; lunch money due; varsity basketball sub-state. **Friday:** forensics, Silver Lake; varsity basketball sub-state. **Saturday:** forensics, Silver Lake; varsity basketball sub-state.

Menus: Monday: breakfast: sausage patty, toast, pineapple slices; lunch: corn dogs, waffle fries, peas, apple wedges. **Tuesday:** breakfast: cinnamon tasters, orange juice; lunch: chicken patties on a school bun, au gratin potatoes, green beans, strawberries. **Wednesday:** breakfast: donuts, apple juice; lunch: pepperoni pizza, fruit salad, corn, cookie. **Thursday and Friday:** menus not available.

Sacred Heart

Activities: Sunday: 11 a.m. carnival. **Thursday:** 7:30 am staff meeting; science fair. **Friday:** science fair.

Menus: Monday: hot dog, French fries, carrot sticks, apple slices. **Tuesday:** hamburger gravy, potatoes, green beans, fruit, roll. **Wednesday:** burritos, lettuce, tomato, cheese, corn, kiwi, biscuits. **Thursday:** meatloaf, mashed potatoes, gravy, peas, peaches, whole wheat roll. **Friday:** fish portions, yogurt, broccoli, cauliflower, rosy applesauce, graham snacks.

Heartland

Activities: Monday: 7 p.m. board meeting. **Saturday:** 8 a.m. to 3 p.m. Shepherd's Staff workers conference.

Golden Plains

Activities: sub-state week. **Wednesday:** Leap Day. **Thursday:** sub-state basketball. **Friday:** end of third quarter; sub-state basketball. **Saturday:** sub-state basketball.

Menus: Rexford: Monday: breakfast: scrambled eggs; lunch: corn dogs. **Tuesday:** breakfast: breakfast pizza; lunch: ranch chicken. **Wednesday:** breakfast-breakfast combo; lunch: spaghetti. **Thursday and Friday:** menus not available.

Selden: Monday: breakfast: breakfast burrito; lunch: chicken nuggets. **Tuesday:** break-

fast: French toast; lunch: pizza. **Wednesday:** breakfast: biscuit, gravy; lunch: chililburger. **Thursday and Friday:** menus not available.

Brewster

Activities: Monday: high school basketball sub-state. **Tuesday:** high school basketball sub-state. **Wednesday:** high school basketball sub-state. **Thursday:** end of third quarter; half day of school; half work day for teachers; high school basketball sub-state. **Friday:** high school basketball sub-state; no school. **Saturday:** high school basketball sub-state.

Menus: Monday: breakfast: ham and cheese English muffin; lunch: chicken wrap, lettuce, corn, Spanish rice, applesauce, banana. **Tuesday:** breakfast: cinnamon rolls; lunch: rib-b-que, cheesy potatoes, green beans, baby carrots, mixed fruit. **Wednesday:** breakfast: French toast sticks; lunch: chili, veggie sticks, orange slices, cinnamon rolls. **Thursday:** breakfast: breakfast pizza; lunch: beef and noodles in gravy, broccoli mix, mandarin orange pineapple mix.

Colby Community College

Activities: Sunday: 1 p.m. baseball, Lamar; 2 p.m. softball, Dodge City. **Monday:** 5:30 p.m. board of trustees. **Wednesday:** 10 a.m. Junior Day, Union; noon - baseball vs. McCook. **Friday:** 3 p.m. softball, Independence; indoor track national championships, Charleston, Ill.; rodeo, Garden City. **Saturday:** noon - baseball vs. Lamar; 6 p.m. basketball, Pratt; equestrian team at hunt regionals, University of Colorado, Boulder; softball, Cloud County Tournament, Concordia; rodeo, Garden City. **Sunday:** rodeo, Garden City; softball, Concordia; Hunt Regionals, Boulder.

Triplains

Activities: Monday: No school, possible make up day; 6:30 p.m. boys varsity basketball sub-state. **Tuesday:** girls varsity basketball sub-state. **Wednesday:** gifted seminar, elementary (Desktop Teaching).

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

Training modules teach animal care

The Beef Cattle Institute at Kansas State University has launched a Youth Animal Care Training program. The program features free online educational training modules for youth through high school age. Through participation in the training, youth can improve their knowledge of animal handling, animal welfare, antimicrobial residue avoidance and food safety. After a training package is completed, a certificate is available for printing. Through the support of Beef Cattle Institute sponsors, the training packages, certification and electronic record of training are offered at no cost to youth.

"Training youth is essential for the future of the agriculture industry," said Dan Thomson, assistant dean of outreach for the K-State College of Veterinary Medicine. "It can ensure worker safety, employee retention and production of wholesome products."

Youth can work through the multimedia training modules at any time. Once all the modules within a package are completed and the quizzes are passed with 80 percent accuracy or higher, a certificate is available. There is no time limit or deadline to complete the modules and quizzes.

Each package is different in the length of time it takes to complete all of the modules. However, each module ranges from five to 20 minutes long.

The current training packages are:

- Youth Beef Quality Assurance (28 modules)
- Youth Beef Industry Food Safety (7 modules)
- Youth Dairy Animal Care and Quality Assurance (31 modules)
- Youth Humane Equine Management (10 modules)

Youth will need to re-certify every three years in Beef Quality Assurance to keep their certificate up to date. The system will send an e-mail a month before the certification is up, as a reminder to re-certify.

"The goal of the program is to utilize modern technology to reach youth and provide educational videos for those involved or interest-

ed in learning more about beef and dairy cattle and equine to improve animal welfare, food safety and environmental stewardship," said Abby Jones executive director of the Beef Cattle Institute. "This is a great program for 4-H clubs and FFA chapters to use."

For information about the program, go to www.animalcarentraining.org/youth.

Senior Progress Center

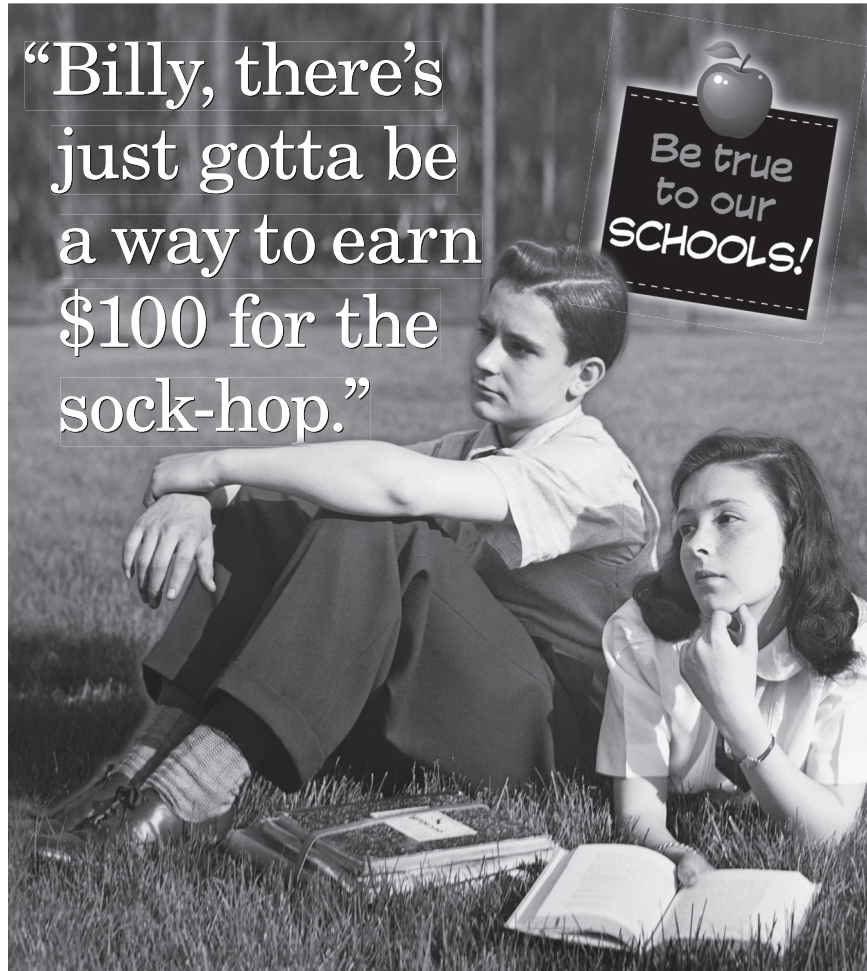
Come and learn to play cribbage Tuesday at the Senior Progress Center.

Activities for the week: Monday: 10:30 Rummikub. **Tuesday:** 10 a.m. exercise; 10:30 a.m. cribbage. **Wednesday:** snack day. **Thursday:** 10 a.m. exercise; 10:30 Wii. **Friday:** 10 a.m. exercise; 10:30 a.m. pool game.

Menus for the week: Monday: chicken fried steak, mashed potatoes, gravy, corn, apples. **Tuesday:** ham and beans, orange-pineapple salad, cornbread, bar cookie. **Wednesday:** chicken

and pasta bake, seasoned carrots, pears, cook's choice complement. **Thursday:** sloppy joes, gold rush casserole, pea salad, fruit crisp. **Friday:** baked fish, green bean casserole, cucumbers and tomatoes, peaches.

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.



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