

Student News

Colby Public Schools
Activities: Monday: 4:30 p.m. eighth B and C volleyball with Goodland, elementary gym; 5 p.m. junior varsity football, Hugoton.
Tuesday: 10 a.m. varsity gold, Ulysses; 3 p.m. varsity tennis Colby Tourney, Fike Park and Colby Community College; 5 p.m. cross country, Oberlin.
Wednesday: 2:50 dismissal; high school site council, high school conference room.
Thursday: 3 p.m. junior varsity golf, Syracuse; 3 p.m. C-Team volleyball at Grainfield vs. Hays, Garden City; 4 p.m. seventh and eighth football, Scott City; 7:30 p.m. auction and bonfire, Dennen Field.
Friday: 2:30 p.m. Homecoming parade; 7:30 p.m. football vs. Holcomb.
Saturday: 9 a.m. junior varsity tennis, Colby Tourney; 9 a.m. varsity volleyball, Oakley Tourney; 9 a.m. junior varsity volleyball, high school; 10 a.m. seventh and eighth grade B and C volleyball vs. Goodland; 8 to 11 p.m. Homecoming dance.
Menus: Monday: breakfast: breakfast pizza, orange juice; lunch: chicken-fried steak, mashed potatoes, white gravy, corn, orange slices.
Tuesday: breakfast: cheese omelet, apple juice; lunch: chili, baby carrots, strawberry fruit mix, cinnamon rolls.
Wednesday: breakfast: cereal, grape juice; lunch: Italian pasta bake, garden spinach salad, cucumber slices, grapes.
Thursday: breakfast: pancakes, syrup, orange slices; lunch: tacos, lettuce, salsa, steamed broccoli, diced pears.
Friday: breakfast: cereal bar, string cheese, mandarin oranges; lunch: baked ham, au gratin potatoes, green beans, biscuit, jelly, pineapple slices.

Sacred Heart
Activities: Monday: 8:15 vision screenings. **Thursday:** hearing screenings. **Friday:** hearing screenings.
Menus: Monday: chicken tetrazzini, tossed salad with romaine, steamed carrots, whole grain

breadsticks, fresh strawberries.
Tuesday: pork rib on a bun, romaine and tomato, tri-tater, green beans, fresh kiwi.
Wednesday: lasagna, garden spinach salad, whole grain french garlic bread, apple wedges.
Thursday: baked chicken drumsticks, savory rice, fresh broccoli, corn, oatmeal roll, sliced peaches.
Friday: sloppy joe on a bun, sweet potato puffs, baked beans, fresh grapes.

Heartland
Activities: Sunday: 11 a.m. to 2 p.m. Heartland Christian School fall barbecue. **Monday:** 7 p.m. board meeting. **Tuesday:** 4 p.m. high school volleyball, Golden Plains quad. **Wednesday:** 7:20 a.m. See You at the Pole. **Thursday:** 4 p.m. junior high volleyball and football at Healy vs. Golden Plains. **Saturday:** 1 p.m. high school football, Bethune; 3 p.m. high school volleyball, Bethune.

Golden Plains
Activities: Tuesday: high school volleyball, Rexford. **Thursday:** volleyball/football at Healy vs. Heartland. **Friday:** high school football vs. Cheylin.

Rexford: Monday: breakfast: pancake and sausage; lunch: chicken a la king. **Tuesday:** breakfast: burrito; lunch: Frito pie. **Wednesday:** breakfast: bagels; lunch: pizza. **Thursday:** breakfast: pizza bob; lunch: enchilada. **Friday:** breakfast: hash brown and toast; lunch: sloppy joe.

Selden:
Monday: breakfast: burrito; lunch: ham and cheese. **Tuesday:** breakfast: sausage biscuit. **Wednesday:** breakfast: biscuit/gravy. **Thursday:** breakfast: French toast; lunch: Italian pasta bake. **Friday:** breakfast: eggs/toast; lunch: chicken patty.

Brewster
Activities: Monday: fall blood drive. **Tuesday:** 4 p.m. high school volleyball tri, Tribune; 5 p.m. high school cross country, Oberlin. **Thursday:** 4 p.m. junior high volleyball; 5 p.m. football vs. Grin-

nell/Wheatland at Brewster. **Friday:** 7 p.m. high school football vs. Weskan at Winona Triplains; no school. **Saturday:** 8:30 a.m. high school volleyball tournament, Ellis.

Menus: Monday: breakfast: blueberry muffin; lunch: hamburger, fries, fresh veggie mix, mixed fruit. **Tuesday:** breakfast: pancakes, sausage; lunch: chicken nuggets, mashed potatoes, gravy, broccoli, strawberries. **Wednesday:** breakfast: scrambled eggs; lunch: macaroni and cheese, meatballs, peas, baby carrots. **Thursday:** breakfast: sausage biscuit; lunch: baked ham, two potato mash, green beans, angel biscuit.

Colby Community College
Activities: Sunday: 11 a.m. softball tripleheader vs. Blue Aces/Lamar; noon - baseball, Sterling Colo.; men's golf, Auburn Hills, Wichita. **Monday:** men's golf, Wichita. **Wednesday:** 6:30 p.m. volleyball, Barton County Community College, Great Bend. **Friday:** softball tournament, Lamar, Colo.; volleyball, Midland College Tournament, Midland, Texas. **Saturday:** men's cross country, Oklahoma State Jamboree, Stillwater; softball, Lamar; volleyball, Midland; 1 p.m. baseball, McPherson College. **Sunday:** softball, Lamar.

Triplains
Activities: Monday: no school. **Tuesday:** "Body Venture" presentation; 4 p.m. high school volleyball at Tribune with Wallace County; 6 p.m. home school volleyball practice. **Thursday:** junior high football at Brewster vs. Wheatland/Grinnell; junior high volleyball, Brewster vs. Wheatland/Grinnell. **Friday:** 7 p.m. high school football at Winona vs. Weskan. **Saturday:** 8:30 a.m. high school volleyball Ellis tournament.

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

Taking their directions from a pro



DEBBIE SCHWANKE/Colby Community College
 Dr. Jay Sekavec, supervising dentist for the Dental Hygienist Program, was working with Colby Community College students. The Consumers' Research Council of America has selected Dr. Sekavec as one of America's Top Dentists.

With upcoming exhibit, students get a lunchroom-themed tour of the body

An innovative new way to learn about the importance of good nutrition and physical fitness is coming to students at Triplains Elementary School in Winona.

The Body Venture exhibit will visit the school Tuesday. Students from kindergarten through fifth grades from Triplains School, Winona and St. Joes in Oakley will have the opportunity to explore the human body with Power Panther, the Department of Agriculture Food and Nutrition Service mascot as their guide.

The tour begins when students, in groups of eight to 10, enter the school lunchroom and become a food such as a carrot, low-fat milk or a piece of chicken. In the second station, they walk through a giant ear into the brain exhibit. Inside the huge brain dome, students experience "brain waves"

and learn about brain function. Stepping into the exhibit's larger-than-life mouth, the kids are "swallowed" through the small intestine and then "absorbed" into the blood. Then they follow the path of the nutrients through exhibits representing heart, lungs, bones, muscles and skin.

Students leave the body through a cut in the skin and proceed to the Pathway to Life. This final station recaps key health concepts from the previous stations. Throughout the exhibit, students will learn how to apply Power Panther's slogan, "Eat smart. Play hard." At each of

Body Venture's eleven stations, a volunteer presenter engages the students in a five-minute activity focused on healthy choices.

The traveling is operated by Child Nutrition and Wellness, Kansas State Department of Education. Coordinator Kathy Thompson said the exhibit was developed to address increasing national concerns about the lack of physical activity and the declining nutritional status of young children.

For information, contact Lamar Bergsten at Triplains School, Winona.

Senior Progress Center

Backgammon will be Tuesday at the Senior Progress Center.

Activities for the week: **Monday:** 10:30 a.m. Skip Bo. **Tuesday:** 10 a.m. exercise; 10:30 a.m. backgammon. **Wednesday:** snack day. **Thursday:** 10 a.m. exercise; 10:30 pinochle. **Friday:** 10 a.m. exercise; 10:30 pool game.

Menus for the week: **Monday:** fish sandwich, hash brown cas-

serole, peas and carrots, pears. **Tuesday:** Frito chili cheese pie, five-cup salad, corn chips, cinnamon roll. **Wednesday:** turkey slice, mashed potatoes, gravy, green beans, fruit crisp. **Thursday:** cook's choice entrée, tater triangles, broccoli, gelatin with peaches. **Friday:** pasta salad with ham, tropical fruit, breadsticks, cookie.

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 (785) 460-2901 by noon the day before.

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