

Student News

Colby Public Schools

Activities: Monday: middle school book fair, middle school library; 4 p.m. grade school site council; 4 p.m. seventh and eighth scholars bowl, Oakley. **Tuesday:** middle school book fair; 3:45 to 7:45 p.m. parent-teacher conferences. **Wednesday:** middle school book fair; noon, grade school parent-teacher organization meeting; 7 p.m. high school booster club meeting. **Thursday:** 1:30 dismissal; 1:30 to 7:45 parent-teacher conferences; middle school book fair; 4:30, 6, 8 p.m. basketball, Dodge City; 8 p.m. eighth basketball vs. Oakley; 4 p.m. seventh basketball, Oakley; 6 p.m. wrestling vs. Garden City. **Friday:** no school; 4:45, 6:30, 8 p.m. basketball vs. Holcomb; 5 p.m. wrestling vs. Hoxie, wrestling Senior Recognition. **Saturday:** scholar's bowl, state; 8 a.m. varsity forensics, Norton; 8 a.m. junior varsity forensics, Scott City; 8 a.m. ACT test, Colby Community College; 9 a.m. Bill Voss Novice wrestling Tourney, high school.

Menus: Monday: breakfast: breakfast pizza, mandarin oranges; lunch: meatballs, macaroni and cheese, steamed carrots, cucumber slices, applesauce, pumpkin chocolate chip square. **Tuesday:** breakfast: cereal, apple juice; lunch: mighty rib on a bun, tri-tater, baked beans, tropical fruit. **Wednesday:** breakfast: long johns, grape juice; lunch: pizza, California blend veggies, tossed salad with romaine, mandarin oranges. **Thursday:** breakfast: waffle sticks, syrup, cinnamon applesauce; lunch: chicken drumstick, savory rice, fresh broccoli, green beans, pears.

Sacred Heart

Activities: Tuesday: 4 p.m. parent-teacher conferences. **Thursday:** 1:15 p.m. students dismissed; 1:45 p.m. parent-teacher conferences.

Menus: Monday: chicken tet-

razzini, tossed salad, romaine, steamed carrots, whole grain French bread, fresh strawberries. **Tuesday:** pork rib on a bun, dark green leaf lettuce and tomato, tri-tater green beans, fresh kiwi. **Wednesday:** lasagna, garden spinach salad, whole grain breadsticks, apple wedges. **Thursday:** baked chicken drumsticks, savory rice, fresh broccoli, corn, oatmeal roll, peaches.

Heartland

Activities: Tuesday: 8 a.m. to 6 p.m. board retreat. **Thursday:** 9 a.m. junior high basketball league tourney, Brewster. **Saturday:** 8 a.m. ACT test; 9 a.m. junior high basketball league tourney, Brewster.

Golden Plains

Activities: Monday: 10 a.m. Western Kansas Liberty League high school band clinic, Healy. **Tuesday:** high school basketball, Hill City. **Wednesday:** National Assessment of Educational Progress testing for eighth grade. **Thursday:** middle school basketball, Western Kansas Liberty League Tournament. **Friday:** high school basketball vs. Healy; 5:45 p.m. state assessment awards ceremony; 7:30 p.m. senior night. **Saturday:** high school scholar's bowl, state; middle school basketball Western Kansas Liberty League Tournament, Brewster; ACT test date.

Menus: Rexford: Monday: breakfast: hash brown, toast; lunch: beef fingers. **Tuesday:** breakfast: monkey bread; lunch: chicken-a-la-king. **Wednesday:** breakfast: pizza bobs; lunch: Italian dunker. **Thursday:** breakfast: scrambled eggs; lunch: soft-shell taco. **Friday:** breakfast: breakfast pizza; lunch: French dip.

Brewster

Activities: Monday: 10 a.m. Western Kansas Liberty League instrumental clinic, Healy; 6 p.m. concert. **Tuesday:** 6, 6:30 p.m. high school basketball vs. Wallace County at Sharon Springs. **Thurs-**

day: no school; 10 a.m. Western Kansas Liberty League junior high basketball Tournament at Brewster. **Friday:** no school; 6:30, 8 p.m. high school basketball vs. Wheatland-Grinnell, Grainfield. **Saturday:** high school state scholars bowl; 10 a.m. Western Kansas Liberty League junior high basketball tournament at Brewster.

Menus: Monday: breakfast: scrambled eggs; lunch: taco, corn, lettuce. **Tuesday:** breakfast: cinnamon roll; lunch: chicken patties, mashed potatoes, broccoli, baby carrots. **Wednesday:** breakfast: sausage gravy biscuit; lunch: pizza, salad, bread sticks.

Colby Community College

Activities: Monday: 5:30 p.m. board of trustees special meeting. **Wednesday:** Middle School Band and Choir Day (Great West Activities Conference); 6 p.m. women's basketball, Liberal; 8 p.m. men's basketball, Liberal. **Friday:** women's track, Concordia, Neb. **Saturday:** equestrian team, Colorado Springs; wrestling, Pratt (West Central Regionals); 1 p.m. softball vs. Western Nebraska; 6 p.m. women's basketball vs. Dodge; 8 p.m. men's basketball vs. Dodge. **Sunday:** equestrian team, Colorado Springs; 11 a.m. softball vs. Western Nebraska.

Triplains

Activities: Monday: no school; 10 a.m. league high school instrumental clinic, Healy; 6 p.m. concert; league high school art show, Healy. **Tuesday:** 2:45 p.m. Kids a-Cookin' for third and fourth grades; 4 p.m. high school basketball, Sharon Springs. **Thursday:** junior high league basketball tournament, Brewster. **Friday:** 4 p.m. high school basketball, Wheatland. **Saturday:** ACT test; junior high league basketball tournament, Brewster.

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

K-State Extension introduces new gardening class in spring

Children typically like to dig in the dirt – and play with the garden hose.

And, when introduced to gardening, they also are more likely to eat fruits and vegetables they grow, and that's why K-State Research and Extension is introducing a new, family-friendly gardening program this spring.

The goal is to make learning about food, nutrition and healthy choices a productive – and enjoyable – experience for families, said Andrea Feldkamp, who developed the new educational series to help clients who qualify for the U.S. Department of Agriculture's Supplemental Nutrition Assistance Program.

Feldkamp serves as Kansas' assistant coordinator for the department's Family Nutrition and Expanded Food and Nutrition Education programs, with responsibilities for matching nutrition education opportunities to needs in the state.

Feldkamp, who noted the health benefits of fruit and vegetables, advocates eating a variety of seasonal fruits and vegetables to manage weight, decrease obesity, reduce the risks of some cancers, heart disease, high blood pressure,

and pulmonary diseases, and promote regularity, which also promotes to health.

Increasing physical activity, such as digging, weeding, and watering, also can be helpful in preventing or delaying the onset of diabetes, she said.

According to Feldkamp, even a small garden can increase access to food and decrease food costs.

In considering opportunities to reach – and teach – families, Feldkamp has created six can do-lessons for families.

The first three focus on the relationship between food, nutrition and health:

- "Healthy Bodies-Healthy Gardens."

- "What are Whole Grains?" and how are they different than refined grains.

- "Fruits and Vegetables" and why eating more fruits and vegetables is essential for health.

The second three (of six) lessons focus on basic gardening and growing food successfully:

- "Introducing the Seed" offers opportunities to learn about the different parts of various seeds and the role of each part in the growth process.

- "Dig In!" focuses on prepar-

ing the soil and how nutrients in the soil support plant growth.

- "Spring Planting" includes tips for planting seeds and seedlings after your area's frost-free date and caring for them throughout the growing season.

Many people also may not realize that, in Kansas, it's possible to have both spring and fall crops.

Each educational session includes practical how-tos and a recipe related to the lesson, and families are encouraged to record their progress in a garden journal, Feldkamp said.

And, while gardening at home is a possibility for many, even with a small yard, Feldkamp encourages container gardening when ground is not available, and community gardens that provide opportunities for families to become acquainted with others in their community while gardening.

The new Family Gardening curriculum is available through the Thomas County Extension office in the Thomas County Office Complex at 350 S. Range, Suite 16, or call 460-4582.

More information is available at www.ksre.ksu.edu/humannutrition.

Webinar to explain new phone app that can manage heat stress in cattle

Heat is a particularly nasty foe when it comes to raising cattle, but a new phone app has been developed to manage heat stress in cattle.

Business owners and entrepreneurs interested in the phone app are invited to participate in a free webinar, "Thermal Aid: Managing Heat Stress in Cattle" at 2 p.m. Tuesday, Feb. 12.

Thermal Aid is a smartphone app that combines information on both weather and respiration rate of livestock to allow producers to make crucial decisions regarding environmental stress and animal welfare. The app is also helps students learn about climate and environmental stress related to themselves and their production

animals.

Don Spiers, professor of environmental physiology at the University of Missouri, will present the webinar. To register and get information about accessing the webinar, go to the registration page at web2.msue.msue.edu/events/event.cfm?folder=Agraldev.

The webinar is the first of four planned by the North Central Regional Center for Rural Development that will focus on land grant university-developed technology. Other webinars planned include: "Working with Distilled Spirits," "Farm-Based Bio-Controlled Seed Treatments for Improving Soybean Yields;" and "Biodiesel Production and Wastewater Recapture from Swine Waste."

Kansas State University is one of 12 land-grant universities that make up the north central region.

Information is available at ncrcd.msue.edu/ncrcrd/home or from John Mann at mannyjoh3@ar.msue.edu or (517) 432-4408.

Senior Progress Center

Tuesday, the Health Department will be at the Senior Progress Center to do blood pressure checks. Following lunch is the board meeting.

Activities for the week:

Monday: 10:30 a.m. Skip Bo. **Tuesday:** 10 a.m. exercise; 11 a.m. Health Department; after lunch, board meeting. **Wednesday:** snack day. **Thursday:** 10 a.m. exercise; 10:30 pinochle. **Friday:** 10 a.m. exercise; 10:30

a.m. pool.

Menus for the week: Monday: harvest turkey soup, Watgate salad, crackers, no-bake cookie. Tuesday: hamburger, onion, tomato, pickle, potato salad, bun, blueberry crisp. Wednesday: oven-fried chicken, mashed potatoes, gravy, corn, rosy pears. Thursday: liver and onions, green bean casserole, citrus slices, cook's choice complement. Friday: meatloaf, parslid potatoes, mixed vegeta-

bles, 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.

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

Chicago enjoys bizarre heat wave before cold

CHICAGO (AP) – Workers strolled coatless through downtown. Women wore skirts over bare legs. And joggers were in shorts and T-shirts.

Many Chicagoans enjoyed temperatures expected to soar to 66 degrees Tuesday – exactly one week after they had to bundle up against subzero temperatures and brutal wind chills.

"When I woke up this morning I was shocked by it, but it's Chicago," said Anne Sunseri, 30, who wore just a light leather jacket while taking a break from her job.

"You never can really expect what the weather's going to be. It just fluctuates so much recently, and I don't feel like it used to be that way," she said.

Carol Krueger of suburban North Hoffman Estates, noted that just a few days earlier she was struggling to drive through blowing snow.

"It's bizarre, it's scary," Krueger said. "I don't know if God has anything to do with this or what."

National Weather Service meteorologist David Beachler said the weather this winter and last,

"definitely has been very odd."


On Friday, Chicago got its first snowfall of more than an inch this winter, breaking a 114-year-old record for the latest first snowfall

over an inch.

Beachler said those who like Tuesday's record warmth should enjoy it. By Thursday, high temperatures could be in the teens.

Walk for a Grieving Heart
Benefit for Rachel's Vineyard

healing the pain of abortion one weekend at a time



Fitness + Fellowship + Fun T-Shirts & Door Prizes
9 a.m. - Saturday, Feb. 9 Sacred Heart Church—Colby
for registration form email: rvineyard@ruraltel.net
1-877-I-GRIEVE or 785.639.3338

Colby Independent Baptist Church presents
Evangelist Matt Pringle

To host a series of meetings focusing on Marriage and the Family.

Evangelist Pringle married his wife Tori on May 19, 1989; they have three children. He was called into full time evangelism work in August of 2007 and has traveled extensively throughout America preaching Family Conferences, revival meetings, and as a guest lecturer in bible colleges. Evangelist Pringle states: "My main goal in evangelism is to bring honor to the name of Jesus Christ by personally living an example and by preaching His infallible Word."

Attending these meetings will help your personal walk with the Lord, strengthen your marriage and assist you in building sound biblical principals for your family.

The public is invited February 6 - 8 at 7 p.m. and Sunday, February 10, Sunday school at 9:30, morning services at 10:30, evening services 6 p.m. Nursery provided at all services.

Further Information call Pastor Heinz - 785-460-0313
Colby Independent Baptist Church • 730 E. 2nd St., Colby

The Radio Community Theatre Presents

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It's that time of year again for
Big Brothers Big Sisters
of Thomas County

'2013 Bowl for Kids Sake'
Annual fund raiser

Special THANKS to many of YOU for making this a success last year. The lanes were filled with sponsored bowlers! BBBS board members will be calling on our community businesses for their continued support to "Make a difference for our youth".

Teams are being generated early for the floating trophy awards.

If your business is interested, please contact BBBS Director, Orvella at 785-460-9125 a.s.a.p.



Please cut out & return to:
Big Brothers Big Sisters
P.O. Box 52
Colby, KS 67701

Please print name