

American Royal Association searching the country for the best-tasting ribeye

The American Royal Association and Kansas State University Olathe are looking for the best-tasting steak and are inviting beef producers from across the nation to submit rib-eye steaks for the competition.

The second annual American Royal Steak Competition will be the week of Sept. 15 at Kansas State Olathe, with the winner to be announced at the American Royal's 2013 Grapes and Steaks Competition on Oct. 9.

"Most traditional cooking contests are like the American Royal World Series of Barbecue — they are mainly about preparation. This competition is about awarding America's best-tasting steak," said Todd Graves, chair of the American Royal steak contest committee.

Each steak will be prepared in an identical manner at the Kansas State Olathe campus in the laboratory and research kitchens. Points will be assigned for flavor, juiciness and texture. Steaks will be judged by a panel of experts, including restaurateurs, food bloggers, beef representatives and members of the Kansas and Mis-



SAM DIETER/Colby Free Press

Bill Shields (left) and Julie Schroeder, 15, washed cattle off Tuesday morning getting them ready to be exhibited at the Thomas County Fair.

souri Beef councils.

"This is a great way for beef producers from all over the country to be judged purely on the quality of their beef. Every entry is treated equally and judged according to the same criteria," said Mark Schatzker, author of "Steak-

One Man's Search for the World's Tastiest Piece of Beef."

Steaks are submitted frozen to the K-State Olathe campus and entry forms must be submitted online at <http://www.americanroyal.com> under the special events tab. There is no entry fee for this com-

petition.

For more information about the steak competition, contact Kansas State Olathe Sensory and Consumer Research Center manager Marianne Swaney-Stueve at (913) 307-7354 or marianess@k-state.edu.

Following tips can protect from summer heat

This summer, when you're outside in the sun, remember these tips provided by the American Heart Association to keep you and your family safe.

- Hydrate: drink plenty of water before, during and after any physical activity or prolonged time outside to avoid dehydration. Start drinking water before you feel thirsty to prevent dehydration.
- Avoid caffeinated or alcoholic beverages and choose water instead.
- Take regular breaks: find shade or a cool place to rest and hydrate. Avoid being outside between noon and 3 p.m. when the sun is strongest.
- Head indoors: as temperatures continue to rise, try indoor activities at your local recreation center, like basketball, swimming, yoga

or racquetball.

- Dress for the heat: wear lightweight clothing made in breathable fabrics that repel sweat. Always make sure to wear a hat and sunglasses outside to protect your face and eyes from the sun.
- Exercise with a friend: it is much safer — and more fun — to work out with friends, especially with increased temperatures.
- Use sunscreen regularly: make sure that you are re-applying sunscreen to prevent sunburns, especially if you are out in the sun for long periods of time.
- Be a good neighbor: check on your elderly and ill neighbors regularly to make sure they are staying cool and safe during the summer heat.

If you're a heart patient, older than 60 or overweight, you may need to take special precautions in the heat. Consult with your healthcare professional to prevent heat stroke or heat exhaustion.

Heat exhaustion and heat stroke are more common in the summer for people of any age, so whether you're at the pool or playing outside with your kids, watch for signs and symptoms of these two heat-related illnesses.

Symptoms of heat exhaustion

- Headache
- Dizziness or fainting
- Heavy sweating
- Cold, moist skin accompanied by chills
- A weak and rapid pulse
- Muscle cramps
- Fast and shallow breathing
- Nausea and vomiting

If you begin to experience symptoms of heat exhaustion, move to a cooler place and cool down immediately by dousing yourself with cold water and rehydrate. You may need to seek medical attention.

Symptoms of heat stroke

- Warm, dry skin with no sweating
- Strong and rapid pulse
- Confusion
- Unconsciousness
- High fever
- Throbbing headache
- Nausea and vomiting

If you begin to experience symptoms of heat stroke, seek medical attention immediately.

Win the lottery, hunt a moose

MONTPELIER, Vt. (AP) — If you're unlucky in the Vermont moose permit lottery drawing Aug. 1, here's another chance with better odds, but it will cost you.

Hunters wanting a chance in the lottery had to buy a ticket by July 5 for the chance to purchase one of 355 moose hunting permits being made available this year.

That drawing is Aug. 1, but anyone who's unlucky there has

another opportunity to enter an auction for one of five additional moose permits being distributed by that method.

The minimum auction bid is \$1,500, and winners usually enter bids topping \$4,000. The auction deadline is Aug. 21.

Those interested can call 802-828-1190 or log on to www.vtfishandwildlife.com.

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On the Beat

COLBY POLICE
July 20

4:20 a.m. — Caller reported loud noises. Spoke with subject.

8:16 a.m. — Reset traffic cones in construction zone in the 1200 block of W. Fourth.

11:50 a.m. — Caller reported dog at large dragging a rope wooden stake. Turned over to Colby Animal Clinic.

1:06 p.m. — Caller reported stalled vehicle with flashers on in ditch. Not found.

4:55 p.m. — Report filed on mental subject.

7:50 p.m. — Caller reported sexual offense. Report filed.

8:34 p.m. — Driving while suspended report filed on traffic stop.

9:15 p.m. — 911 caller reported attempted suicide. Two police officers, three highway patrolmen and a sheriff's officer responded.

July 21

1:57 a.m. — Caller reported someone laying in the middle of the street. Everything OK, just fell.

9:15 a.m. — Caller reported dead cat in roadway. Was two kittens; disposed of.

12:51 p.m. — Recovered iPod. Report filed.

5:23 p.m. — Caller caught dog at large. Returned to owner.

6:13 p.m. — Caller reported possible suicidal subject. Spoke with subject; everything OK.

8:30 p.m. — Caller reported criminal damage to utility cart.

9:47 p.m. — Caller reported possible suicidal subject. Spoke with subject; everything OK.

10:42 p.m. — Caller reported glass in roadway. Removed from roadway.

July 22

7:05 a.m. — Spoke to driver about equipment issue on vehicle. All OK.

8:39 a.m. — Caller reported large dog caught. Taken to Colby Animal Clinic.

12:01 p.m. — Clerk advised vehicle damaged fuel pump by driving off with handle. Report filed.

12:26 p.m. — Complaint number given to subject for incident.

2:18 p.m. — Subject came to station recovered wallet found in street. Report filed.

July 23

5:19 a.m. — Caller reported an

employee being hit by a subject. Report filed for battery.

9 a.m. — Shoplifter caught on camera. Report filed.

9:09 a.m. — Subject came to station about suspicious subject. Not found.

11:05 a.m. — Assisted Department of Revenue.

12:39 p.m. — Caller reported two dogs at large. Dogs taken to Animal Clinic.

2:08 p.m. — Numerous calls advised of truck losing debris from 1000 S. Country Club Dr. to College Dr. Debris moved to side of road; owner contacted to pick items up.

THOMAS COUNTY SHERIFF

July 20

10:28 a.m. — Oakley Police Department advised of possible dog abuse in the 400 block of Ninth, Oakley. All OK; assisted Oakley Police Chief on call.

7:50 p.m. — Caller reported on sexual offense call.

9:15 p.m. — Helped Colby Police on attempted suicide call.

July 21

2:13 a.m. — Caller reported door knob damage. Everything OK, was a domestic, parties staying elsewhere.

1:34 p.m. — Caller reported hearing seven explosions South of 573 County Rd. 8. Everything OK.

July 22

9:33 a.m. — Caller reported pickup parked on property in Gem for more than two weeks. Will try locate owner.

11:31 a.m. — Brought inmate from Sherman County Sheriff's Office to Law Enforcement Center.

7:40 p.m. — Obstruction report filed.

9:10 p.m. — Caller reported van all over the roadway on K-25 at County Rd. K. Not found.

July 23

11:34 a.m. — Oakley Police called about subject outside 2000 block of County Rd. A. Logan County on scene, subject was removed.

12:43 p.m. — Helped motorist in the 2100 block of E. U.S. 24.

1:46 p.m. — Theft report filed for item missing from court house.

USD 315 COLBY PUBLIC SCHOOLS
BACK TO SCHOOL INFORMATION

BOARD OF EDUCATION
Janice Frahm, President
Tracy Rogers, Vice President Ed Geihslar
Brice Barton Kris Lemman
Angie Gaede Omar Weber

ADMINISTRATION
Superintendent of Schools—Terrel Harrison, 460-5000
Curriculum Director—Diana Wieland, 460-5004
Grade School Principal—Lance Krannawitter, 460-5100
Middle School Principal/AD—Robb Ross, 460-5200
High School Principal—Jeff Wallingford, 460-5301
High School Assistant Principal/AD—Larry Gabel, 460-5305

DEPARTMENTS
Business Operations—460-5003
Custodial—460-5000
Food Service—460-5240
Maintenance & Grounds—460-5015
School Nurse—460-5111
Technology—460-5010
Transportation—460-5020

ENROLLMENT DATES/TIMES/LOCATIONS

➤ **K-12 RETURNING* Students**
Wednesday, August 7, 2013 → 7:00 a.m. – 3:00 p.m.
Colby High School Commons
**Includes pre-enrolled kindergarten students and grade 6 Sacred Heart students*

➤ **K-12 NEW Students**
Thursday, August 8, 2013 → 8:00 a.m. – 3:00 p.m.
Respective buildings

FEES

One check may be written for all student fees at enrollment. MASTERCARD and VISA credit cards are also accepted. Payment for textbooks along with August and September lunches is due at enrollment. The fees are as follows:

➤ **Kindergarten – Grade 2**
Textbook Rental (annual fee).....\$70
Breakfast (monthly fee/20 meals).....\$27
Lunches (monthly fee/20 meals).....\$46

➤ **Grades 3-12**
Textbook Rental (annual fee).....\$70
Breakfast 3-8 (monthly fee/20 meals).....\$27
Breakfast 9-12 (monthly fee/20 meals).....\$29
Lunches (monthly fee/20 meals).....\$50

Additional fees may be assessed for extracurricular activities.

REDUCED/FREE

Students may be eligible to receive reduced or waived fees. Persons requesting assistance must present verification of total household income at enrollment and complete the "Application for Child Nutrition Benefits" form. The information provided on the application is confidential and will be used only for the purpose of determining eligibility. Applications may be submitted any time during the year. For more information, contact the Food Service Director at 460-5240 or the Business Manager at 460-5003.

Colby Public Schools participates in the National School Lunch Program administered by the Kansas State Department of Education.

TRANSPORTATION

Students who live 2.5 miles or more from their attendance center qualify for free transportation (K.S.A. 72-8302 et. seq.).

SCHOOL ACTIVITY CALENDAR
The district calendar is available online at www.colbyeagles.org.

CLASS SCHEDULE

* * **Dismissal times have changed.** * *

➤ First Day.....Thursday, August 22, 2013
➤ Last Day.....Friday, May 23, 2014

➤ **Classes Begin**.....8:00 a.m.
➤ **Classes Dismiss** (Monday, Tuesday, Thursday, Friday) 3:40 p.m.
➤ **Classes Dismiss** (Wednesday).....2:40 p.m.

HEALTH PROGRAMS/ASSESSMENTS FOR STUDENTS ENTERING A KANSAS SCHOOL FOR THE FIRST TIME

Students entering Kansas public school for the first time must present official immunization records showing evidence that they have been inoculated for the following: Diphtheria, whooping cough, tetanus, poliomyelitis, mumps, rubella and German measles. A Hepatitis B vaccination is recommended for all students. Students who have not completed the required immunizations within 90 days after the beginning of school may be excluded from further attendance. Forms and additional information may be attained from the school nurse (KSA 72-5209 et. seq.).

Students up to the age of nine years enrolling in a Kansas public school for the first time shall present official **health assessment** records showing evidence that they have had a physical examination within the last twelve months. New students will also need a copy of their **birth certificate** when they enroll.

STUDENT ACCIDENT INSURANCE

Per USD 315 Colby Public Schools board policy JGA, medical expenses for accidents and/or injuries to students at school or school-related activities are the responsibility of the parents/guardians. Student accident insurance may be purchased from independent carriers. All transactions are directly with the insurance carrier. Colby Public Schools assumes no role in student insurance coverage other than providing information if it is made available to Colby Public Schools by insurance companies.

NON-DISCRIMINATION

All programs of Colby Public Schools are non-discriminatory and open to students regardless of sex, race, religion, ethnic background, origin, homeless or marital status.