

Student News

Colby Public Schools
Activities: Monday: Kansas state fair, Hutchinson; 5:30 p.m. junior varsity football, Oakley. **Tuesday:** State Fair; 1 p.m. high school golf, Goodland; 4 p.m. high school volleyball, St. Francis (Colby, Oberlin). **Wednesday:** state fair; Patriot Day; 1 p.m. Jostens meet with sophomores; 3 p.m. sophomore/junior magazine sales. **Thursday:** state fair; 4:30 p.m. seventh and eighth volleyball, Oakley; seventh football, Oakley; 1 p.m. junior varsity tennis, WaKeeney; 3 p.m. varsity tennis, Ulysses; 4:30 p.m. cross country, Quinter. **Friday:** state fair; 7:30 p.m. football, Scott City. **Saturday:** state fair; 9 a.m. junior varsity tennis, Norton; 9 a.m. junior varsity volleyball, Scott City Tournament; 9 a.m. C-team volleyball, Dodge City Tournament; 9 a.m. varsity cross country, Wamego; 10 a.m. seventh and eighth volleyball at Goodland with Holcomb and Ulysses.
Menus: not available.
Sacred Heart
Activities: Sunday: 6 p.m. open house and pot luck. **Monday:** 6:30 p.m. home and school; 7:15 p.m. school council. **Friday:** Triumph Of The Cross.
Menus: Monday: beef and bean burrito, romaine and tomato, apple wedges. **Tuesday:** stromboli, garden spinach salad, fresh carrots, fresh strawberries. **Wednesday:** barbecue beef on a bun, sweet potato puffs, baked beans, orange smiles. **Thursday:** turkey and cheese sub, romaine lettuce and tomato, oven fries, sliced peaches. **Friday:** country-style beef patty, mashed potatoes, gravy, steamed broccoli, banana.
Heartland
Activities: Sunday: Grandparent's Day. **Tuesday:** 8:30 a.m. school pictures; 4 p.m. high school volleyball, Western Plains-Dual; 6 p.m. senior/parent meeting; 7 p.m. Hope meeting. **Friday:**

7 p.m. high school football, Grainfield vs. Wheatland/Grinnell. **Saturday:** 9 a.m. high school volleyball, Tribune Tri.
Golden Plains
Activities: Tuesday: 3 p.m. high school volleyball, Rexford. **Wednesday:** 8 a.m. Dane Hansen Scholarship test; 8 a.m. yearbook workshop. **Thursday:** 4:30 p.m. middle school football and volleyball, Triplains-Brewster. **Friday:** fall pictures; 7 p.m. high school football, Western Plains. **Saturday:** high school volleyball, Tribune.
Menus: Rexford: Monday: breakfast; biscuit; lunch: country-fried steak. **Tuesday:** breakfast; waffles; lunch: chicken tenders. **Wednesday:** breakfast; blueberry muffin; lunch: chili. **Thursday:** breakfast; breakfast combo; lunch: beef and noodle. **Friday:** breakfast; breakfast bites; lunch: sloppy joe.
Brewster
Activities: Monday: junior varsity football, Ransom. **Tuesday:** 4 p.m. high school volleyball quad, Rexford. **Wednesday: Thursday:** 4, 5:30 p.m. junior high volleyball and football at Brewster; 4:30 p.m. cross-country, Quinter. **Friday:** 5 p.m. high school volleyball, 7 p.m. football, Alma; no school. **Saturday:** 9 a.m. high school volleyball tournament, LaCrosse.
Menus: Monday: breakfast; scrambled eggs; lunch: sloppy joes, potato puffs, baked beans, baby carrots, mixed fruit, apple sauce. **Tuesday:** breakfast: blueberry muffin; lunch: lasagna, tossed salad, baby carrots, bread sticks oranges. **Wednesday:** breakfast: sausage biscuit; lunch: chicken patties, mashed potatoes, broccoli, cooked carrots. **Thursday:** breakfast: sundae; lunch: pork rib patties, bun, tri-tator wedge, green beans, lettuce, tomato, grapes.
Colby Community College
Activities: Sunday: softball,

Concordia; men's golf, Winfield. **Monday:** men's golf, Winfield. **Tuesday:** 7 p.m. Robert Feldman, Max Pickerill lecture, Cultural Arts Center. **Wednesday:** 6:30 p.m. volleyball, Liberal; noon - diversity roundtable, Hispanic Heritage, Fireside Lounge. **Thursday:** 8 p.m. video game tournament, student union. **Friday:** volleyball, Ephraim, Utah. **Saturday:** baseball, Hays; 1 p.m. softball, Kearney, Neb.; volleyball, Ephraim Utah; 10 a.m. women's cross country, Colorado Springs; 10:45 a.m. men's cross country, Hutchinson. **Sunday:** women's golf, Meadow Lake; baseball, Hays; 2 p.m. softball inter-squad scrimmage.
Triplains
Activities: Monday: school in session; 4 p.m. junior varsity volleyball, Ransom; 6 p.m. junior varsity football, Ransom. **Tuesday:** 3 p.m. junior varsity volleyball dual at Rexford followed by varsity quad vs. Golden Plains, Heartland, Greeley County. **Wednesday:** 8 a.m. yearbook ad sales, Oakley; 9 a.m. Dane G. Hansen scholarship test, Colby; 3 p.m. Kay Club tennis court project. **Thursday:** 4 p.m. junior high volleyball vs. Golden Plains at Brewster; 5:30 p.m. junior high football vs. Golden Plains at Brewster; sports pictures, Brewster. **Friday:** no school; 5 p.m. high school volleyball vs. Northern Valley, Alma; 7 p.m. high school football vs. Northern Valley, Alma. **Saturday:** high school volleyball, LaCrosse tournament.
Menus: Monday: burritos. **Tuesday:** stromboli. **Wednesday:** barbecue beef on bun. **Thursday:** turkey and cheese sub.
Send us your calendar and menus. E-mail colby.society@nwks.com or mail Colby Free Press, 155 W. Fifth, Colby, Kan., 67701.

Four new students start year at Golden Plains High School

By Maddy Walz
 Golden Plains High School

As the 2013-14 school year begins, Golden Plains High School welcomes four new students. Senior Madelyn Alfonso comes to Golden Plains from Garden City. She enjoys art and sets high goals this year to keep straight A's. Alfonso enjoys the small town atmosphere, which led her family to move to Rexford. Austin Kyte, a junior, enjoys the respect he gets at Golden Plains. He transferred to Golden Plains

from the Decatur County High School. "My goals for this year are to get good grades and make friends," said Kyte. In the first few days of school, he has decided weightlifting is his favorite class of the day. Freshman Brett Gerbitz joined Golden Plains from the Wheatland-Grinnell school district. His favorite subject is science and he has enjoyed getting to know the other students. Gerbitz is ready for high school, and he plans to keep good grades. Austin Rivera rejoins Golden

Plains from Triplains. He transferred from Rexford to Triplains a few years ago. "The freshman class is happy to have him back," Jessica Koerperich said about the returning student. Rivera enjoys the teachers at Golden Plains and his favorite class is algebra. He wants to stay eligible all year. "We are so thrilled to have these new students join our district," said Administrative Assistant Travis Smith.

Golden Plains Middle School welcomes four newcomers this year

By Emmy-Marie Fringer
 Golden Plains High School

Golden Plains Middle School welcomes four new students this year: Colby Lathrop, Bryce Ter Haar, Cheyenne Polk, and Melisa Alfonso. Colby Lathrop is a sixth grader from Triplains. His favorite subject is science and he will be

participating in football and basketball. Bryce Ter Haar, also a sixth grader, is from Cooper Elementary in Plainwell, Mo. He said he likes that the teachers are nice. Bryce's favorite sport is baseball. Cheyenne Polk, a seventh grader, come from Punta Gorda Middle School in Punta Gorda, Fla. Cheyenne likes that people

don't judge you at the school. Her favorite subject is math and her favorite sport is track. Melisa Alfonso, an eighth grader, is from Horace Good Middle School in Garden City. She said the teachers are friendly and kind. Her favorite class is math. Melisa will be participating in cheerleading and basketball.

College students start school year with a record-breaking fruit salad

AMHERST, Mass. (AP) - In what's become an annual tradition, the University of Massachusetts celebrated the start of the new academic year with a delicious, healthy, record-breaking dish. About 500 students and staff at the Amherst campus on Monday sliced, diced, pitted and peeled 150 varieties of fruit to create a

salad weighing more than 15,000 pounds. The salad was mixed in a 15-foot diameter swimming pool. It included 20 varieties of apples weighing more than 3,600 pounds; 19 varieties of melon weighing more than 2,500 pounds; peaches, bananas, oranges and berries as well as more exotic fruits including quince, passion fruit and ram-

butan. A Guinness World Records representative certified the record. UMass in recent years has started the semester with record-breaking seafood stews and stir fries.

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Dr. January Fields
 Medical Oncologist/Hematologist

Dr. Sameh Abuerrish, oncologist and hematologist with HaysMed's Dreiling/Schmidt Cancer Institute, will join oncologist Dr. January Fields to evaluate patients and provide follow-up oncology and hematology services at HayMed's Colby oncology clinic:

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Oncology - Dr. January Fields - Twice Monthly

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