

School Calendar

Colby Public Schools Activities for the week of Monday, Feb. 3 through Saturday, Feb. 8



Monday, Feb. 3 - Lunch money due; Scholars bowl at Quinter 7/8 grades 3 p.m., H/S 5 p.m.; JV basketball tourney with Goodland, Scott City, and Oberlin at the H/S and E/S gyms 5 p.m.; H/S financial aid night, 7 p.m. at CCC; board meeting at 7 p.m.; KSHSAA area supervisors meeting, 7:30 p.m. at the M/S gym.

Tuesday, Feb. 4 - C/JV/V basketball at Garden City, 4:15-6:15 p.m.; 7/8 basketball with Oberlin, 4:30 p.m. at the H/S gym; 7/8 wrestling with Scott City and Burlington, CO, 4:30 p.m. at E/S gym.

Wednesday, Feb. 5 - Curriculum council, 4:00 p.m. Adm. Bldg. **Thursday, Feb. 6** - 5th grade music program, 1:15 & 7 p.m., at the grade school auditorium; Scholars bowl - regionals, T.B.A.; H/S Future Homemakers of America district elections, Hoxie; 7/8 basketball at Hoxie, 4:30 p.m.; 7/8 wrestling at Oakley (St. Francis), 4:30 p.m.; JV basketball tourney (Goodland, Scott City and Oberlin), 5 p.m. at the H/S and E/S gyms.

Friday, Feb. 7 - C/JV/V basketball with Oberlin, 4:30-6:30 p.m., H/S gym and Community Building; JV/V wrestling at Oberlin, 6:30 p.m.

Saturday, Feb. 8 - H/S ACT tests at CCC, 8 a.m.; JV/V wrestling at Phillipsburg tourney, 8:30 a.m.; 9/10 wrestling at Goodland tourney, 9 a.m.; 7/8 wrestling at Norton tourney, 9:30 a.m.

Colby Public Schools breakfast and lunch menu

Breakfast - **Monday:** cereal choice, long John, grape juice, milk choice. **Tuesday:** cereal choice, breakfast sandwich, apple juice, milk. **Wednesday:** cereal choice, French toast, styx/syrup, orange juice, milk. **Thursday:** cereal choice, pancakes, applesauce, syrup, milk. **Friday:** cereal choice, donut, orange juice, milk.

Lunch - **Monday**-Grade/Middle school: Chicken nuggets, whipped potatoes/gravy, corn/green beans, hot roll, 1/2 pear/ 1/2 peach, milk choice. High school: Chicken nuggets, grilled cheese, whipped potatoes/gravy, choice of hot vegetables, fresh fruit and veggie bar, dessert, milk choice. **Tuesday** - Grade school: Cheese Quesadillas, lettuce/tomato, corn/peas & carrots, biscuit/jelly, 1/2 pear/orange slices, milk choice. Middle school: Cheese Quesadillas or burrito, lettuce/tomato, corn/peas & carrots, biscuit/jelly, 1/2 pear/orange slices, milk choice. High school: Cheese Quesadillas or burrito, lettuce/tomato, choice of hot vegetable, fresh fruit and veggie bar, dessert, milk choice. **Wednesday** - Grade school: Korndog, chips, broccoli and cheese, carrots, hot roll, 1/2 banana/peach slices, milk choice. Middle school: Potato bar, broccoli & cheese and all the toppings, carrots, hot roll, 1/2 banana/peach slices, milk choice. High school: Potato bar, chili, broccoli/cheese, hot roll, choice of hot vegetables, fresh fruit and veggie bar, dessert, milk choice. **Thursday** - Grade/Middle schools: Chicken fried steak, whipped potatoes/gravy, green beans/peas, hot roll, applesauce, fresh fruit, banana cake, milk choice. High school: Chicken fried steak, whipped potatoes/gravy, choice of hot vegetables, fresh fruit and veggie bar, dessert, milk choice. **Friday**-Grade/Middle schools: Hamburger, French fries, baked beans, seven layer salad, kiwi/peach slices, milk choice. High school: Hamburger or cheeseburger, French fries, choice of hot vegetables, fresh fruit and veggie bar, dessert, milk choice.

Sacred Heart School



Monday, Feb. 3 - Home and School, 7 p.m.

Lunch - **Monday:** Sausage pattie. **Tuesday:** Enchilada casserole. **Wednesday:** Fish sticks. **Thursday:** Ham & scalloped potatoes. **Friday:** Chicken sandwiches.

For information or questions about activities or other events at Colby Public Schools, call the grade school at 465-5100; middle school, 465-5200 or the high school at 465-5300. For questions at Sacred Heart, call 462-2813.

Belgium students talk about French fries

The following article is one in a series provided by Brian Barnett's students in Belgium.

Barnett is a 1998 graduate of Colby High School who is doing an internship in that country. He is also encouraging people in Colby and around the area to consider writing to the students as a way to help them with their English and to foster better international relationships. In this article, two students gave their input on foods of Belgium with particular focus on French fries.



E. Pelsser



M. Demoulin

Belgium is a little country but it has got a lot of specialties, among other things beer, chocolate and French fries without forgetting re-

gional specialties like syrup, sweets, cheese, and cider.

The French claim they invented fries as they traditionally claim every creation of good food. But actually despite of its name, French fries are a speciality from Belgium. You cannot come to Belgium without eating French fries.

If Belgians go to France, they always find them disgusting. Frenchmen do not have the secret of the preparation of good French fries. And you are lucky because we are going to reveal our secret. But chuuuuuut, do not say it, keep it for you, because otherwise it is not a secret any longer.

How to make good French fries?

The first thing to do is to choose the right potatoes. In Belgium we usually use bintje potatoes. Then, peel the potatoes and cut them in short sticks. Do not forget to wash them in cold water. After this stage, wipe them.

During that time, heat your grease to 160 degrees. When the grease is hot, dive the sticks in it for moreover 10 minutes. Do not put too many at the same time. They have to be able to move in the

grease. Withdraw them then and drain them.

And now, the most important thing to obtain good French Fries is the dubble cooking. Just before eating, dive them again in the grease which has been heated at 180 degrees for four or five minutes. Let the French fries gild. When they are ready, take them out and drain strongly.

Both cookings are important: the first one cooks the heart of the French fries and the second one gilds them.

Now just go and sit down to eat. Good appetite!

You can eat French fries with whatever you want but you have to know that a delicious Belgian meal is French fries with mussels. You can also eat them with a steak, fish, meatball, and steak tartar. To quench our thirst, we drink Belgian beer or American coke.

Here is the famous Mannekenpis of Brussels with a paper cone of chips.

In Belgium, we have a lot of chip shops. French fries are served in paper cone. This kind of presentation is a very traditional one. Belgians like French fries with sauce. We have more than twenty different kinds of sauces (classic ones and

more special ones).

And they rarely forget to add salt, though it is bad for the health. Salt is very much appreciated by our compatriots.

Here in Louvain-la-Neuve, the city where we are studying, we are lucky because we have one of the ten best chip shops of Belgium, and we are very proud of that.

So if you come to Belgium, do not forget to take time to try our delicious French fries. You cannot just come to our country without tasting them. You will see, you will not regret it!

Editor's note: The preceding article was written by Evelyn Pelsser 19, who said she enjoys dancing, going out and watching television. For those wanting to correspond with Pelsser they can do so by e-mailing her at: lynnepelsser@hotmail.com. The other author is Magali Demoulin, 19, who said she enjoys planing table tennis and going out with her friends. Her e-mail is: magalidemoulin@caramail.com.

It was also brought to our attention that in a previous article regarding chocolate, one of the authors was inadvertently left out. Along with Virginia Degrande, the second author was Elise Sorel.

Colby students to compete in art exhibition next week

Colby High School students Zack Baird, Kacie Donn and Carla Sloan are participating in art competition next Saturday, Feb. 8, at Lindsborg.

The student will be assisted by their teacher Donna Roberts with a presentation by the judges at 3 p.m., followed by an awards presentation featuring Congressman Jerry Moran at 3:30 p.m. The reception for the Competition will be from 2 to 4 p.m. The exhibition will be at the Birger Sandzén Memorial Gallery with the theme of this year's First District exhibition, "At the Center of Democracy."

Along with Colby art students, there will be students from across the district competing for awards juried by Michael Jilg, Fort Hays State University; David Kinder, Garden City Community College; and Kathleen King, Kansas State University, Roberts said.



The competition is a national ar-

tistic discovery coordinated by Members of Congress, said Moran and each Congressional District is given an opportunity to have local art competitions. The first place winners have their piece of art displayed locally and also nationally in the Cannon Tunnel, a walkway leading to the U.S. Capitol, he said. "Since the competition was first began in 1982, many thousands of local contests have been conducted that have involved more than 700,000 high school students," he said.

Moran selected the Birger Sandzén Memorial Gallery in Lindsborg as the location of the 2003 Competition. The high school of the first place winner will receive \$500 for art equipment or supplies.

Gallery hours are 1 to 5 p.m., Tuesday through Sunday. Admission is free, contributions welcome. The gallery is located at 401 North 1st St. in Lindsborg. For information about the gallery and Birger Sandzén visit on the Internet site www.sandzen.org.

The Gallery's e-mail address is fineart@sandzen.org.

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THE STRIKE ZONE League Results

January 16 - King Pin League

Team	Won	Lost	Pins
Colby Bowl	10	2	9443
Cheney Repair	8	4	9204
5 Pony Men	7	5	9280
Twisters	6	6	9313
McCarty Dairy	6	6	6215
Wolf Lawn Care	5	7	9455
Colby Automotive	5	7	9322
TJs Tire Repair	5	7	9244
Colby Fertilizer	4	8	9292
Beringer Hardware	4	8	9175
First high individual game: Greg Mead, 245			
First high individual series: John Liester, 635			

January 17 - Ten Pin League

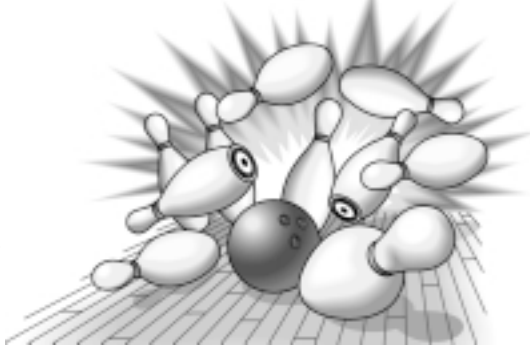
Team	Won	Lost	Pins
Don's Electric	12	0	9091
L&R Promotions	7	5	8875
Cal Williams Atty.	6	6	8870
Colby Bowl	6	6	8868
Comfort Inn	6	6	8676
Hurt Enterprise	4	8	8824
Western Times	4	8	8648
Jays Lawn Service	3	9	8590
First high individual game: Karla Lucas, 187			
First high individual series: Mary Hurt, 489			

January 22 - Powderpuff League

Team	Won	Lost	Pins
Comfort Inn	7	1	4810
J.L. Graphics	6	2	4726
Western Sprinklers	3	5	4763
Garst Seeds	2	6	4560
Colby Bowl	2	2	2371
Coors	0	4	2267
High individual game: Mary Hurt, 209			
High individual series: Mary hurt, 511			

January 15 - Powderpuff League

Team	Won	Lost	Pins
J.L. Graphics	4	0	2394
Comfort Inn	3	1	2288
Garst Seeds	1	3	2274
Western Sprinklers	0	4	2313
Colby Bowl	0	0	0
Coors	0	0	0
High individual game: Carol Mick, 188			
High individual series: Carol Mick, 493			



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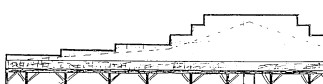
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