

Brewster
Activities: Monday: 5:30 p.m. – junior varsity football, Rexford; 7 p.m. board of education. **Tuesday:** 4 p.m. – high school volleyball, Brewster. **Thursday:** 3 p.m. – junior high volleyball, Golden Plains; 4:30 p.m. – junior high football, Golden Plains; 5 p.m. – cross country, Hill City. **Friday:** no school; 7 p.m. – football vs. Golden Plains; homecoming. **Saturday:** 10 a.m. – junior varsity volleyball tournament.

Colby Public Schools
Activities: Monday: 8 a.m. – Kansas Scholastic Press Association journalism fall conference, Fort Hays; 1 p.m. – varsity tennis, Scott City; 3 p.m. – varsity golf Invitational; 3 p.m. – junior varsity golf; 5:30 p.m. – junior varsity football, Decatur; 7 p.m. – board meeting, district office.
Tuesday: 3:45 p.m. – eighth grade volleyball, Goodland Round Robin. **Wednesday:** 9:30 a.m. – FFA

Everyone who joins the Arbor Day Foundation in September will receive 10 free trees as part of the “Trees for America,” campaign, dedicated to environmental stewardship through the planting of trees by the nonprofit group.

The 10 trees include eastern redbud, white pine, sugar maple, white flowering dogwood, pin oak, red maple, river birch, silver maple, northern red oak and Colorado blue spruce.

The trees will be shipped post-paid at the right time for planting, between Oct. 15 and Dec. 10. The 6- to 12-inch trees are guaranteed to grow; planting instructions will be enclosed.

Send a \$10 membership contribution to Ten Trees, Arbor Day Foundation, 100 Arbor Ave., Nebraska City, Neb., 68410 by Sept. 30, or join online at www.arborday.org.

Area Land Judging, Ellis; 1:30 p.m. – school dismissed; 5 p.m. – music boosters. **Thursday:** 1 p.m. – varsity tennis, Russell; 3 p.m. – varsity golf, Holcomb; 3 p.m. – junior varsity golf at Holcomb; 4:30 p.m. seventh grade volleyball, Oakley; 4:30 p.m. – seventh grade football, Oakley; 5 p.m. – varsity cross country, Hill City; 5:30 p.m. – eighth grade volleyball, Oakley; 6 p.m. – eighth grade football, Oakley. **Friday:** eligibility determined; 7 p.m. – varsity football, Plainville. **Saturday:** 8 a.m. – debate, Hays; 8:30 a.m. – varsity volleyball, Topeka Seaman tournament; 9 a.m. – C-team volleyball, Oberlin tournament; 9 a.m. – varsity tennis, Garden City; 9 a.m. – junior varsity tennis, Phillipsburg.

Menu: **Monday:** breakfast: cinnamon tastries, apple juice. Lunch: pizza burger or rib, seasoned loops, mixed vegetables, pear slices. **Tuesday:** breakfast: French toast, grape juice. Lunch: chicken sticks, chicken fried steak, whipped potatoes/gravy, hot rolls, peas, fruit mix. **Wednesday:** breakfast: pancakes/syrup, applesauce. Lunch: hot ham and cheese or bierock, seasoned wedges, green beans, fresh orange slices. **Thursday:** breakfast: sausage patty, cinnamon toast, orange juice. Lunch: taco pie, egg rolls, rice with cinnamon, lettuce, tomato, hot roll, corn, fresh peach. **Friday:** breakfast: pancake and sausage on a stick/maple syrup, grape juice. Lunch: meatlovers pizza, carrot/dip, garlic bread, green beans, mandarin oranges.

Colby Community College
Activities: Sunday: 1:30 p.m.
 — rodeo, Thomas County Fairgrounds; women's golf tourna-

ment, Atwood, hosted by Colby. **Monday:** women's golf tournament, Atwood; 5 p.m. – board of trustees, Thomas Hall board room; Pierre C. Henry Allied Health Building dedication, Health Science building. **Tuesday:** 6:30 p.m. – volleyball vs. Seward County, Colby Community Building. **Wednesday:** Noon – Backer Club Luncheon, Student Union; 6 p.m. – baseball, Fort Hays. **Thursday:** volleyball, Wyoming-Nebraska Shootout, Scottsbluff, Neb.; 7:30 p.m. – OPTIC Meeting, Fire-side Lounge. **Friday:** volleyball, Wyoming-Nebraska Shootout. **Saturday:** softball, Lamar, Colo.; volleyball, Wyoming-Nebraska Shootout; 1 p.m. (Central Time) – baseball vs. Regis, Denver. **Sunday:** softball, Lamar, Colo.; baseball vs. CU Club Team; 3 p.m. – Western Plains Arts Association, St. Francis High School.

Golden Plains
Activities: Monday: 5:30 p.m. – junior varsity football vs. Triplains/Brewster; 7:30 p.m. – board of education meeting.
Tuesday: 4 p.m. – high school volleyball, Brewster vs. Brewster/Cheylin.
Thursday: 3:430 p.m. – middle school volleyball/football at Rexford vs. Brewster/Triplains.
Friday: 7 p.m. – high school football at Winona vs. Triplains/Brewster.
Saturday: 10 a.m. – junior varsity volleyball tournament at Brewster.

Menus: Rexford: **Monday:** breakfast: French toast. Lunch: ham steak. **Tuesday:** breakfast: scrambled eggs. Lunch: chicken and noodles. **Wednesday:** breakfast: breakfast pizza. Lunch: potato bar. **Thursday:** breakfast: grilled ham and cheese. Lunch: bierocks. **Friday:** breakfast: bis-

cuit/gravy. Lunch: barbecue ribs.
Selden: **Monday:** breakfast:
 breakfast burrito. Lunch: chicken
 nuggets. **Tuesday:** breakfast:
 waffles. Lunch: weiner wrap.
Wednesday: breakfast: biscuit/
 gravy. Lunch: ham and cheese
 pocket. **Thursday:** breakfast:
 long john. Lunch: grilled cheese.
Friday: scrambled eggs. Lunch:
 frito pie.

Heartland
Activities: **Monday:** 5 p.m. – high school football vs. Northern Valley. **Tuesday:** **Wednesday:** noon – dismissal, school improvement. See You at the Pole. **Thursday:** 4 p.m. – volleyball/football vs. Healy; vision screening. **Saturday:** 10 a.m. – high school volleyball, Brewster.

Sacred Heart
Activities: **Monday:** Iowa Tests of Basic Skills. **Tuesday:** Iowa Tests of Basic Skills. **Wednesday:** 1:15 p.m. – students dismissed; Iowa Tests of Basic Skills. **Thursday:** Iowa Tests of Basic Skills. **Friday:** hearing screenings; 2:45 p.m. – blessing of the pets; Iowa Tests of Basic Skills.

Menus: **Monday:** corn dog, French fries, mixed vegetables, apple slices. **Tuesday:** sloppy joe/bun, broccoli, tropical fruit, chocolate chip cookie. **Wednesday:** soft shell taco, lettuce/tomatoes, corn, mandarin oranges. **Thursday:** lasagna, green beans, pear, garlic rolls. **Friday:** chicken legs, baked potato, peas/carrots, peach slices.

Come and celebrate September birthdays at the Center on Wednesday.

Activities for the week: **Monday:** 10:30 a.m. Wii bowling. **Tuesday:** 10 a.m. exercise; 10:30 Skip Bo game. **Wednesday:** 11 a.m. September birthday party. **Thursday:** 10 a.m. exercise; 10:30 a.m. coffee hour. **Friday:** 10 a.m. exercise; pool game.

Menus for the week: **Monday:** chicken and noodles, Scandinavian-blend vegetables; blushing pears, pudding. **Tuesday:** Swedish meat balls, stewed to-

matos, applesauce gelatin, noodles, cook's choice complement. **Wednesday:** baked fish, broccoli rice casserole, cook's choice fruit, blueberry coffee cake. **Thursday:** salisbury steak/gravy, party potatoes, peas and carrots, fruit salad. **Friday:** macaroni and cheese with smokies, cook's choice vegetable, cantaloupe, 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.

MANHATTAN – Many people are interested in the weather, and it doesn't have to be difficult or expensive to have a home weather station, according to climatologist Mary Knapp.

Knapp, who is the climatologist for the State of Kansas, said many people have sophisticated instruments as part of a home weather station, although they can be expensive.

"But, you can make simple weather instruments that will help you observe the weather around you," said Knapp, who oversees the Kansas Weather Data Library, based in Kansas State University

Research and Extension. “Instruments might include a barometer, a wind vane, an anemometer, as well as a thermometer and a rain gauge – all the basics of a weather station.”

Knapp suggests checking a local library or bookstore for how-to-guides such as “Simple Weather Experiments with Everyday Materials,” by Muriel Mandell.

Information about Kansas weather is available on the Weather Data Library Web site: www.ksre.ksu.edu/wdl/. “Weather Wonders” audio reports are available at www.ksre.ksu.edu/radio/.

American Profile — yep, the magazine that comes in the local paper and always has a great recipe — now has

a great cookbook. Get 120 recipes categorized by holiday for yourself or as a gift. Just \$18.95 plus tax. Available at:



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