School Activities and Menus

Brewster

7 p.m. board of education. **Tues-** – varsity tennis, Russell; 3 p.m. day: 4 p.m. – high school volley- – varsity golf, Holcomb; 3 p.m. ball, Brewster. **Thursday**: 3 p.m. Plains; 4:30 p.m. – junior high ball, Oakley; 4:30 p.m. – seventh 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 football, Oakley. Friday: eligibilvolleyball tournament.

Menus: Monday: breakfast: blueberry muffin. Lunch: smothered burrito, corn, baby carrots, applesauce, orange slices. Tuesday: breakfast: pancakes, sausage, toast. Lunch: chicken patty, mashed potatoes, cheesy broccoli, Jello with fruit, pineapple. Wednesday: breakfast: egg bacon biscuit. Lunch: hamburger stroganoff with noodles, green beans, carrots, peaches, apple, chocolate chip cookie. **Thursday**: breakfast: sausage gravy biscuit. Lunch: sloppy joes, tater circles, veggie sticks, pears, mandarin oranges. Friday: breakfast: cinnamon roll. Lunch: pepperoni pizza, sevenlayer salad, baby carrots, fruit salad.

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

Foundation offers trees

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 postpaid 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

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

> Got news? Call 462-3963

Area Land Judging, Ellis; 1:30 ment, Atwood, hosted by Colby. Activities: Monday: 5:30 p.m. p.m. – school dismissed; 5 p.m. – – junior varsity football, Rexford; music boosters. **Thursday**: 1 p.m. – junior varsity golf at Holcomb; - junior high volleyball, Golden 4:30 p.m. seventh grade volleygrade football, Oakley; 5 p.m. varsity cross country, Hill City; 5:30 p.m. - eighth grade volleyball, Oakley; 6 p.m. – eighth grade ity 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.

Menus: 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-

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, Fireside Lounge. Friday: volleyball, Shootout. Wyoming-Nebraska 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: 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**: 3/4:30 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

Senior Progress Center

Come and celebrate Septem- matoes, applesauce gelatin, noober 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**: vian-blend vegetables; blushing pears, pudding. Tuesday: Swedish meat balls, stewed to- is pick-up service.

dles, 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 chicken and noodles, Scandina- older and guests to lunch Monday through Friday at the senior center. Home delivery is available, as

Home station gives accurate weather info

MANHATTAN - Many people Research and Extension. "Instruare interested in the weather, and ments might include a barometer, it doesn't have to be difficult or a wind vane, an anemometer, as expensive to have a home weather well as a thermometer and a rain 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

gauge – all the basics of a weather station."

Knapp suggests checking a local library or bookstore for how-toguides 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/.



Monday Evening **September 21, 2009** 7:00 7:30 KBSL/CBS How I Met Purpose Late Show-Letterman Late Late KSNK/NBC Heroes The Jay Leno Show **Tonight Show** KSAS/FOX House ethal Weapon Monsters Inside Me Animal Cops Phoenix Monsters Inside Me Cats 101 Cats 10 BRAVO Housewives-Atl Housewives-Atl Rachel Zoe Rachel Zoe Housewives-Atl Smarter Smarter he Longest Yard Just for Laughs Smarter Smarter arry King Live Anderson Cooper 360 Campbell Brown arry King Live Scrubs Jackass: Number Two Michael Michael Machines of Malice ang Wars Extreme Rides Gang Wars Extreme Rides Adventures of Sharkbov Phineas Montana Wizards Life With Kourtney Kourtney Kourtney Fashion Police: Emmy Chelsea E! News Chelsea Countdown NFL Football WNBA Basketbal WNBA Basketball Lincoln Heights Funniest Home Videos incoln Heights Good Eats Unwrapped Unwrapped Unwrappe Good Eats | Good Eats | Unwrapped | Unwrapped | Diners Sorority Boys House The Unsel My First Property Property House Property HIST Secrets-Fathers Secrets-Fathers Clash of the Gods Sodom & Gomorrah Medium Army Wives Drop Dead Diva rasier True Life True Life True Life Best Dance Crew Pranked Pranked G. Martin Malcolm The Nanny The Nanny opez Lopez Malcolm Malcolm Shost Whisperer Shost Whisperer Ghost Whisperer Rave Negadon UFC Fight Night UFC Fight Night CSI: Crime Scn Sex and t Blue Strk Fam. Guy Fam. Guy Fam. Guy Fam. Guy Fam. Guy Fam. Guy Seinfeld Seinfeld Sherlock, Jr Steamboat Bill, Jr. On the Waterfront Jon Kate Jon Kate Jon Kate Ultimate Cake Off Jon Kate Jon Kate Jon Kate Jon Kate Bones he Closer The Closer Raising the Bar Raising the Bar TOON Fam. Guy Fam. Guy Tn-Titans Johnny Bobb'e King-Hill Chicken Aqua Teer Bizarre World Anthony Bourdain Madvent TRAV Madvent Bizarre World Madvent Madvent TV LAND Brady Brady Briffith Griffith Roseanne WWE Monday Night Raw Real Chance of Love Griffin Real Chance of Love Griffin Tool Academy Tool Academy Funniest Home Videos Funniest Home Videos | WGN News at Nine S. Park Real Time The Last Truck Death Sen | Angel Eyes The Dark Knight SHOW The Nanny Diaries How the Garcia Girls The Dead Girl



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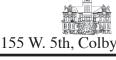


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