

School Activities and Menus

Brewster
Activities: Monday: no school - Labor Day. **Tuesday:** 3 p.m. high school volleyball quad, Cheylin. **Thursday:** 4:30 p.m. high school cross country at Quinter; 4/5 p.m. junior high volleyball and football, Rexford. **Friday:** Homecoming; 7 p.m. high school football vs Palco. **Saturday:** 10 a.m. high school volleyball quad, Atwood.

Menus: Tuesday: breakfast: waffles and sausage; lunch: nacho beef and cheese, veggie mix, corn, apples, pears. **Wednesday:** breakfast: sausage cheese biscuit; lunch: chicken patty, mashed potatoes, broccoli, baby carrots, bananas, pineapple. **Thursday:** breakfast: oatmeal chocolate chip muffin; lunch: hamburger stroganoff with noodles, green beans, cooked carrots, peaches, orange slices. **Friday:** breakfast: scrambled egg and cheese, bacon; lunch: hamburgers, fries, veggie sticks, grapes, mixed fruit.

Colby Public Schools
Activities: Monday: no school, Labor Day; 5:30 p.m. junior varsity football vs. St. Francis. **Tuesday:** 3 p.m. varsity golf at Goodland; 4 p.m. volleyball at St. Francis with Osborne and St. Francis. **Wednesday:** 5 p.m. music boosters, high school workroom. **Thursday:** 1 p.m. junior varsity tennis, Trego; 3 p.m. varsity tennis, Ulysses; 4:30 p.m. varsity cross country, Quinter; 4:30 p.m. seventh grade football vs. Oakley; 4:30 p.m. seventh and eighth grade A-team volleyball vs. Goodland and Scott City; 6:30 p.m. eighth grade football vs. Oakley; 7 p.m. homecoming bonfire and pep rally. **Friday:** Kansas State Fair; 8 a.m. grade school fall photos, grade school auditorium; 2:30 p.m. homecoming parade, Fike Park to Dennen Field; 7:30 p.m. varsity football vs. Hugoton. **Saturday:** 8 a.m. ACT Test, Colby Community College; 9 a.m. varsity cross country, Wamego; 9 a.m. junior varsity volleyball, Scott City; 9 a.m. C-team volleyball, Dodge City; 10 a.m. junior varsity tennis, Norton; 10 a.m. seventh and eighth volleyball, Goodland; 8 p.m. homecoming dance, high school commons.

Menus: Tuesday: breakfast: Belgian waffle sticks, grape juice; crisps, tossed salad, green beans, combread with honey, sliced peaches. **Wednesday:** breakfast sandwich, apple juice; chicken strips, au gratin potatoes, steamed carrots, apple. **Thursday:** breakfast: French toast sticks, ma-

ple syrup, grape juice; marzetti, mixed veggies, celery sticks, biscuits and jelly, cantaloupe. **Friday:** breakfast: pancakes, sausage patty, applesauce; lunch: beef and bean burrito, corn, shredded lettuce, salsa, cinnamon bread sticks, diced peaches.

Colby Community College
Activities: Sunday: 1 p.m. (Central Time) - baseball at Otero Junior College, LaJunta, Colo. **Monday:** Labor Day Holiday, offices/campus closed; 6:30 p.m. volleyball vs. Trinidad State, community building. **Wednesday:** Noon - hump day fun day activity, between Student Union and library; 3 p.m. - baseball vs. McCook, college baseball field; 6 p.m. - chess club meeting, library; 6:30 p.m. - volleyball, Dodge City. **Thursday:** 3:30 p.m. - Academic Scholar's Bowl information meeting, Bedker 714; 6 p.m. - on-campus student transportation bus, north of Living Center East. **Friday:** 6 p.m. - softball at Cloud County Tournament, Concordia; 7 p.m. - cross country Colby Invitational, college campus. **Saturday:** 9 a.m. to 1 p.m. - Northwest Kansas 10th Annual Youth Outdoor Expo, register at the Student Union; 6 p.m. - softball at Cloud County Tournament, Concordia; baseball at Fort Hays State Showcase, Hays. **Sunday:** 2 p.m. - baseball at Otero Junior College, LaJunta, Colo.; baseball at Fort Hays State Showcase, Hays; 3 p.m. - volleyball at Otero Junior College, LaJunta, Colo.; 6 p.m. - softball at Cloud County Tournament, Concordia; men's golf at Winfield, Winfield.

Golden Plains
Activities: Saturday: 8 a.m. - Little Girls Cheerleading Camp. **Monday:** no school - Labor Day. **Tuesday:** 4 p.m. high school volleyball vs. Tribune, Triplains and Heartland at Tribune. **Thursday:** 4/5:30 p.m. middle school volleyball/football vs. Cheylin. **Friday:** 7 p.m. high school football vs. Dighton. **Saturday:** 1:30 p.m. volleyball vs. Rolla, Greeley County and Dighton at Rolla.
Menus: Rexford: Tuesday: breakfast: French toast; lunch: pinwheels. **Wednesday:** breakfast: grilled ham and cheese; lunch: tiserato. **Thursday:** breakfast: sausage biscuits and gravy; lunch: lasagna. **Friday:** breakfast: burrito; lunch: chicken patty. **Selden: Tuesday:** breakfast: cinnamon toast; lunch: hamburgers. **Wednesday:** breakfast: bis-

cuts and gravy; lunch: ham and cheese pockets. **Thursday:** breakfast: long Johns; lunch: chicken tenders. **Friday:** breakfast: eggs and toast; lunch: chiliburgers.

Heartland
Activities: Monday: no school, Labor Day. **Tuesday:** 4 p.m. high school volleyball, Tribune. **Thursday:** all school picture day; 5 p.m. junior high football, Triplains (Winona). **Friday:** 8:10 a.m. to 1:30 p.m. Josten's yearbook workshop. **Saturday:** 9 a.m. high school volleyball, Leoti. **Sunday:** Grandparent's Day.

Sacred Heart
Activities: Monday: no school, Labor Day. **Friday:** Kid's Savings Club. **Sunday:** 6 to 8 p.m. open house and pot luck.

Menus: Tuesday: meat loaf, mashed potatoes/gravy, peach slices. **Wednesday:** tacos, lettuce/tomato, cheese/salsa, mandarin oranges, biscuits. **Thursday:** goulash, green beans, pears, garlic bread. **Friday:** hamburgers, French fries, apple slices, birthday cake.

Is your school missing from this list? Send us your calendar and menus. E-mail: colby.society@nwkansan.com (text files are appreciated) or m: Colby Free Press, 155 W. Fifth, Colby, Kan., 67701.

Backyard gardeners supply all through farmers' market stalls

Again this summer, a handful of area backyard gardeners have done their best to provide us with a little seasonal fresh garden produce. Those who happened to drop by the farmers' market on east Business U.S. 24 in Goodland on Saturday mornings this summer have been treated to some good, fresh locally grown vegetables. You might also have discovered some delicious baked goods, a few fresh eggs and the best variety of home-canned jams and jellies this side of Knott's Berry Farm.

According to Kansas Secretary of Agriculture Josh Svaty, the state had 92 farmers' markets this summer. I would have guessed that there were many more, but it is sometimes difficult to organize one given the red tape involved, all the way from the city level right on up through the various state agencies whose job it is to protect the consumer.

The popularity of farmers' markets still has been a steadily growing phenomenon. There were only 26 statewide markets in 1987 and now there are 92. I would suspect that in many small towns around the state, you will discover individual sales of fresh produce from front yards and from pickups parked in vacant lots.

Kansans (and people everywhere) are hungry for the tastiest garden foods they can find and will search out those who have them available.

The Goodland Farmers' Market provides a good variety of fresh produce, albeit in small helpings. On any given Saturday morning between the Fourth of



Kay Melia
 • The Gardener

July and the first freeze of the season, you will likely find five to 10 vendors.

You'll also likely see 40 or 50 buyers arriving anytime between 8 and 11 a.m. to seek out the good stuff. Most have found that you must appear early to get the vegetables that are in greatest demand. Shoppers want to-matoes long before they're ripe or sweet corn shortly after it's planted.

Colleen Rall, Judy Williams and Carol Gattshall are the voices you generally hear on the radio during the week, telling everyone what to expect at the market from week to week. Other active vendors include Threse Armstrong, Jerry Nett (the guy with the mini-farm at Eighth and Kansas), Melvin and Dorothy Musil, newcomer Linsford Oster and me from time to time.

Nick Evert, one of the organizers, is there when he isn't teaching school in some foreign land. Occasionally, in season, Brenda Linin and Colleen Duell are there with their special offerings. Other gardeners are encouraged to consider becoming a part of the fun.

The setting for the Goodland Farmer's Market, at the former state rest area on the east side of town, is a perfect place to visit on Saturday mornings. The trees and grass provide a nice setting for vendors and buyers alike. It's a good place to gather, to visit with friends and to check out the best fresh food to be found, other than in your own garden.

Kansas State Fair draws thousands of 4-H entries

Kansas 4-H members ages 9 and up are eligible to enter projects at the Kansas State Fair, but only after first earning the top award in their category at the county fair.

That means 4-H entries at the fair come with high praise, and also means seeing the various projects in 4-H Centennial Hall may inspire others to join 4-H and learn by doing, choosing a new 4-H project if already involved in 4-H programs or provide the nudge that's needed to complete a hobby project or try something new, said Justin Wiebers, speaking on behalf of Kansas 4-H.

The 2010 Kansas State Fair in Hutchinson is scheduled to run from next Friday, Sept. 10 to Sunday, Sept. 19, and 4-H Centennial Hall is located at the north end of the fairgrounds, said Wiebers, who is a Kansas State University Research and Extension associate 4-H youth development specialist and building coordinator for 4-H Centennial Hall at the fair.

Kansas 4-H offers more than 30 educational 4-H projects and seeing the completed projects under one roof is testimony to experiential learning in 4-H, said Wiebers, who noted that former 4-H members often cite a 4-H project as the spark for their career interest or a lifelong hobby.

During the fair, 4-H Centennial Hall will open from 9 a.m. to 9 p.m. Sept. 10-18, and from 9 a.m. to 6 p.m. Sept. 19, closing day. Please note: Projects and exhibits will be displayed as soon as possible after judging, but may not be available for viewing early in the day Sept. 10.

4-H rabbit, poultry, livestock and crop exhibits are displayed at various locations on the fairgrounds: inquire at the Information booth in the hall for details.

"All are welcome," said Wiebers, who noted that people who don't have children or a connection with 4-H usually enjoy looking at the exhibits, which include

Kansas geology and insect collections.

Information about Kansas 4-H is available in the hall, at K-State Research and Extension offices throughout the state, and online

at: www.Kansas4-H.org. Information about the Kansas State Fair is available at www.kansasstatefair.com.

Senior Progress Center

Monday the Senior Progress Center will be closed for Labor Day. There will be no meals or transportation. Open on Tuesday, there will be blood pressure checks by the Health Department and a board meeting after lunch.

Activities for the week: **Tuesday:** 10 a.m. exercise; 11 a.m. board meeting. **Wednesday:** popcorn day. **Thursday:** 10 a.m. exercise; 10:30 a.m. cribbage. **Friday:** 10 a.m. exercise; 10:30 a.m. Wii Bowling.

Menus for the week: **Monday:** closed for Labor Day. **Tuesday:** hot dog, macaroni and

cheese, broccoli, cook's choice fruit. **Wednesday:** salmon loaf, parsleyed potatoes, five-cup salad, cookie. **Thursday:** baked chicken, mashed potatoes/gravy, cook's choice vegetable, cantaloupe. **Friday:** chef salad, tropical fruit, bread sticks, brownie.

The Thomas County Nutrition Center invites anyone 60 and older and guests to lunch Monday through Friday at the senior center. A contribution of \$3 per meal is suggested for seniors, \$5.25 for others.

Make reservations at (784) 460-2901 by noon the day before.

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