



SHERI JACOBS/Golden Plains High School

The Golden Plains cheerleading squad received several awards at their annual summer camp. Squad members include Morgan Walz (front row, left to right), Melissa Ritter, Viridiana Beltran, Angela Ritter, Laura Clapp (back, left to right), Kylie Jones and Jordan Christensen.

Team gets awards at summer camp

By Katrina Griggs
Golden Plains High School

The annual summer camp for the Golden Plains High School cheerleaders this year grew as well as moving to Overton, Neb. There were 28 tough squads; however, Golden Plains came in first in the cheer camp championship. They also received second in the extreme routine camp championship. "I am very pleased with the squad's perfor-

mance," said coach Sheri Jacobs. "They all worked very hard and the hard work paid off. I'm so excited for this year." Melissa Ritter, captain of the 2010-2011 squad, and Viridiana Beltran were named All American Cheerleaders. "With the way camp went, I can tell that this is going to be a great year," Ritter said. "The girls are so great and I can't wait for the year to begin and to start cheering with them."

Student News

Brewster
Activities: Tuesday: 4 p.m. high school volleyball Tri, Golden Plains. Thursday: 4, 5 p.m. junior high volleyball/flag football/football, Grinnell; 5 p.m. high school cross country, Hill City. Friday: 7 p.m. high school football, Wheatland; no school. Saturday: high school volleyball junior varsity Quad, Brewster.
Menus: Monday: breakfast: blueberry muffin; lunch: chicken patty sandwich, baked beans, veggie sticks, fruit. Tuesday: breakfast: pancakes and sausage; lunch: meat loaf, mashed potatoes, green beans, fruit. Wednesday: breakfast: scrambled eggs, bacon; lunch: baked potato with chili or taco, cheesy broccoli, fruit. Thursday: breakfast: sausage cheese biscuit; lunch: pepperoni pizza, seven-layer salad, fruit salad.
Colby Public Schools
Activities: Monday: 1 p.m. varsity tennis, Scott City; 3 p.m. varsity golf, Colby Invitational; 5 p.m. junior varsity football vs. Scott City; 7 p.m. board meeting, Administration Building. Tuesday: 3:30 to 5 p.m. fall junior cheer clinic, Colby Grade School Cafeteria; 3:45 p.m. eighth volleyball, Felten Junior High. Wednesday: autumn begins; 8 a.m. high school Kansas Student Press Association Journalism fall conference, Fort Hays; 3:30 to 5 p.m. fall junior cheer clinic, grade school cafeteria; 5 p.m. music booster meeting, high school workroom.
Thursday: 1 p.m. varsity tennis, Russell; 3 p.m. varsity golf with Holcomb, Garden City; 4:30 p.m. seventh football vs. Holcomb; 5 p.m. varsity cross country, Hill City; 6:30 p.m. eighth football vs. Holcomb. Friday: 7:30 p.m. varsity football vs. Holcomb, junior cheerleaders perform second and third quarter. Saturday: 8 a.m. debate, Hays; 8:30 a.m. varsity volleyball, Topeka Seaman Tournament; 9 a.m. varsity tennis, Garden City; 9 a.m. junior varsity volleyball, Phillipsburg; 10 a.m. C-team volleyball, Oberlin vs. St. Francis.
Menus: Monday: breakfast: cinnamon tasterie, apple juice; crispy taco, lettuce with toma-

toes, salsa, corn, cornbread with honey, sliced peaches. Tuesday: breakfast: waffle sticks, syrup, applesauce; wafered turkey wrap, crispy fries, broccoli with cheese, applesauce. Wednesday: breakfast: breakfast burrito with salsa, orange juice; cheese pizza, carrots, whole wheat roll, lettuce salad, cantaloupe chunks. Thursday: breakfast: pancakes, syrup, sausage patty, apple juice; mini corn dogs, seasoned wedges, green beans, hot roll, pineapple chunks. Friday: breakfast: cinnamon toast, pineapple chunks; chicken patty on school bun, seasoned loops, mixed veggies, sliced pears.
Colby Community College
Activities: Sunday: Noon (Central Time) - baseball, Northeastern Junior College, Sterling, Colo.; 1:30 p.m. National Intercollegiate Rodeo Association rodeo finals, Thomas County Fairgrounds; women's golf, Atwood Country Club. Monday: 4 - 8 p.m. physical therapist assistant program massages, Health Science 104; 6:30 p.m. volleyball vs. Hutchinson, Colby Community Building; 7 p.m. student activity game night, cafeteria; 7:30 p.m. Western Plains Arts Association "Rhythm & Passion," Cultural Arts Building. Tuesday: 6 p.m. chess club, library; 7 p.m. student activity game night, cafeteria; 7:30 p.m. Catholic student fellowship dinner/meeting, 720 N. French. Wednesday: Brownie Bonanza, bookstore; 9 a.m. - 4 p.m. art club sale, Bedker kiva area; Noon - Hump Day activity, south of Student Union; 5 p.m. baseball, Dodge City; 5:30, 6:30, 7:30 p.m. therapeutic massage program massage sessions, Thomas Hall, Room 402; 6:30 p.m. volleyball, Barton County, Great Bend; 7:30 p.m. Master Chef Cook-Off, Student Union Cafeteria. Thursday: 6 p.m. on-campus student transportation bus, north of living center; 7 p.m. student activity game night, cafeteria; 7:30 p.m. International Students and Friends, Student Union. Friday: volleyball, Panola, Texas, Tournament. Saturday: 8 a.m. cross country, Stillwater, Okla., Jamboree; noon - baseball, University

of Nebraska, Kearney, Neb.; softball, Lamar, Colo.; volleyball, Panola. Sunday: noon - baseball vs. McCook, college baseball field; men's golf, McPherson; softball, Lamar.
Golden Plains
Activities: Monday: ACT review; 7:30 p.m. board meeting. Tuesday: 4 p.m. high school volleyball vs. Brewster/Cheylin, Rexford. Friday: 3:30 p.m. high school football, Weskan.
Menus: Rexford: Monday: breakfast: French toast; lunch: ham steak. Tuesday: breakfast: scrambled eggs and toast; lunch: chicken noodles. Wednesday: breakfast: pizza; lunch: potato bar. Thursday: breakfast: grilled ham and cheese; lunch: bierocks. Friday: breakfast: sausage biscuits and gravy; lunch: barbecue ribs.
Selden: Monday: breakfast: burrito; lunch: chicken patty. Tuesday: breakfast: cinnamon toast; lunch: spaghetti. Wednesday: breakfast: biscuits and gravy; lunch: tuna sandwich. Thursday: breakfast: pancakes; lunch: cheeseburger pockets. Friday: breakfast: eggs and toast; lunch: tacos.
Heartland
Activities: Tuesday: 4 p.m. high school volleyball, Rexford. Wednesday: 7 - 8 a.m. See You at the Pole 2010; 8 a.m. to noon - school improvement day. Thursday: 4 p.m. junior high football vs. Sharon Springs. Saturday: all-school family camping trip.
Sacred Heart
Activities: Monday through Friday: Iowa Tests of Basic Skills. Friday: school portraits.
Menus: Monday: deli sandwich, fresh carrots, apple slices. Tuesday: barbecue bites, peas, orange slices. Wednesday: lasagna, green beans, pear, garlic bread. Thursday: steak fingers, mixed veggies, rosy applesauce. Friday: chicken sandwich, peas, pineapple slices.
Is your school missing from this list? Send us your calendar and menus. E-mail: colby.society@nwkansas.com (text files are appreciated.) : Colby Free Press, 155 W. Fifth, Colby, Kan., 67701.

Senior Progress Center

Wednesday there will be cinnamon rolls and coffee served at the Senior Progress Center. The Colby Community College nurses will be at the center Friday for brunch. Activities for the week: Monday: 10:30 a.m. shuffle board. Tuesday: 10 a.m. exercise, 10:30 a.m. Rummikub. Wednesday: 10:30 a.m. cinnamon rolls and coffee. Thursday: 10 a.m. exercise, 10:30 domino game. Friday:

10 a.m. exercise, 8:30 to noon - college nurses' breakfast brunch. Menus for the week: Monday: tuna noodle casserole, stewed tomatoes, Italian blend vegetables, fruit mix. Tuesday: chili with beans, four-fruit compote, crackers, cinnamon roll. Wednesday: smothered steak, mashed potatoes/gravy, carrots, cook's choice fruit. Thursday: taco salad, pineapple, chips, cake. Friday: barbecue pork sandwich, tater triangles, pea

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