

School Activities and Menus

Brewster

Activities: Tuesday: 4:30 p.m. high school volleyball tri. Thurs**day**: Half day of school; half day teachers' work day; 3 p.m. high school cross country, Grainfield; 4 p.m volleyball and flag football; 5 p.m. junior high football vs Wallace County. Friday: no school; 7 p.m. high school football, Tribune. Saturday: 10 a.m. high school volleyball Western Kansas Liberty League Tournament.

Menus : Monday: breakfast: waffle sticks, sausage; lunch: spaghetti and meat sauce, broccoli, cooked carrots, peaches, banana, garlic bread. **Tuesday**: breakfast: breakfast pizza; lunch: barbecue chicken, mashed potatoes, gravy, cheesy green beans, pears, apple. Wednesday: breakfast: cinnamon twist; lunch: taco salad, corn, veggie sticks, applesauce, Jell-O, pineapple. Thursday: breakfast: sausage cheese biscuit; lunch: turkey and cheese sub, fries, veggie sticks, orange, mixed fruit, chocolate chip cookie.

Colby Public Schools

Activities: Monday: 2:45 p.m. senior class meets with Balfour, graduation information meeting, high school auditorium; 4:30 p.m. junior varsity football vs. Goodland; 6:30 p.m. C-team football vs. Goodland; varsity golf regionals. Tuesday: 4:30 p.m. volleyball vs. Oberlin and Quinter – volleyball senior recognition; 7:30 p.m. basketball rules meeting, Oakley. Wednesday: 8 a.m. ing, Hays. Thursday: 11:32 a.m. to 12:51 p.m. senior class anhigh school commons; 4 p.m. Cteam volleyball vs. Garden City, Goodland and Scott City. Friday: 7:30 to 9 a.m. high school picture retakes, high school audito-Conference tourney, Ulysses; 11 - baseball, McCook.

a.m. varsity cross country Great West Activities Conference meet, Hugoton; 8 p.m. debate, Liberal; varsity tennis state championship, Wichita.

Menus: Monday: breakfast: cinnamon tastrie, apple juice; cheese quesadilla, lettuce, refried beans, corn, garlic toast, peach slices. **Tuesday**: breakfast: French toast, grape juice; chicken strips, whipped potatoes, gravy, roll, peas, applesauce. Wednesday: breakfast: biscuit and sausage, orange wedges; ham, macaroni and cheese, green beans, roll orange slices. Thursday: breakfast: waffle, syrup, apple juice; chili or chicken and noodle soup, cinnamon roll, strawberry fruit mix. Friday: breakfast: burrito, orange juice; fish wedge, tater tots, baby carrots, dip, roll, peach.

Colby Community College

Activities: Sunday: noon baseball vs. Otero, college baseball field; men's golf, Kansas City, Kan. Monday: 6 p.m. Endowment Foundation annual meeting, Student Union; 7 p.m. student game night, cafeteria; women's golf, Highland Golf Club, Hutchinson; men's golf, Kansas City, Kan. Tuesday: Christopher Columbus Day; 6 p.m. chess club, library; 7 p.m. student game night, cafeteria; women's golf, Highland Golf Club, Hutchinson; men's golf, Kansas City, Kan. Wednesday: Noon – Hump Day activity, north of Student Union; 5 p.m. baseball, Fort Hays; 6:30 p.m. volleyball, FFA dairy judging, Fort Hays; Hutchinson. Thursday: 6 p.m. 7:30 p.m. wrestling rules meet- on-campus student transportation bus, gymnasium; 7 p.m. student game night, cafeteria; end of first nouncement orders with Balfour, eight weeks. Friday: applications due for December graduation. Saturday: 9 a.m. Horse Show Team Western Show, college farm; 9 a.m. cross country, Fort Hays; 1 p.m. baseball all star game vs. rium; 10:30 a.m. to 1 p.m. grade Colorado Springs, college baseball school and middle school picture field; 1 p.m. women's basketball retakes, grade school auditorium; dodge-ball tournament fundrais-7 p.m. varsity football vs. Con- er, Colby Community Building. cordia. Saturday: 10 a.m. varsity Sunday: 9 a.m. horse show team volleyball Great West Activities western show, college farm; noon appreciated) Mail: Colby Free

Golden Plains

Activities: Monday: no school, teacher inservice; 5:30 p.m. high school junior varsity football vs. Wheatland/Grinnell. Tuesday: 4 p.m. high school volleyball vs. Logan/Norton, Logan. Wednesday: high school gifted seminar; Preliminary SAT. Thursday: student council meeting; 4 and 5:30 p.m. middle school volleyball/ football vs. Triplains/Brewster. Friday: senior night; 7 p.m. high school football vs. Wallace County. Saturday: 10 a.m. high school volleyball Western Kansas Liberty League tournament, Brewster.

Menus: <u>Rexford</u>: Tuesday: breakfast: bagels; lunch: spaghetti. Wednesday: breakfast: breakfast combo; lunch: pizza. Thursday: breakfast: French toast; lunch: chicken tender. Friday: breakfast: breakfast burrito; lunch: chili cheese nacho.

Selden: Tuesday: breakfast: long john; lunch: chicken chunk. Wednesday: breakfast: biscuit, gravy; lunch: hamburger. Thursday: breakfast: waffle stix; lunch: burrito. Friday: breakfast: scrambled eggs; lunch: hot dogs.

Heartland

Activities: Monday: 5 p.m. fundraising meeting. Tuesday: 4:30 p.m. high school volleyball, Colby. Thursday: 8 to 10 a.m. all-school hearing screening; 5:30 p.m. junior high football, Dighton/Healy.

Sacred Heart

Menus: Monday: tostados, lettuce, tomato, corn, fruit, biscuits. **Tuesday**: chicken fajita, lettuce, tomato, corn, kiwi, peanut butter fingers. Wednesday: chili, chicken noodle soup, carrot sticks, strawberries, bananas, cinnamon roll. Thursday: pork cutlet, mashed potatoes, gravy, green beans, pineapple slices, bishop bread. Friday: sloppy joes, bun, potato wedges, peas, orange slices.

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

Prison bars visitors from hugging and kissing

BAKERSFIELD, Calif. (AP) - A minimum security prison in California has banned hugs and kisses because authorities fear visitors are sharing a lot more than affection.

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Concerns about contraband have prompted officials at the Lerdo Minimum Facility in Bakersfield to stop allowing inmates and visitors to share one brief hug and kiss.

Sheriff's Sgt. Ian Silva told the Bakersfield Californian that in August, four visitors were found with contraband, including a knife, a handcuff key, marijuana, methamphetamine and drug paraphernalia.

The touchy, feely times ended Friday. From now on, guards who see an inmate give a hug or a smooch will end the visit.

Grants could help farmers explore sustainable ag options

The 2010 North Central Region Sustainable Agriculture Research and Education Program Farmer Rancher Grant call for proposals is now available.

Kansas farmers and ranchers are invited to submit proposals to explore sustainable solutions to problems they face. Proposals should show how farmers and ranchers plan to use their ideas to explore sustainable agriculture options and how they plan to share project results. Sustainable agriculture focuses on practices that are profitable, protect land and water resources, and enrich the quality of life for farmers, ranchers, their communities and society.

Projects should emphasize research or education and demonstration. Grants can range from \$6,000 for individual farmers to \$18,000 for groups of three or more. The program expects to fund about 50 projects in the 12-state region.

The call for proposals and information for completing a proposal are online at www.sare.org/NCR-SARE/cfp.htm.

Proposals are due by 4:30 p.m. Thursday, Dec. 2, at the office in Jefferson City, Mo. A mailing address is available from the web site.

For questions, contact Joan Benjamin, associate regional coordinator and farmer-rancher grant program coordinator, at benjaminj@lincolnu.edu or (573) 681-5545 or (800) 529-1342.

The Kansas program is administered by K-State Research and Extension's Center for Sustainable Agriculture and Alternative Crops. The Kansas coordinator is Kerri Ebert, who can be reached at kebert@k-state.edu or (785) 532-2976.

For information, call (612) 626-3113, go to www. sare.org/ncrsare or e-mail ncrsare@umn.edu.

McCook Expo expects high turnout

northwest Kansas, and northeast Colorado, farmers should flock to the McCook Farm and Ranch Expo at the Red Willow County Fairgrounds on Wednesday and Thursday, Nov. 17 and 18.

The show will open at 9 a.m. both days and close at 7 p.m. the first day and 4 p.m. the second, said manager Darren Dale. Admission and parking are free.

To kick things off, there will be a free producer's breakfast at 7:30 a.m. on Wednesday. This event is sponsored by Willow Creek Meats, Vap Construction, Hometown Family Radio, Kugler, Pepsi, KRVN Radio and the Nebraska Bull Service.

"(The show) is a great place to

Wheat harvest Senior Progress Center report online

The Kansas Wheat Harvest Quality Report for 2010 is available online at Kansas State University's International Grains Program website: www.grains.ksu. edu/IGP.

The report contains the results of the 2010 Kansas Wheat Quality Survey, which is conducted annually to give buyers an early glimpse of the Kansas wheat crop.

The report includes general information about wheat grown in Kansas, as well as detailed information about this year's crop.

With record crop yields the last come see the newest and latest in roping, will be featured both days, two years in southwest Nebraska, farming and ranching practices and technology," Dale said. "We are expecting 350 vendors from 20 states, Canada and Australia."

Exhibitors include displays for farm and ranch equipment, seed and chemicals, agricultural services, irrigation manufacturers, financial providers, commodity organizations, colleges, government agencies, home services, furniture and art dealers and more.

The expo will feature live cattle handling demonstrations by Dr. Tom Noffsinger on Wednesday, focusing on low-stress handling concepts. This should have a positive effect on cattle health and performance

"Entertainment to the Max," featuring Max Reynolds' trick

sponsored by McCook National Bank and Vap Construction. Miss Rodeo Nebraska, Michelle

Boeshart, will sign autographs along with area rodeo queens both days. Drawings will include tickets to a Tri-City Storm Hockey game. A beer garden will be available. Corporate sponsors for the expo include Southwest Implement, Hometown Family Radio and the American Hat Co.

The fairgrounds is in north central McCook, near West Fifth and O streets

For information, contact Darren or Tana Dale at (866) 685-0989 or dales@bwtelcom.net or go to www.mccookfarmandranchexpo. net.

Senior Progress Center. Activities for the week: Monday: 10:30 a.m. skip Bo. Tuesday: 10 a.m. exercise; 10:30 a.m. Wii game. Wednesday: snack day. Thursday: 10 a.m. exercise; 10:30 a.m. dominoes. Friday: 10 a.m. exercise; 10:30 a.m. pool game.

Menus for the week: Monday: barbecue meat balls, tater wedges, cheesy broccoli, fruit mix. Tuesday: pork roast, mashed potatoes and gravy, savory carrots, ambrosia fruit salad. Wednesday: chicken rice casserole, spinach, applesauce gelatin, cookie. Thursday:

Tuesday is Wii game day at the hamburger steak, Gold Rush casserole, cook's choice vegetable, peaches. Friday: ground beef stew, strawberries and bananas, biscuit, pineapple upside-down cake.

> 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. A contribution of \$3 per meal is suggested for seniors, \$5.25 for others. For anyone under 60, home delivery is \$5.75. Make reservations at (784) 460-

2901 by noon the day before.

To have your ad placed in the Business Directory call Andrea, Heather or Kathryn today at 462-3963.

