

Student News

Colby Public Schools Activities: Monday: 4:30 p.m. seventh and eighth grade scholar's bowl, Goodland; 6 p.m. Colby junior varsity basketball tournament – girls vs. St. Francis, 7:30 p.m. boys vs. Decatur Community. **Tuesday**: lunch money due; 4:45 p.m. C-team basketball, Scott City; 6:30 p.m. girls varsity basketball, Scott City; 6:30 p.m. boys junior varsity basketball, Scott City; 8 p.m. boys varsity basketball, Scott City; 8 p.m. girls junior varsity basketball, Scott City. Wednesday: Groundhog Day; noon - grade school parent-teacher organization meeting; 7 p.m. high school booster club. Thursday: 4 p.m. boys seventh, eighth grade basketball, Scott City; 6 p.m. girls junior varsity basketball tournament; 7:30 p.m. baseball and softball rules meeting, Hays; 7:30 p.m. boys junior varsity basketball tournament; scholars bowl regionals. Friday: middle school Fab Friday; 4:45 p.m. C-team basketball, Hugoton; 6:30 p.m. girls varsity basketball, Hugoton; 6:30 p.m. boys junior varsity basketball, Hugoton; 8 p.m. boys varsity basketball, Hugoton; 8 p.m. girls junior varsity basketball, Hugoton. **Saturday**: regional piano festival, Fort Hays State University.

Menus: Monday: breakfast: cinnamon tastrie, apple juice; lunch: taco, lettuce, salsa, corn, pumpkin chocolate chip muf-

fin square, pineapple. Tuesday: breakfast: waffle, apple; lunch: wafered turkey on bun, fries, broccoli with cheese, rosey applesauce. Wednesday: breakfast: donut, mandarin oranges; lunch: cheese pizza, carrots, whole wheat roll, romaine-spinach salad, orange quarters. Thursday: breakfast: French toast, grape juice; lunch: corn dog, French fries, peas, cucumbers with dip, peach slices. Friday: breakfast: pancakes, sausage patty, cinnamon applesauce; lunch: cheeseburger mac, creamy potatoes, hot roll, carrots, pineapple slices.

Sacred Heart

Activities: Catholic schools week. Wednesday: Candlemas. Friday: kids savings club.

sloppy Menus: Monday: joes, peas, French fries, tropical fruit. Tuesday: chicken nuggets, mashed potatoes with gravy, corn, fruit, kolache. Wednesday: steak fingers, mashed potatoes with gravy, green beans, applesauce, roll. Thursday: chicken stir fry, oriental veggie, fortune cookie, rice. Friday: barbecue beef sandwich, veggie, fruit, birthday cake.

Heartland

Activities: Tuesday: 6:30 p.m. high school basketball, Healy. Thursday: 1 p.m. Heartland spelling bee. Friday: eligibility due; no school, staff work day. **Golden Plains**

Activities: Monday: middle

school basketball vs. Greeley County. Tuesday: high school basketball, Cheylin. Wednes**day**: forensics, Dighton; bullying presentation. Thursday: middle school basketball vs Cheylin, McDonald; high school regional scholar's bowl, Brewster. Friday: eighth grade national assessment of educational progress testing; high school basketball vs. Wallace County.

Menus: <u>Rexford</u>: Monday: breakfast: grilled ham and cheese; lunch: pork chop. Tuesday: breakfast: breakfast burrito; lunch: chicken patty. Wednesday: breakfast: monkey bread; lunch: pizza. Thursday: breakfast: bagels; lunch: chili dog. Friday: breakfast: pancake and sausage; lunch: sloppy joe.

Selden: Monday: breakfast: breakfast burrito; lunch: chicken nugget. Tuesday: breakfast: waffle sticks; lunch: spaghetti. Wednesday: breakfast: biscuit and gravy; lunch: weiner wrap. Thursday: breakfast: toast; lunch: pizza pocket. Friday: breakfast: scrambled eggs; lunch: chili.

Brewster

Activities: Monday: 4:30 p.m. junior high scholars bowl, Goodland. Tuesday: 6:30 p.m. high school basketball, St. Francis. Thursday: 4:30 p.m. high school regional scholars bowl; 4 p.m. junior high basketball vs. Triplains. Friday: 6:30 p.m. high school

basketball vs. Wheatland, Winona; no school.

Menus: Monday: breakfast: breakfast sundae (fruit, yogurt, granola); lunch: goulash, green beans, pears, orange slices. Tuesday: breakfast: breakfast pizza; lunch: nacho beef and cheese, veggie sticks, corn, apple, applesauce. Wednesday: breakfast: scrambled eggs, bacon; lunch: chili, veggie sticks, cinnamon roll, banana, mixed fruit. Thursday: breakfast: sausage gravy biscuit; lunch: ribb-q, cheesy potatoes, broccoli, carrots, pineapple, peaches.

Colby Community College

Activities: Sunday: 9 a.m. wrestling, Kansas Cup, Hays. Monday:10 a.m. Fort Hays representative on campus, cafeteria. Friday: thank a mailman day. Saturday: 6 p.m. women's basketball vs. Pratt, community building; 8 p.m men's basketball vs. Pratt, community building; indoor track, Texas Tech Open, Lubbock. Sunday: Super Bowl XLV.

Triplains

Activities: Monday: no school; possible make up day; high school basketball practice, Brewster.

Send us your calendar and menus. E-mail colby.society @ nwkansas.com or mail Colby Free Press, 155 W. Fifth, Colby, Kan., 67701.

Seniors can show how well they spell

The 2011 Kansas Senior Citi- June. Last year, Kansas winner zens Spelling Bee will be held in Mary Ann Fenske from Wichita Salina on Friday, March 25. The made it to the "Elite 8" in Cheyspelling bee is open to any Kansas resident age 50 or older.

The event will be at the Webster Conference Center, 2601 N. Ohio ty Commission on Aging at (785) in Salina, with registration at 8:30 827-9818. Online registration is a.m. and the first round of competition at 9:30 a.m.

All participants will compete in a 50-word written test, with the top spellers advancing to the oral spell-down to determine the winner.

The Kansas winner will earn a scholarship to attend the National Senior Citizens Spelling Bee in Aging, and Eaglecrest Retirement Cheyenne, Wyo., to be held in Community.

Senior Progress Center

The Thomas County Health cobbler. Tuesday: ham and beans, Department will be at the Senior Progress Center to do blood pressure checks at Tuesdav.

Activities for the week: Monday: 10:30 a.m. Rummikub. Tuesday: 10 a.m. exercise; 11 a.m. health department; board meeting following lunch. Wednesday: popcorn dav.

Thursday: 10 a.m. exercise; 10:30 a.m. domino game. Friday: 10 a.m. exercise; 10:30 a.m. Wii game.

Menus: Monday: taco salad, mandarin oranges, chips, fruit 460-2901 by noon the day before.

ONALASKA, Wis. (AP) - An

85-year-old man from Onalaska

has made it into the Guinness

World Record's book for the most

perfect games of Wii Sports Bowl-

85-year-old earns Wii record The retired high school princi-

pal first started playing Wii bowling at a friend's house at the end of 2008.

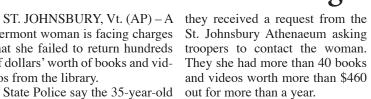
Bates, who is ambidextrous, started perfecting his scores after he started using both his left and right hand.

Guinness says he also bowls it into Guinness World Records regularly in a bowling league.

Overdue books lead to charges

Vermont woman is facing charges St. Johnsbury Athenaeum asking that she failed to return hundreds of dollars' worth of books and vid-

woman from Concord has been cited on a charge of theft of rented property.



She was cited this month after the library said she did not return the items. She's due in court in March

Teach decision-making early in children's lives

go through the stages of growth you think of B? and development and move into adulthood.

"Starting early provides learning experiences for children, when the stakes are significantly less than when a teenager must decide whether to attend a party where alcohol will be served or accept a ride with others who have been drinking," said Charles A. Smith, Kansas State University Research and Extension child development specialist.

So, how early is too early? And, what makes an effective lesson?

According to Smith, early preschool years can be a good time to help children begin to consider alternatives, make choices – and be accountable for them.

"This can be a fairly simple process," said Smith, who offered fail based on his or her choices is the example of a child who fails an important step in the growth to put dirty clothes in the laundry process, he said.

Children who learn decision- help the child consider alternatives making skills early in life can be and consequences, ask: Have you more able to weigh choices as they thought about A? Or, what would

> Be consistent, be reasonable and be respectful, Smith advised. Try

not to belittle a child's choices. "The goal is to talk with your child and encourage the child to stop, step back and consider alternatives before making a decision," he said.

As the process becomes part of everyday life, a child will become more aware of the power and ability to make choices, Smith said.

Does such training mean a child will always make the right choice?

"No," said Smith, who offered the example of student driver who gets a speeding ticket, and must pay for the ticket and lose driving privileges as consequences.

Allowing a child to succeed or

On the Beat

COLBY POLICE Tuesday

5:20 p.m. – Caller reported power was turned off earlier in day, is now back on. All OK; city had turned on for cold weather. 6:58 p.m. - Loud music com-

plaint. Spoke to subjects. 8:35 p.m. - Caller twice heard unknown subject running in front

hallway; no one around. Not found. 8:36 p.m. - Caller reported re-

ceiving harassing texts and calls. Spoke to reporting party, texted subject to have them stop. All OK.

9:41 p.m. - Manager called, reported catching employee stealing. Report filed.

Dance, art to be in Goodland

planning a series of events during February.

A tailgate party is planned for 7 to 11 p.m. Saturday, Feb. 5, at the Goodland Elk's Lodge, 1523 Arcade St. to listen and dance to the by Northwest Kansas Title commusic of Pieces of Eight, Double pany will be "Picasso, the Artist,"

Wednesday

11:10 a.m. - Security check at Colby Grade School

11:16 a.m. - Caller reported subjects continually driving past residence. Civil matter, will provide civil stand-by.

12:15 p.m. - Accident at 1990 S. Range.

1:12 p.m. - Caller reported vehicle parked behind 1980 S. Range; upon returning to vehicle from store items were missing. Report filed.

7:08 p.m. - Caller reported suspicious person selling tickets. Spoke with subject; everything OK.

5:15 p.m. - Narcotics violation report filed.

The Goodland Arts Council is Center Physicians is sponsoring the elementary school art show. Opening entertainment will be Linda Lucas' first and second grade music classes.

Saturday art classes sponsored

The Colby Free Press is looking

for a part-time society editor to do social notes, weddings, engagements, obituaries, church

and club items, features and other news of interest to the town. This

is a great way to be in touch with

the pulse of your town and get to

It requires accuracy, speed

and attention to detail. Work

week would be 10-15 hours. Pay

commensurate with experience

and ability. Send a letter or e-mail

to Kevin Bottrell, editor, at 155

W. Fifth St., Colby, Kan., 67701,

kbottrell@nwkansas.com.This

could be the job you've been

looking for. EOE m/f/h.

know a lot of people.

ing. John Bates recorded 2,850 perfect games from April 2009 through October 2010, to make 2011 Gamer's Edition.

Police say that in November

eos from the library. State Police say the 35-year-old

Thank You

available at www.SalinaHealthyLifestyles.com/spellingbee.html. Sponsors also include Salina Parks & Recreation 50 Plus Pro-

sas in the national bee.

enne, the best finish yet for Kan-

To register, call the Saline Coun-

grams, AARP of Kansas, the Retired and Senior Volunteer Program of Salina, Kansas Association of Retired School Personnel, Kansas Area Agencies on

orange pineapple salad, corn-

bread, cookie. Wednesday: meat

balls, creamed potatoes, mixed

vegetables, bread, strawberries.

Thursday: turkey, mashed pota-

toes with gravy, corn, dinner roll,

tropical fruit. Friday: chef salad,

ambrosia fruit salad, bread sticks,

Center invites anyone 60 and

older and guests to lunch Mon-

day through Friday at the senior

center. Make reservations at (784)

The Thomas County Nutrition

brownie.

basket.

While a parent might offer a reminder, a child can make the decision to comply - or not. And, while it can be tempting for mom or dad to pick up the clothes, there is something to be learned when the child would like to wear a favorite shirt or jeans, but can't, because he or she failed to put it in the laundry.

If a child rushes to spend his or her allowance or a gift of money, then he or she may not be able to buy a wanted or needed item later. Coming up short can be a good lesson in decision-making when it comes to saving and spending, said Smith, who encouraged parents to talk to children about choices to encourage decision making.

evaluation, rather than answering the questions for them, he said. To

Does that mean a parent should give a child free reign in building decision-making skills?

"No," Smith said again. Some choices, such as choosing to wear jeans or khakis, will be easy; others will require more thought.

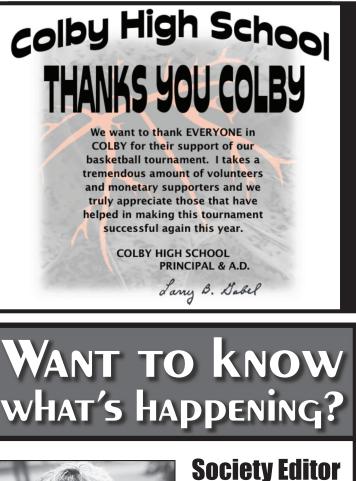
And, he said, with some choices parents must intervene, such as a small child who reaches out to touch a hot stove or teen driver who fails to buckle a seatbelt in a car and then speeds.

Information about child development and building successful family relationships is available at K-State Research and Extension county offices or at www.ksre. ksu.edu. Smith also maintains www.k-state.edu/wwparent/ and is the author of "Raising Coura-Ask questions to encourage geous Kids: Eight Steps to Practical Heroism."

Shot (formerly known as Nobody Important) and Crooked Creek. Cost is \$10 per person at the door, sponsored by F&J Farms.

6, the Goodland Family Health

from 10-11 a.m. Feb. 5, featuring bubble painting, and 10-11 a.m. Feb. 26, featuring marble painting. Cost is \$3 per student for each From 1-3 p.m. Sunday, Feb. class.





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Send local news to colby.society @ nwkansas.com

to these businesses for donating to the Thomas County Conservation Districts **Annual Meeting & Awards Banquet:**

- Colby Ag Center
- Colby Implement
- Farm Credit of Western Kansas
- Farm Implement and Supply
 - High Plains Cooperative
 - Lang Diesel Inc
 - Western Sprinklers Inc
 - Woofter Construction & Irrigation Inc

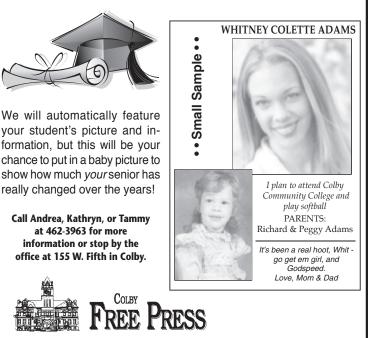
ATTENTION Colby High School, Brewster High School, Golden Plains High School and Heartland Christian School





Deadline is April 15, 2011!!!

The Colby Free Press is now planning the Senior Graduation Tab and will be giving parents a chance to put a baby picture in along with a short message from the family for a small fee.





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