

Senior Progress Center

There will be a brunch Wednesday at the Senior Progress Center. The center will close at noon and remain closed until Monday for the Thanksgiving holiday.

Activities for the week: **Monday:** 10:30 a.m. Wii game. **Tuesday:** 10 a.m. exercise; 10:30 a.m. pinocle. **Wednesday:** 11 a.m. brunch; center closes at noon. **Thursday and Friday:** closed.

Menus for the week: **Monday:** hamburger, potato salad, green beans, apricots. **Tuesday:** cook's choice entree, macaroni and cheese, California blend vegetables, gelatin with peaches. **Wednesday:** sausage gravy, tater triangles, mixed vegetables, biscuits, citrus slices.

Student News

Colby Public Schools

Activities: Monday: 4 p.m. eighth grade girls basketball, Holcomb; 4 p.m. seventh grade girls basketball vs. Holcomb. **Tuesday:** 7:30 p.m. basketball area supervisors meeting. **Wednesday – Friday:** no school. **Saturday:** basketball alumni video scrimmage.

Menus: Monday: breakfast: fruit whirles, apple juice; lunch: marzetti, breadsticks, corn, pears. **Tuesday:** breakfast: French toast, syrup, grape juice; lunch: taco burger, tater tots, green-beans, peaches.

Sacred Heart

Activities: Wednesday – Friday: no school.

Menus: Monday: hamburgers, smiley fries, carrot or celery sticks, fruit cocktail. **Tuesday:** pizza, cucumber slices, apple slices, bread sticks.

Heartland

Activities: Monday: 4 p.m. board meeting. **Tuesday:** mid-term reports go home. **Wednesday – Friday:** no school.

Golden Plains

Activities: Monday: 2:30 p.m. high school scholars' bowl, Wheatland; 7 p.m. board of education meeting, Grinnell. **Tuesday:** middle school basketball, Dighton.

Wednesday – Friday: Thanksgiving break, no school.

Menus: Rexford: Monday: breakfast: breakfast burrito; lunch: pinwheel. **Tuesday:** breakfast: hash browns; lunch: ranch chicken.

Selden: Monday: breakfast: breakfast burrito; lunch: hotdogs. **Tuesday:** breakfast: donut; lunch: turkey dinner.

Brewster

Activities: Monday: 7 p.m. board of education meeting; 2:30 p.m. high school scholars' bowl, Wheatland; All-League selection, Northwest Kansas Educational Services Center in Oakley. **Wednesday – Friday:** no school.

Menus: Monday: breakfast: ham and cheese English muffin; lunch: turkey, potatoes, gravy, green beans, glazed carrots, pumpkin cake, dressing, apple halves.

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.

Red Barn

Activities for the week: **Monday:** 2 p.m. Barnswallows. **Wednesday:** 10 a.m. ladies' Bible study. **Friday:** 2:30 p.m. stitch and chatter.

Tuesday: breakfast: scrambled eggs and cheese; lunch: pizza, corn, seven-layer salad, orange slices.

Colby Community College

Activities: Monday: 5:30 p.m. board of trustees meeting. **Tuesday:** 6 p.m. women's basketball vs. Trinidad State; 7 p.m. wrestling, Rock Springs, Wyo. **Wednesday – Thursday:** no classes; offices closed.

Friday: no classes; offices closed; 3:30 p.m. men's basketball, Garden City. **Saturday:** 3:30 p.m. men's basketball, Garden City.

Triplains

Activities: Monday: school in session; 2:30 p.m. high school scholars' bowl, Grainfield; 7 p.m. All-League selection, Northwest Kansas Educational Services Center in Oakley. **Wednesday – Friday:** no school.

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

On the Beat

COLBY POLICE

Wednesday

7:30 a.m. – Caller reported dog at large on Range by Dillon's. Dog was caught by citizen, turned over to Colby Animal Clinic.

9:57 a.m. – Caller reported dog at large at 1150 S. Franklin. Not found.

10:25 a.m. – Helped ambulance crew.

11:27 a.m. – Walk-through at Comfort Inn.

11:30 a.m. – Assisted other agency.

12:23 p.m. – Caller reported injured dog; officers busy at time of call. Not found.

Concerts, clinics occupy Golden Plains musicians

By Judy Rogers

Golden Plains

The Golden Plains middle school and high school musicians held their middle school and high school fall concert on Nov. 3 at Rexford, then several travelled to Hays on Saturday for the Kansas Music Educators' Association honor choir and honor band.

Two middle school students were selected to attend. Seventh grader Nick Brown sent in a tape and was selected to perform in honor band. Joey Griffith, also a seventh grader, was selected by teacher Janell Antholz to perform in honor choir.

Several high school students went Saturday to try out for the Northwest Kansas and state honor choirs. Camron Spresser, Caitlin Spresser, Hannah Antholz, Jacob Antholz, and Tristan Schwarz were selected to perform at the Northwest Kansas honor choir on Saturday, Dec. 3.

"It is an honor for me qualify for my fourth year of high school," said senior Hannah Antholz. "This was a goal of mine after qualifying as a freshman, since so few students qualify as underclassmen and very few accomplish this goal. I look forward to performing at both the northwest Kansas and state concerts." If they fully participate in December, they will be eligible to participate in the state honor choir in February.



MORGAN WALZ

Sophomore Jacob Griffith played his saxophone at the Golden Plains Middle School/High School Fall Concert on Nov. 3. The band and choir are directed by Janell Antholz.

The middle school was to travel to Dighton Tuesday for the Freedom League Vocal Clinic, and the high school is to be host to the West Kansas Liberty League vo-

cal clinic in Rexford today with the concert at 6 p.m.

Music lovers are encouraged to attend.

Nurses urge vaccination

School nurses recognize the importance of immunizations in keeping the school community healthy. The National Association of School Nurses has multiple educational campaigns on immunizations, including meningitis (Voices of Meningitis), pertussis (Give Your Kids a Boost) and seasonal influenza (Don't Get Sidelined by the Flu). As families gather for the holiday season, they encourage

parents and guardians to ensure every member of the family is up to date on their immunizations.

Seasonal influenza vaccine is particularly important in the fall – and Dec. 4 to 10 is National Influenza Vaccination Week. Almost everyone 6 months of age and older should get the flu vaccine this year and every year.

The flu ends with you – get vaccinated!

'Pay what you can,' says barber

CANTON, Ohio (AP) – An Ohio barber whose customers are cutting back on haircuts is trying to boost business by letting people trim prices to what they can afford.

Gregory Burnett has put a sign in the yard of his Canton shop that reads "Times are hard" and "Pay what you can pay for a cut."

The Repository newspaper reports (<http://bit.ly/sabLpR>) Bur-

nett has accepted as little as \$5 for haircuts normally priced at \$12.

He's trying to appeal to customers such as Mike Cheek, whose visits used to be every few weeks but are now separated by months. Cheek says he sometimes lets his son cut his hair these days, or tries to "mess with it" himself.

Burnett says his name-your-price deal helps both him and the community.

Trailer load of seafood stolen

HARRISBURG, Pa. (AP) – Some people are just shellfish.

State police say a trailer holding more than 16 tons of seafood was stolen over the weekend from a central Pennsylvania truck stop.

The Patriot-News of Harrisburg reports the refrigerated trailer

filled with 33,000 pounds of food was taken late last Friday or sometime Saturday.

State police at Newport are investigation.

The Patriot-News report says the trailer is owned by California-based Western Star Transport.

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