

School Activities and Menus

Colby Public Schools
Activities: Monday: National School Breakfast Week; 4 p.m. grade school site council, grade school cafeteria. **Tuesday:** 7:30 p.m. middle school, high school spring vocal concert, high school auditorium. **Wednesday:** FFA Day, Goodland; varsity basketball state, Salina; noon – grade school parent-teacher organization, grade school; 5 p.m. music booster meeting, high school workroom; 7 p.m. high school all sports booster club. **Thursday:** varsity basketball state, Salina; 8 a.m. FFA Poultry and Entomology, Hays. **Friday:** ACT test registration deadline for April 14 test; varsity basketball state, Salina. **Saturday:** varsity basketball state, Salina.
Menus: Monday: breakfast: scrambled eggs, toast, apple juice; lunch: chicken and noodles, mashed potatoes, green beans, mixed fruit. **Tuesday:** breakfast: French toast sticks, syrup, orange slices; lunch: mighty rib on a bun, seasoned wedges, corn, pineapple slices. **Wednesday:** breakfast: Rice Krispies, orange juice; lunch: chicken nuggets, au gratin potatoes, biscuits, jelly, baby carrots, dip, rosey applesauce. **Thursday:** breakfast: breakfast sandwich, grape juice; lunch: ravioli, breadsticks, broccoli with cheese, bananas. **Friday:** breakfast: long johns, mandarin oranges; lunch: cheese quesadilla, lettuce, salsa, mixed veggies, orange slices.
Sacred Heart
Activities: No activities scheduled.
Menus: Monday: stir fry, oriental veggies, rice, egg roll, fortune cookie, mandarin oranges. **Tuesday:** stromboli, green beans, fresh carrots, strawberry shortcake. **Wednesday:** taco salad, Whole

grain chips, black bean corn salsa, cinnamon puffs, pineapple slices. **Thursday:** chicken-fried steak, mashed potatoes, gravy, corn, fruit mix, whole wheat roll. **Friday:** macaroni and cheese, peanut butter, celery, peas, apple wedges, whole wheat roll.
Heartland
Activities: No activities scheduled.
Golden Plains
Activities: Tuesday: high school forensics, Oakley. **Wednesday:** state basketball. **Thursday:** state basketball. **Friday:** ACT registration deadline for April 14 test; state basketball. **Saturday:** state basketball.
Menus: Rexford: Monday: breakfast: hash browns; lunch: pinwheel. **Tuesday:** breakfast: bagels; lunch: senior lunch choice. **Wednesday:** breakfast: pizza bobs; lunch: chili. **Thursday:** breakfast: breakfast burrito; lunch: chicken and noodles. **Friday:** breakfast: French toast; lunch: soup and sandwich.
Selden: Monday: breakfast: breakfast burrito; lunch: turkey and noodles. **Tuesday:** breakfast: toast; lunch: chili. **Wednesday:** breakfast: biscuit and gravy; lunch: weiner wrap. **Thursday:** breakfast: monkey bread; lunch: spaghetti. **Friday:** breakfast: scrambled eggs; lunch: cheese pizza.
Brewster
Activities: Monday: 7 p.m. Western Kansas Liberty League All-League Selection at Northwest Kansas Educational Service Center, Oakley. **Wednesday:** high school basketball state, Hays. **Thursday:** high school basketball state, Hays. **Friday:** high school basketball state, Hays; no school. **Saturday:** high school basketball

state, Hays.
Menus: Monday: breakfast: french toast sticks, sausage; lunch: nacho beef and cheese, corn, carrots, apple half. **Tuesday:** breakfast: oatmeal chocolate chip muffin; lunch: chicken patty, mashed potatoes, broccoli, applesauce gelatin. **Wednesday:** breakfast: scrambled eggs; lunch: goulash, green beans, mixed fruit, banana. **Thursday:** breakfast: sausage cheese biscuit; lunch: sloppy joes, fries, coleslaw, carrots, peaches, orange slices.
Colby Community College
Activities: Sunday: softball, Concordia; equestrian team, Boulder, Colo.; rodeo, Garden City. **Wednesday:** 8 a.m. inservice; enrollment begins; no classes, offices open student/faculty advisor day; 2 p.m. softball, Garden City; Region VI basketball playoff. **Friday:** rodeo, Ft. Scott. **Saturday:** 1 p.m. baseball, Concordia; 3 p.m. softball, Salina; rodeo, Ft. Scott. **Sunday:** time change; 11 a.m. softball, El Dorado; 1 p.m. baseball, Concordia; rodeo, Ft. Scott; women's golf, Garden City.
Triplains
Activities: Monday: no school; 2:45 p.m. bus for fifth through eighth grade music contest, Sharon Springs. **Tuesday:** Western Kansas Liberty League all-league basketball – 7 p.m. meal, 7:30 p.m. meeting. **Wednesday:** state basketball. **Thursday:** state basketball. **Friday:** state basketball, end of nine weeks. **Saturday:** state basketball.
Send us your calendar and menu. E-mail colby.society@nwkans.com or mail Colby Free Press, 155 W. Fifth, Colby, Kan., 67701.

Senior Center

Come play Skip Bo Monday at the Senior Progress Center.
 Activities for the week: **Monday:** 10:30 Skip Bo. **Tuesday:** 10 a.m. exercise; 11 a.m. Thomas County Health Department; board meeting after lunch. **Wednesday:** snack day. **Thursday:** 10 a.m. exercise; 10:30 pinochle game. **Friday:** 10 a.m. exercise; 10:30 a.m. dart game.
 Menus for the week: **Monday:** beef and noodles, winter mix vegetables, cook's choice fruit, pudding. **Tuesday:** chicken dressing casserole, mashed potatoes, gravy, mixed vegetables, pineapple chunks. **Wednesday:** roast pork, scalloped potatoes, peas, mixed fruit. **Thursday:** lasagna, corn, spinach salad, garlic bread, applesauce. **Friday:** tuna salad, tomato soup, gelatin with fruit, brownie.
 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. **Tuesday:** Janette Dible's birthday. **Wednesday:** 10 a.m. ladies' Bible study. **Thursday:** 2 p.m. "Come On Down." **Friday:** 9:30 a.m. Koffee Klatch; 1:30 p.m. Red Barn Gang practice; 2:30 p.m. "Stitch and Chatter." **Saturday:** 1 to 4 p.m. emergency medical technician students, blood pressure practice; 7 p.m. bingo; set clock ahead for start of Daylight Saving Time Sunday.

Sobriety essays earn scholarships

The Kansas Department of Transportation is sponsoring its sixth-annual arts contest that encourages Kansas youth to resist pressure and abstain from drinking alcohol until reaching the legal age limit of 21.
 The contest allows Kansas' youth to express themselves creatively through music, art or writing in hopes of winning as much as \$4,000 in scholarships. Kansas residents, ages 14 through 20, are encouraged to enter the competition by logging onto www.sobrietyrocksks.net. Entries are due April 13. Four separate \$1,000 scholarships will be awarded in June for best music, best art, best writing and best commercial. It is possible for one contestant to win in more than one category.
 "Almost half of Kansas high school seniors report having consumed alcohol in the last month, many of them binge drinking," reports Pete Bodyk, manager of the department's traffic safety section. "High levels of drinking among teens of all ages make underage drinking a serious and widespread threat to all Kansans' health and safety. Last year's contest winners Kelly Gawlak, Matt Woolley and Jenna Naumann created inspiring works that vividly illustrate the dangers of alcohol for teens – the troubles it brings and how to resist peer pressure. We can't wait to see what this year brings," said Bodyk.
 Potential topics could include peer pressure to drink alcohol, finding more to life than drinking, problems that are created or made worse by alcohol and why waiting until age 21 to drink is smart.
 The newly updated home page at www.sobrietyrocksks.net features past winners to inspire students thinking of entering this year.
 Entries will be judged by instructors and professionals in the four categories, department representatives and youth advocates from across the state. Judging will be based on creativity, originality, craftsmanship, clear anti-underage drinking message and passion.
 Log onto www.sobrietyrocksks.net for additional contest information and a complete set of rules.

Fertilize flower bulbs when they emerge again

Wichita daffodils were no harbingers of climate change when they sent up leaves in January.
 In fact, they're still no more than reminders of the care "perennial" bulbs need every spring.
 In cold-winter regions, hardy bulbs can make a false start whenever the season brings a stretch of unusually warm, dry weather. The last time that happened in Kansas was 2006, said Ward Upham, K-State Extension horticulturist.
 "Unless cold weather returns abruptly and with a vengeance, bulbs typically suffer no serious damage. Most often, they'll simply try again in late March to early April," Upham said. "They're stressed, though – weakened by winter's unexpected use of stored energy."
 That stress underscores the need to fertilize spring-flowering bulbs when their spring (not winter) foliage first emerges. New leaves are bulbs' earliest chance to convert water, soil nutrients and sunlight into food.
 "If you wait to fertilize when your bulbs bud out and flower, you're too late," Upham added. "For false-start bloomers, that would be a second blow to their energy reserves."
 He said spring bulbs' feeding schedule is different from other flowering plants – including summer-flowering bulbs. Spring bulbs benefit from a fall feeding, but once winter sets in they depend on stored reserves to develop underground roots, start and feed daughter bulbs, break dormancy, leaf out and flower.
 "In essence, what you're doing by feeding those bulbs in spring is ensuring their ability to produce flowers next year," Upham said. "You're helping them be a perennial that comes back year after year."

On the Beat

COLBY POLICE
Tuesday
 10:30 a.m. – Identity theft report filed for incident reported at 4:40 p.m. Monday.
 10:58 a.m. – Helped sheriff's office on phone harassment call at station.
 10:48 p.m. – Caller reported dog at large. Not found.
Wednesday
 5:52 a.m. – Security check at Walmart.
 8:58 a.m. – Caller requested an officer for court services.
 9:03 a.m. – Probation violation report filed.
 9:29 a.m. – Caller reported identity theft. Report filed.
 2:12 p.m. – Caller reported a hit and run. Report filed.
 3:24 p.m. – Did training program.
 5:13 p.m. – Caller reported vehicle with flat tire. Contacted owner.
 10:50 p.m. – Walk through at college.
 11:28 p.m. – Security check at Twister's.
THOMAS COUNTY SHERIFF
Tuesday
 8:36 a.m. – Released Peter William Heier.

10:27 a.m. – Caller wanted civil stand-by to get her van in Levant. Information provided.
 10:28 a.m. – Booked Randall Craig Butterworth.
 10:38 a.m. – Brought inmate from Sherman County Sheriff's Office to Law Enforcement Center.
 10:58 a.m. – Subject came to station about phone harassment. Report filed.
 12:30 p.m. – Booked Justin Eugene Forell.
 2 p.m. – Provided civil stand-by for subjects in Rexford.
 6:35 p.m. – Released Butterworth.
 7:49 p.m. – Released Taylor Brown.
Wednesday
 9:21 a.m. – Booked Jimmy Stevenson.
 11:34 a.m. – Caller reported abandoned tractor-trailer south of Colby on K-25 at County Rd. O. Unable to locate.
 1:27 p.m. – Booked Gregory Wayne Hopkins.
 1:48 p.m. – Released Oscar Montes.
 3:08 p.m. – Released Justin Eugene Forell.

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