

School Activities and Menus

Colby Public Schools

Activities: grade cards sent home this week. **Monday:** 4, 6 p.m. boys junior varsity baseball vs. Burlington. **Wednesday:** 7:30 a.m. middle school spring picture day, middle school gym; 3:45 p.m. coordinating council, administration building. **Thursday:** 7:30 a.m. grade school spring picture day, middle school gym; 9 a.m. FFA livestock contest, Smith Center. **Friday:** 1 p.m. varsity track, McCook; 4 p.m. baseball vs. Holcomb; 4 p.m. softball, Holcomb; 5:30 p.m. softball, Holcomb; 6 p.m. baseball vs. Holcomb. **Saturday:** regional solos and small ensembles, Oberlin; 7:45 p.m. forensics, Colby Invitational.

Menus: Monday: breakfast: cinnamon tasters, apple juice; lunch: chicken strips, mashed potatoes, gravy, roll, peaches, peas. **Tuesday:** breakfast: pancake and sausage on a stick, syrup, pineapple chunks; lunch: hot dog, tater tots, cauliflower with cheese sauce, mandarin oranges. **Wednesday:** breakfast: toasted oats, orange juice; lunch: tostado, lettuce, salsa, California-blend veggies, mixed fruit, biscuits, jelly. **Thursday:** breakfast: cinnamon toast, applesauce; lunch: soup day: chili, chicken noodle, vegetable beef, cinnamon roll, carrots, dip, strawberry fruit mix. **Friday:** breakfast: donuts, grape juice; lunch: pizza, tossed salad, green beans, applesauce, garlic bread.

Sacred Heart

Activities: Monday: begin fourth quarter. **Friday:** Living Stations of the Cross. **Menus: Monday:** turkey club sandwich, oven fries, romaine salad, tomatoes, bananas. **Tuesday:** spaghetti, tossed salad, oranges, pumpkin cake. **Wednesday:** taco burger, lettuce, tomato, refried beans, sliced peaches, chocolate chip cookies. **Thursday:** beef and noodles, mashed potatoes, gravy, broccoli, cauliflower, peas, whole wheat roll. **Friday:** fish sandwich, carrots and celery sticks, grapes, graham crackers.

Heartland

Activities: Monday: begin fourth quarter; 7 p.m. board meeting. **Tuesday:** 4 to 7 p.m. pre-enrollment. **Thursday:** 4 to 7 p.m. pre-enrollment. **Friday:** 6:30 p.m. pre-kindergarten and kindergarten open house; 10 a.m. junior high track, Bird City.

Golden Plains

Activities: Thursday: 7 p.m. solo and small ensemble recital at

Rexford. **Friday:** middle school track, Cheylin. **Saturday:** high school forensics, Colby; regional music.

Menus: Rexford: Monday: breakfast: pizza bobs; lunch: barbecue ribs. **Tuesday:** breakfast: bagels; lunch: roast beef. **Wednesday:** breakfast: breakfast combo; lunch: pizza. **Thursday:** breakfast: breakfast burrito; lunch: chicken tenders. **Friday:** breakfast: pancake; lunch: soup and sandwich.

Selden: Monday: breakfast: breakfast burrito; lunch: chicken patty. **Tuesday:** breakfast: pancake; lunch: taco salad. **Wednesday:** breakfast: biscuits and gravy; lunch: pizza. **Thursday:** breakfast: muffin; lunch: hot dogs. **Friday:** breakfast: scrambled eggs; lunch: cheese nacho.

Brewster

Activities: Friday: 10 a.m. high school and junior high track, Bird City; no school.

Menus: Monday: breakfast: scrambled eggs; lunch: ham and cheese square, green beans, baby carrots, apple half, orange slices. **Tuesday:** breakfast: blueberry muffin; lunch: chicken patties, mashed potatoes, broccoli mix, cooked carrots, peaches. **Wednesday:** breakfast: French toast sticks, sausage; lunch: smothered burritos, corn, veggie sticks, applesauce. **Thursday:** breakfast: grilled cheese; lunch: hamburgers, fries, veggie sticks, orange slices, apple half.

Colby Community College

Activities: Sunday: equestrian team at Western Semifinals, Philadelphia; men's golf, Emporia; 1 p.m. baseball, Great Bend. **Monday:** men's golf, Emporia. **Tuesday:** men's golf, Emporia. **Wednesday:** 3 p.m. softball, McCook. **Thursday:** 3 p.m. softball, Liberal; 3 p.m. baseball vs. McCook. **Saturday:** hunt seat zones (tentative), Stanford, Calif.; men's track, Emporia or Hastings; women's track, Bronco Relays, Hastings, Neb.; 1 p.m. baseball vs. Dodge City.

Triplains

Activities: Monday: school in session. **Tuesday:** KAY volleyball benefit. **Friday:** no school; 10 a.m. junior high track, Cheylin; 10 a.m. high school track Cheylin. **Saturday:** high school forensics, Colby; regional music festival, Oberlin.

Send your calendar and menus to colby.society@nwkansan.com or mail Colby Free Press, 155 W. Fifth, Colby, Kan., 67701.

Heartland senior chosen as scholar

Andy Wood, a senior at Heartland Christian School in Colby, has been selected to receive a Presidential scholarship at Colby Community College.

Candidates for this prestigious award are nominated by their high school counselors. The presidential scholars are selected on the basis of leadership, academic achievement, and potential for contribution to Colby Community College.

Presidential scholars are expected to be leaders and serve as positive examples for the entire student body. They represent the office of the president and are responsible for a number of campus activities.

The presidential scholars program is designed to prepare young men and women for future leadership through active participation and service.

Wood is the son of Mark and Lucy Wood of Colby.

Summer applications open at naval academy

Applications are being accepted through March 31 for the United States Naval Academy Summer Seminar 2012. This program, designed for students who will have just completed their junior year of high school, is a fast-paced, six-day experience for high achievers who may be interested in pursuing an appointment to one of the nation's service academies and serving as a military officer after graduation. The seminar is held in three sessions: June 2 to 7; June 9 to 14; and June 16 to 21.

Summer Seminar introduces students to the opportunities at the Naval Academy where academics, athletics and professional training play equally important roles. Students will live in the dormitory, eat in the dining facility, participate in workshops and experience other activities at the academy. Students will have an opportunity to see first-hand what the academy has to offer through its programs.

The academy's current students, known as midshipmen, run the Summer Seminar training with oversight by active duty Navy and Marine Corps officers. Over 2,250 students from around the U.S. attend this rigorous program each year.

Stolen bunny returned home

NEW YORK (AP) — Miss Cooper, a floppy-eared bunny stolen from a New York City boutique, is safe and sound.

The white-and-gray Holland Lop rabbit was returned to police just after midnight Saturday. According to the *Daily News*,

the bunny is going back to her pen in the front window of the Alexander Berardi boutique in Soho. She shares the space with another rabbit named Jack. Miss Cooper was stolen out of her pen by a couple dressed in leather jackets and cowboy hats.

According to Naval Academy Summer Seminar officer-in-charge, Lt. Thomas Dotstry, "If you are a student who wants a summer challenge with the opportunity to sample university-level academics at a first-rate engineering school, the summer seminar program will let you discover how the Naval Academy can help you achieve your goals, and give you a jump start on the admissions process."

By applying to the 2012 Summer Seminar, students are also applying for admission to the Naval Academy, class of 2017. There is no need to submit a preliminary application when it becomes available on April 1 for students desiring to apply for admission to the academy.

Students with questions about the seminar and the application process should call (410) 293-4361 or visit www.usna.edu/admissions. The deadline for applications is Saturday, March 31. Seminar fee is \$350.

For information about the Naval Academy go to www.usna.edu.

Senior Progress Center

Come and enjoy bingo Tuesday at the Senior Progress Center.

Activities for the week: **Monday:** 10:30 dart game. **Tuesday:** 10 a.m. exercise; 11 a.m. bingo. **Wednesday:** snack day. **Thursday:** 10 a.m. exercise; 10:30 Rummikub. **Friday:** 10 a.m. exercise; 10:30 a.m. pool game.

Menus for the week: **Monday:** smothered steak, au gratin potatoes, mixed vegetables, peas. **Tuesday:** turkey slice, mashed potatoes, gravy, green beans, peaches. **Wednesday:** hamburger stew, broccoli salad, crackers, fruit crisp. **Thursday:** ham, saucy sweet potatoes, peas, mixed fruit. **Friday:** chef salad (meat on the side), cook's choice fruit, bread sticks, 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 (785) 460-2901 by noon the day before.

Red Barn

Activities for the week: **Monday:** 2 p.m. Barnswallows. **Tuesday:** Dave Williams' birthday. **Wednesday:** 10 a.m. ladies' Bible study. **Thursday:** 2 p.m. "Come On Down." **Friday:** 9:30 a.m. Koffee Klatch; 2:30 p.m. "Stitch and Chatter."

Conference on aging to focus on key issues

"Older and wiser, yet never too late to learn," and that's why a one-day conference on issues and opportunities associated with older adults and the aging process is recommended for elders, their families and caregivers.

The 2012 edition of the regional Full Circle Aging Expo is titled: "The Best is Yet to Be," said Tranda Watts, K-State Research and Extension regional specialist in family and consumer science.

The event will be from 9:45 a.m. to 3:30 p.m. Friday, April 27, at the Immaculate Heart of Mary Catholic Parish Hall in Hill City.

"The topics planned focus on key issues in aging," Watts said, "and offer strategies for managing challenges successfully, recognizing and taking advantage of opportunities to enhance life for older adults."

The featured speaker will be Wichita television personality Larry Hattberg, who has titled his presentation: "Folks We Should Know."

Andy Crocker, extension program specialist in gerontology and health with Texas A&M University, will serve as the keynote speaker and offer insight into "Lifestyle Choices and Your Health."

Crocker also will offer one of six breakout sessions, "Give Care, Take Care," with tips for caregivers' need to take care of themselves. Additional breakout sessions include:

- Making a Difference for Survivors and Family Members of Traumatic Brain Injury, by Debra Sellers, K-State specialist on adult development and aging.

- New Road Laws — When to Give Up the Keys, by Trooper Todd Hileman, Kansas Highway Patrol.

- Visiting and Communicating with the Alzheimer's Patient, by Jenny Shipman, Alzheimer's Association, Wichita.

- Tiny Garden, Big Rewards! by Holly Dickman, K-State horticulture agent, Ellis County.

- Aging with a Flair, by Virginia Slimmer, retired higher education administrator, Plainville.

Cost to attend the conference is \$25 per person or \$40 for two family members. Registration, due by Friday, April 20, includes conference materials, refreshment breaks and lunch.

A limited number of registrations will be available at the door for \$35, but lunch and conference materials cannot be guaranteed.

The Northwest Kansas Area Agency on Aging and the Department of Health and Human Performance at Fort Hays State University join K-State as sponsors. A professional development track is being offered for continuing education credits.

Information is available at www.northwest.ksu.edu/fullcircle or by calling the Northwest Area Extension Office at (785) 443-6281.

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