

Senior Progress Center

Friday, join the Young at Heart Singers at the Senior Progress Center.
 Activities for the week: **Monday:** 10:30 a.m. Skip Bo. **Tuesday:** 10 a.m. exercise; 11 a.m. bingo. **Wednesday:** cinnamon rolls and coffee. **Thursday:** 10 a.m. exercise; 10:30 a.m. pinocle. **Friday:** 10 a.m. exercise; 11:30 a.m. Young at Heart singers.
 Menus for the week: **Monday:** steak fingers, mashed potatoes, gravy, beets, dinner roll, peaches. **Tuesday:** chili with beans, five-cup salad, crackers, cinnamon roll. **Wednesday:** baked spaghetti, corn, tossed salad with carrots and tomatoes, garlic bread, cherry cobbler. **Thursday:** cook's choice entrée, scalloped potatoes, peas, rosy pears. **Friday:** cheese meat loaf, mashed potatoes, gravy, seasoned carrots, gelatin with fruit.

School Activities and Menus

Colby Public Schools

Activities: Monday: eighth grade career day, Colby Community College; 2:45 p.m. junior class officer Balfour meeting; 3 p.m. junior class meeting with Balfour; 3 p.m. junior varsity track, Rawlins County; 4, 5:30 p.m. softball, Ulysses. **Tuesday:** 9 a.m. FFA livestock contest; 9:30 a.m. middle school track, Scott City; 3 p.m. junior varsity golf, Scott City; 3 p.m. junior varsity tennis singles, Russell; 7:30 p.m. Dallas Brass concert, high school auditorium. **Wednesday:** Administrative Professionals Day; fourth grade conservation roundup; sixth grade career day, Northwest Kansas Technical College, Goodland; 5:30 p.m. high school site council, high school conference room. **Thursday:** 3 p.m. softball triangular at Colby with Lakin and Scott City. **Friday:** no school, staff development; 3 p.m. junior varsity golf, Oakley; 3:30 p.m. varsity track, Trego; 4, 6 p.m. baseball vs. Scott City; 4, 5:30 p.m. softball, Scott City. **Saturday:** state solo and small ensemble festival, Andover; 9 a.m. varsity golf, Rawlins County; 9 a.m. varsity tennis Colby invitational.
Menus: Monday: breakfast: fruit whirles, grape juice; lunch: Salisbury steak, mashed potatoes, brown gravy, corn, pineapple. **Tuesday:** breakfast: donuts, apple juice; lunch: marzetti, breadsticks, cauliflower with cheese, pear. **Wednesday:** breakfast: scrambled eggs, toast, orange juice; lunch: turkey sandwich, sun chips, baby carrots, fruit tube, cookie. **Thursday:** breakfast: pancake and sausage on a stick, cinnamon applesauce; lunch: pizza wedge, tossed salad, cucumbers, dip, peaches.
Sacred Heart
Activities: none on calendar.
Menus: Monday: hot ham and cheese, potato wedges, fresh broccoli, grapes, chocolate pudding. **Tuesday:** sausage pizza, tossed romaine salad, garlic bread

sticks, marinara sauce, banana. **Wednesday:** taco burger, lettuce, tomato, salsa, refried beans, tortilla chips, pears, chocolate chip cookie. **Thursday:** Italian pizza, green peppers, carrots, whole wheat bread, applesauce. **Friday:** chicken patty, mashed potatoes, gravy, green beans, whole wheat roll, orange.
Heartland
Activities: Monday through Thursday: achievement testing. **Friday:** no school, staff work day; 10 a.m. junior high track, Quinter; 3 p.m. high school track, Quinter.
Golden Plains
Activities: Tuesday: 3 p.m. high school track, Dighton. **Wednesday:** no school, teacher inservice. **Thursday:** 7 p.m. middle school/high school spring program, Rexford; sophomore ice cream social and worker auction. **Friday:** 10 a.m. middle school track, Quinter; 3 p.m. high school track, Quinter. **Saturday:** state music.
Menus: Rexford: Monday: breakfast: pizza bobs; lunch: corn dogs. **Tuesday:** breakfast: hash brown; lunch: bierocks. **Thursday:** breakfast: breakfast burrito; lunch: enchilada. **Friday:** breakfast: French toast; lunch: chicken nuggets
Selden: Monday: breakfast: breakfast burrito; lunch: popcorn chicken. **Tuesday:** breakfast: sausage and biscuit; lunch: chiliburger. **Thursday:** breakfast: muffin; lunch: pizza. **Friday:** breakfast: scrambled eggs; lunch: Frito pie.
Brewster
Activities: Tuesday: 3 p.m. varsity golf, Hoxie; 3 p.m. high school track, St. Francis. **Wednesday:** 10 a.m. Western Kansas Liberty League meeting at Northwest Kansas Educational Service Center. **Friday:** 10 a.m. junior high track, Quinter; 3 p.m. high school track, Quinter; no school. **Saturday:** 9 a.m. Rawlins County varsity golf tournament.
Menus: Monday: breakfast:

The Thomas County Nutrition Center invites anyone 60 and older and guests to lunch Monday through Friday at the senior center. A contribution of \$3 per meal is suggested for seniors. 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. **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.

sausage cheese biscuit; lunch: sloppy joes, veggie sticks, fries, banana, peaches. **Tuesday:** breakfast: breakfast pizza; lunch: chicken wrap, lettuce, tomato, Spanish rice, orange slices, mandarin oranges. **Wednesday:** breakfast: pancake, sausage; lunch: pizza, seven-layered salad, corn, applesauce, apple half. **Thursday:** breakfast: scrambled eggs; lunch: smothered burrito, veggie sticks, mixed fruit, brownie.
Colby Community College
Activities: Sunday: 1 p.m. baseball, Pratt; Rodeo, Hays; men's golf, Newton; 11 a.m. softball, Las Vegas, N.M. **Monday:** men's golf, Newton. **Tuesday:** men's golf, Newton. **Wednesday:** 1 p.m. baseball vs. Otero Junior College; 3 p.m. softball vs. McCook. **Thursday:** rodeo, Guymon, Okla. **Friday:** 3 p.m. softball vs. Seward; rodeo, Guymon. **Saturday:** 1 p.m. baseball vs. Seward; 3 p.m. softball, Trinidad, Colo.; rodeo, Guymon; track, Hays. **Sunday:** 1 p.m. baseball vs. Seward; 11 a.m. softball, Lamar, Colo.; men's golf, Newton.

Triplains

Activities: Monday: school in session, no kindergarten. **Tuesday:** 3 p.m. 4-H Ambassadors presentation to kindergarten through fourth grades; kindergarten; 3 p.m. high school track, St. Francis. **Wednesday:** 4 to 5:30 p.m. Kids A-Cookin'; Kids' conservation Roundup, Colby community building (fourth grade); kindergarten. **Thursday:** 7 p.m. kindergarten through 12th grade spring music program; kindergarten. **Friday:** no school; 10 a.m. junior high track, Quinter; 3 p.m. high school track, Quinter.

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

Joint nursing program results in successful year in Goodland

Ten students will graduate next month from the Colby Community College practical nursing program in Goodland.

The program, housed in the former armory building, began offering classes in June as a joint effort between the college and the Northwest Kansas Technical College.

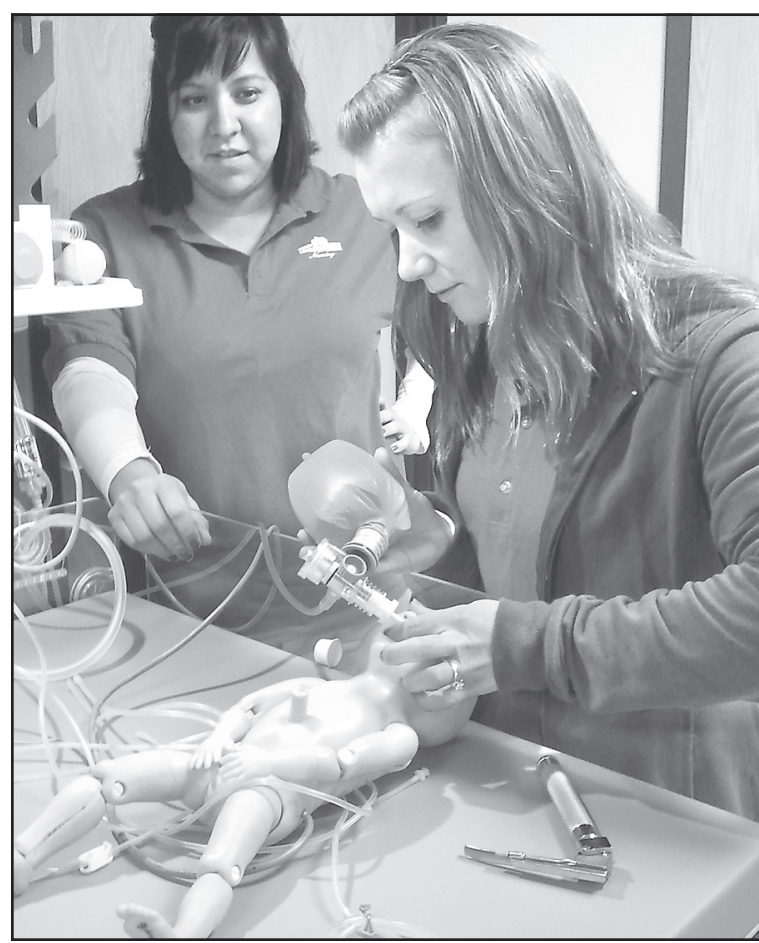
Prospective graduates include Cassandra Aguirre, Rebecca O'Neal, Erica Palmer and Jessica Gittinger of Goodland, Jobeth Hawkins, Vona, Colo.; Shannon Miller and Victoria Hererra, Burlington, Colo.; Yolanda Ledesma, Kanorado; Ashley Stickle, St. Francis; and Anita Ward, Topeka.

Classrooms and labs for the program are in the armory. Clinicals for students are conducted at the Sherman County Good Samaritan Center and Goodland Regional Medical Center.

Cheryl Traub, a registered nurse, is director of the Goodland program.

"Our students have assisted with a local blood drive, the Sherman County flu vaccine drive, the Flatlander Festival and offered free blood pressure clinics," she said. "We are pleased that eight of the 10 students will be continuing their studies by enrolling in the associate degree nursing program next year."

The program in Goodland can accept 12 students each year. The college also has expanded nursing programs in WaKeeney and Nor-



CHERYL TRAUB/Colby Community College
 Victoria Herrera watched as Jobeth Hawkins practiced resuscitation on an infant mannequin.

ton and added an evening associate degree course in Colby.

Instructors for the Goodland program are Traub, Sandra Barber and Julie Juenemann, all registered nurses.

For information, contact Direc-

tor of Nursing Ruth Wolfram at (785) 460-5444.

We want your local news: e-mail to colby.editor@nwkansan.com

APRIL STUDENT OF THE MONTH



MICHAEL TUBBS

Parents: Mike & Pat Tubbs

Sponsored by: Colby Rotary



Michael, a senior at Colby High School, is Colby Rotary Club's Student of the Month for April 2012.

Michael's school and community activities include Football, Wrestling, Golf, Debate, Forensics, Band, Hugh O'Brien Youth Leadership (HOBY), Eagle Talon Newspaper, CHS Ambassador, CHS Musical-Oklahoma, Colby First Presbyterian Church Youth Elder-Soup Kitchen-Congregational Care & Nurture Committee, Dance, Western Kansas Football League Volunteer Coach & Game Announcer, USA Wrestling-Colby Wrestling Club, American Legion Boys State, Sunflower Bank Community Ambassador, Colby Rotary Club Volunteer & Drive One 4 UR School Volunteer.

Michael's special honors include National Honor Society, Kansas Shrine Bowl Nominee, Kansas Wrestling Coaches Assoc-First Team All-State Academic, National Wrestling Coaches Assoc Academic All-American Nominee, HOBY Closing Speaker, Studio Dancer of the Year, Tap Solo Gold Rating @ New York City Dance Alliance Competition, Tap Across the Map Scholarship Recipient, USA Wrestling-Brute National All-American, State Debate-4th, State Forensics-3rd.

Michael's academic emphasis has been the Kansas Scholars Curriculum. He plans to attend the University of Kansas with a focus on economic studies.

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