

School Activities and Menus

Colby Public Schools
Activities: Monday: President's Day; 4 p.m. seventh grade boys basketball vs. Holcomb; 4 p.m. eighth grade basketball, Holcomb; 7 p.m. school board, Administration Building. **Tuesday:** 4:30, 6:15, 8 p.m. basketball vs. Hays Thomas-More Prep. **Wednesday:** 5:30 p.m. high school site council. **Thursday:** state honor band and choir, Wichita; seventh and eighth Great West Activities Conference basketball first round. **Friday:** state honor band and choir, Wichita; 10 a.m. wrestling state, Salina. **Saturday:** state honor band and choir, Wichita; 8 a.m. forensics, Hays; 10 a.m. wrestling state, Salina.

Menus: Monday: breakfast: cheese omelet, apple juice, graham crackers; lunch: burrito, lettuce, salsa, refried beans, rosy applesauce. **Tuesday:** breakfast: donuts, orange juice; lunch: ham and cheese sandwich, sweet potato puffs, fresh broccoli, diced pears, graham crackers. **Wednesday:** breakfast: cereal, pineapple slices; lunch: Salisbury steak, mashed potatoes, brown gravy, steamed carrots, fruit cocktail, whole wheat roll. **Thursday:** breakfast: scrambled eggs, toast, grape juice; lunch: French toast, sausage patty, hash browns, tropical fruit, orange juice cup. **Friday:** breakfast: pancakes, syrup, applesauce; lunch: beef steak fingers, potato wedges, green beans, apple.

Sacred Heart
Activities: none on calendar.
Menus: Monday: hamburger, bun, dark green leaf lettuce, sweet potato fries, fruit cocktail, Rice Krispy bar. **Tuesday:** chicken nuggets, mashed potatoes, gravy, fresh broccoli, strawberries and bananas. **Wednesday:** chili, whole grain chips, celery and cucumbers, cinnamon roll, orange smiles. **Thursday:** baked ham, two-potato mash, green beans, biscuits and jelly, kiwi. **Friday:** macaroni and cheese, seasoned peas, fresh baby carrots, whole wheat bread, apple wedges.

Heartland
Activities: Sunday: 2 to 9 p.m. creation seminar. **Monday:** 2 to 3:30 p.m. creation seminar; 7 p.m. board. **Tuesday:** 6:30 p.m. high school basketball, Winona. **Sunday:** 11 a.m. to 2 p.m. barbecue.
Golden Plains
Activities: Monday: no school, comp day. **Thursday:** State Kansas Music Educators Association; 7 p.m. board. **Friday:** high school basketball vs. Cheylin; sweetheart crowning; Kansas Music Educators Association. **Saturday:** Kansas Music Educators Association; 8 p.m. sweetheart dance.

Menus: Rexford: Tuesday: breakfast: biscuit, sausage gravy; lunch: pinwheel. **Wednesday:** breakfast: scrambled eggs, toast; lunch: taco salad. **Thursday:** breakfast: breakfast: pizza; lunch: chicken nuggets. **Friday:** breakfast: monkey bread; lunch: fish nuggets.
Selden: Tuesday: breakfast: monkey bread; lunch: chicken nuggets. **Wednesday:** breakfast: biscuit, gravy; lunch: chili and cheese nacho. **Thursday:** breakfast: muffin; lunch: baked ham. **Friday:** breakfast: eggs, toast; lunch: pizza bobs.

Brewster
Activities: Monday: 7 p.m. board. **Tuesday:** 6:30, 8 p.m. high school basketball vs. Heartland Christian, Winona. **Friday:** 6:30, 8 p.m. high school basketball vs. Northern Valley, Brewster.

Menus: Monday: breakfast: breakfast pizza; lunch: chicken and noodles, mashed potatoes, green beans. **Tuesday:** breakfast: oatmeal chocolate chip muffin; lunch: chicken wrap, lettuce, tomato, Spanish rice, carrots. **Wednesday:** breakfast: pancakes, sausage; lunch: spaghetti and meat sauce, peas, salad, fruit, garlic bread. **Thursday:** breakfast: scrambled eggs; lunch: taco salad, chips, corn, lettuce. **Friday:** breakfast: sausage gravy biscuit; lunch: pig in blanket, macaroni and cheese, broccoli, carrots.
Colby Community College

Activities: Sunday: 1 p.m. softball vs. Lamar; equestrian team, Lincoln, Neb. **Monday:** Presidents' Day, no classes, offices closed; 1 p.m. baseball vs. Iowa Western. **Wednesday:** middle school band and choir day; 2 p.m. softball, McCook; 6 p.m. women's basketball vs. Barton; 8 p.m. men's basketball vs. Barton. **Thursday:** 2 p.m. baseball, Lamar; wrestling national tournament, Des Moines, Iowa. **Friday:** wrestling national tournament, Des Moines; rodeo, Manhattan; 2 p.m. softball vs. Brown Mackie. **Saturday:** 1 p.m. baseball, Midland, Texas; wrestling national tournament; rodeo, Manhattan; 1 p.m. softball, LaJunta; equestrian team, Curtis, Neb. **Sunday:** 2 p.m. softball vs. Dodge City; noon - baseball, Odessa, Texas; rodeo, Manhattan.

Triplains
Activities: Monday: Presidents' Day, no school; Year Book Monday; KAY Club Unit Conference, Wakeeney. **Tuesday:** 6:30 p.m. high school basketball vs. Heartland Christian, Winona; music class cake raffle during game, senior parents night ceremony after girls' game. **Wednesday:** 3:30 p.m. KAY Club, auditorium; high school band will play with the Colby College Band at their basketball game at the Colby Community Building. **Thursday:** 4 to 7:30 p.m. parent-teacher conferences. **Friday:** 4, 5, 6:30, 8 p.m. high school basketball vs. Northern Valley at Brewster; Brewster high school Snowball Dance after the game.

Menus: Tuesday: lasagna. **Wednesday:** chicken enchiladas. **Thursday:** McRib. **Friday:** quesadillas.
Send us your calendar and menus. E-mail colby.society @ nwkansas.com or mail Colby Free Press, 155 W. Fifth, Colby, Kan., 67701.

Senior Progress Center

Come enjoy time with the Young At Heart Singers Friday at the Senior Progress Center.

Activities for the week: Monday: 10:30 a.m. Skip Bo. **Tuesday:** 10 a.m. exercise; 10:30 a.m. shuffleboard. **Wednesday:** cinnamon rolls and hot drinks. **Thursday:** 10 a.m. exercise; 10:30 a.m. pinochle. **Friday:** 10 a.m. exercise; 11:30 a.m. Young at Heart Singers.

Menus for the week: Monday: ground beef stew, cook's choice fruit, crackers, bar cookie. **Tuesday:** lasagna, corn, spinach salad, garlic bread, blueberry cobbler. **Wednesday:** chicken-fried steak, mashed potatoes, gravy, California blend vegetables, apricots. **Thursday:** barbecue chicken, au gratin potatoes, ambrosia fruit salad, birthday cake. **Friday:** tuna and noodles, peas, stewed tomatoes, pears.

The Thomas County Nutrition Center invites anyone 60 and older and guests to lunch at the senior center. Home delivery is available. 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; Peg Greenwood's birthday. **Wednesday:** 10 a.m. ladies' Bible study. **Thursday:** 2 p.m. Come On Down; 6:30 p.m. Spuds 'n Splits. **Friday:** 9:30 a.m. Koffee Klatch; 10:30 a.m. board meeting; 2:30 p.m. Stitch and Chatter.

Nominations now open for Older Worker Awards

Now through Monday, March 18, is the time to make nominations for the Older Worker Awards.

The Kansas Department of Commerce and the Older Worker Task Force will hold the annual Older Worker Awards Ceremony on Tuesday, April 9, at the Topeka Shawnee County Public Library.

The ceremony honors older workers who continue to play an important role in the Kansas workforce and economy, as well as their employers. Bureau of Labor statistics show more than six and a half million people 65 and older remain in the workforce - a significant increase over previous years.

Nominations are accepted for three award categories:

- **Outstanding Older Worker:** Bestows appreciation on an older worker who demonstrates leadership, dedication and commitment. Nominations are open to the general public. Nominees must be 55 years or older, residents of Kansas and working at least 20 hours a week in paid employment. Previous winners are not eligible.
- **Oldest Worker:** Celebrates the tenacity and fortitude of the experienced worker and is awarded on the basis of age of those working for pay. Previous winners are not eligible.
- **Employer of the Older Worker Award:** Bestows appreciation on a

business that promotes, recruits, retains and develops positive and friendly work environments for older workers.

Online forms for nominations are at KansasCommerce.com/OlderWorkers.

For information about the ceremony, contact Susan Weidenbach at (785) 296-7842 or sweidenbach@kansasccommerce.com.



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The Salina Community Theatre Presents:

ANNE OF GREEN GABLES

SATURDAY MARCH 2 2:00 PM

FOR TICKETS: 785-827-3033
WWW.SALINATHEATRE.COM

ADULTS/SENIORS \$15 | STUDENTS \$8 PLUS TAX

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Want to know what's happening?

Society Editor

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 know a lot of people. It requires accuracy, speed and attention to detail. Work week would be 10-15 hours. Pay commensurate with experience and ability. Send a letter and resume to Sharon Friedlander, Publisher, at 155 W. Fifth St., Colby, Kan., 67701, sfriedlander@nwkansas.com or apply in person at the address above. No calls please. This could be the job you've been looking for. EOE m/f/h.

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