

School Activities and Menus

Colby Public Schools

Activities: Monday: lunch money due; Colby Community College spring holiday, no school; 9 a.m. junior varsity tennis, Garden City; 4 p.m. junior varsity baseball, Burlington, Colo.; 4 p.m. grade school site council, grade school cafeteria. **Tuesday:** Great West Activities Conference high school art show, Ulysses; 8 a.m. forensics, Phillipsburg; 1 p.m. junior varsity tennis, WaKeeney; 4 p.m. seventh and eighth track, Norton; 4 p.m. softball vs. Dodge City. **Wednesday:** FFA livestock judging, Hutchinson; Great West Activities Conference high school art show, Ulysses; 10 a.m. Great West Activities Conference league meeting, Ulysses; noon - parent-teacher organization meeting, grade school; 7 p.m. all sports booster club meeting, high school; 7 p.m. Senior Kansas Honors Program, Goodland Elk's Lodge. **Thursday:** Great West Activities Conference high school art show, Ulysses; 8:30 a.m. to 3 p.m. kindergarten screenings, grade school; 4 p.m. baseball vs. Ulysses; 4 p.m. softball vs. Ulysses. **Friday:** 8:30 a.m. to noon - kindergarten screenings, grade school; 3:30 p.m. varsity track, Norton. **Saturday:** regional solos and small ensembles, Oberlin; FFA livestock judging, Phillipsburg.

Menus: Monday: breakfast: breakfast pizza, mandarin oranges; lunch: Salisbury steak, mashed potatoes, brown gravy, steamed broccoli, mixed fruit, roll. **Tuesday:** breakfast: blueberry muffin, orange juice; lunch: ham and cheese sandwich, tater tots, baby carrots, applesauce, graham crackers. **Wednesday:** breakfast: French toast, syrup, cinnamon applesauce; lunch: burrito, lettuce, tomato, salsa, refried beans, tropical fruit. **Thursday:** breakfast: long johns, grape juice; lunch: waffle sticks, sausage patty, hash

browns, peaches, orange juice cup. **Friday:** breakfast: bagels, cream cheese, apple juice; lunch: chicken strips, mashed potatoes, chicken gravy, California blend veggies, mandarin oranges, Rice Krispie bar.

Sacred Heart
Activities: Monday: no school, Easter Monday.

Menus: Tuesday: chicken nuggets, mashed potatoes, gravy, fresh broccoli, strawberries and bananas. **Wednesday:** chili, crackers, celery, cucumbers, cinnamon roll, orange smiles. **Thursday:** baked ham, two-potato mash, green beans, biscuits, jelly, fresh kiwi. **Friday:** macaroni and cheese, seasoned peas, fresh baby carrots whole wheat rolls, jelly, apple wedges.

Heartland
Activities: Monday: no school, Good Friday-Easter break. **Thursday:** 11 a.m. junior high track, Weskan at Cheyenne Wells, Colo. **Friday:** 6:30 to 7:30 p.m. Pre-K and kindergarten open house.

Golden Plains
Activities: Monday: no school, Easter break. **Wednesday:** senior trip, Texas; 10 a.m. to 3 p.m. Western Kansas Liberty League, high school forensics, Northern Valley-Almena. **Thursday:** senior trip, Texas. **Friday:** senior trip, Texas; 5 p.m. Lions Club supper, Rexford; 6:30 p.m. kindergarten through fifth dance performance, Rexford; 6:45 p.m. elementary basketball games, Rexford. **Saturday:** senior trip, Texas; regional music.

Menus: Rexford: Tuesday: breakfast: French toast; lunch:

chicken nuggets. **Wednesday:** breakfast: breakfast burrito; lunch: spaghetti. **Thursday:** breakfast: bagels; lunch: taco salad. **Friday:** breakfast: grilled ham and cheese; lunch: hamburger.

Selden: Tuesday: breakfast: toast; lunch: weiner wrap. **Wednesday:** breakfast: biscuits and gravy; lunch: spaghetti. **Thursday:** breakfast: pancake; lunch: taco salad. **Friday:** breakfast: eggs and toast; lunch: chicken and noodles.

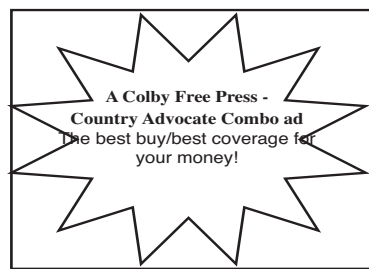
Brewster
Activities: Monday: no school. **Wednesday:** 10 a.m. high school speech and drama contest, Northern Valley. **Thursday:** 11 a.m. junior high track, Weskan Invitational at Cheyenne Wells.

Menus: Tuesday: breakfast: sausage cheese biscuit; lunch: pork rib on a bun, tri-tater, green beans, carrots. **Wednesday:** breakfast: French toast sticks, sausage; lunch: sloppy joe, fries, fresh veggie mix. **Thursday:** breakfast:

scrambled eggs; lunch: chicken patties, mashed potatoes, broccoli, carrots. **Friday:** breakfast: breakfast sundae; lunch: smothered burrito, veggie sticks, corn.

Triplains
Activities: Monday: no school. **Tuesday:** kindergarten; Last day for "Pennies for Patients;" 2:45 p.m. Kids-a-Cookin' for third and fourth grades. **Wednesday:** kindergarten; 9 a.m. dental cleanings; 10 a.m. high school forensics, Northern Valley (Almena); 1 p.m. league administrators' meeting, Northern Valley. **Thursday:** kindergarten; 11 a.m. junior high track, Cheyenne Wells (Weskan hosts); 3:30 p.m. Kay Club. **Friday:** school in session. **Saturday:** high school music festival, Oberlin.

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



WRITE-IN

Margaret

"Peg" Tole

CITY COUNCIL

WARD III

Paid by Margaret Tole, Candidate

Senior Progress Center

Friday will be Donation Day at the Senior Progress Center. Everyone is encouraged to bring paper products: paper towels, toilet paper, napkins and Kleenex.

Activities for the week:
Monday: 10:30 a.m. Skip Bo. **Tuesday:** 10 a.m. exercise; 11 a.m. Health Department; after lunch - board meeting. **Wednesday:** snack day. **Thursday:** 10 a.m. exercise; 10:30 pinochle. **Friday:** 10 a.m. exercise; donation day.

Menus for the week: **Monday:** Salisbury steak, au gratin potatoes, mixed vegetables, pears. **Tuesday:** chicken and rice casserole, Italian blend vegetables, gelatin with fruit, fruit crisp.

Wednesday: little smokies, macaroni and cheese, stewed tomatoes, applesauce bar. **Thursday:** liver and onions with gravy, mashed potatoes, Harvard beets, apricots. **Friday:** Frito-chili pie, ambrosia fruit salad, corn chips, cinnamon roll.

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.

April Fools Sale

March 28 - April 2

THURSDAY 8 - 6	FRIDAY 8 - 6	SATURDAY 8 - 6	MONDAY 8 - 6	TUESDAY 8 - 6
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Golden Plains Garden Center

9-5, Mon. - Sat. & 1140 Plains Ave. - Colby
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FOLLIES

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ELECT

Edward "Bill" Mariman

CITY COUNCIL - WARD 2

"Count on me to listen"

I would appreciate your vote on April 2nd.

Paid for by Edward "Bill" Mariman, Candidate

Claremont Inn & Winery

Schedule of Events

TUESDAYS - FREE COOKING DEMO & WINE TASTING
6:00 PM - *Reservations Required*

SPRING FRIDAYS SIZZLE - "TASTE, DINE & STAY"
FOR ONLY \$188 - *Limited Time Offer*

SATURDAY, APRIL 13TH - "COOKING WITH WINE"
IT'S GRILLING TIME! 1:00 PM - 5:00 PM

FRIDAY, APRIL 19TH - LOUNGE WINES
NEW RELEASE PARTY - WINE TASTING, BBQ DINNER & LIVE MUSIC - MIKE & LORRAINE McCULLOUGH
5:00 PM - 9:00 PM

WINE LOVER'S DIET - HEALTHY COOKING CLASSES
6-WEEK SERIES - STARTS APRIL 23RD
6:00 PM - 9:00 PM

MURDER MYSTERY - "1950'S PROM NIGHT"
SATURDAY APRIL 20TH - 6:00 PM
Reservations Required

MOTHER'S DAY JAZZ BRUNCH & WINE TASTING
SUNDAY, MAY 12TH - ONE SEATING AT NOON

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TO SCHEDULE AN APPOINTMENT PLEASE CALL (785) 460-1223

April 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Johnson Korman Huston Rubinowitz	2 Hatzidakis	3 Frankum Volz Sharma Cossette Forschner	4 Keats Werth Larsen	5 Keats Frankum Clifford	6
7	8 Huston	9 Birney Bazaz Fields Frankum	10 Pham Tirre Nagamani Kennedy	11	12	13
14	15 Reeves Foot Clinic	16 Fisher	17 Frankum Bassett	18 Keats Curry Larsen	19 Frankum Keats Clifford	20
21	22 Huston	23 Parks	24 Volz Annest	25	26 Frankum	27
28	29 Rubinowitz Huston	30 Werth Fields Holmes				

FAMILY PRACTICE

FAMILY CENTER FOR HEALTH CARE
John Dygert, D.O.
Brewster Kellogg, D.O.
Darren Matchell, D.O.

CONSULTANTS

ALLERGY/IMMUNOLOGY
Board Certified
Michael Volz, M.D.

CARDIOLOGY
Christine Fisher, M.D.

COUNSELING SERVICES
Meier Clinic - Angie Witman

DERMATOLOGY
Karen Johnson, M.D.

DIABETES
Phillip Challans, M.D.

GASTROENTEROLOGY
Jeffrey Huston, M.D.

GYNECOLOGY
David Forschner, M.D.

HEMATOLOGY/ONCOLOGY
January Fields, M.D.

NEUROLOGY
Martin Rubinowitz, M.D.

NEUROLOGY
Khoi Pham, M.D.

OPHTHALMOLOGY
William Clifford, M.D.
William Keats, M.D.

ORTHOPEDICS
Robert Bassett, M.D.

ORTHOPEDICS
Rajesh Bazaz, M.D.
Timothy Birney, M.D.
James Holmes, M.D.
Admodios Hatzidakis, M.D.
Kevin Nagamani, M.D.
Ted Parks, M.D.
Vivek Sharma, M.D.

OTOLARYNGOLOGY
(Ear, Nose, Throat)
Jerrold Cossette, M.D.

PLASTIC SURGERY
Conrad Tirre, M.D.

PODIATRY
Steven Larsen, D.P.M.
James Reeves, D.P.M.

PULMONARY (Chest)
Timothy Kennedy, M.D.

RHEUMATOLOGY
David S. Korman, M.D.

GENERAL SURGERY
Charles Frankum, M.D.

UROLOGY
Wallace M. Curry, M.D.
Darrell Werth, M.D.

VASCULAR SURGEON
Stephen Annest, M.D.