

Family

Career Center has info on upcoming deadlines

The Colby High School Career Center has many resources available on colleges, scholarships and upcoming visits from college representatives.

Below are some upcoming events and deadlines.

College/Scholarship Info

KU girls-only camps will be June 18-24 and July 16-22. Get hands-on, field trips and cool times. Come to the Career Center to get signed up.

Students who have been admitted to KU for fall 2006 are invited to participate in the Freshmen Summer Institute. There are two sessions to choose from— June 4-30 or July 2-28. Deadline is May 1 for applications.

Tulsa Welding School has 2006 choice dates and times available. The Career Center has the information.

A catalog for North Central Kansas Technical College is available at www.ncktc.tec.

Kiwanis Key Leader will be held at Washburn University June 16-18. Cost is \$150 per person.

Applications for the 44th annual U.S. Senate Youth Program are available in the Career Cen-

ter. Two student delegates and a first and second alternate will be selected by educators and individuals from business/industry to represent Kansas at the 2006 program in Washington, D.C.

Pre-application worksheets for the FAFSA are available to students and postsecondary schools at www.fafsa.gov.

Find free money for college at www.fastweb.com.

Information on 1.3 million scholarships is available.

The University of Kansas in Lawrence Division I women's rowing.

Interested junior and senior girls can get more information in the Career Center.

Harvard summer school information is available in the Career Center. Choose from special programs, and some courses are available online.

Scholarship information for The Arts Institutes is available online at www.artinstitutes.com.

The Ethnic Minority Program assists students who are identified as members of any ethnic or racial group.

Scholarship deadline is May 1.

Book review next week at senior center

Jeff Friesen of Pioneer Memorial Library will give a book review at 11:30 a.m. Thursday at the Senior Progress Center, 165 Fike Park. The book he will review is "Hope in Hell: Inside the World of Doctors Without Borders" by Dan Bortolotti. Come and enjoy Jeff, he always makes a book enjoyable.

There are plenty of activities scheduled at the center for the week of March 27-31, including exercise with Diann Gerstner at 10 a.m. Monday, it's also Blue Monday, wear your blue. Tuesday exercise is

Senior Center

at 9:30 a.m. Exercise with Diann Gerstner is at 10 a.m. Wednesday. Exercise is at 9:30 a.m. Thursday, and a book review at 11:30 a.m. Friday exercise is at 9:30 a.m.

The Thomas County Nutrition Center in Colby wishes to invite those 60 and older and their guests to attend daily luncheons in Colby Monday through Friday. Reservations may be made by calling (785) 460-2901 the day before. Home

delivery is also available for those unable to attend due to social or physical disabilities. Those who work are also invited to come to pick up a meal.

Those meals are available at noon to be picked up. For individuals 60 and over a contribution of \$2.50 per meal is requested. Anyone under 60 years of age is invited to attend or pick up a meal at a cost of \$4.50 per meal.

The menu for the next week includes: Monday - baked spaghetti, winter mix veggies, applesauce,

garlic bread, cookie. Tuesday - mac and cheese with little smokies, green beans, orange Jell-o with carrots and pineapple, bread, strawberry shortcake with topping. Wednesday - roast beef, mashed potatoes and gravy, celery and carrots, bread, plums. Thursday - hamburger, oven browned potatoes, pasta salad with veggies, bun, Mandarin oranges. Friday - salmon loaf or patties in sauce, spinach cheese salad, corn, dinner roll, peaches.

The building is also available for rental for events. For information on lunch reservations, call 460-2901.

The Thomas County Public Van is owned by the county but is scheduled and dispatched by the Senior Progress Center. The van is not a taxi service. It will be scheduled on a first-come, first-served basis.

It must be scheduled at least 24 hours in advance of its use and be ready at least 30 minutes in advance of appointment. Sometimes there are four to six calls per time frame.

Reduce risk from deli meat, cheese

MANHATTAN — Heating deli meats or cold cuts can reduce the risk of Listeria monocytogenes - a foodborne illness that may take up to three weeks to make itself apparent, said Fadi Aramouni with the Food Science Institute at Kansas State University.

"Among foodborne illnesses, Listeria has the highest rate of hospitalization and death. It is particularly dangerous for children, immunocompromised people, the elderly and pregnant woman. It can cause miscarriage," he said.

Listeria monocytogenes can actually grow in a cold environment,

such as a meat case or refrigerator. That makes deli meats, cold cuts and soft cheeses vulnerable," said Aramouni, who is a K-State Research and Extension food scientist.

He recommends consumers reduce risks from such foods by buying only what they can reasonably use in a day or two and then wrapping the foods well before refrigerating, to prevent cross-contamination.

Heating ready-to-eat meats before eating - using a microwave or grill or cooking them in boiling water — also helps make these products safer.

Scientists consider deli meats, cold cuts and soft cheeses the primary hosts for Listeria monocytogenes.

But, the bacterium sometimes grows in salads, too. It could, for example, be traced to the cabbage in coleslaw.

So, Aramouni also recommends washing raw vegetables thoroughly before eating.

More information on food safety and health is available at local K-State Research and Extension offices and on Kansas Extension's food safety Web site: www.oznet.ksu.edu/foodsafety.

Babies

Alex Kade Kuder

Elizabeth R. Williams and Keith S. Kuder of Colby announce the birth of their son, Alex Kade Kuder, Tuesday, March 21, 2006. Alex was born at Citizens Medical Center in Colby.

Alex weighed 6 pounds, 15.4

ounces and is 19 inches long. Grandparents are Richard Kuder of Miles City, Mont. and Kathy Kuder of Shinglehouse, Pa., Albert Williams Jr. and Elizabeth J. Williams of Colby and Richard and Kathy Kuder, formerly of Tribune.

Sheldon John Temaat

Greg and Sharon Temaat of Oakley announce the birth of their son, Sheldon John Temaat, Saturday, March 18, 2006. He was born at Citizens Medical Center in Colby.

Sheldon weighed 8 pounds, 14 ounces and was 21 inches long. Grandparents are Dave and Linda Cooley of Springdale, Ark. and

Phyllis Temaat of Oakley. Sheldon was welcomed home by siblings Brandon, Ashley, Jake, Lev, Caleb, Katie and Tyler.

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