Family

High Plains Lions learn about Cub Scouts

a smothered steak buffet at the activities were the camps, Pine Prairie Skillet before their recent regular Lions meeting. Lion President Hazel Estes called the meeting to order with the flag salute.

Lion Sheryll Brenn lead the group in singing.

Lion Melinda Morton introduced her program, which was given by the Cub Scouts. Den Leader Jan Barnum, Scott Barnum and Gary Schuette, helpers, accompanied scouts Eric Schuette, Matthew Barnum and Dalton Schuette. They reported on the requirements to become a Cub Scout, the activities and awards the Cub Scouts work towards and scout camps they can attend. Their fundraising ac-

The Western Plains Arts Associa-

tion is presenting "Some Enchanted

Evening: The Songs of Rodgers and

Hammerstein at 3 p.m. Sunday at

the Colby Community College Cul-

Five performers from Springer

Theatricals will perform more than

40 songs from "The Sound of Mu-

sic," "The King and I," "Okla-

homa!" "Carousel," "South Pa-

The Rodgers and Hammerstein

musicals earned 35 Tony Awards, 15 Academy Awards, two Pulitzer

Prizes, two Grammys and two

tural Arts Center.

cific" and "State Fair."

Emmys.

The High Plains Lions enjoyed tivity is popcorn sales. The main Wood Derby, Christmas party and family picnic. They demonstrated several awards they had achieved

> In club business, the communications were shared with the club. The club agreed to help with the Blue Grass Festival Youth Talent Show again this year. Lion Sheryl reported on the zone meeting that Colby hosted. The club discussed a soup feed and a ham and bean feed in the spring. Everyone enjoyed the felt heart candy filled Valentines Lion Hazel had made for members. Lion Morton won the stuffed lion singing "The Lion Sleeps Tonight."

The next club meeting will be March 12.

"Some Enchanted Evening" fea-

the world's best-loved musicals.

The show is set in an enchanted

garden with the players coming and

going through each others lives in

The show is produced by

Springer Theatricals, the national

touring arm of Springer Opera

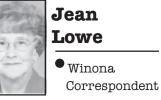
House, a 135-year-old landmark

theatre in Columbus, Ga.

Winona church to have Lenten events

The Winona U.M. Church Administrative Council met Monday evening. Chairperson, Tammy Fulton, called the meeting to order. Pastor Sheryl Johnson opened with prayer. Lenten breakfasts will be each Sunday morning at 8:45 a.m. Everyone is welcome. The Easter morning service will be at 7 a.m. with breakfast to follow. There will be no 9:15 a.m. service. The choir will sing "Rock of Faith" at 4 p.m. Palm Sunday, April 1.

Art Koster made a business trip to McPherson last week. He had the pleasure of spending the night with Cameron and Jessica Koster and, Ava Grace in Hutchinson.



Robert Lewallen and Mark and Pam Lewallen attended the funeral service for Berniece Bland in McPherson Friday.

The Winona High School Youth Group met at the Winona U.M. Church Wednesday with 21 youth and sponsors, Pam Lewallen and Andrea Plummer.

Lanis Kirk returned from Round Rock, Texas, Thursday where she

spent several days getting acquainted with her new granddaughter, Gracen Rae. Gracen Rae's parents are Mark and Dana Penniman. She was born Friday, Feb. 23, 2007. She weighed 7 pounds, one ounce Lewallan and Kenneth and Maxine Kirk. They usually meet every Tuesday

from 2 to 5 p.m. in the afternoon, not so, since before Christmas, until last week. The quilters are, back putting tiny stitches in a lovely quilt at the chamber, building. Their numbers are down and they would welcome any "wanna be" quilters.

NEW YORK METS

At Shea Stadium, Mets fans ate

some 26,000 hot dogs on opening

day last year. To make your own

New York Dog, try a hot dog topped

with sauerkraut, diced onions and

The Texas Dog at Minute Maid

Park brings a bit of heat to the mix.

Top these dogs with chili, cheese

Quotes as of close of

— HOUSTON ASTROS

deli-style mustard.

and jalapeno peppers.

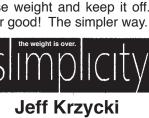
Markets

Mike has been hard at work on the city streets. Only a few remain water-logged, which only Mother Nature can control. The majority are dry and free of ruts.

The performance of "Some Enand was 20 inches long. Maternal chanted Evening" surely will be an great-grandparents are Robert evening of flamboyant entertainment. The Western Plains Arts Association strives to bring top most shows to northwest Kansas. You will hear the best of Rogers and Hammerstein s music in the CCC Cultural Arts Center at 3 p.m. Sunday. There are many tickets available through WRSPC members.

Losing weight doesn't have to be complicated

Goodbye zones, carb calculating, celebrities, and freezer-burned microwave meals. Weight loss can be simple, carefree and lasting with Reliv's Slimplicity Weight Loss System. Simply enjoy a delicious, satisfying Slimplicity shake for lunch and take Accelerator capsules before each meal. Combined with healthier eating choices and a more active lifestyle, Slimplicity will help you safely lose weight and keep it off. For good! The simpler way.



Independent Reliv Distributor 785-443-2542 www.reliv.com

Ballpark dogs a popular treat

Major League Baseball even without a game to watch. The official season doesn't open until April 30, but there's still plenty of time to get ready.

And it's easy to accommodate an appetite for just about any team. That's because most ballparks have signature hot dogs inspired by regional foods that are favorites of fans

tures five musical theatre perform-This is a long way from ketchup, ers in a parade of hits that spotlight mustard and relish. many of the legendary moments of

These hot dogs are seriously endowed, sporting many - and by some tastes many unusual - toppings, including sauerkraut, diced tomatoes, chili and coleslaw.

To get you started, here are adaptations of the hot dogs served at the home ballparks of five Major League teams — the Atlanta

(AP) - If opening day seems far Braves, Chicago Cubs, Colorado sauerkraut and grilled onions and away, it's possible to get a taste for Rockies, New York Mets and Houspeppers. ton Astros. – ATLANTA BRAVES

For a taste of the Georgia Dog that Braves fans enjoy at Turner Field, try a hot dog topped with coleslaw, chili and Vidalia onion relish.

If you can't find onion relish, try mixing a bit of diced raw onion with pickle relish.

- CHICAGO CUBS

Talk about serious hot dog toppings. Cubs fans enjoy boiled beef dogs piled with diced onions, diced tomatoes, banana peppers, mustard, a dash of celery salt and a dill pickle spear on a poppy seed bun.

– COLORADO ROCKIES Rockies fans at Coors Field like

their dogs - called the Rockie Dog — big. Top a grilled extra-long (the real

deal measures a foot) hot dog with

They are considered two of the year-round schedule of plays and nost influential artists of the 20th musicals. **Community Calendar**

Arts association to present

musical program Sunday

century.

song and dance.

SATURDAY, MARCH 10

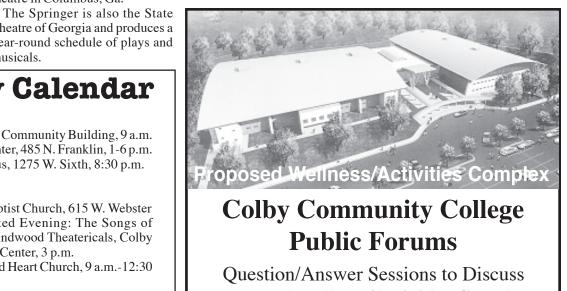
Gun, coin and antique show, Colby Community Building, 9 a.m. Wings Upon the Prairie drop-in center, 485 N. Franklin, 1-6 p.m. Sixth Street Alcoholics Anonymous, 1275 W. Sixth, 8:30 p.m.

SUNDAY, MARCH 11

Remote control car races, First Baptist Church, 615 W. Webster WPAA presents "Some Enchanted Evening: The Songs of Rodgers and Hammerstein" by Windwood Theatericals, Colby Community College Cultural Arts Center, 3 p.m. Green eggs and ham brunch, Sacred Heart Church, 9 a.m.-12:30 p.m.

MONDAY, MARCH 12

Northwest Kansas band clinic, Colby High School Gym, 8 a.m. Grade School Site Council meeting, Colby Grade School cafete-



Proposed Wellness/Activities Complex

CCC Thomas Hall Thursday, March 15 Tuesday, March 20 Brewster HS Gym Thursday, March 22 **CCC Student Union** Thursday, March 22 Rexford HS Gym

5:30 p.m. 5:30 p.m.

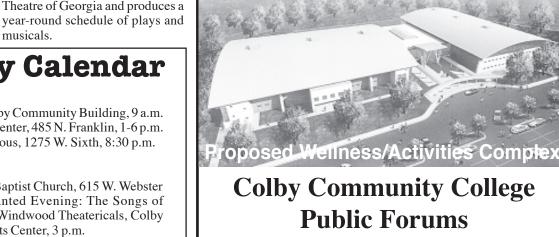
12 Noon

5:30 p.m.

SPRING SALES EVENT

2006 Chevrolet Cobalt CT, 4 door - \$12,995 2006 Hyundai Sonada, V-6, GLS - \$15,995 2005 Pontiac Vibe, 4 door - \$13,495 2005 Dodge Neon, SxT, 4-door - \$9,995 2003 Ford Taurus, 4 door - \$5,995 2001 Pontiac Grand Prix, GT, leather, 4-door 1998 Chevrolet Cavalier, \$3,596 2007 Chevrolet Equinox, \$19,995 2003 Dodge Grand Caravan Sport, \$9,995 2001 Chevrolet 1-Ton Reg. Cab 4x4 Flat Bead, - \$17,995 2001 Ford Ranger XLT Stepside, \$8,995 1992 Mercedes-Benz 400E, - \$10,495 2003 Chevrolet Astro Ext. AWD, 12,995

previous business day **Hi-Plains Co-op** \$4.57 Wheat \$4.07 Corn \$6.80 Milo \$6.55 Soybeans



ria, 4 p.m. Dirtless gardening gives instant gratification

gardens.

For many people, common garden-variety soils just aren't cutting it anymore, given our fast-paced lifestyles: Too much work for too few rewards. Not enough instant grower gratification.

"You can't grow a darn thing in backyard soil the way it is," said Steve Titko, director of technical services, growing media, for the Scotts Miracle-Gro Co., interviewed at Scotts' large growingmedia plant in Lawrenceville. "Either you commit to improving the soil or doing containers."

Native soils are easily compacted, and when that happens the packed particles don't drain well. They also may be nutrient poor. Soil degrades over time; it's never finite, Titko said.

Commercial mixes renew the vigor in vegetable gardens and landscapes and add life to plants in indoor pots or outdoor hanging baskets. Things simply grow faster and bigger than they do when started in normal soils.

Most of the premium mixes include varying combinations of pine or hardwood bark, slow- and quickrelease fertilizers, animal manures and processed food wastes, lime, sawdust, peat moss, sand, ash, coconut husk fibers and a great deal more.

"We mix four levels of nutrients, each serving a different purpose," Titko said. "A handful of soil has a billion organisms in it. These microorganisms are a living, breathing product. That includes bacterial fungi." The extra-strong bags in which the mixes are packed let these ingredients build, he explained.

"We're making the products more potent so you can go with less.

LAWRENCEVILLE, Va. (AP) They're also easier to use. They wet - Welcome to the developing and work into the (native) soils betworld of designer dirt and dirtless ter. ... Consumers want more results for their time."



Make a Difference - Please Recycle



RAWLINS SPECIALTY CLINICS

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Rawlins Specialty Clinics

Bringing Specialized Healthcare To Your Community

March 2007						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardiac Rehab III Monday - Wednesday - Friday "Exercise for Life"			1 High Plains Cardiology Pacemaker Check	2 MRI Mobile Unit 9:30 Vascular Ultrasounds	3	
4	5 Dr. Rubinowitz Oncology	6	7 Echocardiograms 10:30 Ultrasounds	8 Mammograms	9 MRI Mobile Unit 9:30 Vascular Ultrasounds	10
11	12	13	14 Echocardiograms 10:30 Ultrasounds Dr. Frankum Surgery	15	16 MRI Mobile Unit 9:30 Vascular Ultrasounds	17
18	19	20	21 Echocardiograms 10:30 Ultrasounds	22	23 MRI Mobile Unit 9:30 Vascular Ultrasounds	24
25	26 Dr. Rubinowitz Oncology	27 Dr. Miller Cardiology	28 Echocardiograms 10:30 Ultrasounds	293031In House Services - Available Daily CT Scan ** Bone Mineral Density ** EKG Electrocardiograms		
TO SCHEDULE AN APPOINTMENT WITH A VISITING PHYSICIAN, PLEASE CALL (785)626-3211 Cheryl Banister, RN - Specialty Clinic Director Thank you for allowing us to assist in your healthcare.						

