

Family

High Plains Lions learn about Cub Scouts

The High Plains Lions enjoyed a smothered steak buffet at the 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-

tivity is popcorn sales. The main activities were the camps, Pine 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 Sheryll 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.

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.



Jean Lowe
● Winona Correspondent

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 and was 20 inches long. Maternal great-grandparents are Robert Lewallen 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 "wannabe" quilters.

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 Enchanted Evening" surely will be an 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.

Arts association to present musical program Sunday

The Western Plains Arts Association is presenting "Some Enchanted Evening: The Songs of Rodgers and Hammerstein" at 3 p.m. Sunday at the Colby Community College Cultural Arts Center.

Five performers from Springer Theatricals will perform more than 40 songs from "The Sound of Music," "The King and I," "Oklahoma!" "Carousel," "South Pacific" and "State Fair."

The Rodgers and Hammerstein musicals earned 35 Tony Awards, 15 Academy Awards, two Pulitzer Prizes, two Grammys and two Emmys.

They are considered two of the most influential artists of the 20th

century.

"Some Enchanted Evening" features five musical theatre performers in a parade of hits that spotlight many of the legendary moments of 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 song and dance.

The show is produced by Springer Theatricals, the national touring arm of Springer Opera House, a 135-year-old landmark theatre in Columbus, Ga.

The Springer is also the State Theatre of Georgia and produces a year-round schedule of plays and musicals.

Ballpark dogs a popular treat

(AP) — If opening day seems far away, it's possible to get a taste for 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.

This is a long way from ketchup, mustard and relish.

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

Braves, Chicago Cubs, Colorado Rockies, New York Mets and Houston 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

sauerkraut and grilled onions and peppers.

— 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 deli-style mustard.

— HOUSTON ASTROS
The Texas Dog at Minute Maid Park brings a bit of heat to the mix. Top these dogs with chili, cheese and jalapeno peppers.

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.

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Community Calendar

- 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 Theatricals, 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 cafeteria, 4 p.m.

Dirtless gardening gives instant gratification

LAWRENCEVILLE, Va. (AP) — Welcome to the developing world of designer dirt and dirtless 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 growing-media 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 quick-release 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.

They're also easier to use. They wet and work into the (native) soils better. ... Consumers want more results for their time."

Proposed Wellness/Activities Complex

Colby Community College Public Forums

Question/Answer Sessions to Discuss Proposed Wellness/Activities Complex

Thursday, March 15	CCC Thomas Hall	5:30 p.m.
Tuesday, March 20	Brewster HS Gym	5:30 p.m.
Thursday, March 22	CCC Student Union	12 Noon
Thursday, March 22	Rexford HS Gym	5:30 p.m.

COLBY COMMUNITY COLLEGE

Make a Difference - Please Recycle

SPRING SALES EVENT

2006 Chevrolet Cobalt CT, 4 door - \$12,995
2006 Hyundai Sonata, 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 Bed, - \$17,995
2001 Ford Ranger XLT Stepside, \$8,995
1992 Mercedes-Benz 400E, - \$10,495
2003 Chevrolet Astro Ext. AWD, 12,995

H & H AUTO SALES Jeff Harlow

930 S. Range Colby, Kansas 67701 Phone: 785-460-0828 Cell: 785-443-1082

Mike's New Seafood Catch

Available through April 8th

Grilled Salmon Kabobs \$10.99

Seafood Platter \$13.99

- Skewered Shrimp
- Fried Shrimp
- Crab Cakes
- Tilapia

Fish our menu for more great seafood selections!

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Rawlins Specialty Clinics

Bringing Specialized Healthcare To Your Community

March 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 High Plains Cardiology Pacemaker Check	2 MRI Mobile Unit 9:30 Vascular Ultrasounds	3
	Cardiac Rehab III Monday - Wednesday - Friday "Exercise for Life"					
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	29	30	31
In 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

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