

Senior Progress Center

Come play Skip Bo Monday at the Senior Progress Center. Activities for the week: **Monday:** 10:30 a.m., Skip Bo game. **Tuesday:** 10 a.m., exercise; popcorn day. **Wednesday:** 10:30 a.m., domino game. **Thursday:** 10 a.m., exercise; 10:30 a.m., Wii game. **Friday:** 10 a.m., exercise; 10:30 a.m., pool game. Menus for the week: **Monday:** cook's choice entree, green beans, mandarin oranges, bread, pudding. **Tuesday:** chili with beans, apple-

sauce gelatin, crax, cinnamon roll. **Wednesday:** hamburger, potato salad, apricots, bun, crisp rice bar. **Thursday:** turkey, sweet potatoes, coleslaw, bread, pineapple. **Friday:** tuna salad, tomato soup, pears, crackers and bread, cottage cheese. The Thomas County Nutrition Center invites anyone 60 and older to lunch Monday through Friday at the senior center. Make reservations at (784) 460-2901 by noon the day before.

Colby grad wins scholarship

Levi Schlick, a 2009 graduate of Colby High School, has received a \$1,000 Excellence Scholarship from Barton County Community College for the 2009-10 academic year. A freshman medical technology major, he is a member of the baseball team. In high school, Schlick was active in the Fellowship of Christian Athletes, Catholic Youth Organization, C-Club, cross country, basketball and baseball. He is the

son of Larry and Mary Schlick of Colby. To qualify for an Excellence Award, a student must have a grade average of 3.5 to 4.0 and be enrolled full time at Barton. Rory Kling, a 2009 graduate of Goodland High School, also received the scholarship. He is a freshman at Barton majoring in sports administration. He is the son of Rodney and Roxann Kling, Goodland.


On the Beat

COLBY POLICE
Wednesday
5:17 a.m. – Unknown man trying to break-in/break down door at 125 W. Third. Report filed.
8:53 a.m. – Vandalism to bathrooms at football field.
12:48 p.m. – Stray dog between Arby's and Butch's Smokehouse.
4:38 p.m. – Subject requested assistance with removing firearms from parents' home. Service rendered; civil matter.
11:14 p.m. – Drunk subject refusing to leave residence at 230 S. Lincoln. Made contact; subject taken to Country Club Motel.

THOMAS COUNTY SHERIFF
Wednesday
8:29 a.m. – Antelope injured in east ditch of K-25 a mile south of Barton Concrete.
11:47 a.m. – Served arrest warrant on Arther Johnson.
4:38 p.m. – One-lane traffic at survey site with no flagger north of airport.



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Family requests a card shower for **Mary M. Oard.**
Happy 89th Birthday Celebration
Feb. 24, 2010
Mary Oard
1225 E. Eighth St.
Colby, Kan. 67701



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Colby, KS 67701

You don't have to face your problems alone.

COLBY KANSAS MEETING SCHEDULE
Alcoholics Anonymous:
Colby 6th Street
8:30 p.m. – Wednesday and Saturday
8:30 a.m. – Sunday Morning meeting
Downtown:
Basement of City Hall
8:30 p.m. – Monday and Thursday
Sisters in Sobriety:
Basement of City Hall
5:00 p.m. – Sunday
Narcotics Anonymous:
Basement of City Hall
8:00 p.m. – Tuesday, Friday and Sunday
Alanon:
Colby 6th Street
8:30 p.m. – Wednesday
ACOA:
Basement of City Hall
7:00 p.m. – Monday

MOVIES
NOW SHOWING
February 19th - February 25th
WHEN IN ROME
Genre(s): Comedy/Romance
PG-13 1 Hour, 31 Minutes
Friday & Saturday 7:00 & 9:00
Sunday -Thursday 7:00
THE LOVELY BONES
Genre(s): Drama/Science Fiction/Thriller
PG-13 1 Hour, 15 Minutes
Friday & Saturday 7:00 & 9:25
Sunday - Thursday 7:00
COMING SOON
Edge of Darkness
Percy Jackson
Dear John
Tooth Fairy
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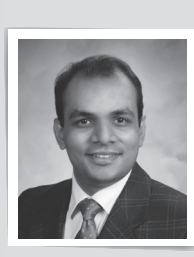
Rawlins County Health Center
RAWLINS COUNTY HEALTH CENTER COMMUNITY CALENDAR
707 Grant Atwood, KS 67730
(785) 626-3211
Bringing Specialized Healthcare To Your Community
February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Dr. Rubinowitz Oncology Ultrasounds Cardiac Rehab	2 Brandi Ihrig Dietician	3 Ultrasounds Cardiac Rehab Diabetic Clinic	4 Lighter Side Weight Loss Program	5 MRI's Cardiac Rehab	6	
7	8 Ultrasounds Cardiac Rehab	9	10 Dr. Frankum Surgery Bone Density Ultrasounds Cardiac Rehab Diabetic Clinic	11 MRI's Cardiac Rehab	12	13
14	15 Ultrasounds Cardiac Rehab	16	17 Dr. Curtis Cardiology Mammograms Ultrasounds Cardiac Rehab Diabetic Clinic	18 Dr. Saba Orthopedics	19 MRI's Cardiac Rehab	20
21	22 Ultrasounds Cardiac Rehab	23 Dr. Miller Cardiology	24 Ultrasounds Cardiac Rehab Diabetic Clinic	25 Dr. Reeves Podiatry	26 Dr. Reeves Podiatry	27 MRI's Cardiac Rehab
28	29 Ultrasounds Cardiac Rehab	30	31 Ultrasounds Cardiac Rehab Diabetic Clinic	Nuclear Stress Tests will be February 17, 2010		

St. Valentine's Day February 14

TO SCHEDULE AN APPOINTMENT WITH A VISITING PHYSICIAN, PLEASE CALL (785)626-3211 Cheryl Banister, RN Specialty Clinic Director

New Spine Surgeon Brings a World of Experience to the Orthopedic Institute at Hays Medical Center



When everyday activities such as bending, looking overhead or simply shaking your head become a challenge due to back pain, turn to Vivek Sharma, M.D., at the Orthopedic Institute at Hays Medical Center. Dr. Sharma, the newest physician at the Orthopedic Institute, is an expert on the very latest surgical and non-surgical treatment options for problems of the back and spine. His focus is on finding the most effective way to address your spinal disorder and get you back to living your life.

Dr. Sharma has extensive experience in the diagnosis and treatment of a broad spectrum of spinal disorders including:

- Management of cervical, thoracic, and lumbar disc herniations
- Treatment of spine fractures and other spine injuries
- Spinal cysts
- Spinal cord herniation
- Spine tumors
- Surgery for spinal stenosis
- Inpatient and outpatient rehabilitation services

Dr. Sharma graduated from the G.S. Medical College and K.E.M. Hospital Program at the University of Mumbai in India. After completing his internship and residency, he earned his diploma in orthopedic surgery at the College of Physicians and Surgeons in Mumbai. He moved to the United States in 2005 and completed several clinical fellowships.

Dr. Sharma's fellowships include: Orthopedic Spine Surgery: The Christ Hospital, Cincinnati Children's Hospital, University of Cincinnati, (Cincinnati); Orthopedic Sports Medicine and Arthroscopy: Boston Children's Hospital, Harvard Medical School (Boston); Pediatric Orthopedics: B.J. Wadia Hospital for Children (Mumbai, India), Cincinnati Children's Hospital, University of Cincinnati (Cincinnati); and Joint Reconstruction and Arthroplasty, University of Minnesota (Minneapolis).

He's also put his expertise to work as an orthopedic physician for the Boston Ballet, the Boston Marathon and NCAA games in Boston.

Now he's putting that same expertise to work for you. Right here in western Kansas. For more information about Dr. Sharma or available services at the Orthopedic Institute, go to www.haysortho.com.

WHERE CAN YOU FIND THE TOP MEDICAL SPECIALISTS?

Colby

Hays Medical Center is partnering with your community to bring you easy access to advanced medicine. Every month. So treat your knees, back, heart and more to exceptional care. From very smart specialists in your own neighborhood.

Colby Outreach Clinic Schedule

Cardiology – Dr. Fisher Third Tuesday Call (785) 625-4699	Mobile Echo Tuesdays (785) 460-1250
Ear, Nose & Throat – Dr. Regier First Wednesday (785) 628-3131	Orthopedics – Dr. Ahad Third Wednesday (866) 428-8221
Ear, Nose & Throat – Dr. Black Fourth Wednesday (785) 628-3131	Orthopedics – Dr. Bassett First Tuesday (866) 428-8221
General Surgery – Dr. Hornick Monthly (785) 623-5945	Urology Thursdays, every two weeks (785) 462-7511 or (785)432-3332

Call the number listed for specific clinic locations.

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