

## School Activities and Menus

### Brewster

**Activities:** **Tuesday:** 10:30 a.m. high school track, Colby. **Wednesday:** Northwest Kansas Service Center Seminar, elementary. **Thursday:** 3 p.m. high school golf, Hill City. **Friday:** no school. **Saturday:** 9:30 a.m. high school golf, Oberlin; 10 a.m. junior high track, Goodland.

**Menus:** **Monday:** breakfast: breakfast pizza. Lunch: taco salad, corn, carrots, apple, pears. **Tuesday:** breakfast: French toast, bacon. Lunch: hamburgers, fries, veggie mix, mandarin oranges, banana. **Wednesday:** scrambled eggs and cheese. Lunch: chicken patties, mashed potatoes, gravy, cheesy broccoli, carrots, applesauce, oranges, cookie. **Thursday:** breakfast: sausage cheese biscuit. Lunch: chili, veggie sticks, peaches, apple, cinnamon rolls.

### Colby Public Schools

**Activities:** **Monday:** 8 a.m. to 4 p.m. kindergarten screenings, Methodist church; 3 p.m. junior varsity track, Goodland; 4/5:30 p.m. softball vs. Garden City; 6 p.m. junior parent enrollment informational meeting. **Tuesday:** 8 a.m. to 4 p.m. kindergarten screenings, Methodist church; 8 a.m. grade school spring picture day, auditorium; 1 p.m. varsity tennis, Larned; 2 p.m. varsity golf, Goodland; 3 p.m. junior varsity track, Rawlins County; 3 p.m. junior varsity tennis, Liberal; 4 p.m. baseball vs. Russell; 6 p.m. junior parent enrollment informational meeting; 6 p.m. baseball vs. Russell. **Wednesday:** 1:30 p.m. FFA agronomy/horticulture, Hays; 8 p.m. high school art show, Fort Hays; 8:30 p.m. FFA District livestock contest, Hays. **Thursday:** no school, high school; music state large group, high school; 11 a.m. middle school track, Phillipsburg; 3:30 p.m. forensics, Hoisington; 6 p.m. junior varsity baseball vs. Burlington; 6 p.m. junior parent enrollment informational meeting; 7:30 p.m. junior varsity baseball vs. Burlington. **Friday:** 6:30 a.m. dance team tryouts, high school gym; high school eligibil-

ity determined; third grade trip to Salina for Shrine Circus; 3 p.m. varsity tennis, Russell. **Saturday:** 9 a.m. dance team tryouts, community building; forensics regionals; 8 a.m. forensics Quinter Invitational; 9:30 a.m. varsity golf, Decatur.

**Menus:** **Monday:** breakfast: cinnamon tasterie, apple juice. Lunch: Salisbury steak, whipped potatoes/gravy, carrots, whole wheat roll with honey-butter, peach. **Tuesday:** breakfast: French toast, grape juice. Lunch: pig in blanket or chili dog, fries, mixed vegetables, rose apple sauce. **Wednesday:** breakfast: biscuit/sausage, oranges. Lunch: cheese quesadilla, lettuce, corn, cornbread, peaches. **Thursday:** breakfast: waffle, apples. Lunch: no lunch. **Friday:** breakfast burrito, orange juice. Lunch: fish sandwich, tater tots, green beans, cucumbers/dip, peach.

### Colby Community College

**Activities:** **Sunday:** 1 p.m. baseball, Garden City; 3 p.m. softball vs. Butler, softball field. **Monday:** 5 p.m. student educators meeting, Bedker 714; men's golf, Hesston. **Tuesday:** 1 p.m. baseball vs. Western Nebraska, baseball field; 6-8 p.m. chess club meeting, library. **Wednesday:** lunch hour - election for king and queen spring formal, cafeteria; lunch hour - election for Student Senate officers, cafeteria; 7:30 p.m. OPTIC meeting, Student Union. **Thursday:** 7:30 p.m. Student Senate movie night and voting, Cultural Arts Center. **Friday:** rodeo, Hays. **Saturday:** 9 a.m. - open house, career and technical education programs; 11 a.m. (Central Time) outdoor track Ram Open, Fort Collins, Colo.; 1 p.m. baseball vs. Hutchinson, baseball field; rodeo, Hays; softball Allen Wolf Memorial Tournament, softball field; 7:30 p.m. equestrian team banquet, Student Union. **Sunday:** women's golf regional championship, Hutchinson; rodeo, Hays; softball tournament, softball field; 1 p.m. baseball vs. Hutchinson, baseball field; 5 p.m. women's all star basketball

games, Colby Community Building; 7 p.m. men's all star basketball games, community building.

### Golden Plains

**Activities:** **Monday:** middle school/high school spring concert; sophomore ice cream social/workshop auction. **Tuesday:** 10:30 a.m. high school track, Colby. **Thursday:** 9:30 a.m. middle school track, Norton. **Saturday:** Prom.

**Menus:** **Rexford:** **Monday:** breakfast: french toast. Lunch: pinwheels. **Tuesday:** breakfast: biscuit/gravy. Lunch: chicken nuggets. **Wednesday:** breakfast: pancake/sausage. Lunch: pizza. **Thursday:** breakfast: pizza bobs. Lunch: Italian dunker. **Friday:** breakfast: monkey bread. Lunch: taco salad.

**Selden:** **Monday:** breakfast: breakfast burrito. Lunch: chicken

patty. **Tuesday:** breakfast: french toast. Lunch: frito pie. **Wednesday:** breakfast: biscuit/gravy. Lunch: pizza bobs. **Thursday:** breakfast: monkey bread. Lunch: spaghetti. **Friday:** breakfast: scrambled eggs. Lunch: chicken nuggets.

### Heartland

**Activities:** **Thursday:** junior

high track, Norton. **Friday:** David Landis visit.

### Sacred Heart

**Menus:** **Monday:** nachos, broccoli, peaches. **Tuesday:** chicken nuggets, potatoes, peas. **Wednesday:** spaghetti, green beans, pears, French bread. **Thursday:** pork cutlets, mashed potatoes/gravy, corn, mixed fruit, muffins. **Friday:** fish sandwich, french fries, broccoli, oranges.

**day:** fish sandwich, french fries, broccoli, oranges.

*Is your school missing from this list? Send us your calendar and menus.*

*E-mail: colby.society @ nw-kansas.com (text files are appreciated)*

*Mail: Colby Free Press, 155 W. Fifth, Colby, Kan., 67701*

**MOVIES**

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**NOW SHOWING**

April 9th - April 15th

**ALICE IN WONDERLAND**

Starring: Johnny Depp  
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PG 1 Hour, 50 Minutes  
Friday & Saturday 7:00 & 9:00  
Sunday - Thursday 7:00

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**CLASH OF THE TITANS**

Genre(s): Adventure/Fantasy  
R 1 Hour, 50 Minutes  
Friday & Saturday 7:00 & 9:00  
Sunday - Thursday 7:00

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## Andy Rose, P.A.-C

### Welcome to Family Center for Health Care

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## Square Dance Club

The Shooting Stars Square Dance Club of Hays will have a Northwest District dance from 2:30 to 5 p.m. Sunday, April 18, at Roosevelt Elementary School, 2000 MacArthur.

Sue Dellere will call the squares; everyone is welcome. A meeting will follow the dance. Call Opal Flinn at (785) 726-4432 for information.



The birds are beginning to sing. Can you hear them?

Spring is on its way and so is that checklist of things to do.

- Get the garden ready
- Spring Cleaning
- Prepare the lawn
- **Rush to Miracle Ear so that you can hear the birds sing**

### ATTENTION

**John Lang will be here:**

Thursday, April 22 • 10 a.m. - 4 p.m.  
Colby Community Building  
285 E. Fifth St., Colby, Kan. 67701  
785-628-3279

**Call for an Appointment!**



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## 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:

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- 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](http://www.haysortho.com).

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### Colby Outreach Clinic Schedule

**Cardiology - Dr. Fisher**  
Third Tuesday  
Call (785) 625-4699

**Ear, Nose & Throat - Dr. Regier**  
First Wednesday  
(785) 628-3131

**Ear, Nose & Throat - Dr. Black**  
Fourth Wednesday  
(785) 628-3131

**General Surgery - Dr. Hornick**  
Monthly  
(785) 623-5945

**Mobile Echo**  
Tuesdays  
(785) 460-1250

**Orthopedics - Dr. Ahad**  
Third Wednesday  
(866) 428-8221

**Orthopedics - Dr. Bassett**  
First Tuesday  
(866) 428-8221

**Urology**  
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Call the number listed for specific clinic locations.

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