

School Activities and Menus

Brewster
Activities: **Tuesday:** 3 p.m. high school golf, Oakley; 3 p.m. high school track, Logan. **Thursday:** 9:30 a.m. junior high track, Logan; 3 p.m. high school golf, Colby. **Friday:** no school; 3 p.m. high school track, Colby. **Saturday:** prom.
Menus: **Monday:** breakfast: sausage and cheese biscuit. Lunch: hamburger stroganoff, green beans, peaches, apple half. **Tuesday:** breakfast: French toast, bacon. Lunch: chicken patties, mashed potatoes, broccoli, peas, Jell-o with mixed fruit. **Wednesday:** breakfast: grilled cheese. Lunch: taco salad, corn, baby carrots, orange slices. **Thursday:** breakfast: breakfast pizza. Lunch: ham and cheese sandwich, chips, veggie sticks, applesauce, cookie.
Colby Public Schools
Activities: **Monday:** lunch money due; forensics state championships, Topeka; 9 a.m. varsity golf, Thomas More Prep-Marian; 3 p.m. junior varsity tennis, Scott City; 3 p.m. middle school track with Rawlins County/Goodland/St. Francis; 4/5:30 p.m. softball vs. Great Bend; 4/6 p.m. baseball vs. Liberal; 7 p.m. board meeting, district office. **Tuesday:** National

Teacher Appreciation Day; forensics state championships, Topeka; 3 p.m. junior varsity tennis doubles, Russell; 3 p.m. varsity track, Garden City; 3 p.m. junior varsity golf, Oakley; 3 p.m. junior varsity golf, Norton; 4/5:30 p.m. junior varsity softball, Ellis. **Wednesday:** middle school UGLY day; noon - grade school parent-teacher-organization meeting; 1:30 p.m. first grade Moonlight Gardens field trip; 3:45 p.m. coordinating council, administration; 7 p.m. high school all sports booster club meeting. **Thursday:** National School Nurse Day; 2:30/7 p.m. fourth grade recorder and fifth grade band concert, grade school auditorium; varsity tennis regionals, Russell; 9:30 a.m. varsity baseball, Hays tournament; 1:30 p.m. first grade Moonlight Gardens field trip; 3 p.m. middle school track, Oakley; 3 p.m. varsity golf, Colby Invitational; 4/5:30 p.m. varsity softball, Goodland. **Friday:** American College Testing Program test registration deadline for June 12 test; varsity tennis sub-state, Russell; 10:30 a.m. first grade museum field trip; 3 p.m. track, Colby Invitational. **Saturday:** 8-11:30 p.m. junior/senior prom, City Limits; middle school

choir trip, Denver; 8 a.m. Kansas Scholastic Press Association State Journalism Festival, Overland Park; 9:30 a.m. varsity baseball, Hays tournament.
Menus: **Monday:** breakfast: breakfast pizza, apples. Lunch: barbecue rib on bun, seasoned loops, carrots, strawberries. **Tuesday:** breakfast: blueberry muffin, grape juice. Lunch: super nachos, corn, cinnamon bread sticks, peach. **Wednesday:** breakfast: pancake, syrup, applesauce. Lunch: marzetti, mixed veggies, rosy applesauce, cookie. **Thursday:** breakfast: waffle sticks, apple juice. Lunch: wafered turkey/bun, fries, broccoli with cheese, strawberry and bananas. **Friday:** breakfast: long john with maple frosting, oranges. Lunch: chicken strips, au-gratin potatoes, California blend veggies, apple.
Colby Community College
Activities: **Sunday:** fourth

annual High Plains Scout Pow-wow, campus; 1 p.m. baseball vs. Seward County. **Monday:** 5 p.m. student educators, Bedker 714. **Tuesday:** 6 p.m. chess club, library; 7:30 p.m. spring band concert, Cultural Arts Center. **Wednesday:** 3 p.m. retirement farewell reception, Student Union; 3 p.m. honorary degree recipient reception, Student Union. **Thursday:** 7:30 p.m. OPTIC meeting, Fireside Lounge; track Region 6 championships, Johnson County, Overland Park. **Friday:** softball Regional Tournament; baseball Region 6 first round; track Region 6 championships, Overland Park;

5 p.m. final collection day for Genesis donations. **Saturday:** softball Regional Tournament; baseball Region 6 first round; track Region 6 championships, Overland Park. **Sunday:** Mother's Day; baseball Region 6 first round.
Golden Plains
Activities: **Monday:** teacher appreciation week; National Honor Society blood drive; middle school/high school talent show. **Tuesday:** noon - high school track, Logan. **Wednesday:** National Honor Society teacher/staff appreciation breakfast. **Thursday:** 9:30 a.m. middle school track, Logan. **Friday:** 3 p.m. high school

track, Colby. **Saturday:** freshman car wash, Rexford.
Sacred Heart
Activities: **Friday:** kids savings club.
Menus: **Monday:** chicken tenders, mashed potatoes, carrots, rosy applesauce, muffin. **Tuesday:** hot ham and cheese, au-gratin potatoes, corn, grapes. **Wednesday:** lasagna, green beans, fruit mix, garlic roll. **Thursday:** barbecue bites, peas, pears. **Friday:** hamburger, french fries, broccoli, banana.
Is your school missing from this list? Send us your calendar and menus.

GOLF

May Madness Fun Golf Saturday, May 1

Two Person Scramble 2 - ?
 Hog Roast 5:30 - ?
 Putting contest 5 - 6 \$5 entry fee
 Chipping Contest 5 - 6 \$5 entry fee
 Open golf to the family in morning

Fees per Person:
 Hog Roast only: \$12
 Scramble and Hog Roast Fee: \$50
 Family Fee (morning and roast): \$75

The family fee includes open golf in the morning and hog roast. Bring the family out Saturday morning and give us a try.



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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.

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<p>2008 GMC Acadia-SLE-1, AWD, 31,178 miles</p> 	<p>2006 Jeep Liberty-4WD, Sport, 39,949 miles</p> 
<p>2006 Chevy Trailblazer-LS, 4WD, 56,372 miles</p> 	<p>2004 Jeep Grand Cherokee-Laredo, 4WD, 81,605 miles</p> 

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Colby Outreach Clinic Schedule

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

Call the number listed for specific clinic locations.