

School Activities and Menus

Colby Public Schools

Activities: Monday: 1:30 p.m. seventh and eighth grade scholars bowl, Brewster; 4 p.m. varsity scholars bowl, Quinter; 4 p.m. junior varsity scholars bowl, Brewster; 6 p.m. girls C-team basketball, Burlington, Colo.; 7:30 p.m. boys C-team basketball, Burlington. **Wednesday:** USA Convention through Friday; 5:30 p.m. high school site council, high school conference room. **Thursday:** 4:30 p.m. seventh and eighth grade basketball, Goodland. **Friday:** Kansas High School Athletics Association annual meeting; high school eligibility for activities determined. **Saturday:** 10:30 a.m. junior varsity wrestling, Stratton, Colo., tournament; 8 p.m. forensics, Hill City.

Menus: Monday: breakfast: scrambled eggs, toast, grape juice; lunch: beef spaghetti, peas, garlic bread, romaine spinach salad, orange slices. **Tuesday:** breakfast: biscuits and gravy, orange wedges; lunch: pizza wrap, carrot with dip, seven-layer salad, mixed veggies, pear. **Wednesday:** breakfast: breakfast pizza, apple juice; lunch: soup day, chili, chicken noodle, cinnamon roll, veggies, strawberry fruit mix. **Thursday:** breakfast: long john, pineapple chunks; tostado, lettuce and tomato, salsa, corn, biscuit with jelly, pineapple chunks. **Friday:** breakfast: waffle sticks, grapes; lunch: chicken nuggets, whipped potato with gravy, green beans, hot roll, peach.

Sacred Heart

Activities: Saturday: 5:30 p.m. Catholic Schools Week mass.

Menus: Monday: chicken fajitas, broccoli, pineapple. **Tuesday:** steak fingers, mixed vegetables, rosemary applesauce. **Wednesday:** soup day, chili, chicken noodle, carrot sticks, strawberries with bananas, cinnamon roll. **Thursday:** lasagna, green beans, fruit mix, bread sticks. **Friday:** pig in a blanket, peas, orange slices.

Heartland

Activities: Monday: 1:30 p.m. junior high scholar's bowl, Brewster. **Friday:** 6 p.m. high school basketball, Almena. **Sunday:** 11 a.m. Christian School barbecue.

Golden Plains

Activities: Monday: 1:30 p.m. middle school scholar's bowl, Brewster; 4:30 p.m. high school scholar's bowl, Brewster. **Tuesday:** high school basketball.

Quinter. Wednesday: 12:30 p.m. early dismissal, teacher inservice; 1 p.m. middle school scholar's bowl, Healy. **Thursday:** middle school basketball vs. Grinnell/Wheatland, Rexford. **Friday:** high school basketball, Dighton. **Saturday:** Kansas Day.

Menus: Rexford: Monday: breakfast: French toast; lunch: ham steak. **Tuesday:** breakfast: pancake and sausage; lunch: Italian dunker. **Wednesday:** breakfast: bagels; lunch: Frito pie. **Thursday:** breakfast: breakfast combo; lunch: potato bar. **Friday:** breakfast: hash browns; lunch: chicken tender.

Selden: Monday: breakfast: breakfast burrito; lunch: hamburgers. **Tuesday:** breakfast: long john; lunch: goulash. **Wednesday:** breakfast: biscuit and gravy; lunch: ham. **Thursday:** breakfast: pancake; lunch: pizza. **Friday:** breakfast: scrambled eggs; lunch: burrito.

Brewster

Activities: Monday: no school; 4:30 p.m. high school scholars bowl, Brewster; 1:30 p.m. junior high scholars bowl, Brewster. **Wednesday:** 1 p.m. Freedom League scholars bowl, Healy. **Thursday:** 4 p.m. junior high basketball, Dighton. **Friday:** 6:30 p.m. high school basketball, Weskan.

Menus: Tuesday: breakfast: oatmeal chocolate chip muffin; lunch: chicken and noodles, mashed potatoes, peas, carrots, mandarin oranges, pineapple. **Wednesday:** breakfast: pancake, sausage; lunch: spaghetti and

meat sauce, green beans, baby carrots, peaches, apple, breadsticks. **Thursday:** breakfast: sausage biscuit; lunch: country style beef patty, mashed potatoes, winter mixed veggies, pears, orange slices. **Friday:** breakfast: French toast strips; lunch: turkey cheese sub, fries, veggie sticks mixed fruit, apple.

Colby Community College

Activities: Sunday: 2 p.m. women's basketball vs. Hutchinson, community building; 4 p.m. men's basketball vs. Hutchinson, community building. **Monday:** 5:30 p.m. women's basketball, El Dorado; 7:30 p.m. men's basketball, El Dorado. **Tuesday:** 10 a.m. "Book Talk," Dr. Kipp Van Camp, library; 4 p.m. physical therapist assistant massage clinic, Health Science 804. **Wednesday:** 6 p.m. women's basketball, Great Bend; 8 p.m. men's basketball, Great Bend. **Thursday:** 1:30 p.m. Test of Essential Academic Skills, Ferguson Hall 506; 4 p.m. massage clinic, Health Science 804. **Friday:** 11 a.m. indoor track at Jayhawk Classic, Lawrence; 1:30 p.m. Test of Essential Academic Skills, Ferguson Hall 506. **Saturday:** Kansas Day; 3:30 p.m. Northwest Kansas Piano Clinic, Cultural Arts Center. **Sunday:** 9 a.m. wrestling, Kansas Cup, Hays.

Triplains

Activities: Monday: no school; high school basketball practice, Brewster; 1:30 p.m. junior high scholars bowl, Brewster; 4:30 p.m. high school scholars bowl, Brewster. **Tuesday:** high school basketball practice, home sites.

Kansas junior meat goat day set for March 26 at K-State

Kansas State University will sponsor the biennial Kansas Junior Meat Goat Day on Saturday, March 26, at K-State's Weber Arena in Manhattan.

"The event is dedicated to meat goat production, management and exhibition practices," said Brian Faris, sheep and meat goat specialist with K-State Research and Extension. "The workshop is designed for all ages and skill levels."

All participants receive a T-shirt and lunch. Registration begins at 8:45 a.m., with the program starting at 9:15 a.m. The tentative schedule includes:

- Selecting Your Youth Project.
- Nutrition 101.
- General Care and Handling for beginning showmen.
- Feeding, Fitting and Showing for advanced showmen.
- Health and Wellness.

The fee is \$15 per person if paid by March 11 and \$20 after that. Participants who register after March 11 cannot be guaranteed a shirt. Information is available on the Web at www.YouthLivestock.KSU.edu or by contacting Chelsea Tomascik at tomascik@ksu.edu or (785) 532-1264 or Brian Faris at brfaris@ksu.edu or (785) 532-1255.

Wednesday: high school basketball practice, Winona; 1 p.m. junior high scholars bowl, Freedom League, Healy.

Thursday: high school basketball practice, Brewster; junior high basketball, Weskan.

Friday: 6:30 p.m. girls varsity basketball, Weskan, Brewster drives; 8 p.m. boys varsity basketball, Weskan, Brewster drives.

Send us your calendar and menus. E-mail colby.society@nwkansas.com or mail Colby Free Press, 155 W. Fifth, Colby, Kan., 67701.

Senior Progress Center

Wednesday there will be coffee and cinnamon rolls at the Senior Progress Center.

Activities for the week: **Monday:** 10:30 a.m. pinochle game. **Tuesday:** 10 a.m. exercise. **Wednesday:** coffee and cinnamon rolls. **Thursday:** 10 a.m. exercise; 10:30 a.m. Skip Bo. **Friday:** 10 a.m. exercise; 10:30 a.m. Wii game.

Menus for the week: **Monday:** cook's choice entree, potato rounds, mixed vegetables, bread, plums. **Tuesday:** turkey, sweet potatoes, green beans, bread, five-cup salad. **Wednesday:** meat

loaf, scalloped potatoes, seasoned carrots, bread, rosemary pears. **Thursday:** barbecue beef sandwich, coleslaw, strawberries, bun, shortcake. **Friday:** baked chicken, masked potatoes with gravy, corn, bread, peaches.

The Thomas County Nutrition Center invites anyone 60 and older and guests to lunch Monday through Friday at the senior center. A contribution of \$3 per meal is suggested for seniors, \$5.25 for others.

Make reservations at (784) 460-2901 by noon the day before.

THANK YOU

to these businesses and individuals for making the Benefit for Dave Rodriguez so successful:

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Deb Miles
Geri & Francis Landry

Special thanks to these people who worked so hard at the benefit:

Megan & Nick Quenzer, CW Hamilton, Tracey Galli, Rina Shields, all other American Legion Riders who donated their time, you are all amazing, and to Darren Kannady for donating his special DJ'ing talents!!! To the many people who braved the weather to come out, those who participated and bought Silent Auction items - Thank you all so very, very much!! - Flo Rodriguez

I'd just like to say thank you to all of those who came out New Years Eve in the cold and snow to donate money, help with the fund raiser, or just stop in to say hi. You all made a difficult time for me and my family, much easier to handle. I'd especially like to thank the American Legion Riders, Nick and Megan Quenzer, Darren Kannady, and CW Hamilton, and my mother and sister for the great job they did organizing the whole thing. I also want to thank the City of Colby employees who donated all the sick days they did. Thank you all. I won't ever forget it.

David Rodriguez

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