

Student News

Colby Public Schools
Activities: Monday: begin fourth quarter; grade cards sent home this week; 7 p.m. school board, Administration Building.
Wednesday: 7:30 p.m. middle school spring picture day, middle school gym; 7:30 a.m. high school faculty meeting. **Thursday:** 7:30 a.m. grade school spring picture day, middle school gym.
Menus: Monday: breakfast: waffle sticks, syrup, applesauce; lunch: chicken and noodles, mashed potatoes, broccoli with cheese, fruit cocktail. **Tuesday:** breakfast: breakfast sandwich, apple juice; lunch: beef steak fingers, potato wedges, steamed carrots, apple wedges. **Wednesday:** breakfast: cereal, orange juice; lunch: hot dogs, baked beans, cauliflower with cheese, peach halves. **Thursday:** breakfast: oatmeal breakfast round, mandarin oranges; lunch: spaghetti, garlic toast, corn, tropical fruit. **Friday:** breakfast: cereal bar, string cheese, grape juice; lunch: cheese pizza, tossed salad with romaine, peas, orange wedges.
Sacred Heart
Activities: Monday: begin fourth quarter. **Friday:** living Stations of the Cross.
Menus: Monday: chicken tetrazzini, romaine tossed salad, steamed carrots, whole grain French garlic bread, fresh straw-

berries. **Tuesday:** pork rib on a bun, dark green leaf lettuce and tomato, tri-tater, green beans, fresh kiwi. **Wednesday:** lasagna, garden spinach salad, whole grain bread stick, apple wedges. **Thursday:** baked chicken drumsticks, savory rice, fresh broccoli, corn, oatmeal roll, sliced peaches. **Friday:** fish, whole grain chips, sweet potato puffs, baked beans, fresh grapes.
Heartland
Activities: Monday: begin fourth quarter; 7 p.m. board meeting. **Friday:** third through 10th grade science fair.
Golden Plains
Activities: Friday: 7 p.m. junior carnival, Rexford.
Menus: Rexford: Monday: breakfast: pancakes and sausage; lunch: ham steak. **Tuesday:** breakfast: grilled ham and cheese; lunch: chicken nuggets. **Wednesday:** breakfast: breakfast burrito; lunch: chili. **Thursday:** breakfast: bagels; lunch: beef and noodles. **Friday:** breakfast: hash browns and toast; lunch: tuna mac.
Selden: Monday: breakfast: burrito; lunch: chicken. **Tuesday:** breakfast: toast; lunch: sloppy joe. **Wednesday:** breakfast: biscuit and gravy; lunch: hot dog. **Thursday:** breakfast: waffle sticks; lunch: roast beef. **Friday:** breakfast: eggs and toast; lunch: grilled cheese.

Brewster
Activities: Saturday: Hot Hoops basketball tournament.
Menus: Monday: breakfast: sausage cheese biscuit; lunch: taco soup, chips, fresh broccoli, cookie. **Tuesday:** breakfast: cinnamon roll; lunch: corn dog, fries, peas, carrots. **Wednesday:** breakfast: pancakes, sausage; lunch: beef and noodles, broccoli, cooked carrots. **Thursday:** breakfast: scrambled eggs; lunch: cowboy cavatina, green beans. **Friday:** breakfast: grilled cheese; lunch: cheese pizza, tossed salad, baby carrots.
Colby Community College
Activities: Sunday: 1 p.m. baseball vs. Barton. **Monday:** 5:30 p.m. trustees meeting; 7 p.m. Irish meal, cafeteria, cookie decorating, Student Union. **Tuesday:** 3 p.m. baseball, Sterling, Colo. **Wednesday:** 3 p.m. baseball vs. McCook. **Friday:** fall enrollment. **Saturday:** 10 a.m. track, El Dorado; 1 p.m. baseball, Dodge City; equestrian team, Syracuse, N.Y. **Sunday:** equestrian team, Syracuse, N.Y.; 1 p.m. baseball, Dodge City; 2 p.m. Walk a Mile in Her Shoes, Union; men's golf, Emporia.
 Send us your calendar and menus. E-mail colby.society@nwkansas.com or mail *Colby Free Press*, 155 W. Fifth, Colby, Kan., 67701.

My duck!



JUDY ROGERS/GOLDEN PLAINS HIGH SCHOOL
 Jaiden Koerperich selected a duck out of the duck pond to claim a prize at last year's junior carnival at Golden Plains High School. This year's carnival will be held next Friday, March 22, beginning at 7 p.m. The juniors encourage all to come out for a fun evening of games and prizes for all ages.

Senior Progress Center

Come enjoy Wii bowling Friday at the Senior Progress Center.
Activities for the week: Monday: 10:30 a.m. Skip Bo. **Tuesday:** 10 a.m. exercise; 10:30 a.m. Rummikub. **Wednesday:** cookie day. **Thursday:** 10 a.m. exercise; 10:30 a.m. pinocle. **Friday:** 10 a.m. exercise; 10:30 a.m. Wii bowling.
Menus for the week: Monday: Swiss steak, parslid potatoes, emerald pears, cook's choice complement. **Tuesday:** hamburger, onion, pickle, broccoli salad, fruit cobbler. **Wednesday:** paprika chicken, mashed potatoes, gravy, seasoned carrots, applesauce gelatin. **Thursday:** meat loaf, scalloped potatoes, cinnamon-ap-

ple slices, birthday cake. **Friday:** chef salad (meat on the side), citrus slices, breadstick, brownie.
 The Thomas County Nutrition Center invites anyone 60 and older and guests to lunch Monday through Friday at the senior center. Make reservations at 460-2901 by noon the day before.

Trainings scheduled to help seniors learn more about health insurance

There will be trainings for the Senior Health Insurance Counseling For Kansas program on Thursday, May 2, Wednesday, June 12, and Wednesday, July 10, sponsored by the Northwest Kansas Area Agency on Aging and the Kansas Department for Aging and Disability Services.

Attendance at all three days is required for full certification, though alternate training dates and locations are available. Mileage and lodging, if needed, will be paid. Pre-registration by Wednesday, April 24, is required.

Medicare supplement insurance, long-term care insurance and other health insurance subjects.
 For information, contact Glenna Clingsmith at the agency at (800) 432-7422 or (785) 628-8204.

Red Barn

Activities for the week: Sunday: Vick Wark's birthday; St. Patrick's Day. **Monday:** 2 p.m. Barnswallows. **Wednesday:** 10 a.m. ladies' Bible study; first day of spring. **Thursday:** 2 p.m. Come On Down; 6:30 p.m. Spuds 'n Splits. **Friday:** 9:30 a.m. Koffee Klatch; 10:30 a.m. board meeting; 1:30

p.m. Red Barn Gang practice; 2:30 p.m. Stitch and Chatter.
 The *Colby Free Press* is looking for a correspondent to cover the Rexford area. Call Marian Ballard or Sharon Friedlander at 462-3963, or e-mail Colby.editor@nwkansas.com

Man fakes injury for ride

BERWICK, Pa. (AP) - Police in central Pennsylvania allege that a man fabricated a story about being the victim of a hit-and-run last month because he wanted a ride home.
 The (Bloomsburg) Press Enterprise (bit.ly/WW880J) says the 18-year-old Beach Haven resident was walking along Route 11 in Salem Township at about 1 a.m. on Feb. 8 when he called for help.
 Police said he told officers and Berwick Ambulance personnel that he had been struck in the left leg by a pickup truck, but they could find no evidence of an injury. Authorities allege that he eventually acknowledged having made up the story so he could get a ride. They said the suspect will now be facing charges of causing a false alarm, filing a false report and disorderly conduct.

St. Patrick's Day
S.P.E.C.I.A.L.S

Serving Cornbeef and cabbage
Friday & Saturday

All Day, All You Can Eat for just \$8.95!
Come enjoy a mug of Green Beer!

Live Music - Taylor's Bayou

TWISTERS Bar & Grill | 785.460.7888
735 E. College Dr.

You
Can Make A Difference

24th Annual Raile Charolais/Red Angus Production Sale
Monday, March 18, 2013, 1 p.m. CST - St. Francis Auction Market, St. Francis
 Selling 77 Bulls, 45 Charolais, 20 Red Angus, 12 Composite CharolaisXRed Angus or Angus
 Selling 30 Females, 15 Top End purebred Charolais, 15 top quality CharolaisXRed Angus (Show prospects)

<p>Charolais Sires: Finks 2250, Finks 8823 Schurrtop J827, Raile Bluegrass X195 Raile 5744 X150</p>	<p>Red Angus Sires: Feddes Sky 862, CTC Grandstatement 1025</p>
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These bulls will increase length, muscle, improve yield grade and marbling while increasing efficiency in the feed yard and cow herd

With over 40 years of performance and carcass testing and 14 years of ultrasound data, you can buy with confidence.

ID#	BW	WW	YW	Milk	ADW/RATIO	ADY/RATIO
Z050	3.8	43	84	4	764/118	1473/115
Z053	1.2	31	61	10	700/108	1313/103
Z098	0.7	59	118	25	770/115	1467/117
Z236	1.1	25	49	14	635/108	997/100

Z050 • Raile X150
X Primecut 0107

Z053 • Raile X150
X Finks 2250

Z098 • CTDB Grandstatement 1025
X Sorg 6194

Z236 • Raile Bluegrass X195
X Super Charlie 0767

Ultrasound data available on all bulls.

Bulls are the "rancher kind" that sire cattle that Grow, Grade and Yield! Thick, deep bodied, high volume, February-March Yearlings

Raile Charolais/Red Angus
 1965 Road 7 • St. Francis, KS 67756
 Cliff and Judy Raile 785-332-2794 Mark Hitt 303-638-5107
 Cliff Raile (cell) 785-332-6084
 E-mail craile@wildblue.net • www.railebeef.com

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THE COLBY FREE PRESS

THE TUMBLEWEED CHORUS PRESENTS:

Diamond Jubilee

Featured Quartet: Rusty Pipes

Colby Community College Cultural Arts Center
 Frahm Theatre

Saturday, March 23, 2013
 3:30 p.m. and 7:30 p.m.

Tickets are \$10 in advance and \$12 at the door. Advance tickets are available at Eisenbise Insurance Agency, 2780 N. Range, Colby or call Rod Eisenbise at 785-462-2474

Make a Difference - Please Recycle

RAWLINS COUNTY HEALTH CENTER COMMUNITY CALENDAR

707 Grant Atwood, KS 67730
(785) 626-3211

Bringing Specialized Healthcare To Your Community

March 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Dr. Rubinstein Oncology	5	6 Ultrasounds Cardiac Rehab Diabetic Clinic	7	8 Cardiac Rehab MRI's	9
10 Ultrasounds Cardiac Rehab	11 Ultrasounds Cardiac Rehab	12 Mammograms	13 Dr. Frankum Surgery	14 Dr. Reeves Podiatry	15 Dr. Reeves Podiatry	16 Nuclear Medicine Cardiac Rehab MRI's
17 Ultrasounds Cardiac Rehab	18 Ultrasounds Cardiac Rehab	19 Dr. Frederick C. Miller Cardiology	20 High Plains Cardiologist	21 Kirsten Angel Dietitian	22	23 Cardiac Rehab MRI'S
24 Ultrasounds Cardiac Rehab	25	26	27 Ultrasounds Cardiac Rehab Diabetic Clinic	28	29	30 Nuclear Medicine Cardiac Rehab MRI'S
31	To schedule an appointment with a visiting physician, PLEASE CALL (785) 626-3211 Cheryl Banister, RN Specialty Clinic Director					