

# Family

## Order of the Eastern Star gets ready for initiation

Colby Chapter #442, Order of the Eastern Star, met Monday night with Worthy Matron Mary Molstad and Worthy Patron Harold Lefmann presiding in the East. A delicious covered dish dinner preceded the meeting at 6:30 p.m. All members are invited to join in this fellowship. The Pledge of Allegiance and the singing of the "Star Spangled Banner" opened the meeting. The minutes of the previous meeting were read and roll call was taken. One guest was present and welcomed.

Members were reminded to bring their stuffed animals to the next meeting as they will be taken to the hospitals in December. Also remember to collect tabs for Ronald McDonald house. Members are reminded to pick up membership petitions from the secretary, and a practice initiation will be held at the next meeting. Past Matrons will meet at the Colby Country Club next Thursday for their Thanksgiving luncheon. All past matrons are invited to attend.

## Babies

**Will Anton Bruggeman**  
 Greg and Traci Bruggeman of Selden announced the birth of their son, Will Anton Bruggeman on Monday, Nov. 7, 2005. Will weighed 9 pounds, 4 ounces. Maternal grandparents are Trudy Wildeman of Colby and Don and Sherrel Barnett of Wallace. Paternal Grandparents are Darrel and Carlene Bruggeman of Selden. Maternal great-grandparents are Ferma Garrett of Colby and Berneda and Ray Zoberst of Rexford.

**Caitlin Jo Behring**  
 Gina Carman and John Behring of Colby announce the birth of their daughter, Caitlin Jo Behring on Tuesday, Nov. 15, 2005 at Hays Medical Center. Grandparents are Wilma and Marty Carman of Colby and Norm and Betty Behring of Colby. Great-grandparents are Mary Carman of Colby and Joe and Bernadine Brown of Atwood. Caitlin was welcomed home by half-brother Tyler Behring.

**Garrett James Schroeder**  
 James and Destiny Schroeder of Herndon announce the birth of their son, Garrett James Schroeder on Monday, Nov. 18, 2005 at Citizens Medical Center in Colby. Garrett weighed 8 pounds, 3 ounces and is 20 inches long. Grandparents are Richard and Mary Schroeder of Colby and Don and Diana Solko of Herndon. Great-grandparents. Mary Brooks of Norton, Lucille Solko of Atwood and Delmar and Nadine Dewey of Trenton, Neb. Garrett was welcomed home by siblings Donovan and Ceanne.

## Heartland Share sign-up next week

Heartland Share sign-up for December is Nov. 28-Dec. 2, at the State Farm Insurance office in Colby. A Christmas share with ham is offered for \$22.50 and two hours of volunteer time.

## Markets

Quotes as of close of previous business day  
**Hi-Plains Co-op**

Wheat	\$3.24
Corn	\$1.69
Milo	\$2.53
Soybeans	No bid

# Lions Club inducts two new members

Two more members were inducted into the High Plains Lions Club at its regular meeting Monday, Nov. 14. Lion Larry Koon conducted the induction ceremony for Ron and Diane Turvey. Lion Koon gave the order of chain of command of Lions International, explaining how each Lions member fits into the world's largest service club. He explained the official colors of the club are purple and gold. Purple representing loyalty and integrity expected from each club member and each individual club. The gold represents the generosity of each member and club in helping people in need and the spirit of understanding and promoting citizenship. Lion Koon explained the official Lions pin has a lion facing in both directions, one looking back and one looking forward. Lion members are always reviewing what they have accomplished, but are more concerned in what needs to be done in the future to promote the Lions motto "We Serve." Lion Jay Kelley, sponsor of the couple,

pinned the Lions lapel pin on each of the new inductees at the close of the ceremony. Lion Kelley introduced his guest, John Van Nostrand, publisher of the Colby Free Press. Lion Francis Britton, program chairman for the evening, introduced his guest, Martin Rinehart, assistant director of Thomas County Emergency Medical Services. He brought with him an automated external defibrillator. He explained how this little machine may save a life. "These are heart savers," he said. "They save lives." Rinehart explained how these defibrillators are located throughout the city and county. In the city, they are located at the Colby Community Building, Oasis Travel Center and soon to be one at Colby Community College. The county ambulances and first responder truck also have them. The ambulance defibrillators are much more sophisticated machines. The communities of Rexford, Mingo, Menlo, Gem and Brewster have them and hopefully soon Levant will have one. The emergency medical services personnel provide a four- to five-hour training session for the communities and businesses who have these defibrillators. The machines were acquired by the county through a grant at no cost to the taxpayers. The first few minutes following a heart attack are crucial to saving a life. We know these machines have saved at least one life already in Thomas County. Following the program, president Sheryl Brenn presented an award to Lion Lacey Moore for bringing two new members into Lions International. President Brenn distributed pre-sale tickets to the upcoming pancake feed, 7 a.m. to 2 p.m. Saturday, Dec. 3, at the Colby Community Building. Tickets are \$3.50 each. Announcements made included the Christmas party which will be with the Atwood Lions Club in Atwood Monday, Dec. 12. The club will be participating in the community Christmas boxes Dec. 10. The R.S.V.P. to the Goodland Lions Club 50th anniversary celebration is Monday, Dec. 19. The club will be participating in the Thomas County Health Fair Jan. 14 at the college. Lion Virgil Jones reported he delivered 450 pairs of glasses this week to Lion Dee Bodine, district eyeglass collection chairman. Lion Elmer Lawver, hearing awareness district chairman, sent 18 hearing aids this week to the Philippines. Lion Elmer Lawver won the drawing. The next meeting will be a the Prairie Rose Room Monday, Nov. 28.

## Recipes make holiday healthier time for all

A very happy and healthy Thanksgiving to each one of you from the staff at the Thomas County Health Department. We want to give you a gift of recipes for a very low-fat Thanksgiving dinner that is delicious. Remember to watch portions and to take a long brisk walk after dinner. This way, only the turkey is stuffed. Here are more recipes from our healthy Thanksgiving menu.

**Crudités with Vegetable Cream Cheese Dip:** Slice your favorite veggies into strips and serve with Alpine Lace flavored fat-free cream cheese of your choice.

**Puree of Yellow Squash Soup** (adapted from Mollie Katzens "Still Life with Menu"): one pound yellow squash (crookneck) — about six small ones; two cups chopped onion; two medium cloves garlic, minced; cooking spray; two teaspoons minced fresh thyme (or 1/2 teaspoon dried); two teaspoons fresh sage, chopped (or 1/2 teaspoon dried); one to two teaspoons minced fresh basil (or 1/2 teaspoon dried); one teaspoon salt; one tablespoon unbleached white flour; one-half cup dry white wine; two cups skim milk; freshly ground black pepper.

Cut the ends off the squash and cut into 1/4 inch slices. Set aside. In a large saucepan or Dutch oven, begin to sauté onions and garlic in the cooking spray, over medium low heat. After about five minutes, add squash, herbs and salt. Stir, cover and cook about 10 minutes more. Gradually sprinkle the flour, stirring constantly. Continue to stir over low heat for five minutes. Pour in wine, stir briefly, cover and let simmer at least 20 minutes, stirring carefully every five minutes. Remove from heat and allow the soup to cool enough to puree it. Puree the soup with milk in a food processor until smooth (I needed to use two batches-A) and return it to the soup pot. Adjust the seasonings and add black pepper to taste. Heat gently just before serving.

**Thank you for your cards, letters, calls and flowers on our 60<sup>th</sup> Anniversary. Most of all "Thanks" for your friendship.**  
*Ira & Claudia Mann Bradley, Ok.*

**THANK YOU**

Words cannot express what we feel in our hearts about this community since Steve's passing. For all the food, flowers, memorials, phone calls, cards, prayers and support. A big thank you to Dr. Regier and staff, Brette Pfeifer, Jeannie Solko, Father Dana, my brother, LaRita Schrock and Hospice Nurse Shelly Willems for your support. To my extended family, The Sheriff Dept. & Police Dept. thank you. A special thank you to Don and Cathy Harrison for everything you did to help us through this trying time.

**Marvena Chance  
 Troy Chance and Family  
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