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Family

Death

Neilda R. Forbes

Neilda R. Forbes, 92, of Colby, cosmetologist. died Monday, Jan. 7, 2008, at Prairie Senior Living Complex.

She was aunt to Richard and Peggy Adams of Colby. Mrs. in California at a later date. There Forbes was born Aug. 30, 1915, will be no visitation. Mrs. Forbes in Norton and lived in Colby the was cremated past five years. She was a retired

She was preceded in death by her husband, Nathan, in 1995. Inurnment services will be held

Babies

Landon James Ritter

Schwarz announce the birth of ta Bliss of Hays. Great-grandpartheir son, Landon James Ritter, ents are Dean and Charlotte Wolf born Tuesday, Jan. 8, 2008, at of Grinnell and Irvin and Carol Citizens Medical Center in Colby. He weighed 8 lbs., 6.6 oz., and was 21 inches long.

Grandparents are James and Ritter of Dresden.

Whitney Ritter and Jason Connie Ritter of Colby and Loret-Schwarz of Colby. Great-great grandparents include Mildred Thummel of Grinnell and Francis

Cinnamon roll day to be held at Senior Center

There are plenty of activities picked up. For individuals 60 and scheduled at the Senior Progress over a contribution of \$2.50 per day.

Tuesday starts with 10 a.m. exercise and 11 a.m. Bingo

Wednesday, is "Popcorn Day". Thursday begins with 10 a.m.

exercise and cinnamon rolls and coffee.

Friday starts with 10 a.m. exercise; 10:30 pool game and it's Orange and Black Day.

The Thomas County Nutrition Center in Colby invites those 60 and older and their guests to at- at least 24 hours in advance of its tend daily luncheons in Colby use and be ready at least 30 min-Monday through Friday. Reser- utes in advance of appointment. vations may be made by calling (785) 460-2901 the day before by noon. Home delivery is also available for those unable to attend due to social or physical disabilities. Those who work are also invited to come to pick up a meal. Those tation van after 12:30 p.m., call meals are available at noon to be (785) 443-9208.

Center for the week of Jan. 14-18. meal is requested. Anyone under Monday, is director's surprise 60 years of age is invited to attend or pick up a meal at a cost of \$4.75 per meal. The building is also available for rental for events. For information or lunch reservations, call

460-2901. The Thomas County Public Van is owned by the county but is scheduled and dispatched by the Senior Progress Center. The van is not a taxi service. It will be scheduled on a first-come, firstserved basis. It must be scheduled Sometimes there are four to six calls per time frame. Calls for the van need to be made between the hours of 8 a.m. and noon, Monday through Friday.

To contact the public transpor-

Abilene Hustlers prepare for upcoming fundraisers

By Taylor Todd Abilene Hustlers 4-H Reporter

and benefit soup suppers were office.

Whitney Schultz, March 9, from 11 a.m. to 3 p.m. We encourage everyone to attend. For more in-Pizza building, project meetings formtation contact the Extension

Scouts require members to learn how to confront bullies; address cyberbulling

DALLAS (AP) - As far as the in their ranks. But some critics are lished a comic book on the sub-Boy Scouts of America is con- already picking on the organizacerned, knowing how to confront tion for its new curriculum. a bully is now as important as mastering a slip knot.

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history of the nation's largest Creating Caring Communities, a youth organization, newcomers must show they have learned Scout-approved ways to avoid being pushed around and called names, if they want to advance orize," said Dandurand, who as a through the ranks.

Shaken down for your lunch money? Tell the bully how it hurts. ept at memorizing got more merit Called a crater face? The 2008 Boy Scout Handbook recommends this comeback: "So what if Handbook devotes a half-page to I have a face full of zits. What's it to you?"

'We've always emphasized bullying – how to recognize it, how to prevent it," said Jim Terry, assistant chief executive of the Boy Scouts. "This is just a reinforcement of those principles."

in response to increased bullying the Boy Scouts have even pub-

"I don't see it as radically changing anything," said John For the first time in the 97-year Dandurand, executive director of Denver-based non-profit that advises schools on ways to discourage bullying.

> "It's just a set of things to memyouth attained the rank of Eagle Scout. "Those of us who were adbadges.

> The 472-page Boy Scouts bullies, and Scouts are required to discuss the material with a troop leader to reach the beginner rank of Tenderfoot.

Terry said the measures help reinforce personal safety lessons the Boy Scouts have taught all along. Bullying has long been the subject The Scouts say the move isn't of informal troop leader talks, and

ject.

The handbook also now covers cyberbullying. Aspiring Scouts must demonstrate they know how to show restraint when taunted online.

Terry pointed to the suicide of a 13-year-old Missouri girl who hanged herself in October 2006 after falling victim to an online hoax in which she thought she was corresponding with a boy who didn't really exist.

"That was not a trigger, but it proves we're on the right track," Terry said. "Her death speaks specifically to what we're trying to prevent."

Dorothy Espelage, a professor of educational psychology at the University of Illinois, credited the Boy Scouts for mandating the lessons. But she had hoped the material would also have some advice for Scouts who might sometimes bully others.

"You know that some of these

Boy Scouts are bullies, and that they're ringleaders," Espelage said. "Why do we always put it on the victim to change their behavior?'

Scouts Will Baker, 11, and Kolby Wassel, 12, said they learned anti-bullying tactics such as not fighting back and counting backward to control their anger when teased.

After making beef jerky at a scout gathering near Dallas, Baker said he didn't think bullying was enough of a problem to make lessons mandatory.

Wassel was more approving.

"For most of the younger Scouts, I think that would be a great thing for them," said Wassel, a thirdyear Scout. "Sometimes they get really depressed if (bullies) hurt their feelings."

On the Net: http://www.scouting.org/

Salad is ideal for cold weather and diets Markets

By The Associated Press

This spicy, hearty salad is perfect cold-weather fare. And with just 195 calories per serving, it's just right for sticking to your New Year's resolution to eat healthier. Also try it with chicken or shrimp instead of steak.

ASIAN BEEF SALAD

Start to finish: 30 minutes (15 minutes active)

Servings: 4

1 pound sirloin steak, trimmed of excess fat

- 3 tablespoons lime juice
- 1 tablespoon fish sauce

1 tablespoon reduced-sodium soy sauce

1 teaspoon sugar

1/2 teaspoon chili paste or crushed red pepper flakes, or to taste

1 cucumber, peeled, seeded, quartered lengthwise, then thinly sliced

1/4 red onion, thinly sliced 1 cup halved grape tomatoes

2 tablespoons chopped fresh ci- rated); 40 mg cholesterol; 8 g carlantro

mint

peanuts

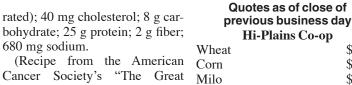
medium-high.

Grill the steak for 7 to 10 minutes per side for medium-rare. Remove the steak from the grill and let rest for 5 minutes. Once the steak has rested, cut it into thin strips.

Meanwhile, in a large serving bowl, combine the lime juice, fish sauce, soy sauce, sugar and chili paste. Add the strips of steak and toss to coat.

matoes, cilantro, mint and scallions, then gently toss to combine. Transfer to 4 serving plates, then sprinkle each serving with peanuts.

Nutrition information per serving: 195 calories; 7 g fat (2 g satu-



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	\$4.36
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SUNBURST BEAUTY PAGEANT AND **MOST BEAUTIFUL BABY CONTEST!**

Soybe

Saturday, January 12th • Holiday Inn **Riverfront Hotel, St. Joseph, MO**

Reg. @ 1:30 p.m.; Pageant @ 2 p.m.

Pageant Age Groups: Boys 0-3; Girls/Young Ladies 0-27

EVERYONE WILL RECEIVE A TROPHY!!!

EMILIE FITZWATER, STATE DIRECTOR Call (573)434-6848 to receive an entry form with complete contest information. Visit our Frances Hightower, website: www.sunburstbeauty.com

KS/MO Lifetime Queen

680 mg sodium. 2 tablespoons chopped fresh (Recipe from the American Cancer Society's "The Great 2 scallions, thinly sliced 2 tablespoons chopped roasted American Eat-Right Cookbook," 2007, \$29.95) Preheat a lightly oiled grill to

Add the cucumber, onion, to-

some of the subjects discussed at the Abilene Hustlers January meeting.

Cassie Wells, visited the Abilene Hustlers this month. She was a guest of the Todd Family.

the county wide fund raiser Feb. 2. Thank you to all who purchased pizzas making this fund raiser a success.

hosting a benefit soup supper for this month's meeting.

Many of the projects are getting geared up and will start meeting this month. Dog orientation class will meet the Tuesday, Jan. 15, at 7:30 p.m., at the 4-H building. Horse project members meet ev-All Thomas County 4-Her's ery Sunday at 4:30 p.m. Reading will be building the pizzas sold for project members will meet Feb. 17.

The Abilene Hustlers will meet again on Feb. 4, this will be parent's night. Parents will get a tum Thomas County 4-H clubs are in the spotlight as they conduct

New Orleans king cake

NEW ORLEANS (AP) - In this home of Mardi Gras, people have strong feelings about what Mix package. Instead of forming king cake is and when you should eat it.

plastic baby inside traditionally heralded the arrival of Carnival season on 12th Night - Jan. 6 - the day the Catholic faith says three wise men arrived with gifts for the baby Jesus. And it was eaten only until Mardi Gras, Feb. 5 this year.

If you have a plastic baby from a previous king cake, it can be inserted into the dough. Otherwise, insert a bean - preferably a red bean — into the cake after baking. Tradition holds the person getting the bean or baby buys or makes the next king cake.

For cake and filling:

1 box (16 ounces) Pillsbury Hot Roll Mix, prepared according to directions on box

1/2 cup granulated sugar

1 1/2 teaspoons cinnamon

1/3 cup unsalted butter at room temperature

For icing:

2 cups confectioner's sugar

2 tablespoons lemon juice

2 tablespoons water

1 cup granulated sugar (large crystals)

3 or 4 drops of purple, green or yellow food coloring.

Preheat oven to 375F.

Cream the butter, sugar and cinnamon together until soft enough to spread easily.

To make the dough, follow directions on the Pillsbury Hot Roll rolls, turn half the dough onto a floured surface, and roll into The oval-shaped pastry with a a 2-foot-by-1- foot rectangle. Spread half the butter and filling mixture on top of dough.

Beginning at the wide edge, roll the dough toward you into a long cigar shape approximately 2 inches in diameter. Do the same with the second half of the dough. Place dough roll seam-side down on a well-greased baking sheet. Curve each roll, pinching the ends together to make an oval ring. Cover and let rise in a warm place for 20 minutes or until doubled in size.

Bake at 375F for 15 to 20 minutes or until a straw inserted into the dough comes out clean. Allow the cake to cool.

To prepare the glaze, combine sugar, lemon juice and water, mixing until smooth. Slowly add more water by the teaspoon until it spreads as easily as a thin icing.

Place 1/3 cup sugar in each of three small jars with lids. Add three drops of food coloring to each. Cover with lid and shake until color is evenly distributed throughout the large sugar crystals. Add food coloring, drop by drop until desired shade is achieved.

Coat the cake top with glaze. Sprinkle colored sugars in 2- to 3-inch alternating rows of purple, green and yellow. Cut and serve.

To have your ad placed in the Business Directory call Jasmine, Crystal or Hannah today at 462-3963.



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