

# Family

## Cookbooks help busy days

Tonight, Jeff Saddler and friends will talk about Iraq during our Cool Off From Summer program at 7 p.m. at the Pioneer Memorial Library.

We believe that three will be representing the Army, Navy and Marines. One has just come back in 2007. This will allow people to understand some of the changes that have occurred since Jeff served in 2004. It will help us to grasp from the understanding of those who have served what they believe is now happening.

Another event today was the start of classes for Colby Public Schools. This means that you and I need to become more focused on creating an environment in our home that helps us plan ahead for special school, organizational and family times that are added to our lives. With this in mind, I want to talk about several good cookbooks that we have added to our collection.

The first is "Don't Panic: More Dinner's in the Freezer: A Second Helping of Tasty Meals You Can Make Ahead," by Susie Martinez, Vanda Howell and Bonnie Garcia. This book begins by telling the reader about how to save money by purchasing things while on sale and cooking in bulk. The recipes look easy but good. Helpful hints on freezing are also given. Even freezing a lemon meringue pie is explained.

Another book that looks fun is "Country Living: One-Dish Country Suppers: Delicious Casseroles, Frittatas, Roasts and Stews." The book discusses using cast-iron Dutch ovens, heavy enamel cookware and even slow cookers. The pictures were inspiring to me. They called me to try a few of the fabulous looking dishes.

I always appreciate it when a cookbook provides the picture of the recipe. This way I sort of know how something is suppose to look when it is done. I love the international recipes such as Korean-Style Short Ribs, Tortilla Casserole, Cuban Coffee Chili,



**Melany Wilks**  
•Library Links

Indian-Spiced Lamb Chile and Baked Beans with Kielbasa. There are also traditional recipes made with beef, veal, lamb, pork, poultry and seafood, as well as recipes for the vegetarian.

A third book is "Cooking Light: Fresh Food Fast." Mary Kay Culpepper, the editor in chief, provides over 280 recipes that have no more than five ingredients, and take 15 minutes to cook. Once again, each recipe has a photo (you can really see how visual we have become as a society!), and then simple instructions.

At the end of the book, it gives some helpful recipes for four sauces, as well as fast sides. What I came to appreciate in this cookbook is whether you are just beginning to cook low-fat, or have been doing so for years, the cook can pick up quick ways to prepare food without having to add all the extra calories and fat. What I often do is find a recipe in a book that is good, and then see how it informs me on preparing my favorite recipes in a low-fat or fresh manner.

Another book is "Our Best Diabetic Living Recipes," by Better Homes and Gardens. It has 500 recipes, including creative chapters such as company-worthy meals, slow cooker favorites and delightful desserts. It also has a short chapter that discusses managing your diabetes and implementing food exchanges.

Once again, the pictures are delightful! So if you are over your limit on food intake as a diabetic, don't read this at that time. Read it when you are in a planning mode and want to create a special meal for you to enjoy with friends.

A home-written cookbook is "Recipes From KAFCE" by the

Kansas Association for Family and Community Education. This group of women began in 1914 under the Extension program. They wanted to better understand food preservation. The group has evolved into 269 extension clubs across the state. If you are looking for something for a potluck or a healthy delicious meal, look here. Do you have a favorite recipe from one of the women in our area clubs? You may be able to find her recipe, since each recipe has the name of the person who donated it. Happy cooking and eating!

A Back-To-School Essay Contest for seventh and eighth graders being promoted by Learning Quest will begin this week. First prize is \$1,000 and there's \$500 for runner up. The essay, 100 to 200 words, is due by Oct. 16. If your child is interested, look at the website [learningquest.com/essay](http://learningquest.com/essay).

A few weeks ago, we reported on the wonderful time and success we had during summer reading. The Youth Activity Center located in the library basement opened during the summer. We have decided to call this area the "YAC," since kids yak and do so much together. We thought it was an appropriate title.

The kids have been enjoying the use of the Wii and Play Station II during the summer, while also using the eight computers downstairs reserved for them. I want to thank Walmart for helping us buy new fun video games, board games and puzzles, as well as sponsoring other activities.

Now that school has started the "YAC" will be open after school from 3:30 to 6 p.m.

Our fall hours begin after Labor Day. Until then, we open at 9 a.m. every day but Sunday, and close at 6 p.m. Monday to Wednesday, 8 p.m. Thursday, 5 p.m. Friday and 4 p.m. Saturday. Sunday hours are 1 to 4 p.m.

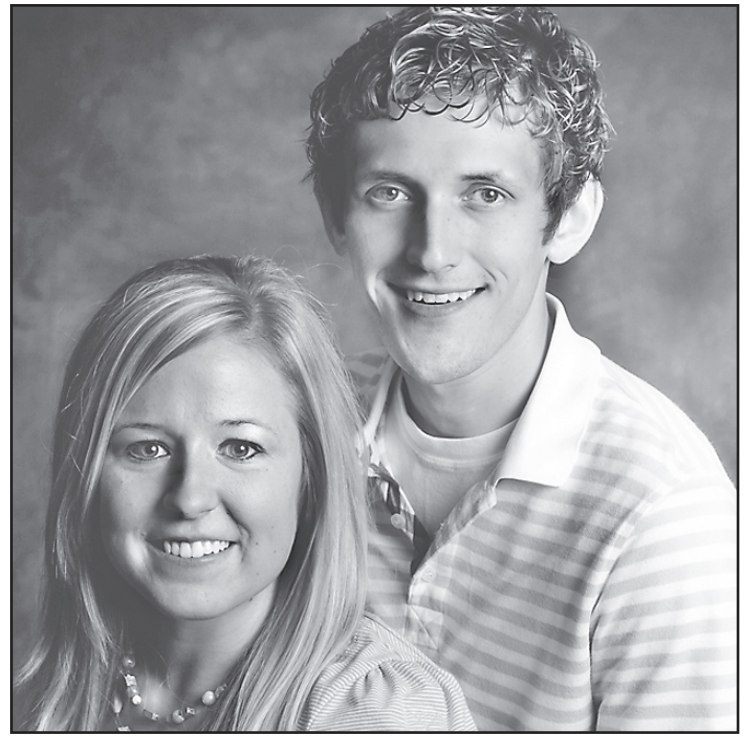
Remember, we have Wi-Fi for you 24/7, as well as computers with Internet access available when we are open. See you at the library!

## Brewster grad to marry in Wichita

Jana Dinkel and Robert Tubbs Jr. of Wichita plan to marry Saturday, Sept. 12, 2009, at the Catholic Cathedral of the Immaculate Conception in Wichita.

The bride is the daughter of George and Linda Dinkel of Mulvane. She is the granddaughter of Marvin Klaus and the late Mary Frances Klaus of Hays, and Leon and Lillian Dinkel of Victoria. She is a 2004 graduate of Mulvane High School and a 2009 graduate of the Johnson County Community College dental hygiene program.

The groom is the son of Ray and Julie Tubbs of Levant, and Denise Adams of Kansas City. He is a grandson of the late Clarence and Clara Tubbs of Colby, and Les Laudick and the late Ruth Laudick of Hoisington. He is a 2001 graduate of Brewster High School and a 2008 graduate of the University of Kansas School of Pharmacy.



**Jana Dinkel and Robert Tubbs Jr.**

He works for Dillons Pharmacy in Andover.

The couple plans to live in Wichita.

## County Jail

Booked into the Thomas County jail:

- Elisha Jonel Ostmeyer, 27, Grinnell, Friday, battery, disorderly conduct, Thomas County Sheriff's Office, released same day on recognizance.

- Paul David Kessler, 22, Colby, Sunday, failure to appear, Colby Police Department, released Monday on bond.

- Weston Dale Talsma, 21, Colby, Sunday, driving under the influence, driving while suspended/revoked, Colby Police Department, released same day on notice to appear.

The best place to find it, sell it, buy it, and announce it.

**THE CLASSIFIEDS**  
Where the Deals Are!

## Table Rock Lake Cabin + 3 Acre Lot

"Branson's Best Kept Secret"



Only \$195,000 - with \$5,500 Down

\$385 per month

(with special terms and credit approval)

Price Includes: 2 bedrooms, loft, full bath, vaulted ceiling, log siding, heat and air, paved roads and community water. \*Larger floorplans and smaller lots also available

Limited Time!

By Appointment Only!

417-779-3336

Call: 7 days a week

9 am - 5 pm

## Deaths

### Wilberta Erickson

Wilberta J. Erickson, 87, Colby, died Wednesday, Aug. 19, 2009, at Citizens Medical Center.

Services are pending with Pauls Funeral Home of Oberlin, (785) 475-3127.

## Markets

Quotes as of close of previous business day

**Hi-Plains Co-op**

Wheat (bushel)	\$4.05
Corn (bushel)	\$2.74
Milo (hundredweight)	\$4.07
Soybeans (bushel)	\$9.52

## Corrections

The Colby Free Press wants to maintain an accurate record of our town. Please report any error or lack of clarity in a news story to us at 462-3963.

## Family visits Rexford home

Recent visitors of Clea Moeder and Buck Harper, Friday, were her niece and husband, Clyde and Tillie Preston of Arvada, Colo., and on Sunday, visitors were her cousins, Don and Sandy Patton of Pratt.

We want your local news: e-mail to [colby.editor@nwkansas.com](mailto:colby.editor@nwkansas.com)

## Put your skills to work in our office.



### Office MANAGER/billing clerk full OR PART-TIME

The Colby Free Press needs an office manager/billing clerk to take a key spot in our front office. This person will do all billing, using a standard bookkeeping program, handle customer calls, direct traffic in our office, co-ordinate customer service, deal with postal issues, work mail, answer phones and generally help run the office. We are looking for someone who likes challenges and knows how to solve problems, work with people and get results. It could be just the job for you. Can be part-time 8-3. Send letter and resume to Steve Haynes, publisher, 155 W. Fifth St., Colby, Kansas. 67701, or [s.haynes@nwkansas.com](mailto:s.haynes@nwkansas.com). eoe m/f/h

**UPCOMING EVENTS in Kansas**

Brought to you in part by Kansas Department of Commerce Travel & Tourism Division

**Lied Center Free Outdoor Concert**  
August 21, Lawrence  
Bring the family & your lawn chairs to enjoy a free, outdoor concert featuring Amanda Shaw, a New Orleans-based singer & fiddler. [visitlawrence.com](http://visitlawrence.com)

**Downtown Lawrence Busker Fest**  
August 21-23, Lawrence  
A unique festival of street performers in Downtown Lawrence, these entertainers bring free amusement to every corner! [lawrencebuskerfest.com](http://lawrencebuskerfest.com)

**29th Annual Kansas State Fiddling & Picking Championships**  
August 22-23, Lawrence  
Open competition in fiddle, banjo, guitar and other miscellaneous acoustic instruments. Concerts and children's activities. [visitlawrence.com](http://visitlawrence.com)

**25th Annual Little Balkans Day**  
September 4-6, Pittsburg  
Celebration of history, heritage, art & culture. King-Queen coronation, Big Band Swing Dance, Cruise Night, crafts and more. (800) 879-1112, [visitcrawfordcounty.com](http://visitcrawfordcounty.com)

**Annual Labor Day Celebration**  
September 4-7, Hoisington  
Fun events for the entire family. BBQ, concert, kid contests, demo derby, dance, parade, carnival, car show & more (620) 653-4311, [hoisingtonkansans.com](http://hoisingtonkansans.com)

**Art and the Animal**  
September 5 - November 1, Saling  
Exclusive exhibition of juried wildlife art By the Society of Animal Artists. Over 120 pieces only together at this show! (785) 827-9488, [rollinghillswildlife.com](http://rollinghillswildlife.com)

**Wichita Black Arts Festival**  
September 5-7, Wichita  
A cultural celebration introducing and educating communities to the rich artistic heritage of the African-American culture. (316) 262-7651, [gowichita.com](http://gowichita.com)

**Kansas City Renaissance Festival**  
September 5-October 18, Bonner Springs  
Weekends, Labor Day & Columbus Day, 10a-7p 15 minutes & 500 yards from downtown KC. Just off I-70 at exit 224 then north on K-7 (800) 373-0357, [kcrenfest.com](http://kcrenfest.com)

**KANSAS**  
as big as you think™  
[TravelKS.com](http://TravelKS.com)

**purple wave auction**  
INVENTORY ADDED DAILY

**EQUIPMENT INTERNET AUCTIONS**

Bidding Ends Thurs., Aug. 20 | 10 A.M.

2001 JD 650H LT track dozer, Caterpillar 955 crawler, (2) gradall telehandlers, '86 GMC C6500 C7D042, Ingersoll Rand XP375 air compressor, '48 Ariens snow blower, Evans 0710 miter saw, Easy fuse electro-fusion processor, Vermeer 1-655 track trencher, Rouser L600 skid steer, McElroy 8" trac star pipe fusion tool and much more.

Bidding Ends Wed., Aug. 26 | 10 A.M.

NH TC35D tractor w/ front end loader, '99 NH 8260, '03 JD 1290 Corn head, '07 JD 568 Round Baler, '89 JD 7200 Planter, '92 JD 4960, '03 JD 6420, '97 Gehl 4625 SX skid steer, '69 Ford 8000 tractor w/ Ford loader, '60 F600 truck with Oswalt 280 feed box, much more. Inventory added daily!

Bidding Ends Fri., Aug. 28 | 10 A.M.

40'x60' job site tent, '95 Chevy Suburban 4WD, Feed conveyor belt, (34) Miller MIG welders, Eclipse burners (Var to metric), 40' pod with work bench, office & more, 1984 48' enclosed semi trailer, assorted concrete forms and more.

Detailed photographs, descriptions, seller contact information & many other assets at [purplewave.com](http://purplewave.com)

866-608-9283 10% buyers premium applies

**CONSIGN, LEARN MORE & BID NOW AT purplewave.com**

**Kansas State Treasurer**  
**Dennis McKinney**

Wants to return your **Unclaimed Cash....**

Able, Grace  
Able, Harold  
Able, John  
"  
"  
"  
Zynder Norbert  
Zysk, Donald  
Zyskowski, Goldie M.

To find your name between A and Z please visit:  
[www.KansasCash.Com](http://www.KansasCash.Com)  
or  
1-800-432-0386

**COLBY FREE PRESS**