

Family

Last vegetables can be the greatest

The final weeks of the growing season can be productive times out in the back yard if you remembered to plant some of the late-maturing vegetables in your garden.



Kay Melia

• The Gardener

I think almost all gardeners enjoy tomatoes right up to the hard freeze we get sooner or later this month. And some of the later-maturing peppers offer scads of enjoyment when almost everything else has stopped producing.

Peppers, hot or sweet, somehow seem to meld in with the autumn season as we scan the garden for some of those late-to-mature goodies. Many gardeners are much more knowledgeable than I when it comes to growing and using the fruits of the pepper family. For years, I have worked hard to grow my own pepper plants, which makes it possible for me to grow the kind of peppers I want to use for making salsa or for roasting. To meet that need, I always plant several bell peppers, a few mild Anaheims and a half dozen jalapeno plants.

The Anaheims and their use are the main subject today, because they are the ones I roast about this time of the year. I plant a variety called Sahuaro, sometimes listed as Biggie Chili, which matures into a pungent long green one. Simply lay a few of the long green beauties on a barbecue grill set at medium heat. Turn the chilies over regularly with a pair of tongs as they begin to blister from the heat. The are done when the entire pepper is blackened. Then drop

them into a paper bag and let them sweat for a few minutes before you peel off the skin. A pair of rubber gloves will keep you comfortable as you also remove the seeds.

The finished product after roasting is a smokey tasting, very mildly pungent, soft slab of pepper goodness that offers many uses. I chop them up rather coarsely and scoop them into freezer bags for use all winter long. At our house, we use most of the roasted peppers for a delicious white chili recipe. It is a rather lengthy recipe, too long to be included here, but one I would be more than glad to share with you if you want to give me a call or drop me a note. Since we discovered white chili, we haven't bothered with the regular chili, although the roasting of peppers can certainly work well with whatever kind or type of soup you make.

If you prefer only a very mild dose of pungency in some of the dishes you prepare, but still enjoy that good, rich pepper flavor, the roasted Anaheim is the one for you. Remember to set out a few plants in the garden next spring.

Even the raw Anaheim can be a delicious addition to many dishes, including scrambled eggs or meat loaf, but the true flavor of autumn is contained in the goodness of the ones that have been roasted.



Mark Kendrick (left) grabbed hold of a flagpole while Corey Sager (center) and Mark's son, Sam Kendrick, helped hoist it Oct. 3 near Carl Adams Memorial Softball Field. Sam Kendrick erected the flagpole by the field in honor of long-time softball coach

New flagpole marks Eagle Scout project

Colby junior Sam Kendrick erected a 35-foot flagpole and granite memorial east of the left-field fence at Carl Adams Memorial Softball Field during the Colby Community College softball tournament Oct. 3.

He was assisted by Allen Sager, scoutmaster of Boy Scout Troop 141, and his son Corey Sager, an Eagle Scout.

"The goal of my project was to provide the field with an opportunity to have its own flagpole and also to memorialize the work of long-time softball coach Carl Adams," said Kendrick.

The flagpole and memorial were his Eagle Scout Project. Kendrick said he first approached Dr. Lynn Kreider, president at the college, with the idea. Kreider recommended he contact the college Endowment Foundation.

Kendrick also approached softball coach Ryan Sturdy in late 2007. After talking to the team and Gloria Mattix, sister of Carl Adams, Kendrick and Sturdy were able to come up with a plan for the memorial. Kreider approved the project.

The endowment foundation

agreed to give him a \$750 grant for the project and he also received a \$750 grant from the Colby Police Special Law Enforcement Fund through the Thomas County Community Foundation.

Kendrick said the initial budget for the project was \$1,500. All the concrete and labor for the project was donated. The concrete was donated by Tarbet Redi-Mix of Colby and the labor came from scout leaders and members. The project ended up costing \$1,740.

Kendrick purchased the flagpole from Mike Woofler and Chris Koerperich of Woofler Construction for \$1,133. (The company paid the tax for the pole.) The flag itself cost \$20.

He bought the memorial from Don Harrison of Harrison Chapel. It cost him \$626. He said Harrison gave him back the tax, which lowered the overall price to \$587.

Deaths

Evelyn M. George

Evelyn M. George, 80, a Colby homemaker, died Saturday, Oct. 10, 2009, at Citizens Medical Center in Colby.

She was born Jan. 1, 1929, in Quinter, the daughter of Henry and Margaret (Sechler) Turner, and lived in this area all her life.

She married Bud George on Feb. 29, 1948, in Osawatimie. She was a member of the First Christian Church in Colby.

Preceding her in death were her husband and parents.

Survivors include a son, Cole (Lisa) George, and a daughter,

Peggy (Rich) Adams, both of Colby; seven grandchildren; and six great-grandchildren.

Services will be at 1 p.m. Thursday, Oct. 15, 2009, at the Harrison Chapel in Colby, with Pastor Lyle Knebel officiating and burial in Beulah Cemetery.

Visitation will be from 9 a.m. to 8 p.m. Wednesday, Oct. 14, 2009, at the funeral chapel.

The family suggests donations to the church or the Thomas County Historical Society, in care of any Colby bank or the funeral home, Box 634, Colby, Kan., 67701.

G. Tommy Dean

G. Tommy Dean, 69, Colby, died Saturday, Oct. 10, 2009, at St. Joseph Hospital in Denver.

Memorial services will be at 2

p.m. Friday, Oct. 16, 2009 at the Colby United Methodist Church.

For a complete story, see Page 1.

Abilene Hustlers 4-H Club

The Abilene Hustlers 4-H club met on Monday, Oct. 5, with 21 members present. Rachel Lamm called the meeting to order due to the absence of Sarah Lamm, president of the club. Taylor Todd led the club in the flag salute.

Kortney Bredemeier read the minutes and they were approved. The club reporter and the treasurer gave their reports.

The installation of new officers was held. Guests introduced included Piper and Bailey Korpoerich and Amanda Barnum.

The officers' first roll call was answered by the members naming something red. Hannah Strange had one of the most creative answers: Rudolph's nose.

Tatum Rundell reminded people to stand when their name is called during roll call.

Two communications were read. Member Kimberly Gerstner thanked the club for donating money for her trip to Japan. The Senior Progress Center thanked the club for grandparents' night,

where the club provided supper and played bingo with the seniors.

Community leader Donna Lamm said the achievement banquet would be Friday, Oct. 9. Lamm encouraged the 4-Hers to do something for National 4-H Week.

New business included deciding on a potluck and club awards in November. The club also passed a motion to go caroling and have a soup supper in December. The club decided to donate to the heart tree.

Kortney Bredemeier demonstrated how to keep a poorly insulated horse leg warm by wrapping it with cloth. She said warmth helps protect the horse against injury.

Kinley Ziegelmeier had the club do a candy-bar walk for recreation.

The next meeting will be Monday, Nov. 2.

Hosts Bredemeiers and Stranges gave out a fall snack.

— Brook Ziegelmeier

On the Beat

COLBY POLICE Wednesday

12:49 a.m. — Deputy requested assistance at City Limits.

1:42 a.m. — Caller threatened at Motel 6 and wanted information.

1:46 a.m. — Call wanting officers to walk through the B-Hive because of numerous arguments going on. Gone on arrival.

7:32 a.m. — Assisted driver who ran out of gas at Fourth and Lake.

8:17 a.m. — Suspicious vehicle driving through parking lot and stopping semis at Petro Lube. Not found.

8:26 a.m. — Assisted stalled semi at Willow and Country Club Dr.

10:06 a.m. — Walk through at Sacred Heart School.

2:33 p.m. — Fake money orders mailed to 770 Dylan Dr.

6:37 p.m. — Provided motorist assistance at Bosselman's.

7:58 p.m. — Assisted CSO. Report filed for possession.

THOMAS COUNTY SHERIFF Wednesday

1:49 a.m. — Assisted police units at the B-Hive.

10 a.m. — Crystal Forslund arrested on warrant Friday, Oct. 2.

10:19 a.m. — Dog on I-70 at mile 53. Not found.

9:43 p.m. — Loud music from car driving around in Brewster. Parked at residence unoccupied.

10:04 p.m. — Request for officer to check out around the Fuel Depot in Brewster. Nothing found, will check in morning.

County Jail

Booked into the Thomas County jail:

• John Ross Brottem, 25, Colby, Sept. 26, driving under the influence, Colby Police Department, released same day on notice to appear.

• Richard Allen Rogers, 20, Colby, Sept. 28, disorderly conduct, criminal damage to property, Colby Police Department, released same day on notice to appear.

Markets

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

Wheat (bushel)	\$3.80
Corn (bushel)	\$3.12
Milo (hundredweight)	\$4.85
Soybeans (bushel)	\$8.54

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.

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The H1N1 Flu – Protect Yourself. Be Informed.

As with any illness or disease, educating yourself about the H1N1 Flu (Swine Flu) is one of the best means of protection. There are plans to have the flu vaccine available in mid-October, but meanwhile knowing the symptoms, knowing what to do, and knowing when further medical attention is needed will go far to prevent the spread of the flu virus. Most people will recover from H1N1 flu without needing any medical attention whatsoever. However, treatment is available for those who are seriously ill.

To help you determine if you should seek medical attention, Citizens Medical Center, Colby, and Hays Medical Center have partnered to bring you a toll free information hotline to call before you call your healthcare provider.

Recognize the symptoms
Symptoms of H1N1 flu virus are similar to symptoms of seasonal flu:

- Fever greater than 100°F
- usually for 3 days, but may persist for 4 to 8 days. Sometimes fever will go away and return a day later.
- Aching muscles
- Cough
- Headache
- Joint aches
- Eye pain
- Feeling very cold or having shaking chills
- Feeling very tired
- Sore throat, runny or stuffy nose
- Diarrhea and vomiting

The elderly, children under 5, pregnant women, people of any age with chronic medical conditions (such as asthma, diabetes or heart disease) and people who are immunosuppressed are at higher risk of serious complications.

Stay home
If you have some of the above symptoms:

- Stay at home, get plenty of rest, drink fluids and take fever reducers such as acetaminophen or ibuprofen.
- Avoid contact with others.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- If you must leave the house to seek medical care, wear a facemask.

Know when to seek further medical attention
If you believe you or a family member may need additional medical care, first call this toll free number:

H1N1/Swine Flu Hotline 1-877-261-7140

A service of Citizens Medical Center, Colby, and Hays Medical Center

More information is also available online: www.flu.haysmed.com

HaysMedicalCenter
2220 Canterbury – Hays