



RUSS AUMILLER/Golden Plains

The Golden Plains Middle School Scholar Bowl teams started their season at Cheylin on Oct. 17 where they anxiously awaited final results. Team members include (from left) Nick Brown, Arianna Camacho, Austin Rivera, Morgan Ritter, Kade Wessel, Kami Miller, Koi Wessel, Maddy Walz, Cole Ziegelmeier, and Dawson Spresser. They are coached by Russ Aumiller.

Mixed results greet Rexford scholars match

By Russ Aumiller

Golden Plains

The Golden Plains seventh and eighth grade scholars' bowl teams opened their season at the Cheylin Invitational in Bird City on Oct. 17.

The seventh grade team had several close matches in their pool of five teams. They ended up winning only one match out of four, therefore did not advance to bracket play. Pool teams included Brewster, Weskan, Triplains, and Cheylin.

Seventh grade team members were Morgan Ritter, Dawson Spresser, Nick Brown, Austin Ri-

Roast pumpkin seeds the heart-healthy way

When carving a Halloween pumpkin this year, make sure you hang on to the seeds. The American Heart Association recommends everyone get four servings of seeds, nuts or legumes each week. Roasted pumpkin seeds not only taste great, they're good for your heart – if you make them the right way.

Pumpkins seeds are packed with energy, meaning they're high in calories and fat. Luckily, it's the "good" kind of fat – unsaturated fats which help lower your LDL. However, even when prepared properly, you still want to limit a serving to one small handful or those calories will pile up quickly.

These unsaturated fats are beneficial only when eaten in moderation to replace foods high in saturated fats and trans fats. The American Heart Association recommends limiting your fat intake to 25-35 percent of your total calories for the day. Eating pumpkins seeds in the shell actually makes them better for you. By eating the shells, you get 37 fewer calories and more than double the dietary fiber.

Pumpkin seeds are considered nutrient-dense. They contain protein, zinc, iron, potassium, calcium, vitamins A & C and many other vital nutrients.

So, how do you avoid turning a healthy snack into a horror show of fat and sodium? Cut out the butter and the salt. Instead of melted butter, use olive, canola, peanut, sunflower, soybean or corn oil. These oils are high in polyunsaturated fat and monounsaturated fat, which help lower your LDL, or "bad" cholesterol. When you are roasting the seeds, grease your pan or baking sheet using low-fat, low-calorie cooking spray.

Many recipes call for at least a teaspoon of salt. A single teaspoon of salt contains 2300mg of sodium. The American Heart Association recommends you only get 1500mg of sodium per day. Some recipes call for Worcestershire sauce, which adds even more sodium. When you're grocery shopping, make sure you look for reduced sodium Worcestershire sauce.

Also, try other spices instead of salt for your roasted pumpkin seeds. Garlic and onion powder can add a lot of flavor. Cinnamon and pumpkin pie spice work for people with more of a sweet tooth. If you like things on the spicy

vera, and Arianna Camacho.

The eighth grade team won their respective pool without a loss. They advanced to the championship round in bracket play by defeating Rawlins County 80 to 50. The championship game against Oberlin came down to the final question with Oberlin beating Golden Plains to the buzzer with a 70 to 60 final, thus, giving the eighth grade team second place.

Eighth grade team members are Kade Wessel, Koi Wessel, Kami Miller, Cole Ziegelmeier, and Madison Walz.

The sixth, seventh, and eighth grade teams were all to be competing at the Rexford meet today.

side, try pepper, cayenne pepper, chili powder or dry mustard.

It is extra work, and you do lose some dietary fiber, but shelled pumpkin seeds are good for you as well. Shelled pumpkin seeds can be added to yogurt, cereal, granola, salads or even homemade trail mix.

Follow these tips and you can have fun and keep your heart healthy.

Healthy Tips for Roasting Pumpkin Seeds

Toss 2 cups of pumpkin seeds with oil/sauces (usually 3-4 tablespoons) until coated.

When coating the seeds, instead of melted butter or margarine use oils high in "better" fats such as:

Monounsaturated Fat: Olive, Canola or Peanut Oil

Polyunsaturated Fat: Sunflower, Soybean or Corn Oil

If your recipe calls for it, use "reduced-sodium" Worcestershire or Hot Sauce

Add a little lemon juice for some extra zing.

Place seeds in one layer on a greased baking sheet or cooking pan.

Coat pans and baking sheets with low-fat, low-calorie cooking spray.

Sprinkle seasonings (usually between 1 1/2 and 4 teaspoons, to taste) on pumpkin seeds.

Use other seasonings instead of salt.

For sweet seeds use cinnamon or pumpkin pie spice.

For spicier seeds use: garlic (not garlic salt), onion powder (not onion salt), pepper, dry mustard, paprika, ground cumin, cayenne pepper, chili powder (watch the sodium and saturated fat) or reduced-sodium taco seasoning (watch the sodium)

Roast on the top rack of the oven at 250° for 45-50 minutes, stirring every 15 minutes, or microwave pumpkin seeds for 2-3 minutes, stirring after each minute.

Allow roasted seeds to cool about 15 minutes before serving.

Remember, a serving is one small handful.

Make sure you store leftover roasted pumpkin seeds in an airtight container.

Scammers pose as grandchildren

Imagine getting a call about one of your grandchildren. The caller says he or she is traveling overseas, has been arrested, and needs money for bond.

Many grandparents would be sympathetic to this situation and would want to do what they can to help their grandkids out in a crisis. Only after wiring several thousand dollars to a foreign account do these grandparents find out that their grandson or granddaughter has been safe at home the entire time.

They have just fallen victim to a common scam.

While this scam has been around for a long time, the scam artists are becoming more sophisticated. Information available on Internet sites, such as Facebook, has made it easier for scammers to find out enough information about someone to sound believable to a grandparent – just another reminder to be careful about what you share on social networking sites and whom you share it with.

The best way to avoid becoming a victim of this scam is to be very skeptical of the caller's story. While it can take a few different forms, the basic idea is the same. A grandchild is in a foreign country, and has been arrested, mugged or otherwise lost his or her money. He or she needs some wired right away so he or she can get home. Often the caller will ask the grandparent not to tell other fam-



Derek Schmidt

• Attorney General

ily members because he doesn't want his or her parents to find out. However, it is always best to check with another family member to make sure the caller actually is the grandchild he claims to be.

Another way to verify the identity of the caller is to ask personal information that is probably not available online, such as the name of a pet or favorite dish they have when they visit your house. In the unlikely event that a grandchild really is stuck in a foreign country and needs money, he or she will probably be more than willing to answer a few personal questions.

Grandparents want to be there to help out their grandchildren in emergencies and times of need, and the scam artists know that. They have long sought to take advantage of good-natured people, especially our senior citizens. Unfortunately, once money is wired to a foreign bank account, it is usually untraceable and almost impossible to get back. So be cautious and verify that the caller actually is the grandson or granddaughter he or she claims to be.

You can report a scam by calling our Consumer Protection Division at (800) 432-2310 or visiting us online at www.ksag.org.

Superheroes old enough to draw Social Security

By James Feyerherm

Social Security District Manager in Hays

Some of the strongest and most youthful superheroes to jump from the pages of comic books to the silver screen in recent years are old enough to be receiving full Social Security retirement benefits. Whether standing before the bat-computer or going online at the fortress of solitude, these guys were certainly wise enough to apply for retirement benefits at www.socialsecurity.gov.

Superman may be America's most popular superhero, and also the oldest to hit the screen in recent years. The man of steel was created in 1932. The guy's 79 years old and he has a new movie coming out in 2012. Superman does mostly volunteer work, but even if he earns wages as Clark Kent, his benefits won't be offset since he reached his full retirement age.

Batman made his debut in 1939, and he's about to star in another feature film, running around like a 30-year-old. Also in his 70s, Mr. Wayne is getting full retirement benefits – and Robin too. The same can't be said for the Joker or Penguin; you can't collect benefits while you're in prison.

The Green Lantern and Captain America made their silver screen debuts this year. They were "born"

Free bridge, assembly required

FRANKFORT, Ky. (AP) – Kentucky transportation officials are offering a bridge to any taker who will preserve it.

The three-span steel truss bridge over the Kentucky River in the state's southeastern corner would be free and is available after a new bridge is completed next year to carry Ky. 80.

The *Lexington Herald-Leader* reports that the Kentucky Transportation Cabinet would even pay for taking down the 82-year-old, 456-foot bridge and hauling it to the new owner's location.

The catch is that whoever takes it has to set it back up in its original form and maintain it.

The department says the bridge would be a good entrance to a walking trail or could go to a private owner who just happened to need a good bridge that's too narrow for state specifications.

Bridge Club

Meadow Lake bridge winners for Tuesday were Kevan Taylor, first; Margaret Danneler, second; Gail Vacca, third; Lyle Worthy, fourth; and Katie Melvin, fifth.

WTAP PUBLIC NOTICE

The Kansas Department of Agriculture will be accepting applications from October 1 to November 15 for the Water Right Transition Assistance Program, WTAP.

For more information, contact Steve Frost, Water Conservation Program Manager, (785) 296-8964, the NW KS GMD#4 in Colby, (785) 462-3915, or the Kansas Department of Agriculture, Division of Water Resources Field Office in Stockton, (785) 425-6787. Or go to www.scc.ks.gov

Deaths

Charles A. Nichol

Charles A. Nichol, a Logan farmer and mechanic, 65, formerly a diesel mechanic at Martin Tractor in Colby, died Thursday, Oct. 27, 2011, at the Good Samaritan Hospital in Kearney, Neb.

He was born Feb. 18, 1946, in Rooks County, the son of Elvin "Bud" A. and Charlotte (Bittel) Nichol.

From 1965 to 1969, he served in the Navy, earning a Vietnam Service medal and a bronze star.

On June 11, 1971, he married Janet Marie McCue in Logan.

He was preceded in death by his father.

Survivors include his wife, of the home; a son, Ryan Nichol, Russell; a daughter, Amy Nichol, Logan; his mother, of Logan; three brothers, Gary Nichol, Lindsborg; Daryl Nichol, Lakewood, Colo.;

and Ron Nichol, Hill City; a sister, Lea Surface, Ness City; and two grandchildren.

Services will be at 11 a.m. Wednesday, Nov. 2, 2011, at the St. John Catholic Church in Logan, with Father Benjamin Saw officiating and burial in the Pleasant View Cemetery of Logan with military honors conducted by the Navy.

Visitation will be from 9 a.m. to 9 p.m. Monday and Tuesday at the Logan Funeral Home. Rosary will be at 6:30 p.m. Tuesday at the funeral home.

The family suggests memorial contributions for his grandchildren's education fund, in care of the funeral home at 102 E. Church St., Logan, Kan., 67646.

Online condolences may be left at www.olliffboeve.com.

Colby Rotary Club

Colby Rotary Club met Tuesday, Oct. 25, at Colby Community College with 16 members and guest Dr. Linda Davis-Stephens.

Following the opening song, prayer and Pledge of Allegiance, President Connie Renner called the meeting to order.

Executive director Melinda Olson of the Thomas County Community Foundation, presented \$400 for the club's "Coats for Kids" project.

Stephens, criminal justice in-

structor at the college and archeologist, addressed the club. She introduced how archeology and scientific methods are used to find evidence at a crime scene or to learn more about the people who used to live in an area. Several of the most significant archeology sites in the region were discussed.

Renner won Roto-Lotto.

Colby Rotary meets on Tuesdays at the college student union, room 106.

— Relda Galli

After-school science draws Brewster grad

Malissa Baird of Brewster, a senior studying elementary education at Fort Hays State University, is gaining real world experience as part of an after school science program in Hays.

The origin, growth and decay of living things is the theme for this semester's program, created to provide science field experience for elementary teacher candidates at the university.

The on-campus science internship allows candidates to teach a whole unit.

"My favorite part about the After School Program is making science fun for the students," said Baird. "With it being an after-school program, we are able to take the students outside and make science fun."

Assistant professor of teacher education, Dr. Amanda Hopkins said, "through the After School Science Program, the elementary students have fun through interactive activities while learning valu-

able lessons in science directly tied to state standards."

The program is five weeks out of each semester and meets after school once a week. Each elementary school in Hays is host to the program on a rotating basis. O'Loughlin Elementary is this semester's host.

"This is a very good program because this may be the only opportunity for many elementary students to get an in-depth look at science," said Hopkins. "Science is one of the few disciplines that incorporates all of the core subject areas in one..."

In previous years, about 60 students from kindergarten through fifth grade have participated, but this semester almost 70 students are taking part.

Students are divided into four groups based on grade level, and each group is led by three to four teacher candidates supervised by a licensed instructor.

Dentist to buy back candy

MANSFIELD, Ohio (AP) – An Ohio dentist is offering to buy kids' trick-or-treating booty this Halloween, and he's even throwing in a toothbrush to sweeten the deal.

The Mansfield *News Journal* reports (<http://bit.ly/qjkD3Z>) that dentist Craig Callen and his associates are offering kids \$1 per pound of candy they bring in, with a 5-pound limit per child. The

dentists are also holding a drawing for two children's bikes.

Callen says brushing teeth and visiting a dentist are good preventive measures, but doing away with excess sweets would give teeth a healthy boost.

Callen says candy can lead to hyperactivity and weight gain and can be especially damaging to children's braces.

Markets

Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat (bushel)	\$6.70
Corn (bushel)	\$6.45
Milo (hundredweight)	\$10.80
Soybeans (bushel)	\$10.87

You're Invited

City of Lights 2011 Hospice Auction

Saturday, Nov. 5th • 5:30 p.m.
City Limits Convention Center

5:30 Social Hour
6:00 Dinner
7:30 Live Auction
9:00 Dance

• Live & Silent Auctions
• Man Cave Raffle

Tickets: \$35 each, Table for 8 \$240

For more information & advance tickets call:

Mary Ann Downing
785-443-1684

LeAnna Soehner
785-462-1095



We want your local news:
e-mail to
colby.editor@nwkanas.com



Happy 90th Birthday Maxine Jones
on November 7th
Share a memory by sending a birthday greeting to:
Good Samaritan Society
208 West 2nd Street
Goodland, Kansas 67735