

Club News

PiGamma visits Fairview Estates

Pi Gamma Club of Colby held an informative presentation on cardiac rehabilitation at its meeting, Friday, Oct. 7.

Wanda Sealock from Hoxie visited with members at Fairview Estates, sharing exercises and a test on cardiac rehab.

Roll call was "last visit to E.R." Hostess was Karen Hodson and co-hostess Carol Baker provided a chocolate dessert.

The club also met on Friday, Oct. 21 with members convening at the home of Susan Haines.

Co-hostess Pat Criss served a pumpkin dessert in keeping with the fall theme of her talk on vacation adventures and trips to Niagara Falls. Roll call was "latest or greatest vacation."

The group's next meeting is Friday at the Pioneer Memorial Library.

Eastern Star invited to reception

The Order of the Eastern Star (Colby Chapter #442) was called to order Oct. 3 by the Worthy Matron, Mary Molstad.

The regular meeting was opened in form by members singing the "Star-Spangled Banner" and giving the "Pledge of Allegiance."

Previous minutes were read and reports of sickness and distress were given.

An invitation was extended to all members to attend a reception at Valley Center honoring Grand Chapter appointees from Kansas and a six-way banquet and meeting honoring the Worthy Grand Matron Paula Gettles and the Worthy Grand Patron Darrell Shanteau, Saturday, Nov. 19.

The Worthy Matron asks all members to clean out their sewing room and donate material for the quilt project for children in the St. Louis Shrine Hospital.

Also needed are stuffed animal toys for children in local hospitals. The chapter is collecting dimes for diabetes, pennies for a purpose and tabs from cans for the Ronald McDonald House. Call the Worthy Matron, Mary, or any officer for pickup. In Colby, call 462-3577 or Oakley at (785) 672-4617. Please leave a message. The next meeting will be held Monday at 7:30 p.m. A potluck dinner will precede the meeting at 6:30 p.m. All Eastern Star members and spouses are invited to attend.

Internet phone companies ask for delay of E911 rules

KANSAS CITY, Mo. (AP) — A quartet of Internet telephone providers has asked a federal appeals court to partially delay enforcement of new Federal Communications Commission guidelines requiring them to ensure reliable 911 emergency call service.

Overland Park, Kan.-based Nuvio Corp. filed suit in the U.S. District Court of Appeals for the District of Columbia in August, challenging the new rules, which go into effect Nov. 28.

Since then, the company said, the FCC hasn't responded and, with time running out, Nuvio filed a motion with the appeals court Tuesday asking for the delay.

The court has ordered the FCC to respond by next Tuesday.

Nuvio is a provider of Voice over Internet Protocol, also known as VoIP, which transmits calls using the Internet.

Three other VoIP providers — Louisville, Ky.-based Lightyear Network Solutions LLC; McLean, Va.-based Primus Telecommunications Group Inc.'s subsidiary Lingo Inc.; and Atlanta-based i2 Telecom International Inc. — have joined the suit.

In May, the FCC ordered providers of Internet-based phone calls to certify that their customers will be able to reach an emergency dispatcher when they call 911.

Dispatchers also must be able to identify the caller's phone number and location. One major VoIP provider, 8x8 Inc., based in Santa Clara, Calif., said it would welcome additional time to comply with the guidelines.

New Jersey-based Vonage Holdings Corp., the biggest VoIP carrier with more than 800,000 subscribers, did not immediately return calls seeking comment.

Be wary of promises via e-mail, Kline says

Dear Attorney General Kline:

I thoroughly enjoy using my computer at home, especially e-mail to keep in touch with family members across the country. But recently I've started receiving more and more junk messages in my inbox that I just don't want. How can I cut back on this unwanted e-mail?

Dear Kansas Consumer:

As more and more people gain computer access, marketers are increasingly using e-mail messages as a way to pitch their products and services.

Many consumers just like you find unsolicited commercial e-mail — known as "spam" — time consuming and annoying, while others have lost money to bogus offers that showed up in their e-mail inbox.

Usually, a spammer buys a list of E-mail addresses from a list broker, who compiles it by "harvesting" the addresses from the Internet.

For example, if your e-mail address appears in a newsgroup posting, on a website, in a chat room, or in an online service's membership directory, it may find its way onto these lists.

There are several ways you can reduce the amount of spam you receive: Try not to display your E-mail address in public. You may want to opt out of member directories for your online services because spammers may use them to harvest addresses.

When you submit your address to a website, check the privacy policy to see if it allows the company to sell your address.

You may want to opt out of this provision, if possible, or not submit your address to any websites that will not protect it.

Read and thoroughly understand the entire form before you send your personal information through a website. Use an e-mail filter.

Check your e-mail account to see if it provides a tool to filter out potential spam or a way to channel spam into a bulk e-mail folder. Consider using two e-mail addresses — one for personal messages and one



Phill Kline

• Consumer Corner

for chat rooms and newsgroups.

Use a unique e-mail address. Your choice of e-mail addresses may affect the amount of spam you receive. For example, a common name such as sags may get more spam than a more unique name like sa104g51s.

It's a good idea to treat commercial e-mail solicitations the same way you would treat an unsolicited telemarketing sales call.

Don't believe promises from strangers and greet money making opportunities that arrive at your inbox with skepticism. Most of the time, these are old fashioned scams delivered through the newest technology.

Some of the most common scam offers likely to arrive by e-mail include chain letters, work-at-home schemes, weight loss claims, credit repair offers, advance fee loan scams, and adult entertainment.

You can send a copy of unwanted or deceptive messages to the Federal Trade Commission at uce@-ftc.gov.

The unsolicited e-mails stored in this database are used to pursue law enforcement actions against people who send deceptive spam e-mail.

Editor's note: Attorney General Phill Kline offers this public service to help people avoid becoming victims of consumer fraud.

Although some of the details have been changed, the cases appearing in this column are based on actual complaints or questions.

For information or to file a complaint, write Attorney General Phill Kline, Consumer Protection Division, 120 SW 10th Ave., 2nd Floor, Topeka, Kansas 66612, or call the toll-free Consumer Hotline, 1-800-432-2310.

Bubble and squeak, seaweed good mix

In Amber K and Azrael Aryn K's book "Candlemas" they present a new way to go at spring house cleaning. Candlemas celebrates the end of winter and the beginning of spring.

There is a section on candle making. They tell you what materials to use, wicks, colorants, scents and how to make candles.

Candles can be made by dipping, sand casting and by using molds.

The book also has some traditional old European recipes in it.

Bubble and squeak

This recipe is named for the sound it makes as it cooks. It can also be cooked without meat, just be sure to add salt.

Boil and mash.
2 cups potatoes
2 cups turnips
Chop and blanch 2 cups cabbage. Add to potatoes and turnips. Add

1 large onion, coarsely chopped
1 - 2 cloves garlic, chopped
1 cup cooked, diced ham
4 cooked bacon slices (reserve the drippings)
Salt, pepper, sage, tarragon and thyme to taste

Heat bacon drippings (or 2 tablespoons butter) on griddle or large frying pan. Add mixture to form a large, flat cake and cook over medium heat.

Serve in large wedges with beer,



Pat Schiefen

• Post Script

stout or ale. Serves 6 to 8.

Steamed seagreen

Seaweed was a common vegetable for ancient peoples living along the sea coast.

Seaweed contains all the required minerals, lots of vitamins, especially B12 and A. It is high in protein and iodine. Sea weed was gath-

Disease lethal to oranges, grapefruits

MIAMI (AP) — A tiny, disease-ridden insect lands on a bright green leaf of a healthy grapefruit tree, sucks out some nutrients and flutters away to the next plant.

In that instant, the once-productive tree begins its slow death. Its veins and stems are gradually choked by a bacteria that causes citrus greening, a worldwide threat to citrus plants that today, along with citrus canker, menaces Florida's \$9 billion industry.

The first U.S. discovery of the devastating disease was reported last month. Since then, the U.S.

ered in the summer and dried.

Rinse well dried dulse or other seagreen. (Buy at a health food store.)

Add milk or broth to cover well. Salt and pepper to taste.

Simmer covered for 1 to 3 hours or until tender. Serve with butter or sour cream.

Cranberry fruit nut bread

Wash, sort and cut in half 1 1/2 cups fresh or frozen cranberries

Sift together
2 cups flour

1 cup sugar

1 1/2 teaspoons baking powder

1 teaspoon salt

1/2 teaspoon baking soda

Cut in 1/4 cup butter

Mix together

1 teaspoon grated orange peel

3/4 cup orange juice

1 egg, well beaten

Add to the flour mixture and mix just to moisten.

Fold in

1/2 cup chopped pecans

1 1/2 cups cranberries

Grease a 9 by 5 by 3 inch loaf pan (including the non-stick ones). Pour batter into the pan. Bake at 350 degrees for at least 60 minutes until the top is golden brown and toothpick comes out clean. Cool or serve piping hot. For muffins bake in muffin tin for 30 minutes.

Department of Agriculture, state scientists, university researchers and citrus growers have begun grappling with the newest foe to Florida's famous and economically vital oranges, grapefruits and tangerines.

"It's devastating. It's just hard to comprehend," said Scott Hurlley, vice president of Becker Indian River Fruit Company.

"We've been battling the canker issue for a number of years and to have this thrown on top of it, it makes canker looks like child's play."

Unlike canker, which creates unsightly lesions on fruit, the citrus greening disease is deadly to crops. It already has infected and killed trees in Southeast Asia and Africa and had started attacking crops in Brazil, the world's largest producer of oranges, before being detected in Florida in September.

The average productive life span of trees in areas affected by citrus greening has dropped from 50 or more years to 15 or less.

There is no known cure for the disease, which does not harm humans.

2005 Annual Hospice Services Fund-Raising AUCTION

Funds raised help support Hospice Services in Thomas County

SAT., NOV. 5TH • City Limits Convention Center

- 1 Case of Essex Glass and Surface Cleaner, donated by Advanced Technology Auto Glass
- 5 Musical Snow Globes and Wooden Magazine Rack, donated by Alyssa Goodheart
- Tall Crystal Vase, donated by Arby's
- Car Wash and Vacuum, donated by Auto Shine, Brad Reeh
- 5 Avalanche Hockey Tickets, donated by Bankwest
- 40-inch Bench with Engraving of Your Choice, donated by Barton Concrete Works
- 60 ft. of Landscape Curbing Mower Edge, donated by Barton Concrete Works
- Good One 3-in-1 Barbecue Grill (Smoker and Grill), donated by Beaver Valley Supply
- Tools, donated by Beringer Hardware
- 6 Double Cheeseburger and Fries, donated by B-Hive
- Pampering Basket, donated by Bill and Peggy Miller
- Zerkova Tree, donated by Blue Ribbon Tree Farm
- Dinner for Two, donated by Bourquin's Farm Market
- One Dance - up to Three Hours, donated by C & C Energy DJ Service
- Avon Products, donated by Carol Fite
- Shampoo Set, donated by Carousel Beauty Salon
- CCC Caps and Jackets, donated by CCC Baseball Team
- CCC Sweatshirt Blanket, donated by CCC Bookstore
- "Night With The Trojans", donated by CCC Men's Basketball Team
- Signed Basketball, donated by CCC Women's Basketball Team
- Wrought Iron Coat Hanger, donated by Ceanne Rinehart
- Air Cleaner/Purifier, donated by Central Detroit Diesel
- Free Tuition - Jan. - May, donated by Cheryl Schwarz Dance Center
- Longaberger Basket, donated by Chris Niblock and Molly Bretz, Longaberger Consultants
- Antique Mantel Clock, donated by Citizens Medical Center/Family Center for Health Care/ Prairie Senior Living Complex
- Buffet Dinner for Four, donated by City Limits Grill
- One Family Pass to Colby Pool, donated by City of Colby
- One Single Pass to Colby Pool, donated by City of Colby
- 2 Nights at Great Wolf Lodge, donated by Colby Ag Center/Great Wolf Lodge
- Tool Set; Heated Blanket; Rusty Wallace Pictures, donated by Colby Automotive
- KU Autographed Basketball; Nascar Autograph Book, donated by Colby Automotive
- Muppet Hauler; Monopoly Nascar Game, donated by Colby Automotive
- 2 Dale Earnhardt, Jr. Christmas Stockings, donated by Colby Automotive
- Set of Crescent Tools, donated by Colby Bowl
- Collapsible Insulated Ice Chest, donated by Colby Canvas
- Gift Certificate to J&B Meat Market, donated by Colby Canvas
- 25 Movie Passes, donated by Colby Cinema and Arcade
- One New Propane Grill Bottle (to be filled), donated by Colby Fertilizer
- John Deere Battery Powered 4-wheeler, donated by Colby Implement
- One Fat Hog, 250 lb. or larger (processing not included), donated by Colby Livestock Comm.
- Easy Track Hanging Tower Kit, donated by Colby Lumber
- 4 Pro Hats, donated by Colby Photo
- 6V 2-speed Cordless Drill, donated by Colby True Value
- 2 Scarves, donated by Colleen Maison
- Decorative Iron Wall Candle Holder, donated by Comfort Inn
- Baby Blankets, donated by Connie Towey
- Necklace and Earrings, donated by Cookie Lee Jewelry, Sandy Diederich
- Chocolate Candy Making Set, donated by The Craft Peddler
- 2 Gift Certificates for 8" Round Cakes, donated by Darry Queen
- Doll House, donated by Dan and Amy Jennings
- 60-piece Stanley Professional Tool Kit, donated Darryl Henry, Edward Jones
- One Night's Stay at Days Inn, donated by Days Inn
- Wall Hanging with Pictures, donated by Design Wizard
- 25 lb. KC Strips, donated by Dillons
- BBQ Grill, donated by Dillons
- One Dozen Roses, donated by Dillons Floral
- Blue Topaz Pedal Necklace, 14K White Gold, donated by Donelan Jewelry
- Model Tractor, donated by Dougherty Implement
- One Hour Teeth Whitening, donated by Dr. Karen Thummel
- Budweiser Mirror, donated by Western Distributors
- \$75 Gift Certificate, donated by Family Optometric, Dr. Larry Washburn
- Handmade Greeting Cards, donated by Farm Bureau
- 1/4 oz. Gold American Eagle Coin, donated by Farm Credit of Western Kansas
- American 1 oz. Silver Coin, donated by Farmers Bank and Trust
- Prairie Dunes Golf Package for Four with two carts, donated by First National Bank
- Sitting Fee and Medium Package, donated by Fotogirl Photography
- \$50 Chamber Gift Certificate, donated Tubbs Chiropractic
- Pizza Meal Deal, donated by Gambino's Pizza
- Digital Clock, donated by Gavon's Electronics
- Cut Glass Crystal Bowl, given in memory of Betty Secrest by her family
- Birdbath, donated by Golden Plains Garden Center
- Microwave Oven, donated by Great Western Tire
- 2 lb. Beef Jerky, donated by Grinnell Locker
- 2 Delta Single Kitchen Faucets with Spray Mist, donated by Hajoca Corp.
- Bouquet of Lottery Tickets, donated by H.Plains Coop
- 100 Gift Certificate, donated by His Shop
- Decorative Iron Floor Piece with Bowl, donated by Holiday Inn Express
- Wrought Iron Cross with Floral Arrangement, donated by Homeland Real Estate
- Green Quartz Ring, donated by Horlacher Jewelry
- 50 lb. of Hamburger to be processed at Grinnell Locker (sold in 25 lb. bundles), donated by Hoxie Feeders
- 30-minute Massage, donated by Integrated Massage, Lila Amos
- Meat Bundle, donated by J&B Meat Market
- White Manger Scene Lawn Ornament, donated by Jackie Waldman
- Mary Kay Gift Set, donated by Janet Harper
- \$100 Chamber Gift Certificate; \$100 His Shop Gift Certificate, donated by Jeannie Solko
- Barton Concrete Works Snowman, donated by Jeannie Solko
- Barton Concrete Works Angel Harp Stone, donated by Jeannie Solko
- Barton Concrete Works Frog with Mushroom, donated by Jeannie Solko
- Barton Concrete Works Turtle with Mushroom, donated by Jeannie Solko
- Garden Bargello Quilt, donated by Jenny Niblock
- "Showers of Blessings" Figurine; Stationery Set, donated by John and Juanita Gatz
- Leather Billfold; NBA Game Day; The Next Generation, donated by John and Juanita Gatz
- Pro Basketball Guide; Leather Credit Card Cover, donated by John and Juanita Gatz
- Meet the Chicago Bulls; Eagle License Plate, donated by John and Juanita Gatz
- Tastefully Simple Basket, donated by Johnnie Barton
- Cherub and Angel Wall Hanging, donated by Juday Huelsman
- Pamper Me Basket, donated by Kappa Upsilon Sorority
- Ceiling Fan, donated by Klickner Electric
- Handwoven Placemats, donated by Juanita Gatz
- 5 Handmade Rosaries, donated by Alma Lubbers
- Sitting Fee and Large Package, donated by Images by Michele
- Wishing Well, donated by Straightline/Bill Olsen

- One Hour Carriage Ride with up to 3 People, Plus Dinner for 2 at Our Place, donated by Eberle Construction/Mel and Gail Eberle/Our Place
- We Love Chocolate Basket, donated by Kappa Upsilon Sorority
- Sports Bucket, donated by Kappa Upsilon Sorority
- Kids Basket, donated by Kappa Upsilon Sorority
- Mary Kay Gift Basket, donated by Kathy Britton
- 20 - 30-second ads, donated by KBSL TV
- 2 Quilts, donated by Keela Case
- 2 Handmade Wood Crafts; Dessert a Month, donated by Kristie Mengel
- 2 Tickets to Boys' Basketball Game, donated by K-State Athletics
- Combo Music Sponsorship (100 total spots) to Run Feb. 2006, donated by KTCC
- 30 - 30-second Radio Ads, donated by KXXX-KQLS
- 2004 Adult National Finals Rodeo Belt Buckle, donated by Lang Diesel
- 2004 Child National Finals Rodeo Belt Buckle, donated by Lang Diesel
- Personal Pampering Kit, donated by Linda and Buddy Van Horn
- 4 - One-hour Horseback Riding Lessons, donated by Lisa Jones
- Wrought Iron Trees, donated by Made of Iron, Lana Johnson
- Gem Stone, donated by Mary Hurt
- Gift Bag, donated by Mary's Hair Care
- Full Car Detail, donated by MC Auto Outlet
- One Hour for Flight or Plane Ride, donated by MC Aviation, Mark Ostmeyer
- CCC Picture, donated by McDonald's
- Candy Basket, donated by Memory Lane
- Pampered Chef Stone with Pampered Chef Products, donated by Michelle Moses, Pampered Chef Consultant
- 3 \$15 Gift Certificates, donated by Montana Mike's
- Oakley Golf Bag, donated by Morrison and Wahlmeier Optometry
- Oakley O-Pack Back Pack, donated by Morrison and Wahlmeier Optometry
- Car Detail, Wash and Vacuum, donated by Motor Town
- Popcorn Balls, donated by Mr. and Mrs. Dennis Ryan
- \$50 in Window Cleaning Service, donated by New System Professional Window Cleaning
- Mary Kay Assorted Products, donated by Nikol Nolan
- 30"x25" Serialithograph "Le Vase Bleu de Madrid" by Jean-claude Piotot in 2003, donated by Norman Trucking
- 3 Property Maps, donated by Northwest Title
- 30-minute Massage, donated by Northwest Kansas Physical Therapy
- Panasonic Vacuum, donated by Northwest Vacuum Center
- Gift Basket, donated by Oasis Travel Center
- Cuisinart Mini-prep Food Processor, donated Office Works
- Oil Change with up to 5 Quarts of Oil and Filter, donated by P & D Auto Repair
- Precious Moments Figurine, donated by Palace Drug Store
- Porcelain Santa Claus, donated by Pat and Gary Sloan
- 2 - 3 doz. Chocolate Chip Cookies on Holiday Platters, donated by Peggy Barton
- 1/2 lb. Silver Eagle Coin, donated by Peoples State Bank
- Odyssey Putter with Balls, donated by Pepsi
- Gift Basket, donated by Personal Touch
- 3 Large Pizza Gift Certificates, donated by Pizza Hut
- 2 Birds Nest Spruce Shrubs, donated by Prairie Design Landscape and Irrigation

- 3 Stackable Baskets, donated by Quilt Cabin
- One-day Rental of Bobcat with any One Attachment, donated by Rasure Lumber
- One Pair of CLC Work Gloves; One Redi Ratchet, donated by Rasurs Lumber
- Afghan, donated by Rhonda Tibbles
- Carpet Sweeper, donated by Ruby Weed
- One Commercial Production and 100 Spots on S&T Network, donated by S&T Communications
- Sitting Fee, Folio, and 11"x14" Photo, donated by Saddler Imagery
- 7-piece Patio Set, donated by Sears/Kansas Quick Lube
- Two ServiceMaster Spot Remover Kits, donated by ServiceMaster of Northwest Kansas
- 1-hour Piano Performance, donated by Sharon Kriss
- Ceramic Potpourri Burner, donated by Sharon's Hallmark
- 10 - 30-minute Piano Lessons, Shirley Malcolm
- Christmas Tree, provided by Someplace Special and Cash Donors
- Mikasa Chip and Dip Tray, Mikasa Two Tier Server, donated by Something's Bloomin'
- 30 - #3 Meal Deals, donated by Sonic Drive-In
- Thanksgiving Dinner Center Piece, donated by Sr. Donna Marie Kleinsorge
- Michael Waltrip Steele Car Bank, donated by Stan's Automotive
- Gift Basket, donated by Starbuck's
- 6-person Hot Tub, provided by Sundance Spas
- 1/10 oz. 2005 US Gold Liberty Coin, donated by Sunflower Bank
- 2 Craft Signs, donated by Susan Draper
- 5 - \$5 Gift Certificates, donated by Taco John's
- 3 Yards of Concrete Mixed and Delivered, donated by Tarbet, Inc.
- \$100 Savings Bond, donated by The Bank
- Decorative Gift, donated by The Loft
- Pedicure with Foot Massage, donated by The Polished Nail
- KU Reversible Collegiate Jacket, donated by The Sports Shoppe
- K-State Reversible Collegiate Jacket, donated by The Sports Shoppe
- One Night's Stay at Claremont Inn, Stratton, Colorado, donated by Thomas County Bar Association
- 30-Minute Massage Gift Certificate, donated by Tina Harris, PT
- 2 Gift Certificates for Lube, Oil, an Filter Change, donated by TO Haas
- Curling Iron, donated by Total Image
- 6 Week Session, donated by Tumbleweed Tumblers, Ashlee Haines
- Prime Rib Dinner for Two; T-Bone Dinner for Two, donated by Twister's Bar and Grill
- 5 Bags of Round-up Ready BT Corn Seed, donated by UAP Pueblo, Tom Simpson
- Motorola RAZR Phone and Activation Fee, and Accessories, donated by Unice!
- \$100 Gift Card, donated by Uptown Style
- Manicure, Pedicure, and Haircut by Pam at Uptown Style
- 3 Mask Facial by Tiffany at Uptown Style
- Truck Alignment, donated by Van's Body & Frame
- Angel Food Cake; Cinnamon Rolls, donated by Vera Saddler
- Pie a Month for One Year, donated by Village Inn
- Scrapbooking Supplies, donated by Virginia Arnerberger
- 3 Sets of Work Gloves; Welding Mask, donated Wagoner and Sons
- 2 - 1-Month Gift Certificates to Warta Chiropractic and Fitness Center
- Coors Mirror, donated by Wholesale Beverage
- Chiroflow Water Pillow, donated by Wiley Chiropractic
- KU Beware of the Phog Memorabilia Book, donated by Williams Consulting, Chtd.
- 2 - 2006 Season Tickets for Kansas Speedway, 4 Races, donated by Woolfer Construction and Irrigation, Mike and Jennifer Woolfer
- Racquetball Racquet and One Year Membership to the Racquetball Club and Fitness Center, donated by Farmers and Merchants Bank/Pirates Den
- Portable AC Power, donated by Jim's Electric
- High School/College Sports Broadcasting Package, donated by J & R Marketing
- Hand-held Search Light, donated by Frontier Equity
- Thomas County Afghans, donated by Leisa Hansen

5:30 P.M. Social Hour and Silent Auction • 6:30 P.M. Dinner • 7:30 P.M. Live Auction

Tickets: \$25 donation per person. Call 462-6710 for tickets. Corporate Table \$175 - 8 Tickets

Social Hour Sponsored by: F&M Insurance & Peoples State Bank

Auctioneers: TNT/Jones Auction

Tickets available at: Dave's His Shop and Colby Photo

Got News? 462-3963