

Family

Death

Maxine Moore

Maxine Moore, 89, of Brewster, died Sunday, Jan. 27, 2008, at the Colby Care Center in Colby. She was born March 26, 1918, in Aurora, Neb., and was a home-maker. She is survived by her husband, Willard Moore of Colby; a son, Charles Moore of Phoenix, Ariz.; a daughter, Sharon Graham of Littleton, Colo.; five grandchildren and six great-grandchildren. Funeral services will be held at 2 p.m., Thursday, at Kersenbrock Funeral Chapel in Colby with Pas-

tor Dorine Chambers officiating. Visitation was today and again at 10 a.m., Thursday, prior to the service, also at the chapel. Burial will be in Brewster Cemetery. Memorials may be made to the Brewster Methodist Church. Donations may be made in care of Kersenbrock Funeral Chapel, 745 S. Country Club Dr., Colby, Kan. 67701. Kersenbrock Funeral Chapel was in charge of all arrangements.

Babies

Jake Palmgren

Travis and Shelby Palmgren of Levant announce the birth of their son, Jake Solomon Palmgren, born Thursday, Jan. 10, 2008, at Citizens Medical Center in Colby. Jake weighed 6 lbs., 15 oz., and

was 19.5 inches in length. Grandparents are Kenneth and Virginia Palmgren of Edson and Tom and Roxane Shannon. Jake was welcomed home by his brother, Gus, and sister, Kelly.

Sean Ohlrogge

Paul and Peggy Ohlrogge announce the birth of their son Sean Vincent Ohlrogge Friday, Jan. 25, 2008, at Citizens Medical Center in Colby. Sean weighed 7 pounds 8 ounces and was 20 inches long.

Grandparents are Marvin and Cathy Hruska of Sturgis, S.D. and Frank and JoAnn Ohlrogge of Colby. Sean was welcomed home by brothers Dan and Nathan Brown.

Hints from Heloise: Fixing the lost recipe syndrome

By Heloise
Hints from Heloise

Dear Heloise: Several times I've read your Heloise's no-salt substitute recipe, because folks keep misplacing it. A suggestion: Print out or write the title and the recipe on a piece of paper and tape it to the container you put the mixture in. It's a great way to label the container and save the recipe at the same time.

— Lois Reed, Dallas
Lois, thanks for the input. Here's a real easy hint: Tear it out of the paper and tape to the inside of a kitchen cabinet. And here is a hint from Mildred in Statesville, N.C. She says: "I noticed that you have heard from several people who lost the recipes that you had printed. I go to my computer and put the recipe in it before I discard the paper, and that way I don't have to keep up with all those recipes. I just go and pull it up when I need it."

— Heloise
Meatloaf mania
Dear Heloise: I take a lot of teasing because I make six (small) meatloaves at a time. They are only big enough for two people at lunchtime, which is our main meal.

I add potato salad or a baked potato and a green salad or vegetable. Due to my husband being diabetic, I use half ground beef and half ground turkey, one or two small cans of unsalted tomato sauce, a can of sliced, drained mushrooms, plenty of onion and green pepper, and two eggs. If the mixture is too thin, I add instant potato flakes. I bake all the loaves at once, then cool, wrap in wax paper and foil, and freeze. I keep one out to enjoy the same day. Tomato ketchup can be put on top when heating over.
— Anna Boothe, Elizabethtown, Ky.

Scholarships available

Applications for two Emporia State University scholarships are now being accepted. The Susan B. Anthony Scholarship is awarded to a junior student (male or female) who demonstrates input into the growth and education of women on the Emporia State University campus. The Dr. Mary Headrick Award is given to students who make a long-term commitment to promoting the growth of women in our schools and community. Applications for both these scholarships can be either picked up at the Counseling Center on the campus of Emporia State University, 211 S. Morse Hall, or by calling (620) 341-5221 or e-mail: abodkin@emporia.esu. The application deadline is at 5 p.m., Friday, Feb. 15.

Things to consider with cell phones and tweens

By Associated Press

You've seen (and heard) the cell-savvy teenagers talking and texting day and night, their frenzied thumbwork interrupted by an occasional ringtone blast from Kanye West. Now the tweens want theirs, too.

With come-ons like Hannah Montana ringtones, sleek phones in candy colors and parent-friendly calling plans, the steady stream of "I have to have one!" can become unstoppable.

How young is too young? It might be younger than you think.

The right reasons

Experts say children are ready to handle a cell phone around age 10 or 11, as they grow more independent and are starting to walk home, go shopping or spend time at the library without a grownup.

"Increasingly, kids in sixth and seventh grade have cell phones, and your child might, depending on your community, be in the minority not to have one," says Diane Debrovner, the health and psychology editor of Parents magazine.

A family's logistical situation should help determine whether a kid needs a phone. Is the child alone after school if his parents work, is he traveling between the homes of separated parents, is she going to after-school activities on her own?

Kate Mulvany of Stamford, Conn., says the desire for peace of mind ultimately made her decide to buy her 12-year-old daughter Meghan a phone a year ago, even though Meghan wanted it for social and status reasons.

"She's going out on her own more often, so it's nice to know I can reach her," Mulvany says.

Parents have made teens and their 8- to 12-year-old younger siblings the fastest growing segment of the U.S. cell phone market, says Jill Aldort, a senior analyst at Yankee Group. And as of the middle of last year, 72 percent of 13- to 17-year-olds had cell phones.

But is your child ready?

Parents should also consider whether their child is ready to use a phone responsibly.

Debrovner says to consider whether your children will remember to charge the phone and turn it on, and whether they will lose it or forget to check for a message.

"Do they do their homework and remember to turn it in? Get out of the house for school in the morning? Do they follow their rules?" Debrovner says. "If you've given them certain privileges and they can handle them, then I think a cell phone is reasonable next step."

Michael Leatherman, 11, got a phone in August at age 10 because, with both parents working, he was going to start going home alone after school.

He has a six-minute solo walk from the bus stop to his home in Wellington, Fla., says his mother, Janell Leatherman.

"It's for the walk from the bus to the house," Leatherman says. "He has the phone really for safety reasons, but he also uses it socially."

Michael says: "It's really cool. I feel like I actually have a way to contact my parents now."

The worries

For all the benefits, there are concerns.

Kids can rack up big bills through texting and downloading songs. But parental controls on many phones allow Internet access to be blocked and let parents limit incoming and outgoing calls to only numbers entered in the phone book.

Another problem can be unwanted calls and messages. But kids shouldn't automatically ignore calls from numbers they don't know because it could be a parent themselves that's stuck and calling from another phone, says Dr. Regina Milteer, a member of the American Academy of Pediatrics' Council on Communications and Media.

Rather, she says, kids should be told to not give out their number to strangers or post it on the Internet and be sure to hang up if they don't know a caller.

Cell phones may give children privacy that parents don't necessarily want them to have. In some households, tweens and teens have abandoned the landline in favor of the cell phone, so the notion of a call coming into the home phone for all to hear has disappeared. That means parents don't know when kids are on the phone or who's on the other end.

"The biggest complaint I've heard is from parents who say their teens use the cell phone excessively in the night to communicate, often affecting their sleep and ability to be alert in school," says Milteer, a pediatrician in Virginia.

Parents need to be parents

Parents can set up rules deciding when and how the phones will be used.

Milteer, who gave her daughter a cell phone at age 12 a few years ago, recommends parents educate their children, learn to trust them and, if necessary, stash the phone in their own bedrooms at night and punish when necessary.

"The moral is, more than to be the snoop is to be the educator," Milteer says. "Parents should be vigilant and continue to educate their children about using their cell phone safely."

Who is too young?

While there are 8- and 9-year-olds with their own mobile phones, children younger than 10 are generally not recommended to have phones because they are too much responsibility, says Milteer says.

Although, she notes, there are always circumstances that may dictate otherwise.

And some families just feel no need for their kids to ride the wavelength.

Elliott Bolzan, 11, hasn't asked for a phone yet though his friends have them. Still, he concedes, "I do want one."

But to his mother, who picks him up at his school nearby their house every day, there is no need until, perhaps, the early teenage years.

"He's not regularly alone," says his mother, Deborah Bolzan, of Harrison, N.Y. "I just think they're too young and they don't need them yet."

"It makes them grow up too fast."

Frozen vegetables can have benefits

The Associated Press
With all the buzz about keeping your produce fresh and local, frozen vegetables often get a bad rap.

But nutritionally speaking, sometimes fresh from the freezer is the best choice, especially during the winter months when fresh and local produce often is limited and the prices steep.

While fresh produce often is picked early (to allow it to ripen during transit), frozen items usually are picked at their height ripeness, when flavors and nutrients are at their peak.

Large producers usually freeze fruits and vegetables within hours of being harvested, ensuring that nutrients and flavors are locked in. Those same qualities tend to degrade in most fresh produce.

Still, even frozen produce can suffer from long storage. It's best to consume them within a few months.

Markets

Quotes as of close of previous business day Hi-Plains Co-op	
Wheat	\$9.25
Corn	\$4.72
Milo	\$7.94
Soybeans	\$11.06

This recipe for coconut-ginger baby carrots is a delicious and easy way to turn an inexpensive bag of frozen vegetables into an exotic, healthy side dish. Fresh carrots can be substituted, and the dish will cook faster.

An essential Asian combination of minced fresh ginger and garlic, sauteed in a tiny amount of oil, provides the flavor base for these carrots.

Unsweetened, canned coconut milk (which can be found in the Asian section of your market) and chopped fresh cilantro add slightly

sweet and pungent notes.

Light, unsweetened coconut milk is available, but it is thinned with water and has less flavor than full-fat versions. Since very little is used in this recipe, use the full-fat version for best flavor (extra coconut milk can be frozen).

If you don't care for cilantro, substitute fresh basil.

Thanks to Dr. Regier & Brian for the care I received while in the hospital. Thanks to all my friends and neighbors for all the phone calls, prayers, visits and flowers. A special thank you to my family for all the care given to me.

God bless you,
Eva Neck

Non-surgical treatment of hemorrhoids.

John D. Ferris, MD will be at:
291 15th Street
Burlington, CO

Thursday, Feb. 14 & Saturday, Feb. 16

For information or appointment, call 1-800-593-0009



Hem cure

GAME DAY SPECIALS

Football Widow's Day Sale!!

Sun., Feb. 3rd ~ 10 to 4 only!

30 to 50% OFF
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CLASS PREVIEW NIGHT

Thur., Jan. 31 • "Come & GO" 5-7 p.m.

• View Feb. & Mar. class projects • Sign up for classes

1525 S. Range
462-3375

Interior Connection & Quilt Cabin

SLAVENS FAMILY PRACTICE IS MOVING!!!

FRIDAY, FEBRUARY 1ST WE WILL BE CLOSED TO MOVE TO OUR NEW LOCATION.

1005 S. Range, Suite 200, Colby



Another change is happening as well. The clinic's name is changing to DOCS ON CALL.

Please come see Dr. Slavens, Physician Assistant Andy Rose, and Dr. France at our new location starting Monday, February 4th.