Congressman accepting service academy applications

ing the U.S. Military Academy in West Point, N.Y.; the U.S. Naval Point, N.Y.

Those selected will enter the other dependents. academies in June 2010.

Congressman Jerry Moran is acrecords and extracurricular activinal decision. Due to limited placecepting applications for nomina- ties, leadership potential, motivations to service academies, includ- tion, recommendations and interview evaluations.

Applicants must be legal resi-Academy in Annapolis, Md.; the dents of Kansas, 17 to 23 on July 1 U.S. Air Force Academy in Colo- of the year of admission, citizens rado Springs; and the U.S. Mer- of the United States, unmarried, chant Marine Academy in Kings not pregnant and without legal obligation to support children or

Selections are based on college applicants then must meet the 67504-1128. For information, go entrance test scores, high school admission requirements of each to the services section at www.jerclass rank, grade average, school academy. Academies make the fi- rymoran.house.gov/.

ment, Moran encourages all interested candidates to also apply to the offices of U.S. Senators Sam Brownback and Pat Roberts as well as his.

Moran's application deadline is Sunday, Nov. 1. Send a letter requesting application materials to:

Congressman Jerry Moran, Attn: Service Academy Selec-If nominated by Moran, the tion, Box 1128, Hutchinson, Kan.,

er spoken to. 1:31 p.m. – Hit-and-run accident a Colby Community College.

Trail ride set

On the Beat

the ball diamonds.

COLBY POLICE

Wednesday

6:02 a.m. - Security check at

vided subject with information.

with owner at 770 Dylan Dr. Own-

Cheyenne County's 19th An-

Olofson at (785) 332-2248.

In case of inclement weather, the ride will be held a week later.

4:38 p.m. - Call that husband THOMAS COUNTY SHERIFF had fallen.

1:35 a.m. - Security check at 5:10 p.m. - Trailer parked at 560 Austin.

6:14 p.m. - Driving while sus-

pended report. 6:54 p.m. – Call about woman

9:36 a.m. - Inquiry regarding child custody. Civil matter, proyelling. Both parties left; will make contact later. 10:31 a.m. – Dogs off the leash 6:56 p.m. – Probation violation:

report filed on Garth Kruse, (Logan County).

Tuesday

4:59 a.m. - Accident with cow in the Showalter Hills on U.S. 24. 9:10 a.m. - Served arrest war-

rant on Johnny Lopez. 8:35 p.m. – Accident with deer six miles north of Colby on K-25.

> Wednesday 8:47 a.m. – Tire in road on U.S.

24 1.5 miles east of Brewster. 8:51 a.m. - Injured deer in road 10:14 p.m. - Walk-through at 1/2 mile east on Cemetery Rd. in Gem. Animal died.

Homemade mixes can save money

Kansas State University nutrition educator said.

of flour, sugar, salt, baking powder, nonfat dry milk and shortening that can rival any commercial biscuit, pancake, waffle or coffeecake mix, said Virginia "Ginny" Extension nutrition educator in Riley County.

The cost to make Master Mix varies with the quantities of the staples purchased. Buying a 10or 20- pound bag of flour is, for example, generally less expensive per pound than buying a fivepound bag.

Estimating the savings on a taco seasoning mix will be less vari-

The Colby **Free Press**

Please recycle this newspaper

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MANHATTAN - Recipes for able. The cost of two teaspoons K-State Research and Extension cost - saving, health - promot- of dried minced onion, a teaspoon ing mixes for biscuits, pancakes, of chili powder and less than half waffles, gravy and other sauces, a teaspoon of four to six other seasonings, and salad dressings seasonings puts the cost of the are plentiful, relatively easy to homemade mix at about 14 cents, make and typically mean a sav- compared with commercial mixes ings over purchased products, a priced from 69 to 99 cents per

package. The mix recipes often are lower Generations of thrifty cooks in calories, carbohydrates and sohave depended on Master Mix, dium than their commercial counan economical, homemade mix terparts, said Barnard, who recommended checking with county or district K-State Research and Extension offices and Extension Web sites: www.ksre.ksu.edu, www. ksru.ksu.edu/humannutrition/ and Barnard, K-State Research and www.ksre.ksu.edu/foodsafety for

Web site: www.Shawnee.ksu.edu. Click on Nutrition and Health; choose Month of Menus and go to page 19.

In teaching nutrition education and cooking classes, Barnard also references an Iowa State University Extension publication # PM 2035: "Healthy Meals in a Hurry." The recipe booklet includes 14 main dish recipes, plus homemade mixes, time-and money-saving tips about food and food safety, making a menu, shopping for groceries, stocking a pantry, and getting a meal on the table. More information on the publication is available on the Iowa State Extenrecipes. A recipe for Master Mix is sion site: www.extension.iastate.

available on the Shawnee County, edu. 950 S. Range Image

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for weekend

nual Trail Ride will start at 2 p.m. Sunday, Oct. 11, at Roger Samler's shop building, 13.4 miles north of St. Francis on K-27, four miles west on Road W to Road 3, then 1 1/4 miles north on Road 3. Signs will be posted.

Riding time will be about 2 1/2 hours, followed by a meal sponsored by the 4-H Horse Club of Cheyenne County. Donations will be accepted for St. Jude Children's Research Hospital.

For information, contact Sharon

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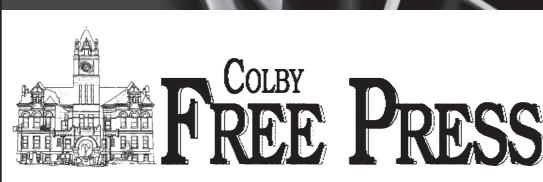
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