

Congressman accepting service academy applications

Congressman Jerry Moran is accepting applications for nominations to service academies, including the U.S. Military Academy in West Point, N.Y.; the U.S. Naval Academy in Annapolis, Md.; the U.S. Air Force Academy in Colorado Springs; and the U.S. Merchant Marine Academy in Kings Point, N.Y.

Those selected will enter the academies in June 2010.

Selections are based on college entrance test scores, high school class rank, grade average, school

records and extracurricular activities, leadership potential, motivation, recommendations and interview evaluations.

Applicants must be legal residents of Kansas, 17 to 23 on July 1 of the year of admission, citizens of the United States, unmarried, not pregnant and without legal obligation to support children or other dependents.

If nominated by Moran, the applicants then must meet the admission requirements of each academy. Academies make the fi-

nal decision. Due to limited placement, 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 Selection, Box 1128, Hutchinson, Kan., 67504-1128. For information, go to the services section at www.jerrymoran.house.gov/.

Homemade mixes can save money

MANHATTAN – Recipes for cost - saving, health - promoting mixes for biscuits, pancakes, waffles, gravy and other sauces, seasonings, and salad dressings are plentiful, relatively easy to make and typically mean a savings over purchased products, a Kansas State University nutrition educator said.

Generations of thrifty cooks have depended on Master Mix, an economical, homemade mix of flour, sugar, salt, baking powder, nonfat dry milk and shortening that can rival any commercial biscuit, pancake, waffle or coffee-cake mix, said Virginia “Ginny” Barnard, K-State Research and Extension nutrition educator in Riley County.

The cost of two teaspoons of dried minced onion, a teaspoon of chili powder and less than half a teaspoon of four to six other seasonings puts the cost of the homemade mix at about 14 cents, compared with commercial mixes priced from 69 to 99 cents per package.

The mix recipes often are lower in calories, carbohydrates and sodium than their commercial counterparts, 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 www.ksre.ksu.edu/foodsafety/ for recipes. A recipe for Master Mix is available on the Shawnee County,

K-State Research and Extension 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 Extension site: www.extension.iastate.edu.

On the Beat

COLBY POLICE
Wednesday

1:35 a.m. – Security check at Walmart.

6:02 a.m. – Security check at the ball diamonds.

9:36 a.m. – Inquiry regarding child custody. Civil matter, provided subject with information.

10:31 a.m. – Dogs off the leash with owner at 770 Dylan Dr. Owner spoken to.

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

4:38 p.m. – Call that husband had fallen.

5:10 p.m. – Trailer parked at 560 Austin.

6:14 p.m. – Driving while suspended report.

6:54 p.m. – Call about woman yelling. Both parties left; will make contact later.

6:56 p.m. – Probation violation: report filed on Garth Kruse, (Logan County).

10:14 p.m. – Walk-through at college.

THOMAS COUNTY SHERIFF
Tuesday

4:59 a.m. – Accident with cow in the Showalter Hills on U.S. 24.

9:10 a.m. – Served arrest warrant 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 1/2 mile east on Cemetery Rd. in Gem. Animal died.

Trail ride set for weekend

Cheyenne County's 19th Annual 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 Olofson at (785) 332-2248.

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

on screen display similar features under kingsla inclusions aware, this one would get six stars...atic slide show module that will

BREWSTER CARRIER

Work Monday, Wednesday, Thursday and Friday...

2 to 2 1/2 hours each afternoon

\$25 sign on bonus after 3 months
Bonus for new subscribers
No 2 routes are the same

Stop in at 155 W. 5th Street
or Call Kathryn 785-462-3963

the on screen display similar features under kingsla inclusions aware, this one would get six stars...atic slide show module that will

The Colby Free Press

Please recycle this newspaper

Professional Stylists
Image makers
Hair Tanning Pedicures Manicures
Improving Your Self Image

950 S. Range

Schedule your appointment today
785-460-4247

1 HOUR MASSAGE AT 1/2 HOUR PRICE

Massage Therapy by Appointment:

Introducing **Savanah Eisenbart**

Call Savanah for an Appointment!

OCTOBER SPECIAL! Kids Cuts \$8.00

WHY WOULD I EVER WANT TO BE A NEWSPAPER CARRIER?!

✓ out all these GREAT incentives!

- \$25 signing bonus after 3 months
- Bonus for new subscribers
- Various sized routes
- No 2 routes are the same

Contact Kathryn at the Colby Free Press for more information on available routes.

COLBY FREE PRESS

155 W. 5th Street - 785-462-3963

We're Looking for EXECUTIVE MATERIAL!

Are you looking for a good job?

Recent college grads welcome!

The Colby Free Press is looking for a full-time advertising executive to sell advertising for Nor'West Newspapers. The work week would be 40 hours with occasional evening and weekend duties. Computer skills with Excel, Photoshop, InDesign, and Acrobat helpful but not necessary. Must have good communication skills, and excellent customer service skills with attention to detail. Send a letter and resume to Steve Haynes, publisher, at 155 W. Fifth St., Colby, Kansas., 67701 or s.haynes@nwkansas.com. This could be the job you've been looking for.

COLBY FREE PRESS

155 W. 5th • Colby, KS 67701 • 785-462-3963

18 Meadow Lake Golf Course & Lounge

Come to our Pre-Game CHAT WITH THE COACHES Every Thursday Evening Starting October 8th 6:30 ~ 7:30 p.m.

Hors d'oeuvres will be served courtesy of Colby Fertilizer (Mike, Glen and K.G. Kersenbrock)

WE WELCOME THE PUBLIC TO JOIN US!

SEE YOU THERE!

MEADOW LAKE GOLF COURSE & RESTAURANT

785-460-6443
1085 E Golf Club Rd Colby

Save \$26 a month and lock in your price for one year!

DIRECTV

NOW GET OVER 150 CHANNELS

\$29.99 for 12 months The CHOICE™ package

local channels included: CBS, NBC, FOX, PBS, CW, and many more of your favorite independent channels in select markets.

Price includes \$21 bill credit for 12 mos. after rebate, plus an add'l \$5 when you submit rebate online, register acct. on directv.com with valid email & consent to email alerts. * Offers end 2/8/10 and are based on approved credit, credit card required. New customers only (lease required, must maintain programming, DVR and/or HD Access). Hardware available separately.

Switch from cable to DIRECTV! 1-888-327-9062

Credit card not required in MA and PA. *Eligibility for local channels based on service address. **BILL CREDIT/PROGRAMMING OFFER: Free SHOWTIME for 3 months, a value of \$38.97. Free Starz and SHOWTIME for 3 months, a value of \$72. LIMIT ONE PROGRAMMING OFFER PER ACCOUNT. Featured package names and prices: CHOICE \$55.99/mo., CHOICE XTRA \$60.99/mo. In order to receive full \$26 credit, customer must submit rebate form online and register account on directv.com prior to rebate redemption. Requires valid email address and must agree to receive emails. Upon DIRECTV System activation, customer will receive rebate instructions (included in customer's first DIRECTV bill, a separate mailing or, in the state of New York, from retailer) and must comply with the terms on the instructions. Rebate begins 6-8 weeks after receipt of online redemption, or 8-12 weeks for mail-in redemption. Account must be in "good standing," as determined by DIRECTV in its sole discretion, to remain eligible. DIRECTV not responsible for late, lost, illegible, mutilated, incomplete, misdirected or postage-due mail. IF BY THE END OF THE PROMOTIONAL PRICE PERIOD(S) CUSTOMER DOES NOT CONTACT DIRECTV TO CHANGE SERVICE, THEN ALL SERVICES WILL AUTOMATICALLY CONTINUE AT THE THEN-PREVAILING RATES, INCLUDING THE \$30/MO. LEASE FEE FOR THE 2ND AND EACH ADDITIONAL RECEIVER. In certain markets, programming/pricing may vary. Package pricing at directv.com/packages. DIRECTV System has a feature that restricts access to channels. LIMIT ONE BILL CREDIT PER DIRECTV ACCOUNT. FAILURE TO ACTIVATE ALL OF THE EQUIPMENT SYSTEM EQUIPMENT IN ACCORDANCE WITH THE EQUIPMENT LEASE ADDENDUM MAY RESULT IN A CHARGE OF \$150 PER RECEIVER NOT ACTIVATED. IF YOU FAIL TO MAINTAIN YOUR PROGRAMMING, DIRECTV MAY CHARGE A PRORATED FEE OF \$40. RECEIVERS ARE AT ALL TIMES PROPERTY OF DIRECTV AND MUST BE RETURNED UPON CANCELLATION OF SERVICE, OR ADDITIONAL FEES APPLY. VISIT directv.com OR CALL 1-800-DIRECTV FOR DETAILS. Programming, pricing, terms and conditions subject to change at any time. Pricing residential. Taxes not included. Receipt of DIRECTV programming is subject to the DIRECTV Customer Agreement; copy provided at directv.com/legal and in your first bill. Starz and related channels and service marks are the property of Starz Entertainment Group LLC. Showtime and related marks are registered trademarks of Showtime Networks Inc., a CBS Company. ©2009 DIRECTV, Inc. DIRECTV and the Cyclone Design logo, CHOICE XTRA and CHOICE are trademarks of DIRECTV, Inc. All other trademarks and service marks are the property of their respective owners.