Some low-cost food

high in health value

ers – products they are willing to

sell at or below cost to lure customers into the store. In the current economy, many also are ad-

becoming familiar with prices for

frequently-used items. That way a shopper knows when a bargain

Looking for low-cost, health-

promoting foods also is recom-

mended, said Higgins, whose ex-

be eaten raw or cooked in a vari-

• Apples and bananas which can

• Beans offer dietary fiber, pro-

tein and antioxidants that help

fight disease. Canned beans cost

about 23 cents a serving; cooking

dry beans will offer savings. Serve

as a main dish, side dish or healthy

• Brown rice, a fiber-rich whole

grain with a nutlike taste, can be

served with cinnamon and milk

for breakfast, used to complement

entrees and in soups, stews, sal-

· Canned tomatoes, particularly

no-salt-added canned tomatoes,

make adding vitamin C and lyco-

pene (two healthful antioxidants)

to meals, snacks, dips and salsas

• Canned tuna offers high pro-

tein at a low cost. The versatile

addition to soup or salad.

ads, and casseroles.

truly is a bargain.

amples include:

ety of ways.

vertising other price cuts.



Rhythm and Passion showed the meaning of their group's name in this routine recently.

Arts association to bring dance group to Colby

The group Rhythm and Passion will ap- from Argentina. pear at 7:30 p.m. Monday at the Cultural Arts Center at Colby Community College, in time to the origins of tango in the seedy

The group was founded by internationally

The performance, in two acts, goes back audience to the streets and nightclubs of the at the door. 1950s Caribbean to experience the vibrant acclaimed dancers Gloria and Claudio Otero celebration of love and life that is salsa. The

second act conveys contemporary interpretations of these dances.

Admission is by Western Plains season sponsored by the Western Plains Arts Asso- bars of 1920s Buenos Aires, then whisks the ticket, or \$15 for adults and \$7 for students

Some wind generators use other fuels as well

some wind farms use fossil fuels is used, the electricity produced needs. to power their generators when the wind won't. Doesn't that defeat their whole renewable energy purpose? Why not let the wind power it or not? Also, I've heard that the low-frequency sounds generated by these turbines can harm people and animals. Is this true? – Ryan Lewis, Plainwell, Mich.

Indeed, one of the major drawbacks to wind power is the fact that, even in windy locations, the wind doesn't always blow. So the ability of turbines to generate power is intermittent at best. Many turbines can generate power only about 30 percent of the time, thanks to the inconsistency of their feedstock.

To overcome this Achilles' heel of intermittent production, some wind companies have back-up systems that spin turbines when the wind isn't blowing, thus optimizing and keeping consistent the power output. For example, Colorado-based Hybrid Turbines Inc. is selling wind farms systems that marry a natural gas generator to a

... is twice as environmentally clean as burning coal," reports the biofuels, they can remain 100 percent renewable energy-based.

While some wind energy companies may invest in such technologies to wring the most production partial or complete stalls when the out of their investments, utilities wind dies down, and also enables aren't likely to suffer much from start-up and power generation at the intermittent output if they lower wind speeds than convendon't. Even the utilities that are most bullish on wind power still generate most of their electricity from more traditional sources. less dependent on fossil fuels. So, when wind energy output decreases, utilities simply draw from wind farms can harm people more power from other sources such as solar arrays, hydroelectric New York-based pediatrician dams, nuclear reactors and coalfired power plants - to maintain "Wind Turbine Syndrome," that consistent electrical service. As turbines may produce sounds that such, reports the American Wind can affect the mood or cause phys-Energy Association, utilities act as iological problems like insomnia, "system operators" drawing power vertigo, headaches and nausea. from where it's available and dis- On the flip side, Renewable UK, patching it to where it is needed in a British wind energy trade group,

Dear EarthTalk: I heard that wind turbine. "Even if natural gas tune with rising and falling power

But just because generating wind power all day long isn't imperative company. Better yet, if a user can doesn't mean that suppliers aren't power them with plant-derived doing all they can to maximize output. Turbine manufacturers are beginning to incorporate so-called Active Flow Control technology, which delays the occurrence of tional turbines. These capabilities in turn can help system operators create a more reliable electric grid

As to whether or not noise and wildlife, the jury is still out. Nina Pierpont argues in her book, says that the noise measured 1,000 feet away from a wind farm is less than that of normal road traffic. A Texas jury denied a 2006 noise pollution suit against FPL Energy after FPL showed that noise readings from its wind farm maxed out at 44 decibels, roughly the same generated by a 10 mile-per-hour

On the Beat

COLBY POLICE Tuesday

10:42 a.m. - Assisted ambu-

lance crew. 10:50 a.m. – Purse taken from

vehicle at 545 W. Third. 12:57 p.m. – Walk through at

Sacred Heart School. 2:42 p.m. – Pallet in road in the

700 block of E. College Dr. moved to ditch. 10:56 p.m. – Sexual harassment

report filed.

THOMAS COUNTY SHERIFF

Tuesday

10 a.m. - Suspicious vehicle

parked at 1360 First St. Annex. Spoke to reporting party on phone.

10:56 a.m. - Report filed on incident at Brewster.

2:16 p.m. – Responded to fire in ditch at U.S. 24 and Menlo Rd. Fire put out.

11:17 p.m. – Vehicle rear-ended at mile 57 on westbound I-70. Colby Dodge towed vehicle.

11:21 p.m. - Downed power lines in the 1200 block of County Rd. 3. Called Midwest Energy, helped with traffic control.

Supermarkets feature loss lead- fish is a source of vitamin D, low in calories and fat, and handy in sandwich fillings, salads and cas-

 Eggs, which usually cost \$2 a dozen or less, are high in protein

Consistently saving money on and can be cooked quickly, but groceries is, however, up to conneed not be limited to breakfast. sumers, said Mary Meck Higgins, • Fat-free milk offers vitamin D. Kansas State University nutrition calcium, protein and potassium, and is important in building and She recommends shopping with maintaining healthy bones. It's a a list and sticking to it, as well as beverage, but also a key ingredi-

> ent in many recipes. • Kale is an inexpensive green vegetable, easy to serve stir-fried with vegetable oil and garlic, lightly steamed, or as a colorful addition to salads.

· White and sweet potatoes, which offer dietary fiber, vitamin C and potassium, can be baked, boiled, steamed, mashed, pan- or oven-fried, roasted, or added to soups, stews, and casseroles.

• Rolled oats, a perennial hotcooked cereal, is high in fiber and a complex carbohydrate that breaks down slowly to provide lasting energy and stave off midmorning hunger. Oats also can be included in breakfast bars, breads, rolls, cakes, cookies, and meat-

Higgins, a registered dietitian and certified diabetes educator, worked with a former K-State dietetics student, Erin Henry, who has now graduated, in determining the most inexpensive healthpromoting foods. Information is available at www.ksre.ksu.edu/ news and www.ksre.ksu.edu/humanhutrition.

Public Notice

BID NOTICE

Sampson Construction is accepting bids for the Fillmore County Hospital Bid Package #1-Mass Excavation Package located in Geneva, Nebraska

2:00 p,m. Pre-Bid Meeting is scheduled

Tuesday, September 21st at 10:30 a.m. at the jobsite. Please mail proposals to

Sampson Construction 3730 South 14th Street Lincoln, NE 68502

or fax to: 402-434-7425

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Must complete pre-service correctional officer training and, where appli-

cable, be a noncommissioned security officer licensed by the state of employment. Must be able to successfully complete a full background check.

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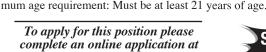
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