

Get cooking at the library

Wednesday, the Pioneer Memorial Library had Sheila Frahm speak on the books "Clara and Mr. Tiffany" by Susan Vreeland, as well as "A New Light on Tiffany-Clara Driscoll and the Tiffany Girls," by Margi Hofer, Martin Eidelberg and Nina Gray.

She gave us insights into the way Tiffany lamps were created and the life during the end of the 19th and early 20th centuries. She also shared digital pictures of various stained glass and lamp creations that inspired our color pallets. Another item she told us about helped to inspire me to write about my subject today.

She shared about the book "Promises to Keep," by Jane Green. Sheila told us about special recipes in that book. Many fiction books now share recipes that are written within the text of the story. Hence my column describes various cookbooks.

Warning: If you are hungry and at the same time dieting, do not read this column. There are just too many temptations for you to think about and resist. It was a good thing I was at work and had a good hot cup of coffee to distract me while writing.

One book I would like to share is for those people needing recipe information on alternative eating strategies. The first is the "Complete Gluten-Free Diet and Nutri-



Melany Wilks

• **Library Links**

tion Guide: With a 30-Day Meal Plan and Over 100 Recipes," by Alexandra Anca and Theresa Santandrea-Cull.

I have discovered this is not just a cookbook. It explains what gluten and celiac sensitivities and allergies are, the symptoms and health-related diseases that may also be affecting a person due to the problem. It gives information on getting tested and keeping a food diary. It also provides a general diet plan, ways to make your home gluten free and information on finding products in your local supermarket. At the end of the book are recipes for salads, soups, casseroles, breads, pastries and desserts.

The next book is "The Complete Idiot's Guide to Vegan Baking," by Donna Diegel. It has yeast and quick breads, muffins, tarts, pies, cakes and frostings included. If a special product is needed to substitute for a normal ingredient such as eggs, it tells you what would substitute. At the back it also has a glossary of terms, just

in case you are new to the vegan world of foods.

A third cookbook is "The Cleaner Plate Club: Raising Healthy Eaters One Meal at a Time," by Beth Bader and Ali Benjamin. This book is not only a recipe book, but it is really a primer for cooking. It is written in a format that seems to lend itself to a modern generation that knows little about foods. A student taking the cooking class at the high school could use it to glean information on many different types of vegetables and legumes.

Another fun recipe book is "Desserts 4 Today: Flavorful Desserts with Just Four Ingredients," by Abigail Johnson Dodge. A simple recipe is White Chocolate Haystacks made with gingersnap cookies, dried cranberries, dried apricots and white chocolate. Basically you stir together broken cookies, cranberries and apricots in a bowl, melt the white chocolate and stir 2 tablespoons of melted white chocolate at a time over the mixture (p. 350). Other fun recipes are Maple Cornmeal "Indian" Pudding and Toasted Coconut Ice Cream.

We have a number of really good cookbooks produced by the Taste of Home books and product line. My first is "Taste of Home Cooking Through the Seasons," by Catherine Cassidy. This is my

kind of cookbook. It has pictures with every recipe. A few fall recipes sound interesting. Chocolate Sweet Potato Cake, Maple Cream Pie, and Upside-Down Apple Gingerbread. In this recipe book you will also find casseroles, salads and other refreshments and drinks.

The cookbook with Italian recipes looks to have easy but delicious recipes. "Taste of Home Simply Italian," by Catherine Cassidy has a delicious fresh herb flat bread, wonderful looking spinach and turkey sausage lasagna, minestrone soup, a scrumptious cannoli cheesecake and light lemon gelato.

Other Taste of Home recipe books we have are: "Taste of Home: Grand Prize Winners," by Catherine Cassidy; and "Taste of Home: Busy Family Favorites: 363 30-Minute Recipes," "Taste of Home Fast Fixes: More No Fuss Favorites," and "Best of Country Salads & Sandwiches," all three written by the Reiman Group that make Taste of Home products.

The Pioneer Memorial Library opens at 9 a.m. Monday through Saturday, closing at 8 p.m. weeknights, at 5 p.m. Friday, and at 4 p.m. Saturday. Sunday hours are 1 to 4 p.m.

See you in the library!

Babies

Keagin Dale Beaver



Keagin B.

Keagin Dale Beaver, son of Tammy Wright and Paul Beaver of Oakley, was born Monday, Sept. 26, 2011, at Citizens Medical Center in Colby. He weighed 8 pounds, 8 ounces and measured 20 inches.

Sister Kayleigh and brother Logan welcomed the baby home.

Grandparents are David and Lisa Cook and John and Michelle Strutt, all of Oakley.

Brock Joseph Burris



Brock Burris

Brock Joseph Burris, son of Scott and Beverly Burris of Norton, was born Tuesday, Sept. 27, 2011, at Citizens Medical Center in Colby. He weighed 8 pounds, 5 ounces and measured 20 1/2 inches long.

Sisters Madison and McKennize Albers and Noelle Burris welcomed the baby home.

Grandparents are Brenda and Gary Fisher of Goodland and Christy and Ricky Burris of Hill City.

Chance Alexander Hurst



Chance Hurst

Chance Alexander Hurst, son of Justin and Erin Hurst of West Des Moines, Iowa, was born April 28, 2011, at the Des Moines Mercy Medical Center. He weighed 7 pounds, 13 ounces and measured 20.25 inches.

Brother William Hurst welcomed the baby home. Grandparents are A.J. and Jodi Hurst of Colby, Vaughn Sothman of Colby and Paula Hickey Sothman of Vancouver, Wash.

Great-grandparents are Francis and Florine Simminger of Achilles, Berdean Simminger of Ludell, Lawrence and Doris Sothman of Atlantic, Iowa, and Gerald and Joyce Hickey of Northboro, Iowa.

Addison Jo McAtee



Addison M.

Addison Jo McAtee, daughter of Ryan and Mandy McAtee of St. Francis, was born Friday, Sept. 30, 2011, at Citizens Medical Center in Colby. She weighed 6 pounds, 15 ounces and measured 19 inches.

Brother Ashton Tyler welcomed the baby home.

Grandparents of the baby are Steve and Linda Vaughn of Colby and Farrell and Becky McAtee of St. Francis.

Silas Damien Wessel



Silas Wessel

Silas Damien Wessel, son of Mark and Jessie Wessel of Oakley, was born Tuesday, Sept. 20, 2011, at Citizens Medical Center in Colby. He weighed 7 pounds, 3 ounces and measured 20 inches.

Brother Tyler Jones welcomed the baby home.

Grandparents are Dave Wessel of Oakley; Larry and Dawn Finch of Colorado Springs, Colo.; and Cheryl Finch of Casta Mesa, Calif.

K-State connects statewide community college programs

Kansans anywhere in the state can now earn a bachelor's degree in general business from Kansas State University, thanks to partnerships now in place with their nearest community college.

This summer, K-State completed partnership signings with all 19 community colleges in Kansas. These agreements, called 2+2s, outline courses students need to take during two years at their community college, which transfer to a K-State bachelor's degree completion program. Students then complete the remaining two years of course work through K-State distance education.

The general business degree is the first 2+2 program agreement signed by all of Kansas' community colleges.

Partnering to make the general business bachelor's degree available to all Kansans can help

companies hire from a local talent pool of potential employees, said Anand Desai, associate dean for academic administration in the K-State College of Business Administration.

"Graduates of this degree are important for the economic well-being of their communities and the state at large," Desai said. "They could also serve to attract new business to Kansas."

Information about K-State distance education and 2+2s can be found at www.k-state.edu/2plus2, or by contacting the K-State Division of Continuing Education at (800) 622-2578 or informationdce@k-state.edu.

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Abilene Hustlers 4-H Club

President Jory Koon called the Sept. 5 meeting of the Abilene Hustlers to order with 12 members and guest Hunter Vaughn attending. The Vaughn and Hoeting families were hosts.

The flag salute was recited and roll call was answered with members' favorite radio station.

Minutes from May and June were read and approved.

Acting secretary Sarah Lamm read a thank you note from Genesis-Thomas County for making cards.

Community leader Donna Lamm reminded members to submit their state fair entries on time, told when record books were due, said public service announcements for National 4-H Week were being planned and gave dates for offi-

cer training and the Achievement Banquet.

Elections for the new year were held. Brennan Ziegelmeier was voted as new president; Taylor Todd, vice president; Josh Koon, secretary; Tucker Gerstner, treasurer; Sarah Lamm and Jory Koon, council representatives; Kailey Shields, junior president; Hallie Vaughn, junior vice president; Eryn Freeman, junior secretary; Kinley Ziegelmeier, Jake Koon, Johnathan Ortner, Tommy Ortner and Kaitlyn Chain, recreation leaders.

Koon gave a project talk and then the club had recreation. Acting vice president Gerstner read the program for the October meeting.

Federal Employees

President Mary Reitcheck of Hoxie chaired a meeting for the National Association for Active and Retired Federal Employees Sept. 14 at Montana Mike's in Colby.

Other members present at the meeting were Joanne Oelke of Hoxie and Alvin Volk, Wanda Davis and Maxine Nelson of Colby.

Secretary-treasurer Nelson won the door prize.

Reitcheck discussed the association's magazine for September and noted the debt-limit compromise approved by Congress and President Obama giving federal employees and annuitants a reprieve. A second round of cuts is

expected this year.

Reitcheck announced the Thrift Savings Plan stock funds were down for the third month in a row.

Officers were elected, Reitcheck as president, Davis as vice president, and Nelson as secretary-treasurer. Members are asked to reply to e-mail requesting possible alternatives for officers by Nov. 15. Members will also be asked if, and when, to have a Christmas meeting.

Guests and new members are welcome to attend. For information contact Maxine Nelson at (785) 462-3571.

— Maxine Nelson

Highway up for award

Washington, D.C. — Kansas Department of Transportation's K-23 Practical Improvement project in Gove County has a chance to bring in some serious cash to Kansas and win the title of the public's favorite transportation project in America.

The project is one of 10 state projects now competing for the People's Choice Award in the America's Transportation Award competition, sponsored by the American Association of State Highway and Transportation Officials and the U.S. Chamber of Commerce. Winner of the People's Choice Award will be decided by popular vote of the general public and will receive \$10,000 to donate to a charity of their choice.

Online voting is available at www.AmericasTransportationAward.org. These same top 10 projects are also competing for the National Grand Prize, which will be decided by a panel of judges, and another \$10,000 will be awarded to that winner. The two awards will be presented Oct. 16 in Detroit.

The department's \$7.8 million project rebuilt 17 miles of a two-

lane road in Kansas by removing deteriorated asphalt and reconstructing it seven inches lower than the current grade, allowing the roadway to be widened. The project made the roadway safer by adding new 12-foot driving lanes and two-foot-wide paved shoulders with rumble strips.

The practical design of the project saved construction time and more than \$11 million in project costs, which demonstrates great management of taxpayer dollars.

"The use of practical improvements was a no-frills, money-saving concept in which the Kansas Department of Transportation customized a highway construction project to fit a specific need rather than applying generic standards across the board," said Jerry Younger, Department of Transportation engineer. "It allowed us to stretch the transportation dollars while still maintaining a safe and efficient highway."

Voting for the award will continue through the end of the day on Friday, Oct. 14.

Texting and driving citations hold enforcement challenges

BEMIDJI, Minn. (AP) — While the number of citations given by state troopers for texting and driving has steadily increased in Minnesota, the North Dakota Highway Patrol says enforcing its own recently enacted texting law has been a challenge.

The North Dakota Highway Patrol has issued just two tickets and five warnings statewide in the nearly two months since its state ban on texting and driving took effect. Drivers caught using a wireless communications device to compose, read or send a message can be fined \$100.

Highway Patrol spokesman Lt. Jody Skogen says enforcement of the law may remain sporadic as troopers struggle to catch drivers in the act, but educating drivers about the dangers of texting and driving continues to be a priority.

"The law bolsters our stance against the life-threatening act and increases the odds that North Dakota motorists will arrive at their destinations safely," Skogen said in an email to the Bemidji *Pioneer* (<http://bit.ly/r3eUzi>).

The Minnesota State Patrol has been increasing enforcement of a similar law enacted in 2008. After issuing just 18 tickets in the last five months of 2008, troopers issued 137 tickets in 2009, 355 tickets in 2010 and 332 tickets through Aug. 31 of this year, according to Lt. Eric Roeske, patrol spokesman. Troopers also have issued 2,151 warnings.

The penalty for texting and driving in Minnesota is \$135, including a \$50 base fine, \$75 surcharge and \$10 law library fee. Minnesota State Patrol Sgt. Jesse Grabow said he personally has issued about a dozen tickets and probably twice as many warnings.

Grabow said that since the law was passed, he has become less tolerant when he spots cars swerving, crossing the centerline and making lane changes without signaling. If he suspects texting while driving but can't prove it, he will still cite drivers for the traffic offenses.

"I really believe it is the new epidemic plaguing our highways," Grabow said.

Corrections

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We want your local news: e-mail to colby.editor@nwkansas.com

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