



Estelle Bugbee

Open house to mark 80th birthday in Gem

Estelle Bugbee of Gem is celebrating her 80th birthday with an open house from 2 to 4 p.m. Sunday at the Gem Community Building.

Her family would like to invite people to help them celebrate. She requests no gifts.

A life-long resident of Gem, she was a homemaker and wife of farmer D.J. Bugbee for 53 years before his death in 2005. After 10 years at the Colby Job Service Office, she retired in 2000.

She has five children, Pam (Roy) Robinson, Monica (Charlie) Miller and Karla (Jared) Haggard, all of Gem, Steve Bugbee of Colby and Scott (Leslie) Bugbee of Ulysses. She also has 11 grandchildren.

"(My mother) is grateful for

the time she can spend with family and has enjoyed many wonderful friendships over the years," said Karla Haggard. "We are excited to celebrate with you and hope you can join us to visit and share special memories.

"Her actual birthday is Oct. 29, close enough to Halloween that our dad always used to joke that he was going to get her a new broom for her birthday. For those of you who knew him and his sense of humor, that comes as no surprise.

"And, truth be told, she never did get that new broom."

For those unable to attend, cards may be mailed to 2183 County Road 27, Gem, Kan., 67734.

Autumn apples hold healthy treats

Fall signals the arrival of apples – an affordable, healthy fast food contributing fiber, vitamin C and antioxidants to the daily diet.

Preliminary studies indicate apples are protective for heart health and may also help inhibit cancer. This makes them a great choice for a snack or to incorporate in a meal. Remember to keep the peel on because it has most of the phytonutrients and half the fiber of the apple.

By some estimates there may be over 8,000 different apple varieties. Modern supermarket shoppers sometimes struggle with the seven or 10 varieties typically offered and wind up getting in a rut of buying mediocre apples. This is a real shame, since there is so much to explore and enjoy.

Be adventurous, don't be afraid to experiment. You have nothing to lose but boredom. Try some new varieties, have an apple tasting as mentioned below. You may not like them all, but you are sure to make some new discoveries that will become lifelong favorites.

There are many good all-purpose apples. Others are best for using in certain ways. Apples that "go to pieces" when cooked are usually best for applesauce; those that keep their shape are best for baking whole. Tart apples are good for cooking; sweeter apples, for eating raw. Go to our website, www.thomas.ksu.edu, then click on "Health and Nutrition" to find a chart to help you determine which apples will work best for what you have in mind.

When selecting apples, choose ones that are firm, shiny, and smooth-skinned with few bruises. Apples should smell fresh, not musty. Apples continue to ripen after they have been picked. Keeping them cool retards this process. Apples keep best when refrigerated. Store them in a plastic bag or the drawer to keep them fresh. Use within three weeks. Check them often. Remove any decayed apples. One rotten apple can indeed spoil the whole barrel!

Versatile and flavorful there are countless ways to prepare and enjoy this fruit. Below is a Top 10 list of ways to enjoy apples:

1. As is. Crunch into a delicious whole apple at snack time, meal-time or anytime at all. I've found at our house, that if I slice the apple up it is gone in no time, as opposed to just presenting the family member with a whole apple. Remember, they will turn dark if you don't coat them with pineapple, orange or lemon juice – my family's favorite is pineapple juice.

2. Peanut butter. Need we say more? Slice and enjoy apples with just plain peanut butter – or there are some delicious peanut butter



Diann Gerstner

• Knowledge for Life

dip recipes.

3. Dessert. The kids will love helping make this nutritious dessert. Chop a variety of fruits such as apples, strawberries, bananas, red grapes, and pears, mix and top with a dollop of whipped topping. Of course there are hundreds of other ideas like pie, crisp, turnovers, dumplings, squares and crepes.

4. Bake 'em. Remove the cores, leaving 1/2 inch at the bottom of the apples to hold in the ingredients. Pour a small amount of brown sugar and butter into the hole. Place the filled apples in an eight-inch square baking pan then add 3/4 cup of water to the pan. Bake at 375°F for 30 to 40 minutes until tender, not mushy.

5. Toss 'em into a main dish. Apple is a great flavor that you can add to many main dishes. Just search on the computer and find recipes like Fruity Chicken Salad, Apple Chicken Stir-Fry, Apple Glazed Roast Chicken or Pork Chops.

6. Grab the kids for an apple tasting. Buy a variety of apples and cut each into slices. Place each variety on its own plate and tag. Have each child eat a slice of each variety of apple, discuss the differences and vote for her or his favorite.

7. Waldorf salad, an old favorite. Enjoy the sweet tang of apples in Waldorf salad. Make and enjoy your families' favorite recipe.

8. Delectable Décor. Always keep a bowl of the many different colors of apples on your kitchen counter or dining table. Not only will it serve as a quick source for a healthy snack but it's also the perfect room accent.

9. Applesauce. Make your own. A recipe is available on our website at www.thomas.ksu.edu.

10. Applesauce. Buy it and make it your way. Crush red-hot candies and add them to the applesauce. Flavor your applesauce by stirring in a little Jell-O powder – strawberry, cherry, etc. Add until it has the flavor you like. You can do this one serving at a time for a snack or a whole jar or can for the whole family.

For more fun information about apples, check out "Apple Facts" on our web page at www.thomas.ksu.edu. Click on "Health and Nutrition."

Diann Gerstner is the family and consumer sciences agent for the Thomas County Extension office.

VFW Auxiliary

The Ladies' Auxiliary to the Veterans of Foreign Wars met Oct. 10 with President Anita Thiel as chair.

Correspondence included a letter from Department President Jeri McBride. There was an invitation from the Colby Diplomats. A letter from Adjutant General John Berkeley was about the fall convention Thursday and Friday in Oakley, beginning with registration at 8 a.m. The meeting starts at 9 a.m.

The president read information about 10 prisoner of war/missing in action personnel being found. They were eight Marines and two soldiers of World War II and the

Korean War.

Cancer chairman reported two members in cancer treatment.

Publicity reported September meeting news item in the *Colby Free Press*.

Santa City was given \$100, with \$25 going to the Department of Kansas hospital general fund, \$50 for Genesis Christmas baskets, \$45 for Wreaths Across America for the national cemetery and \$100 to the Snowball Express program.

The next meeting will be at 5 p.m. Wednesday, Nov. 14, at the post.

Thank You

We would like to thank everyone for abundance of comfort and support we have received and continue to receive as we mourn the passing of our loved one Juaneta "Nut" Repshire.

*With sincere gratitude,
The Repshire Family
John Everett & Kay
Glenn & Leona
Janet, Raelene & Gary*



**Her address is: Viola L. Jones
520 West 4th Street
Colby, KS 67701-2046**

Janet Kay Becker

Janet Kay Becker, 45, a longtime Goodland resident, died Saturday, Oct. 20, 2012, at the University of Colorado Hospital in Aurora.

She was born Oct. 28, 1966, in Goodland, the daughter of Eugene and LaVaughn (Carr) Becker. She graduated from Goodland High School in 1985 and then from Colby Community College.

A cashier at Walmart in Goodland for more than 20 years, she was a member of Our Lady of Perpetual Help Catholic Church in Goodland.

Survivors include her parents and a son, Brandon Sissel, all of

Goodland; two sisters, Pat (Eric) Adelgren, Marion, N.C., and Lona (Shawn) Brown, Hays; and a brother, Daryl Becker and friend Tiffany Kindel, Fruita, Colo.

Services will be at 11 a.m. (Central Time) Friday, Oct. 26, 2012, at the church in Goodland, with Father Norbert Dlabal officiating and burial in the Goodland cemetery.

Visitation will begin at 6 p.m. Thursday, with a vigil and rosary at 8 p.m., at the church.

The family suggest memorials in her name instead of flowers, in care of Koons Funeral Home, 211 N. Main, Goodland, Kan., 67735.

Donald Lee Bieker

Donald Lee Bieker, 72, Hoxie, died Thursday, Oct. 18, 2012, at the Sheridan County Health Complex in Hoxie.

He was born Dec. 5, 1939, in Sheridan County, the son of Clem and Pauline (Mader) Bieker.

On April 25, 1962, he married Carol Jean Spreser at St. Frances Cabrini Catholic Church of Hoxie.

Preceding him in death were his parents; two brothers, Alvin and Frank Bieker; two sisters, Betty Johnson and Mary Ann Bieker; and a granddaughter, Isabelle Bieker.

Survivors include his wife, of

the home; four sons, David (Mary Beth) Bieker, Aurora, Colo.; Gary Bieker, Hays; James (Mindy) Bieker, Hill City; and Roger (Jody) Bieker, Seneca; a daughter, Susan (David James) Horn, El Dorado Springs, Mo.; a brother, Julius (Wilma) Bieker, Hoxie; and nine grandchildren.

Services were Monday, Oct. 22, 2012, at the church in Hoxie, with burial in the church cemetery.

The family suggests memorials to the Sheridan County Amusement Co.

Condolences may be left at www.mickeyleopoldfuneral.com.

Colby Comets 4-H Club

President Madison Zimmerman called the regular monthly meeting of the Colby Comets 4-H Club to order on Oct. 15 at the Thomas County 4-H Building.

Melissa Zimmerman led the Pledge of Allegiance Members answered roll call with "What are you going to be for Halloween?" There were 20 members present.

An installation ceremony for new officers was held with the assistance of club leader Annette Wetter. The new officers are Madison Zimmerman, president; Hayden Reinert, vice president; Olivia Wetter, secretary; Samantha Lindberg, treasurer; Karissa Singer and Alex Zimmerman, council representatives; Abigail Wetter, reporter; Cassandra Zimmerman, Melissa Zimmerman and Mallory Jackson, song leaders; Jenna Reinert and Miah Jackson, recreation leaders; Jacob Wetter, historian.

Secretary Olivia Wetter read the

minutes of the last meeting; minutes were approved as read. Treasurer Samantha Lindberg was not present. Reporter Abigail Wetter had no report. 4-H Council Representative Karissa Singer asked for ideas for fund raisers. Club leaders Annette Wetter and Angela Zimmerman reported upcoming events and dates. The 4-H Week Display committee reported they had put up a display at the library.

Club members decided to bring an item for Genesis to the next meeting and to go caroling at the nursing home for Halloween on the 28th.

The song leaders led the club in "If You're Happy and You Know It." The recreation leaders led a game of "Four Corners." Vice President Hayden Reinert announced the date of the next meeting. Following the 4-H pledge the meeting was adjourned.

— Abigail Wetter, reporter

Daughters of Isabella

The Daughters of Isabella Immaculate Heart of Mary Circle met at 6 p.m. Oct. 4 in the basement of the Sacred Heart Catholic Church in Colby for a gourmet supper.

Pat Erickson and Pauletta Bieker served beef bundles, fruit salad, fresh garden veggies and bread. The dessert was a choice of pies.

Rhonda Rogers and Donna Juenemann presented a corsage award and a basket of cleaning supplies to Erickson for the whirlwind cleaning job she, Ann Guilfoyle and Don Guilfoyle did to clean Sister Loretta Podlana's house after the big dirt blow this summer.

Marje Robben invited Ann Guilfoyle and Sister Loretta to be guests at the meal.

A short meeting followed, which Regent Charlene Barnett conducted.

Joan Albers reported on the ninth day of 40 Days for Life. There were 40 baby saves and one abortion clinic closed. There is a web site that gives a message every day at www.40daysforlife.com.

It was decided to send the Pennies from Heaven money col-

lected at the meeting to Melissa Augustine to show the group was thinking of her.

Albers made a list of members and passed the new list out. Rogers will replace Ceanne Rinehart as a caller.

Erickson volunteered to help Albers put Daughters of Isabella information on her computer into a flash drive.

There will be noon mass on Thursday, Nov. 1, to honor deceased Daughters of Isabella members. The meeting hostesses that day will be Rogers and Fawna McFee.

— Margaret Denneler, secretary

Markets

Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat (bushel)	\$8.42
Corn (bushel)	\$7.61
Milo (hundredweight)	\$13.05
Soybeans (bushel)	\$14.65

Please Recycle

Corrections

An item in *Briefly* on Page 2 of the Monday, Oct. 22, *Colby Free Press*, gave incorrect dates for early voting for the upcoming election. People can vote early at the Thomas County Courthouse from 8 a.m. to 5 p.m. Tuesday, Oct. 30, through Friday, Nov. 2, and from 8 a.m. to noon Monday, Nov. 5. This was a typing error.

The obituary for Juanita Rep-

shire on Page 3 of the Thursday, Oct. 11, *Free Press* the name of a son, Glenn (Leona) Repshire of Oakley, incorrect. This was an editing error.

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The Colby Free Press wants to maintain an accurate record of our town. Please report any error or lack of clarity in a news story to us at 462-3963.

Pickin' on the Plains Bluegrass Festival Presents
A Hometown Gospel Show
"A Tribute to Veterans"
Sunday, November 11 • 2 - 4 p.m. • Frahm Theatre
 Performing will be Perry and Terry Baird, Larry Booth, The Bugbee Sisters, Tom Harrison, The McLemores, Lisa Schroeder & Family, Jay Stewart, Leon Woofier, and Pat Ziegelmeier.
Tickets at the Door - \$10 adults, under 12 free
 For more information call:
Colby Convention & Visitors Bureau 785-460-7643
 Sponsored by the Colby Community College Music Department
 Proceeds go to Pickin' on the Plains Festival

