

Kansas music clubs meet in Goodland

The Kansas music clubs will come together for the state convention on April 15 and 16 at First Christian Church, Goodland. The event is hosted by the Northwest District of the Kansas Federation of Music Clubs, which includes clubs in Atwood, Goodland and St. Francis. Linda Vollen, Kansas president, of Pittsburg, will preside, with Marsha Magley, Northwest District President, as mistress of ceremonies.

Other honorees, to be recognized and receive framed certificates, include: Neala Carmichael, Kansas Federation Music Club Musician of the Year; Tema Trumbo, Kansas Federation Music Club Composer of the Year; The Vernon Akers Family, Kansas Federation Music Club Musical Family of the Year; and The Wild Rose Poet, Helene Landenberger, Poet of the Year.

Formal luncheons, tours to the Carnegie Arts Center, the Handy House and the Sherman County Museum are planned. Members of the Northwest District are honored to welcome National Federated Music Club and Kansas Federated Music Club dignitaries and friends to the 2011 State convention.

Since its founding in 1898, the National Federation of Music Clubs has grown into one of the world's largest music organizations. The organization is chartered by the Congress of the United States, and is the only musical organization member of the United Nations.

National Federation of Music Clubs provides opportunities for music study, performance and appreciation to more than 200,000 adult, student and junior members in 6,500 music-related clubs and organizations nationwide. Members are professional and amateur musicians, vocalists, composers, dancers, performing artists, arts and music educators, music students, generous music patrons and benefactors, and music lovers of all ages.

State Federation business will be held on Friday and Saturday, April 15 and 16, with mini-concerts and entertainment by Northwest District members throughout each day.

At a banquet on Friday evening, local talents are to be honored, followed by a concert presented by Pride of the Prairie Orchestra, made up of musicians of Northwest Kansas



DAWN RICE, left, played the violin, accompanied by Dawn Petty at the PTA Talent Show on Sunday. Above, Colton and Cutter Neitzel sang 'Jesus Loves Me.'

Herald staff photos by Karen Krien



OVERALL GRAND WINNER at the PTA Talent Show on Sunday was 'Men at Work' percussion ensemble. Members of the band are Ty Zweygardt, Brock Zweygardt, Logan Whitmore, Ross Nichlos, Gavin Cooper, Isaac Schiltz and Lane Hoffman

Herald photo by Ryan Unger



Free food storage guides available

Throwing away food is like throwing away money, and consumers may be surprised of the dollar value of food they scrape off plates or allow to spoil, said Valentina Remig, a food safety and nutrition specialist and former faculty member at Kansas State University.

Ms. Remig credited Tim Jones, a professor of applied anthropology at the University of Arizona, who has been tracking food waste for more than a decade with determining that, on average, households waste about 15 percent of their food. For a family of four (two adults and two children), that is slightly more than \$1,700 per year for those on a moderate budget.

To compute the loss for your household, go to <http://www.cnpp.usda.gov>, and, on the left, click on "USDA Food Plans: Cost of Food."

"Reducing waste to save on food costs need not be difficult," said Ms. Remig, who suggested:

- Shopping for quantities that match needs.
- Checking Sell by, Best if used by, and Expiration dates before

buying.

- Studying up on food storage recommendations to preserve and protect food safety and quality.

To assist consumers, Ms. Remig recently developed a United States Department of Agriculture-funded food safety campaign for baby boomers and beyond, that includes a food safety and storage guide for fresh meats, poultry and fish; leftovers, lunch meats, eggs, dairy products and canned foods. The free guide is available online: www.ksre.ksu.edu/foodsafety/; click on "Baby Boomers and Beyond."

K-State Research and Extension also offers a free, four-page guide to storing staples ranging from flours, cereals, packaged mixes, pastas, herbs and spices, nuts, fresh fruits, etc. The numbered publication L-806 is titled "Cupboard Approximate Storage Times." To download, go to www.ksre.ksu.edu and click on Publications, and type the publication number, L-806, into the search function.

Both publications are available at K-State Research and Extension offices throughout the state.

The Wrist Cath

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An important new alternative to traditional cardiac catheterization – transradial, or wrist, catheterization – is now offered by DeBakey Heart Institute and Dr. Richard Markiewicz, interventional cardiologist.

For patients who meet the criteria, Dr. Markiewicz uses the radial artery, located in the wrist, as the access point for catheterization procedures rather than the femoral artery in the groin.

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Dr. Richard Markiewicz
Interventional Cardiologist



Dr. Christine Fisher
Interventional Cardiologist



Dr. Jeffery Curtis
Interventional Cardiologist



Dr. Babar Ali
Interventional Cardiologist



Dr. Elizabeth Ashworth
Cardiothoracic & Vascular Surgeon



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The Pride of the Prairie Orchestra

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Friday, April 15, 2011 at 7 p.m. MT
Goodland High School Auditorium, Goodland, KS
Andrew Salvador, Conducting

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Proceeds benefit Vernon Akers family for medical expenses incurred when Josiah, violinist, required emergency surgery/hospitalization.