



COLTON MCCARTY making his way around third base during the Cheylin vs Benkelman coach-pitch game, which was played in Benkelman on Wednesday, June 15.

Times photo by Darci Schields

Club Clip

Kanred Family, Community and Education

Family, Community and Education - Kanred, met on Monday, June 14, at the LeBow Manor. There were four members present: Dorthy Mast, Leeanna Wendell, Colleen Catic and Wanda Dowdy. At the beginning of the meeting, they read the Kansas Association Family, Community and Education Mission.

Leeanna Windell presented the lesson, "An Invitation to Dine." This was a very interesting lesson, which was written by Jean Rowland of McPherson for the Kansas Association Family, Community and Education Educational Program Committee.

Has mealtime lost its sense of order? Fast food eateries provide little atmosphere for a dining experience. A table once set with dishes and silverware has given way to foam boxes and food wrappers. Do people even know how to set a table? Is it even important?

Research has pointed out the benefits of the family meal, sighting overall improved health due to better nutrition, in addition to positive effects on performance and behavior choices. It has been said that the right table setting leads to the right eating etiquette and manners. This then leads to correct eating habits and good health. Perhaps setting an attractive table can create the invitation to dine. The invitation might even help members and their families find order in a fast paced world.

The delight of eating is the enjoyment of all aspects of the meal including the service of the food. Food served attractively can tempt the reluctant appetite and add beauty to good food. Meals may be served indoors or outdoors; on a table or a tray; with others or alone.

Don't get into the habit of eating quickly while standing at the kitchen counter. If you eat alone, it may take a conscious effort to create the invitation to dine. Create the atmosphere that makes mealtime one of the highlights of your day. Presentation of the food is as important as food preparation. Vary the color, texture and temperature of the food served with your meal. You may also find that you are eating healthier by

creating an inviting atmosphere for mealtime. Creating that atmosphere may mean varying where you eat. Sit near a window, take your lunch outdoors on a porch or perhaps pick a mini-picnic for the park. Pleasant background music can add to the atmosphere for dining.

The table for the dining is also very important. Choose a special centerpiece that will set the tone for the meal. It doesn't have to be expensive or elaborate. A candle, flowers, a small display or even produce can be effective in creating an inviting table. Remember to keep the centerpiece so guests can see each other across the table. White tablecloths are traditional for formal meals, but other alternatives can be used. Fine linens aren't necessary, but it can be fun to pull out some of those special things out of storage and put them to use. If a table cloth is wrinkled or creased, throw it in the clothes dryer set on "Fluff" or "Air" along with a damp towel. Paper, plastic or washable materials make wonderful tablecloths as well. A single place mat or table runner can set the stage for a dining experience. Even a colorful flat bed sheet can be a very pretty and washable table covering.

Napkins are used for function, but they also add to the décor of the table. Cloth or paper napkins can be folded in interesting ways or used with decorative napkin rings.

While people usually don't eat formally at home, proper etiquette is still a virtue. It is correct to remove and place all dishes from the right, but the foods passed must be offered from the left so the guest may use their right hand in serving themselves. Always serve coffee and tea, or fill water glasses from the right. Unnecessary table service is generally removed from the table prior to serving dessert.

Then there some eating etiquette items that were listed and most of these were for a review. There were also some hostess tips for planning a formal meal, buffet, or just a regular meal. When planning your menu keep in mind that if one item in the menu is rich or heavy, the rest of the meal should be light. If serving hors d'oeuvres, plan on no more than three per guest. If your food is plentiful, serve it family style. If you need to control the portions, arrange the food on individual plates and serve other accompaniments at the table. To make sure you have enough food, it is a good rule of thumb to prepare one extra portion of each dish for every six guests. People look forward to dessert, so do what you do best for this course. Coffee or tea is often served with the dessert course. It is a good idea to offer decaffeinated options for those guest who wish to avoid caffeine.

This was a very interesting lesson. Leeanna brought different items to set the table, showing us the different ways to set a table with centerpiece and all the plates, cups, saucers and silverware. This was a good review for members.

After the lesson, refreshments that Colleen had prepared were served. Members enjoyed a time of talking with each other and a good time of fellowship.

The next meeting will be on Sept. 12. Dorthy Mast will be the hostess for that day, and Wanda Dowdy will bring the lesson on "Someone's in the Living Room with an Eye to Redecorating." Anyone caring to join may come to the LeBow Manor on Sept. 12 at 2 p.m.

McDonald News By Sandy Binning

Myra Miller's June 16 birthday celebration

Myra's passion of quilting was fulfilled as she joined the Ladies Guild during their Thursday quilting session at the Federated Church in McDonald. This was her wish for her 101st birthday.

Phyllis Wingfield read the appropriate story "Birthdays Aren't So Bad" from the book by Emily Barnes titled "Minute Meditations for Women". Prayer was given by Pastor Mark Adams, then 17 folks enjoyed refreshments and conversation.

Myra Miller's week of guests were Fred McIntosh of Hays, Nancy and Alan Pallozzi of Lakewood, Colo., and Estel and Peggy

Haning of Greeley, Colo.

Mr. and Mrs. David Johson of Moundridge, were guests during the week of Ray and Marlene Johnson. Connie Sabatka and Tish Loker were Sunday afternoon visitors.

Karlyne Atchison went to St. Francis Saturday and took aunt, Marie Holzwarth out to supper at the Piiza Hut.

Eleanor Swihart accompanied Allison Swihart and Julia Foster June 9 to the 18th on a trip to the Grand Cannon. They enjoyed visiting many places between Denver and Arizona.

75th birthday

Gilbert and Jan Antholz celebrated Gilbert's 75th birthday Saturday with a Garage Party. Guests

were Frieda Black, Janet and Burrette Griffith and Crystal, Robert and Pricilla Antholz, Don and Nikki Holliman, Larry and Susan McKain, Pam McKain, Genevieve McKain with an honored birthday, Gene and Blanche Koons and Roy, Hal and Becky Antholz and CJ, Cort and Megan Antholz, and Hallee, Clint and Jenny Antholz, Jack and Charley, Craig and Jerri Antholz, Heath and Tiffnany, Tina Smith, Tanner and Brock, Dan and Margie Hubbard, Dave Hubbard, and Jerry and Betty Knapp. Gilbert and Jan's great-great-grandchildren brought honor to three great-great-aunts and-uncle, Freida Black, Blanche and Gene Koons, and Genevieve McKain.

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3 nights of outdoor concerts featuring Steel Magnolia, Sawyer Brown and Default all for a \$12 ticket. 4th of July Fireworks Spectacular. WildWestFestival.com

World of Outlaws
July 1-2, Dodge City
Dodge City Raceway Park
Boot Hill Showdown
World of Outlaws Spring Series
(620) 225-3277, dodgecityraceway.com

Tour of Lawrence Pro-Am Bicycle Races
July 1-3, Lawrence
Enjoy bicycle racing at its best. Three separate USA Cycling Pro-AM competitive bicycle racing events.
(785) 856-5282, touroflawrence.com

2011 USATF Jr. Olympic Championships
July 26-31, Wichita
See tomorrow's track and field Olympic stars compete at Wichita State's Cessna Stadium. More than 8,000 athletes in 14 divisions.
(316) 265-6236, wichitasports.com

National Baseball Congress World Series
July 30 - August 13, Wichita
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