

Family

Kids A Cookin' offers veggie casserole recipe

Kansas State University's Kids A Cookin' program features healthy recipes, including this one for "Veggie-Good Casserole."

This colorful casserole contains kids' favorite vegetables - green beans and corn. The recipe calls for just easy four layers, but makes a fun and healthful dish. It comes from Kansas State University Research and Extension's Family Nutrition Program and makes 12 one-half cup servings.

Ingredients:
 1 can (15-ounce) green beans, drained
 1 can (15-ounce) corn, drained
 1/2 cup shredded low-fat cheddar cheese

1/4 cup diced onion
 1/2 cup nonfat sour cream
 1 can (10.5-ounce) cream of celery soup

30 buttery crackers (Ritz, Town House, etc.), crushed
 2 tablespoons margarine, melted

Directions:
 1. Wash your hands.
 2. Preheat oven to 350 degrees.
 3. Spray 2-quart baking dish with cooking spray.

4. Layer green beans and corn in baking dish.
 5. In small mixing bowl, combine cheese, onion, sour cream and soup.

Spread over vegetables.
 6. In small bowl, combine cracker crumbs and margarine. Sprinkle mixture on top.

7. Bake 30 to 40 minutes.
 Helpful Hints: The best way to

drain green beans and corn really well is to use a colander. Crushing crackers can be more fun than messy if you place the crackers in a sealed plastic bag and then mash them with a rolling pin.

Safety Tips: Shredding cheese, dicing onions and melting margarine are basic activities in any kitchen. For young kids, however, they can lead to shredded knuckles, cut hands and burned fingers.

So, adults should either do these activities beforehand or carefully supervise kids' efforts.

Cleanliness helps ensure food safety in the kitchen. Before starting to cook, have children go through this checklist: Clean hands.

Clean surfaces (counter, cutting board, stove). Clean tool kit. Clean can lids.

Clean can opener.

The dish has 570 calories per serving with, 25 grams of fat (5 grams saturated), 5 mg cholesterol, 13 grams protein, 74 grams carbohydrate, 5 grams dietary fiber and 1,230 milligrams sodium.

Kids a Cookin' is an educational program produced by Kansas State University Research and Extension's Family Nutrition Program and funded by USDA's Food Stamp Program through a contract with Social and Rehabilitation Services (SRS). More information, more recipes and cooking tips, and a link to a Spanish version are available on the Kids a Cookin' Web site: <http://www.kidsacookin.ksu.edu>.

Senior center looking for new director

A new director is needed at the Senior Progress Center, 165 Fike Park. This is a morning position consisting of approximately 30 hours per week. The applicant needs people skills, limited book-keeping and computer knowledge. Applications are due by Feb. 1, and can be sent to Maurice Phelps, 1130 S. Court, Colby, Kan. 67701 or dropped off at the center.

There are plenty of activities scheduled at the center for the week of Jan. 30-Feb. 3, including "Dream a little" at 11:50 a.m. Monday. Tuesday exercise is at 9:30 a.m. and it's Backward Day. Do things backward today. Wednesday is Flannel Shirt Day. Exercise is at 9:30 a.m.

Senior Center

Thursday and from 10:30-noon there will be blood pressure checks by a nurse from the Thomas County Health Department. Friday exercise is at 9:30 a.m. and it's also Denim Day — wear your denim duds.

The Thomas County Nutrition Center in Colby wishes to invite those 60 and older and their guests to attend daily luncheons in Colby Monday through Friday. Reservations may be made by calling (785) 460-2901 the day before. Home delivery is also available for those unable to attend due to social or physical disabilities. We also invite

those working who would like to pick up a meal. Those meals are available at noon to be picked up. For individuals 60 and over a contribution of \$2.50 per meal is requested. We also invite those under 60 years of age to attend or pick up a meal at a cost of \$4.50 per meal.

The menu for the next week includes: Monday - tuna noodle casserole, Mexicali corn, peaches, bread, brownies. Tuesday - chili, glazed carrots, citrus slices, crackers, cinnamon role. Wednesday — oven baked chicken, mashed potatoes and gravy, cook's choice fruit, dinner roll, mixed vegetables. Thursday - sloppy joes, broccoli, pasta salad, bun, rosy applesauce.

Friday - liver and onions, creamed potatoes, peas, bread, mixed fruit. The building is also available for rental for events. For information on lunch reservations, call 460-2901.

The Thomas County Public Van is owned by the county but is scheduled and dispatched by the Senior Progress Center. The van is not a taxi service. It will be scheduled on a first-come, first-served basis.

It must be scheduled at least 24 hours in advance of its use and be ready at least 30 minutes in advance of appointment. Sometimes there are four to six calls per time frame.

Calls for the van need to be made between the hours of 8 a.m. and noon, Monday through Friday.

Lions Club learns about senior legislation

The High Plains Lion Club met Monday, Jan. 23 in the Prairie Rose Room for their regular meeting. President Sheryl Brenn called the meeting to order with the flag salute, Lion Larry Koon gave the prayer and the group sang one chorus of "America." Lions introduced their guests. Lion Sheryl Brenn introduced Rosalie Seemann and Lion Elmer Lawver introduced Dan Tedford.

Following a buffet dinner Lion Sheryl Brenn introduced her program speaker, Silver Haired Legislator Rosalie Seemann. Legislator Seemann gave a history of the Silver Haired Legislation and told of its current work.

Kansas legislation in 1982 created a group of advocates for senior citizens called Kansas Silver Haired Legislators. They are members voted on by each state county and must be 60-years-old. They sit in the House of Representatives chambers in October and are assembled and organized just like the legislators. Thomas County's first Silver Haired Legislator was Dale Mustoe. The second was Bill Beck and the third was Bill Keck. Rosalie has been a legislator for five years. At the present time, they are working on several bills. The Kansas legislators are looking at three of their bills now. One of them deals with the Federal Work Force Act. Another deals with the Area Agency on Aging working on training people

to go into nursing homes to hear the voices of nursing home residents. There is a bill that will be looked at that deals with grandparents who are in custody of their grandchildren. The last bill they hope to get some action on deals with tobacco funds for senior citizen health problems.

Rosalie is very hopeful that at least two of these bills will be acted upon. The grandparent in custody bill would offer assistance to grandparents. She said this got very close to being enacted in last year's legislative session.

She also talked briefly about the prescription sign-up that is currently going on. She feels that it is much too complicated for many senior citizens to understand. She encouraged all seniors to read and discuss their choices very carefully, before signing anything.

Following her talk she had a question and answer period. She encourages all to be supportive of the Silver Haired Legislators and get involved in your government.

In other club business, Lion Mary Hurtt gave a report on the 2006 Thomas County Health Fair Lions vi-

sion screening and blood sugar screening booth. She reported that there were at least two people screened that had problems and were advised to see their local doctor.

Lion Melinda Morton gave a report on the upcoming Valentine party Monday, Feb. 13. Thomas County Lions clubs and Atwood and Oakley clubs have been invited for an evening buffet. Reservations must be made by Feb. 6.

Lions Sheryl and Larry Brenn gave report on the Mid-winter Rally they attended in Salina. Lion Elmer Lawver gave a report on the 50th anniversary of the Goodland Lions Club. There were four High Plains Lions present. The Goodland club was sponsored by the Brewster Club in Jan., 1956. There were three

charter members of the Goodland club present, Lion Elmer was a charter member.

In other business, Lion Virgil gave a list of all of the activities the club had been involved in in 2005. Lion Hale and Lion Estes reported they had attended the Rexford Lions dinner.

Lion Estes won the drawing. The net meeting is Monday, Feb. 13 with the Valentine's buffet dinner.

Markets

Quotes as of close of previous business day	Hi-Plains Co-op
Wheat	\$3.70
Corn	\$1.94
Milo	\$2.92
Soybeans	No bid

Time to prune fruit trees

MANHATTAN — January generally starts each year's pruning season for central High Plains fruit trees.

An annual trim is important to fruit tree health, said Chuck Marr, horticulturist with Kansas State University Research and Extension.

Without this help, few fruit trees can develop and keep a strong enough structure to handle Plains weather and the weight of a bumper fruit crop without damage. Even with help, the trees tend to suffer some injury every year due to disease, insects, wind, ice and the like.

"Many gardeners also prune to keep fruit trees small enough to work with easily — whether pruning, spraying or harvesting," Marr said.

"They prune so sunlight can penetrate the canopy of leaves and help

the buds develop and the fruit ripen. Allowing light to move into the tree canopy also prevents fruits from developing only at the outside of branches, where the fruits will be smaller and branches will be "weighted down" more."

The window for pruning appears each winter after the trees have been fully dormant for several weeks, he said.

Depending on the weather, it sometimes stays open through March.

But, gardeners must finish trimming before spring's bud swell, the horticulturist warned. Otherwise they won't have time to apply a dormant oil treatment to prevent such pests as scales, mites, aphids and pear psylla.

To avoid further injury, gardeners must prune when temperatures are above 20 degrees, Marr said. For dormant oil applications to work, temperatures must be above 40 degrees for at least 24 hours.

Student News

LINDSBORG — Crystal Mannebach of Colby was one of 177 students named to the Bethany College fall semester Dean's Academic Honor Roll.

To be recognized, a student must be full-time with a semester grade point average of at least 3.50 on a 4 point scale, said Eugene Bales, vice president for academic affairs.

In addition to Mannebach, another area student from Hoxie, Christopher Sekavec, was also recognized.

Bethany College, established by Swedish Lutheran immigrants in 1881, is a college of the Evangelical Lutheran Church of America. The mission of Bethany College is to nurture and challenge individuals in their search for truth and meaning as they lead lives of faith, learning and service.

 Please Recycle

THANKS
 I'd like to thank everyone for all of the cards and phone calls of kindness on my 90th Birthday!
Thank You,
Ernest Schielke

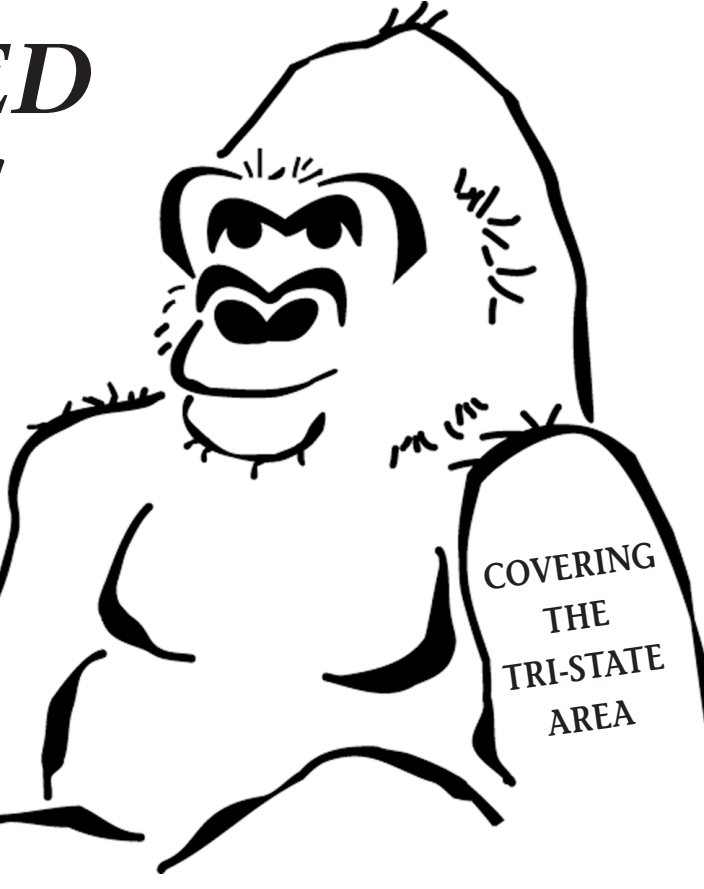
Don't Miss this Unbelievable SPECIAL OFFER!

FOR A LIMITED TIME ONLY!

From NOW until Feb. 10, place a **FULL PAGE** advertisement in the *Country Advocate* and the *Colby Free Press* and **pay less than one-half the full price ...**

plus we'll throw in **SPOT COLOR for FREE!**

Call Crystal, Jasmine or Cindy at **785-462-3963!**



Hoxie Medical Clinic Announces Clinic Hours for Dr. Brewster Kellogg

Dr. Kellogg from the Family Center for Health Care in Colby will be seeing patients in the Hoxie Medical Clinic on **Monday, January 30 • 9 a.m.-Noon**

Dr. Kellogg is Board Certified in Family Practice, his special interests include:
 •Obstetrics •Sports Medicine
 •Family Medicine •No-Scalpel Vasectomies

For an appointment call:
785-675-3018
Hoxie Medical Clinic
 826 18th Street
 Hoxie, KS 67740

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