

Family

4-H Centennial quilt to be auctioned at State Fair

PRATT — Crowdpleasin' 4-H Centennial quilt blocks entered in the 2005 Kansas State Fair will make an encore appearance in the form of a 91 by 92-inch queen-sized quilt with three 4-H Centennial pillows at the 2006 Kansas State Fair.

The Centennial quilt combo will be on display in the Domestic Arts Building on the fairgrounds, beginning Sept. 8 and until the time when it will be moved to the Farm Bureau Arena Sept. 16.

After that, the quilt will be auctioned to benefit the Kansas 4-H Centennial Hunger Project. The quilt auction is scheduled to begin at 4 p.m.

Each of the 30 blocks in the quilt highlights a Kansas 4-H memory for its maker, said Jean Clarkson-Frisbie, Kansas State University Research and Extension family and consumer sciences agent in Pratt County.

Clarkson-Frisbie, a former 4-H member and longtime needleworker, organized efforts to assemble, or "set" as it is called in quilter's language, the quilt blocks between sashing and borders that accent them.

Quilters Marilyn Glenn, former Kingman County agent, and Janice Wood, former Pratt High School home economics teacher and Pratt County 4-H member, helped assemble the

quilt before handing it off to Susie Young, who owns and operates Artistic Quilters in Anthony, Kan.

Young, a machine quilter who earned the "Best of Show" award at an area quilter's guild show in April and "Best of Show" awards at both the Pratt and Barton county fairs last year, also is a former Pratt County 4-H member.

She will donate a portion of her quilting time to the project, she said.

More information on the quilt and the auction is available by contacting Clarkson-Frisbie at (620) 672-6121 or the Kansas State Fair project is available at local or district K-State Research and Extension offices or the state 4-H office at (785) 532-5800.

K-State Research and Extension is a short name for the Kansas State University Agricultural Experiment Station and Cooperative Extension Service.

It is a program designed to generate and distribute useful knowledge for the well-being of Kansans.

Supported by county, state, federal and private funds, the program has county Extension offices, experiment fields, area Extension offices and regional research centers statewide.

Its headquarters is on the K-State campus in Manhattan.

Time to donate to the senior center

By Emma Rogers
Senior Center

Wednesday is the day to donate paper products to the Senior Progress Center, 165 Fike Park, to help with the center's operation.

There are plenty of activities scheduled at the center for the week of July 10-14, including Fruit and Dip Day on Monday. Tuesday exercise is at 9:30 a.m. Wednesday, don't forget to donate paper products such as toilet paper or paper towels. Exercise is at 9:30 a.m.

Senior Center

Thursday; Bingo is at 11 a.m. 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. Those who work are also invited to come 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. Anyone under 60 years of age is invited to attend or pick up a meal at a cost of \$4.50 per meal.

The menu for the next week includes: Monday - Swiss steak, scalloped potatoes, corn, bread, tropical fruit. Tuesday - roast pork with

gravy, baked potato, mixed vegetables, dinner roll, applesauce, gelatin salad. Wednesday - cook's choice entree, broccoli casserole with rice, ambrosia fruit salad, bread, cookie. Thursday - chicken salad sandwich, baked beans, cantaloupe, bun, brownie. Friday - baked spaghetti, spinach salad, fruit mix with cherries, bread sticks, pudding.

The building is also available for rental for events. For information or 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.

To contact the public transportation van after 12:30 p.m., call (785) 443-9208.

Tips hold down vacation costs

MANHATTAN — Saving to cover vacation expenses is a good goal, but if savings fall short, should you: cancel the vacation? modify the vacation to better match your savings? Or, charge the extra expenses to your credit card?

From a financial management perspective, a vacation should not be considered a reason to overspend, said Carol Young, Kansas State University Research and Extension financial management specialist.

Running up vacation bills may shortchange savings for an emergency fund, car repair or retirement savings contribution.

Saying that isn't the same as saying that you don't deserve time off or an occasional treat, said Young, who advised modifying vacation plans to match the money available.

Happenings

High Plains Mental Health Center in Hays is hosting a workshop on "The Ethical Decision Making Process."

The workshop will be from 1:30 to 4:30 p.m. Tuesday, July 18 at the center's board room, 203 E. Seventh in Hays.

"When facing ethical dilemmas in real-world settings, even with the guidance of ethical codes, legal considerations, policies and procedures, the actual situations are typically too complex for clear cut solutions," said Karen Schueler, manager of the center's Consultation and Education Department.

The workshop will be presented by Carrie Nassif, Ph.D., Fort Hays State University Department of Psychology. For information or to register, call (785) 628-2871.

Suppose, for example, that a family of four has set aside \$100 each month for a year to pay for a four-to-five-day vacation to a metropolitan area in their state to visit museums and an amusement-sports complex.

With fuel and other costs rising, Young offered cost-saving ideas that should allow the family to vacation, but still stay within their budget:

- Opt for a four-, rather than five-, day trip to save on lodging and meal costs.

- Shop for a hotel-motel package that includes continental breakfasts, pool, free parking, and coupons for savings on attractions or gas.

- Check attractions and admission costs in the planning process. If a museum offers a reduced price or free admission on a certain day, make that day museum day.
- Balance free or low-cost activities, such as a picnic in a park, free tour of the state capitol building or entertainment at a local festival with more costly activities for which admission is charged.

- Trim food costs by planning the larger meal of the day at lunchtime, when restaurant prices often are less costly than similar items on the dinner menu. Choosing a smaller serving, sharing an entrée or ordering family-style, which may offer a

lower cost per person, can result in savings. So can skipping extras, such as an individual order of French fries or chips. Opting for water as a beverage with the meal, rather than choosing more costly carbonated beverages or designer coffees, also usually reduces overall costs.

Packing non-perishable snacks to take along, rather than purchasing snacks at a convenience store or concession stand also can yield a savings.

Vacationing close to home or planning a few day trips can trim travel costs and free up money for special occasion treats, such as dinner out, a movie, community theatre or other family entertainment, Young said. Mixing up your routine or simply slowing the pace at home may provide a much-needed break at little or no cost.

More information on managing money is available at county and district K-State Research and Extension offices and on the Web site: www.oznet.ksu.edu/financialmanagement.

Faced with a Drinking Problem?
Perhaps
Alcoholics Anonymous Can Help
Meetings are Open to the Public
City Hall Basement
Mondays & Thursdays - 8:30 p.m.

Souvenir shop can offer lesson on spending

MANHATTAN — Stopping at a souvenir shop needn't cause friction between parents and children, said Carol Young, Kansas State University Research and Extension financial management specialist.

When planning a vacation, encourage children to save part of their allowance or summer earnings for vacation spending, she said. Or, consider setting aside a portion of the vacation budget so that each child can have some discretionary spending money — \$10 or \$20, for example — that is placed in an en-

velope with their name on it.

"Kids may rush to spend, but will likely also get lessons in the value of comparison shopping and holding back some cash in case they see a bargain or something more exciting later on," Young said.

More information on teaching children about money management is available at county and district K-State Research and Extension offices and on Extension's financial management Web site: www.oznet.ksu.edu/financialmanagement.

Babies

Kenlee Justeen Mackley

Mason and Jena Mackley of Winona announce the birth of their daughter, Kenlee Justeen Mackley, Tuesday, Feb. 28, 2006, at Hays Medical Center. Kenlee weighed 8 pounds and was 19 1/2 inches long.

Grandparents are Christie Obermueller of Greeley, Colo., and Robert and Tracee Mackley of

Winona; Ross and Dana Cranston of Brewster.

Great-grandparents are Robert and Barbara Potter and Shirley Cranston, all of Colby.

Editor's note: This birth announcement isn't a correction, but is being re-run at the request of family who was left out.

Community Calendar

FRIDAY, JULY 7

League swim meet, Colby Municipal Pool, 8 a.m.
Mid America Youth Basketball tournament, Colby Community Building, school gyms, 6 p.m.

SATURDAY, JULY 8

League swim meet, Colby Municipal Pool, 8 a.m.
Mid America Youth Basketball tournament, Colby Community Building and school gyms, 8 a.m.
Golden Buckle Square Dance Club, Colby Community Building, 8 p.m.
Wings Upon the Prairie drop-in center, 485 N. Franklin, 5-8 p.m.

SUNDAY, JULY 9

Mid America Youth Basketball tournament, Colby Community Building and school gyms, 8 a.m.
Car races, Thomas County Speedway, Thomas County Fairgrounds, 7 p.m.
Wings Upon the Prairie drop-in center, 485 N. Franklin, 2-8 p.m.

Markets

Quotes as of close of previous business day
Hi-Plains Co-op

Wheat	\$4.79
Corn	\$2.10
Milo	\$3.30
Soybeans	No bid



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