

Family

'Dog bones' easy snack for children to make

Strange, but true: Kids seem to be fascinated by snacks that look like dog treats. This recipe for "dog bones" is also one of the easiest to use to introduce children to making their own nutritious food. It contains just a few ingredients, doesn't require cooking and even allows for some dough sculpting. The recipe is from Kansas State University Research and Extension's Family Nutrition Program and makes six "bones."

Ingredients:
1/2 cup peanut butter
1/2 cup instant nonfat dry milk powder

1 tablespoon honey
2 tablespoons graham cracker crumbs, finely crushed

Directions:

1. Wash your hands.
2. In a large mixing bowl, combine peanut butter and dry milk. Add honey and mix well.
3. Divide dough into 6 pieces.

Mold each piece into the shape of a dog bone.

4. Sprinkle the bones on both sides with graham cracker.

5. Store in covered container in the refrigerator.

Helpful Hints: To help the peanut butter and honey come out more easily, first lightly spray the measuring cup and measuring spoon with cooking spray.

A glass of low fat milk tastes great with this treat. For fun, you

also can serve a "bone" and some apple slices in a soup bowl or plastic container that looks a bit like a dog bowl.

Safety Tip: Introduce this treat when children are at least 3 to 4 years of age. Before that, kids can have trouble swallowing peanut butter without choking.

Peanuts are the cause of one of the most common food allergies in children. So, be sure to tell kids who are visiting that this snack contains peanut butter.

For children with this kind of allergic reaction, even a touch or tiny bite of the food allergen can be harmful.

Suggested Book With This Activity: "Clifford the Big Red Dog" by Norman Bridwell.

Per serving: 170 calories, 11 grams fat (2 grams saturated), 0 mg cholesterol, 7 grams protein, 11 grams carbohydrate, 1 gram dietary fiber, 150 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>.

Summer winding down in Rexford

The summer season along with summer activities will soon end giving up longer days to cooler weather and shorter days.

A Quinceanera in honor of Jessica Luna, daughter of Bill and Mary Luna, was held at the Rexford Community Church, Saturday, Aug. 19 at 4 p.m.

A dinner followed with the festivities continuing at Tony and Lisa Bice's home.

Gary and Karen Hibbs spent the weekend of Aug. 14 in Denver with their daughter Kelly and husband Kerry Kolberg. Kelly and Kerry are pregnant with their first and Gary and Karen helped in preparing a nursery for the new arrival.

Desiree Wark was captivated upon receiving a colorful bouquet of a variety of lovely roses at her workplace at the Village Inn in



Vicki Allison

● Rexford Correspondent

Colby on Friday. Her husband, Chad, had the flowers delivered in honor of their anniversary, Aug. 19.

Chad Wark was also a recent winner of two free movie passes, compliments of KQLS 100.3, after answering the trivia question, "What was the top block buster movie of 1985?" The answer being "Back to the Future" starring Michael J. Fox.

Cleda Moeder attended the funeral of Delores Zodrow, a sister of the late Sonny Moeder, on Thursday, Aug. 17, at the Sacred Heart Church in Oberlin. Tim Moeder of

Colby was a pallbearer.

Buck Harper and Cleda Moeder attended the Diebert Reunion at Sheridan Lake Saturday.

Sondra Barnett, accompanied by her grandson, Kerry Barnett, Colby, went to Beaver Lake, Mo., for her family annual birthday party. Other family members present were Shalom Kruse, Gabriel, Kaleb and Trinity, Pretty Prairie; Cory and Tessa Barnett, Tabitha, Corban and Obadiah, Liberal; and Todd and Mandy Barnett, Taylor and Melia, Alamosa, Colo.

Deb Stepper and Cleda Moeder went to Logan on Saturday to visit Hazel Richardson on her 91st birthday.

A Happy Anniversary to these couples: Jay and Nancy Dahl and Robert and Peggy Dible who celebrate August 20th and Lile and Ranell Lunsway on Aug. 26.

The Rexford Lion's Club and Golden Plains Booster Club will be hosting the Back To School free barbecue at the football field Thursday at 6 p.m.

The Golden Plains High School volleyball team will scrimmage at 5 p.m. and the football team at 7 p.m.

The community is reminded that the annual Gem Hog Roast will be Wednesday, 5 to 8 p.m. There will be local talent for entertainment.

Our community has also been invited to the Jennings 15th Annual Firemen's Funday, Saturday, Aug. 26. This year's theme is "Small Towns Pullin' Together." There is

more information about this event posted at the Red Barn, Post Office, Modern Beauty Shop, Bencken's Welding and the Corner Store.

At Golden Plains: The 2006 yearbook has arrived. Your copy can be picked up at the high school office.

Classes begin Thursday, Aug. 24. A volleyball and football scrimmage will be Friday at 5 p.m. and 7 p.m., respectively, with a barbecue beginning at 6 p.m.

The Healy Invitational Volleyball Tournament will be Saturday, Aug. 26.

Red Barn events: Those at Barnswallows to play cards this week were Grace Cheney, Darlene Robben, Dick Sanford, Deb Stepper, Rex and Betty Carswell, MaryAnn and Lawrence Juenemann, Jean Hawkins, and Lawrence Horinek.

Wednesdays at 10 a.m. is Bible Study and Jolene Hansen has started a new 6-week study called "Fully Alive," a video series featuring James Robison and Beth Moore.

Come on Down gets together each Thursday at 2 p.m. for cards.

Those at Koffee were Delores Dible, Liz Rall, Jean Hawkins, Berneda Zoberst, Grace Cheney, Velma Barnett, Eunice Sanford, Vesta Roth and Sondra Barnett.

Also at the Red Barn you can purchase the new cookbook for \$14.95 and the new edition of the Rexford phone book for \$2.50.

Until next time, make your week a memorable one!

Tomato cracks just a 'split at the seams,' expert says

MANHATTAN — Cracked tomatoes are worrisome or disappointing, depending on whether they're on sale at the grocers or growing on backyard tomato plants.

If tomatoes were skin-tight clothes, however, those cracks simply would be splits at the seams — ones that mended themselves and turned out a little bigger around.

"What cracking means is that the tomato fruit built up so much pressure that its insides got to be more than the tomato skin could handle," said Ward Upham, horticulturist with Kansas State University Research and Extension. "Although you'll probably want to trim any cracks off or slice them out, they typically have little other effect on eating quality."

Cracking is the result of how the parent plant got water — no matter if the cracks radiate out from the stem or go in concentric circles around it.

Tomato plants have a dense, fi-

brous root system that's really good at picking up water, he said. By summer, the system can be so efficient that when a rain or heavy irrigation follows a dry spell, the roots may provide too much water too quickly to the plant's top growth. The result: a crack.

"That's why you need to water tomato plants as evenly and consistently as you can. Mulching can also help," Upham said. "Sometimes, though, you may do everything right and still have problems."

K-State has evaluated varieties and found some crack easily, while others are more resistant. The old variety Jet Star — which puts out rampant vine growth — has always been the least crack-prone.

But, newer and smaller-vined varieties also have shown good cracking-resistance, the horticulturist said. They include Mountain Fresh, Floralina and Sun Leaper.

"The difference seems to come down to how pliable the skin is, not how thick it is," Upham said.

Babies

Riley Michael Neff

Randall and Marcy Neff of Colby announce the birth of their son, Riley Michael Neff, Friday, Aug. 11, 2006, at Hays Medical Center in Hays.

Riley weighed 7 pounds, 12.5 ounces and was 20 inches long.

Grandparents are Mary Smith of Colby and Monty and Betty of Emporia.

Great-grandparents are Jim and Marian Smith of Colby, Kathleen O'Neal of Colby and Les Neff of Grove, Okla.

Jackson Edward Yost

Jon and Kris Yost of Goodland announce the birth of their son, Jackson Edward Yost, Thursday, Aug. 17, 2006, at Citizens Medical Center in Colby. Jackson weighed

7 pounds, 10 ounces and was 20 inches long.

Grandparents are Dave and Pat Yost of St. Francis and Jim and Kathy Armatys of Great Bend.

Kash James Hawkins

Michael and Kelsey Hawkins of Colby announce the birth of their son, Kash James Hawkins, Friday, Aug. 18, 2006, at Citizens Medical Center in Colby. Kash weighed 6 pounds, 10 ounces and was 18 inches long.

Grandparents are Alan and Kelly Focke of Colby and Larry and Su-

san Hawkins of Colby.

Great-grandparents are John and the late Beverly Brannick of Colby; the late Don and Helen Hawkins of Brewster; Anita and the late Keith Focke of Colby and the late John Nickel and Don and Sherry Miller of Tucson, Ariz. Kash was welcomed home by sister Hadlie.

Conservation tour planned

A Conservation Reserve Program tour will be held in Thomas County Tuesday, Aug. 29. Tour Native Grasses, Upland Bird Habitat Buffers, Contour Grass Strip Terraces, Rare and Declining Habitat, and Farmable Wetlands in Thomas County. Meet at the Ken and Sheila Frahm farmstead located at intersection of Thomas County Hwy 415 and Road THO, which is 4 miles west and 4 miles south of Colby.

The event starts at 9:30 a.m. Ca-

tered lunch provided after the tour. To accommodate meal and bus arrangements, pre-registration is requested by Tuesday by e-mail to kimberly.jones@ks.usda.gov or phone 785-642-7671, ext.204.

Markets

Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat	\$4.11
Corn	\$2.04
Milo	\$2.76
Soybeans	No bid

Thank You!

A huge thank you goes out to the families whose children attend Brier Patch Daycare. Your patience and understanding with the numerous unexpected closings due to the illness of my father has been truly appreciated. Thank you for bearing with me and I will reopen on Monday, August 28, 2006. Thank you again.

Kim Brier

Community Calendar

TUESDAY, AUG. 22

Sweet Adelines International rehearsal, United Methodist Church, 7:30 p.m.

WEDNESDAY, AUG. 23

Genesis Thomas Count pick-up, 10 a.m.-noon and 1-4 p.m. Sixth Street Alcoholics Anonymous, 1275 W. Sixth St., 8:30 p.m.

THURSDAY, AUG. 14

School begins for the Colby School District, Sacred Heart School, Heartland Christian School and Golden Plains in Rexford
Downtown Alcoholics Anonymous, City Hall basement, 8:30 p.m.
Wings Upon the Prairie drop-in center, 485 N. Franklin

Thank You

The family of Daniel C. Steavenson would like to issue a sincere, and heartfelt thank you to Dr. LaDonna Regier for the care you gave Dan during his illness. You are a "real peach," and we really appreciate all you, and your nurses, Cindy, Nancy and Tami, did for Dan. We would also like to thank Hospice Services of Northwest Kansas, especially Karol Ruda. Without you, we would have never been able to honor Dan's wish of being able to be "home" during his illness. A huge thank you also goes out to the Thomas County EMS. The numerous trips to and from the house/hospital are truly appreciated. And thank you to Palace Drug Store and to Apria for all of the deliveries you made to the house. It was such a huge relief to have the medicines brought to us. We would also like to thank Fr. Dana Clark and Jeannie Solko for all of their support and care during Dan's illness, his death, and the time after. All of you are exceptional people and truly made a difference in Dan's life and the lives of his family members. Everything you did during this time is truly appreciated. Thank you.

The Family of Daniel C. Steavenson.

Daniel C. Steavenson

Daniel C. Steavenson, 68, Colby, died Thursday, August 10, 2006 at his daughter's home.

He was born on March 15, 1938 in Junction City, Kansas to Howard Carl Steavenson and Edith Elizabeth (Prosser) Steavenson.

He married Kathleen Anne Ryan on June 14, 1961 at Sacred Heart Catholic Church in Colby, Kansas.

Her served in the United States Army and worked as an accountant for several businesses and hotel chains.

Dan enjoyed bowling, golfing, reading, watching sports (football, hockey, golf and baseball) (on TV and really enjoyed watching old movies. He loved to go to Las Vegas and Laughlin and play the video poker machines.

Dan had a true love for his family. During their marriage, Dan and Katie took in several family members while they attended school or were looking for a residence of their own. While residing in Arizona, Ed Caruso, a nephew of Dan and Katie's moved there to attend an automotive trade school. During this time, Ed became an "adopted" son to Dan and Katie and that special relationship never ended.

A funeral mass was held for Dan at Sacred Heart Catholic Church in Colby, Kansas on Monday, August 14, 2006. He was laid to rest in Sacred Heart Catholic Cemetery in Colby, Kansas. Pallbearers were Dan Steavenson (grandson), Mark Steavenson (son), Ron Brier (son-in-law), Ed Caruso (nephew), Rod Ryan (brother-in-law) and David Ryan (brother-in-law).

Dan was preceded in death by a sister, Shirley Anne Steavenson, his father and his mother.

Survivors include his wife of 45 years, Kathleen; three daughters, Shirley Steavenson, Santa Paula, CA; Lisa Almer and husband Barry, Mayer, AZ; and Kim Brier and husband Ron, Colby, KS; two sons, Craig Steavenson, Phoenix AZ; and Mark Steavenson, Mt. Vernon, WA; five grandsons, Daniel R. Steavenson, Jeremy and Christopher Almer, and Austin and Brandon Brier and one granddaughter, Samantha Steavenson.

Memorials have been established in honor of Dan and may be made to Hospice Services, Inc. and Sacred Heart Catholic School in Colby.

Farm Bureau Field Day

4x5

place 85% ad in truck

MOVIE PASSES

Watch for your name in the Wednesday movie listings for 2 free passes.

(Passes must be used within 7 days.)

Pick up your passes at your:

COLBY FREE PRESS

NOW SHOWING

August 18-24

TALLADEGA NIGHTS

PG-13 1 hour, 50 min.
Friday 7:00 & 9:00
Saturday 4:00 & 7:00 & 9:00
Sunday 4:00 & 7:00
Monday - Thursday 7:00

ACCEPTED

PG-13 1 hour, 35 min.
Friday 7:00 & 9:00
Saturday 4:00 & 7:00 & 9:00
Sunday 4:00 & 7:00
Monday - Thursday 7:00

4:00 Matinees
Admission \$4.00 Ages 3 & up

Colby Cinema
1935 S. Lincoln
460-9600 colbycinema.com