

Family

Senior Center holding 'Flannel Day' Monday

By Emma Rogers
Senior Center

Wednesday is Flannel Day at the Senior Progress Center, 165 Fike Park. Wear your flannel shirts, blouses or whatever and be warm for the day and enjoy the fun at the center.

There are plenty of activities scheduled at the center for the week of Jan. 15-19, including Muffin Day on Monday. Exercise is at 9:30 a.m. Tuesday. Wednesday is Flannel Day. Thursday exercise is at 9:30 a.m. Friday and don't forget it's Denim and Orange Day.

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 - hamburger

Senior Center

cheese casserole, corn with green peppers, apricot halves, bread, pudding. Tuesday - roast beef, mashed potatoes and gravy, seasoned carrots, rolls, rosy pears. Wednesday - chicken and noodles, peas, tomato vegetable medley, bread, strawberries with topping. Thursday - meat loaf, au gratin potatoes, fruit mix, bread, cake with frosting. Friday - sausage gravy, Italian blend veggies, green beans, biscuits, cinnamon apples.

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.

Thrivent meeting Jan. 20

The Northwest Kansas Chapter of Thrivent Financial for Lutherans is holding a free soup and dessert supper at 6:30 p.m. Saturday, Jan. 20 at Trinity Lutheran Church, which is on the corner of Fifth Street and Country Club Drive in Colby.

Chapter officers are prepared to present an outline that has been pre-

pared by Thrivent Financial for Lutherans in CD format. The subject matter contains an important first step in "connecting" with retirement dreams. Instructions are included for Thrivent Financial members to access Web site calculator tools that can be used to get your retirement on the right track.

For information, call Ralph Hansen at 460-2443.

Card Shower

Mildred Green is celebrating a "special" birthday Sunday. Her family is requesting a card shower in honor of the occasion. Birthday greetings and cards may be sent to Mildred at 305 S. Mission, Colby, Kan., 67701.



M. Green

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Art club learns about classic painter

By Marj Brown
Secretary

Club News

Sixteenth century artist Rembrandt van Ryn was the subject of the High Plains Art Club program when they met on Tuesday, Jan. 9, at the Methodist Church. Marj Brown was program chairman for the month and Margaret Denneler was hostess.

According to Brown, Rembrandt was born in 1606 in Leiden, Holland, the son of a wealthy miller. He was obviously very fond of his parents, because he painted his father 11 times and his mother 12 times.

At the age of 14, Rembrandt entered the University of Leiden; however, a year later, he dropped out and persuaded his father to let him study art in Amsterdam with Pieter Lastman, who put an emphasis on drawing.

Probably the first subject he painted was himself, because through the years, he did 62 self-portraits, chronicling his lifetime.

He was a family man who had to support his family, and since the

money was in portraiture at that time, Rembrandt painted mostly portraits and illustrated Bible stories. He was not a cultured man and the Bible happened to be the only book he read much of, and his models were often found among the people of the street.

After he painted the masterpiece, "The Anatomy Lesson of Professor Nicolas Tulp," that pictured Dr. Tulp giving a lesson in the Hall of Surgeon Guild, he started receiving more notice.

This painting gave him a chance to show how he had mastered the play of light against dark to make the faces glow. After this, commissions started pouring in — 40 in two years.

In 1634 he married Saskia Van Uylenborch, the orphaned daughter of a wealthy lawyer and magistrate. She sat for a portrait by Rembrandt, and it took only two settings for him to propose to her. She bought a dowry of \$10,000 to the marriage

— making Rembrandt a rich man. They had a happy marriage as he illustrated in the painting of Saskia on his knee and him smiling and raising a glass of wine. His self-portrait of that time shows his wealth and happiness with jewels in his hat and a gold chain on his chest. Luckily, Saskia had a good head for business and was practical, two qualities badly lacking in Rembrandt. In 1642 Rembrandt painted another masterpiece, an immense painting, and 14X12 feet, entitled, "The Night Watch," but also called, "Captain Cocq's Company of Harquebusiers."

In this painting, the contrast of light against dark is magnificent and the main characters stand out as if illuminated. Excitement and movement are so well rendered that it seems the people are actually moving, but even though this painting was outstanding, it was to be his downfall because his contract was with all of the 16 people in the painting, who had paid 100 florins each (500 dollars in today's money), and many of them felt that they had not

received their moneys worth since they were reduced to only a face in the far background and in shadows.

This caused fewer group-painting commissions to come into Rembrandt's studio, and so his fortune began to dwindle. However, even though he could not afford it, in 1639 he purchased a large home in Joden Greedstraet for \$65,000. He felt that he needed it for his students and to house the large number of items he began to collect, such as paintings by other artists, antique and strange items he thought he might use in his paintings. He paid on the house for only one year and never paid anything more.

Saskia had three children, but they all died in early childhood, and these difficult births weakened her. However, in 1641 she did succeed in giving Rembrandt a son they named Titus. Rembrandt was very devoted to his son and often used him as a model for his paintings.

In 1642 Saskia died and left

See "ART," page 5

Expert: Parents' example sets tone for the home

MANHATTAN — Parents may be aware that their children view them as role models, but may not realize that how they interact with their spouse or partner typically sets the tone in the home, said Charlotte Shoup Olsen, Kansas State University Research and Extension family systems specialist.

If spouses or partners are supportive of each other, each will usually be more engaged in family life, Olsen said.

Imagine, for example, a spouse or partner announcing that he has just finished painting the family room. A spouse who responds "That's great, let's go look at it" is supportive; a spouse or partner who doesn't even make an attempt to go look at the room is not likely to inspire her mate to share future accomplishments.

"Supporting your spouse or partner is an ongoing effort," said Olsen, who suggested that a spouse who is the first to arrive home from work might start the evening meal or offer to clean up the kitchen after a spouse prepared the meal.

To stay engaged, she encouraged couples to carve out time for their relationship: "The time available will vary with the age and stage of the family and the need to balance the demands of work, home, family and community. Still, it's important for couples to allow time to connect and to talk about their goals and dreams, even it's only for 10 to 15 minutes a day."

Scheduling a date night also is important, said Olsen, who suggested trading childcare with another couple (to save on childcare expenses) so that each couple can benefit from some time together.

"Being supportive also includes respect for your spouse or partner's right to have his or her opinion," Olsen said. "Couples who learn to resolve conflicts successfully, without allowing them to escalate or spill over into other aspects of their lives, generally have a more pleasant home environment."

Structure is important in family life. So is consistency.

Olsen said that adults and children alike generally feel more se-

cure when they know what to expect. Saying that isn't the same as saying that a family life should be so structured that a new opportunity can't be enjoyed, she said.

Children will likely test the rules from time to time. Their doing so can provide learning experiences, but doesn't eliminate the need for structure, Olsen said.

More information on managing couple and family relationships well is available at county and district Extension offices and on the K-State Research and Extension Web site: www.oznet.ksu.edu.

Community Calendar

- FRIDAY, JAN. 12**
Chamber of Commerce luncheon, Colby Country Club, noon
Wings Upon the Prairie drop-in center, 485 N. Franklin, 5-8 p.m.
Narcotics Anonymous, City Hall basement, 8 p.m.
- SATURDAY, JAN. 13**
Pancake feed, Colby Community Building, 7 a.m.
Northwest Kansas Piano Teachers League Clinic, Colby Community College, 8 a.m.
Thomas County Wellness Fair, Colby Community College Student Union, 9 a.m.-1 p.m.
Golden Buckle Square Dance Club, Colby Community Building, 8 p.m.
- SUNDAY, JAN. 14**
Wings Upon the Prairie drop-in center, 485 N. Franklin, 2-6 p.m.
Narcotics Anonymous candlelight meeting, City Hall basement, 8 p.m.

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