

Family

Kansas ranks third in national poppy campaign purchase

VFW Auxillary 6882 met Jan. 9 at the Port home with President Peggy Ohlrogge presiding. Opening prayer was offered followed by patriotic instructions and flag salute.

National anthem words were read with members at attention and POW-MIA prayers offered.

Minutes were read and approved and treasure's report heard.

Hospital chairman reported that the VFW Kids Christmas party was held and treats were given out.

Publicity reported news item in Free Press.

Community Service reported

that Kansas was third in the nation for support of wreaths for Veteran Cemeteries.

Poppy chairman reported that Kansas was also in third place in the National Poppy Campaign for use and purchase of poppies.

Cancer chairman reported \$275.00 was received for cancer luminaries at the convention.

A thank you from the Chamber of Commerce for the donation to Santa City was read.

A monetary donation was allowed for bibs for Fort Dodge Veteran's Home. A duly processed motion and second allowed an increase of price per member for the

Health and Happiness fund in support of the national home.

Rosalie Seeman was nominated for Auxillary Outstanding Community Volunteer of the year.

A monetary donation was allowed for the Veterans Voices program. It is a therapeutic program designed to help hospitalized veterans build hope and self-esteem through creative expression and publication of their writing to compete for prizes.

National home prayer was offered and the meeting was closed with a ritual prayer. The next meeting will be held Feb. 13 at the Post home at 5 p.m..

On the Road Again: Winter warms up with activities

By Leilani Thomas
Colby Convention and Visitors Bureau

It was a very cold and bitter January, but very busy. Now we can look forward to February and it's many events and hopefully warmer weather. This is the travel show season and it was very busy in Kansas City. We worked the Denver Sports and Travel Show the last weekend of January.

We were hard at work, giving away a lot of information and visiting with many folks about north-west Kansas and Colby. The final show is in Wichita Friday and Saturday, Feb. 22-23

We were also in Topeka where the Kansas Tourism Initiative was introduced at a joint hearing on Jan. 30 and a press conference on Jan. 29. This will be one of our legislative sessions for this year. There was also a seminar held with Bill Geist discussing "Today's Trends are Tomorrow's Dollars." It was a productive trip.

Many music events are scheduled this month. The Colby Bluegrass Committee held its Winterfest at the City Limits Convention Center last Saturday, Feb. 2.

Chase McMinch, Larry Booth

and Bill Summers, Wagoner Family, Monica and Karla, known as the Bugbee Sisters, Dan Keller and Larry and Taylor McLemore entertained. Admission was free will donation.

Western Plains Art Association presented the Harlem Gospel Singers Tuesday. Western Plains Art Association is also presenting the U.S. Navy Band at the Colby Community Building starting at 7:30 p.m., Tuesday, Feb. 26. Another musical event is the Pride of the Prairie Orchestra which will be holding a concert entitled "Love is in the Air" under the direction of Brad Herndon. The concert is scheduled for 3:30 p.m., Sunday at the Frahm Theatre.

A very important event for the community is the Health ad Wellness Fair which will be held from 5 to 9 p.m., Thursday, at the Colby Community College Student Union. Lots of good information will be available.

The American Cancer Society is holding its Charity Ball at 6 p.m., Saturday, Feb. 23, at City Limits Convention Center. Tickets will include a meal, auction and dance to the Jimmy Dee Band. This sounds like a fun event for a great cause.

Sporting events will also be high on the list of events for Feb-

ruary. There is lots of basketball by both high school and college teams with state competition being held at the end of the month. Soup suppers are major fundraisers for community organizations at the basketball games. You have the opportunity to support both your team and civic club. Wrestling is also high on the list. State wrestling will culminate the season before month's end.

One popular annual event will be the Bill Vows Novice Wrestling Tournament, Saturday, in the Colby High School gymnasium.

Take advantage of these events. There should be something for everyone. The Groundhog told us there's six more weeks of winter.

Food Check-Out Week Feb. 3-9

Manhattan —The cost of food in America remains affordable. According to the latest statistics compiled by the Agriculture Department's (USDA's) Economic Research Service, American families and individuals currently spend, on average, just under 10 percent of their disposable personal income for food.

Applying that statistic to the calendar year means the average household will have earned enough disposable income -- that portion of income available for spending or saving -- to pay for its annual food supply in about 36 days, according to the Kansas Farm Bureau.

In recognition of this, Kansas Farm Bureau is celebrating Feb. 3-9 as Food Check-Out Week.

Not only is America's food supply the world's safest, but it's also the most affordable, said Holly Higgins, Director of Safety and Agriculture Education. "The safe, abundant and affordable domestic food supply produced by America's farmers and ranchers is responsible, at least in part, for our nation's increasing standard of living."

"Compared to food, Americans work longer each year to pay for their housing, federal taxes and medical care," Higgins said.

According to the Tax Foundation, Americans must work 52 days each year to pay for health and medical care, 62 days to pay for housing/household operation and 77 days to pay their federal taxes.

Higgins said the affordable, high-quality food we enjoy as consumers is a product of our successful food production and distribution system, as well as America's farmers and ranchers

continued access to effective and affordable crop protection tools.

This week should hold meaning for most Americans, she said. "Although we are concerned that some Americans cannot afford to buy the food they need, we are proud of the role Kansas farmers play in producing the most affordable food in the world."

The percent of disposable personal income spent for food has declined over the last 35 years. In 1970, it took Americans 15 more

days to earn enough income to pay for their food supply for the year. According to USDA, food is more affordable today due to a widening gap between growth in per-capita incomes and the amount of money spent for food.

This overall decrease is made more notable by trends indicating Americans are buying more expensive convenience foods, as well as more food away from home.

Food Check-Out Day trivia

Food Check-Out Day Trivia Questions (source 2007 Farm Fact Book). Answers follow questions.

In America, Food Check-Out Day 2008 will be celebrated on _____ (February 6)

Americans spend _____% of their disposable income on food. (10)

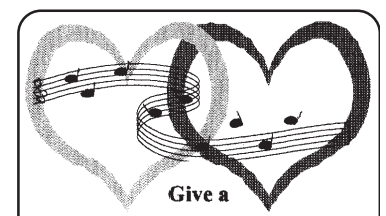
The people of _____ spend 55% of their disposable income on food each year. (Indonesia)

It takes about _____ days for most Americans to earn enough disposable income to pay for their food for the entire year. (36)

It takes the average American more than _____ days to earn

enough income to pay federal taxes for the year and _____ days to pay state and local taxes for the year. (77, 39)

Today, _____ percent of U.S. farms are owned by individuals, family partnerships or family corporations. Just _____ percent of America's farms and ranches are owned by non-family corporations. (98, 2)



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Hints from Heloise

By Heloise
Hints from Heloise

Dear Readers: If you're working on a lifestyle change, like losing weight or quitting smoking, there are things you can do to improve your chances. Changing even minor things about ourselves can be difficult, so making a big change can seem impossible. Here are a few hints to help boost your confidence:

- Set several small goals instead of one big one. If you plan to quit smoking, focus on getting through today without a cigarette, and gradually challenge yourself to take another step each day.

- Reward yourself for reaching your daily goals! Treat yourself to a manicure, a movie or simply a relaxing bath.

- Don't expect perfection. If you slip up, don't be too hard on yourself. Stay positive and vow to have stronger willpower the next time.

- Surround yourself with positive reinforcements! Asked loved ones to help keep you on track, or consider a support group. It's always easier when someone else is there to cheer you on.

Once you've really kicked that bad habit or lost that extra weight, your body will reward you with extra energy and good health!

—Heloise
Purse safety

Dear Heloise: I read in your column about women and their purses while they are in public bathrooms. The only way to be sure your purse is safe is to hang it on your neck. I know people who have had their purses snatched from the hook at the top of the stall, and also I've heard of someone reaching under the stall door to take the purse from the floor. It's impossible to run after these people. First, they are very fast, and second, it's hard to run with your pants down around your ankles! Just wanted to pass this along.

— Karen, San Antonio
Dishwasher hint

Dear Heloise: Washing plastic bowls in the dishwasher almost guarantees that they'll flip upside down and be holding water. I loaded the whole top basket with the plastic containers and laid a piece of fishnet on top of them (I wet it first), and they went through the cycle and none flipped.

— George, Mississippi Coast
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Death

Albert Lietz

Albert Lietz, 77, of Greeley, Colo., died Jan. 26, 2008, in Greeley. He was born Jan. 18, 1931, in Thomas County.

Services will be held 10 a.m. Friday at Brock's North Hill Chapel, 2509 Vine, in Hays.

Markets

Quotes as of close of previous business day
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