

# Patrol receives gift of holiday fuel

For the 19th consecutive year, the Petroleum Marketers and Convenience Store Association of Kansas has donated gasoline to the Kansas Highway Patrol to fill up trooper's cars during the winter holidays.

Through the Holiday Highway Safety Program, the association donates fuel to the Patrol to fill patrol cars from Christmas Eve through New Year's Day. The donation will be a big help at a time when the state budget is tight and more cuts could be coming, patrol officials said.

"Every year, PMCA has generously given us a gift of fuel so we can help provide quality service to the citizens of Kansas," said Col. Terry Maple, patrol superintendent. "This year's donation will be of great assistance as mileage has been reduced to conserve funds

"The budget crisis in the state has touched everyone, both public and private entities. While PMCA has surely felt the effects of the economy, they have demonstrated their concern for travelers and Kansas families alike with this donation."

The association is a nonprofit organization for independent petroleum distributors, gasoline retailers and convenience store owners. This year, participating members will provide tanks of fuel or gift cards for fuel for troopers to fill up patrol vehicles.

Last year, with the 59 tanks of fuel and nine \$25 gift cards provided, the patrol was able to help 2,662 motorists, remove 103 impaired drivers from the roads and issue 667 citations for "occupant-protection" violations.

# Square dance the New Year in

The Shooting Stars Square Dance Club will have a New Year's Eve dance from 9 p.m. to midnight, Thursday, Dec. 31, at the Reed Center, 317 W. 13th, in Hays.

A surprise caller will call the squares. Everyone is welcome -

singles and couples, all ages.

This is the grand finale of the club's 2009 schedule. There will be refreshments, party hats and horns. Use the east door.

For information, call Opal Flinn at (785) 726-4432.

# Is there a right way to enjoy a candy cane?

MANHATTAN - According to the National Confectioners Association, when queried, 54 percent of children aged 6-11 report sucking on a candy cane as their preferred method to enjoy the holiday treat.

Twenty-four percent of those queried either bite or crunch a candy cane, and 19 percent of those queried enjoy licking the popular confection, said Karen Blakeslee, a Kansas State University Research and Extension food scientist.

Boys are almost twice more likely than girls to crunch their candy canes, though.

While the method of enjoying a candy cane varies, a typical candy cane has about 55 calories and no fat or cholesterol.

And, while making fudge, peanut brittle and chocolate-covered toffee is a holiday tradition in many homes, candy canes remain a commercial product - the Confectioners Association reports that more than 1.8 billion candy canes will be produced for the winter holiday

season.

Nationally, the winter holidays rank third (behind Halloween, which is first, and Easter, which placed second) in candy consumption, said Blakeslee, who noted that 9 percent of the 1,000 adults surveyed (by the Association) intend to include candy in their holiday.

Of those:

- 72 percent expect to place candy in a bowl;
- 70 percent report giving or receiving boxed chocolates;
- 63 percent report giving or receiving candy in a holiday stocking, and
- 19 percent report making a gingerbread/candy house.

More information on making fudge, peanut brittle and toffee at home is available at K-State Research and Extension county and district offices and also is on Blakeslee's Extension Web sites: [www.rrc.ksu.edu](http://www.rrc.ksu.edu) and [www.ksre.ksu.edu/foodsafety/](http://www.ksre.ksu.edu/foodsafety/). For a news article with tips for making candy, go to: [www.ksre.ksu.edu/news/story/candy\\_making120909.aspx](http://www.ksre.ksu.edu/news/story/candy_making120909.aspx).



# Stockman's school registrations needed

An intensive two-day Extension school on "Feeding the Cowherd for Maximum Profit" will be held from 4 p.m. to 9 p.m. Wednesday and Thursday, Jan. 13 and 14, at the Colby Community Building.

This hands-on program is designed to help stockmen refine their understanding of cow nutrition and find the most cost-effective means to achieve feeding goals with today's rising costs.

The workshop will be led by Danny Simms, former K-State Research and Extension beef specialist and author of the book "Feeding the Cowherd for Maximum Profit." Stockmen will be able to integrate material into their own

registrations with the help of K-State's Brands ration-balancing program.

Topics for the course include feeding for reproduction, using body condition scores, evaluating diet adequacy, supplementation and managing feed costs. Growers are encouraged to bring forage analysis for use in exercises.

Registration includes the book, meals and refreshments. Class size is limited to 25. Deadline for registration is Friday, Jan. 8. For information, contact Sandy Johnson at [sandyj@ksu.edu](mailto:sandyj@ksu.edu) or Lori Fabian at [lfabian@ksu.edu](mailto:lfabian@ksu.edu), or call either at 462-6281. The program is sponsored by K-State Research and Extension.

# Senior Progress Center

The Senior Progress Center in Fike Park will have hot chocolate and cookies Thursday.

Activities for the week: **Monday:** 10:30 a.m., Wii bowling. **Tuesday:** 10 a.m., exercise; sweets day. **Wednesday:** 10:30 a.m., shuffleboard. **Thursday:** 10 a.m., exercise; hot chocolate and cookies. **Friday:** closed for New Year's Day.

Menus for the week: **Monday:** seasoned carrots, cook's choice fruit. **Tuesday:** chili, five-cup salad, crackers, cinnamon roll. **Wednesday:** oven-fried chicken, mashed potatoes/gravy, pea salad, peaches. **Thursday:** ground beef stroganoff, California blend vegetables, gelatin with strawberries and bananas, noodles, cookie. **Friday:** closed for holiday.

The Thomas County Nutrition Center invites anyone 60 and older and guests to lunch.

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