Encourage fruits for kids

With school starting soon, you may be wondering if your child will even eat fresh fruits and vegetables if you pack them in their lunches.

Try it, you may be surprised. In fact, try a whole slew of vegetables carrot sticks, pea pods, grape tomatoes, celery sticks, green (or red or yellow or orange) peppers, broccoli, cauliflower, green beans, zucchini-anything that looks good

Try one kind a day or mix up a variety. Sure your children might not eat them all, but research shows that the more exposed students are to fresh vegetables, the more vegetables they tend to eat. It's the exposure that's key. While that research was done on schoolsponsored snack programs, you can do something similar by including fresh vegetables in a snack bag in your child's lunch.

Depending on their activity level, children between ages 9 to 13 need two to 2.5 cups of vegetables a day, and boys that age need 2.5 cups a day. Older active teens need up to 2.5 cups (for girls) or 3.5 cups (for boys) each day. According to the U.S. Department of Agriculture, only 20 percent of 6 to 11-yearolds and 27 percent of 12 to to 19-year- olds consume that many

Unfortunately, adults don't do much better. Only 33 percent of adults consume two or more fruits a day, and just 27 percent eat vegetables three or more times a day.

Consumption of fruit should be less of a challenge. Let's face it: fresh fruits, such as bananas, apples, peaches and grapes, are tasty snacks and are easy to grab and go. But, for whatever reason, many families need a boost in both fruit and vegetable consumption. Here are some tips to help children eat more

- Keep a bowl of fresh fruits on the counter.
- Serve fruits and vegetables at every meal. Add grated or cut



Home Time

By Tranda Watts Multi-county Extension Agent

vegetables into entrees, side dishes and soups and add fruits to cereal, may take multiple ties before a child yogurt and smoothies.

- Challenge family members to goal. Reward the winner with a
- Let children choose which fruits twwatts@oznet.ksu.edu. and vegetables to serve and how to incorporate them into their favorite
- in combination with old favorites.
- whole grain pasta dish or pizza.
- Serve at least two vegetables
- acquires a taste for it. If you have questions or would

• Keep trying. For some foods, it

reach their daily fruits and vegetable like a copy of this publication, contact your local K-State Research and Extension Office, or e-mail

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for • Offer new fruits and vegetables Decatur, Gove, Norton, Sheridan, and Trego counties. Call her at • Vegetables can be added to a 785-443-3663 or e-mail twwatts@ oznet.ksu.edu. For more information, contact the county extension office, 475-8121.

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Cardinal Bar & Grill

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UPCOMING

Kansas Department of Commerce Travel & Tourism Division First City Festival:

Rockin' on the River II September 12-13, Leavenworth We'll be rockin' on the river with continuous entertainment, fantastic artisans, great food, fireworks and fun! (913) 682-3924

Auto & Motorcycle Show September 13, Garnett " Lake Garnett Cruisers 14th Annual Show at Cornstock Festival & Concert w/ Emerson Drive (785) 448-6412, www.cornstock.net

Turkey Creek Car & Motorcycle Show September 13, Merriam Start your engines and race to Merriam. 200 hot rods, classic & antique cars. Great music, food, 50 awards. Merriam Marketplace (913) 322-5550, www.merriam.org

September 13-14, Olathe National juried art show, music entertainment and children's center. Beautiful lake side setting. (913) 764-1050, www.OlatheCVB.org

Hidden Glen Arts Festival

Tiblow Days September 22-23, Bonner Springs Parade, carnival and entertainment. (913) 422-5044, www.lifeisbetter.org

Kansas Championship Ranch Rodeo
September 26-27, Medicine Lodge Kansas Ranch teams compete in events like Wild Cow Milking, Branding, Ranch Bronc Riding and Double Mugging. (620) 886-9815

OZtoberFest October 3-5, Wamego Celebrate the American Fairytale, 'The Wonderful Wizard of Oz".

Oz Museum (866) 458-8686, www.ozmuseum.com Columbus Hot Air Balloon Regatta & Columbus Day Festival

October 10-12, Columbus Balloon glow, hare & hound races, crafts, entertainment and more. (620) 429-1492, www.columbus-kansas.com

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Est,.

Tax

NOTICE OF HEARING 2008-2009 BUDGET

The governing body of Unified School District 294 will meet on the 29th day of August, 2008 at 7:30 A.M., at 131 East Commercial for the purpose of hearing and answering objections of taxpayers relating to the proposed use of all funds and the amount of tax to be levied. Detailed budget information (including budget profile) is available at the District Office and will be available at this hearing.

The Amount of 2008 Tax to be Levied and Expenditures (published below) establish the maximum limits of the 2008-2009 Budget. The "Est. Tax Rate" in the far right column, shown for comparative purposes, is subject to slight change depending on final assessed valuation.

> 2007-2008 Actual Amount of 2008 Actual Code Tax to

	99 Line	Expenditures (1)	Rate* (2)	Expenditures (3)	Rate*	Expenditures (5)	be Levied (6)	Rate* (7)
OPERATING								
General	06	3.568.670	20.000	3,411,511	20.000	3.348.245	676,516	20.000
Supplemental General (LOB)	08	840,596	20.439	903,101	20.669	1,004,474	788,166	21.373
SPECIAL REVENUE	\neg	,		000,101	20.000	1,001,171	700,100	
Adult Education	10	0	0.000	0	0.000	0	0	0.000
Adult Supplemental Education	12	0		0		0		
Bilingual Education	14	0		0		0		
Virtual Education	15					0		
Capital Outlay	16	525,993	6.000	347,049	6.000	647,500	221,256	6.000
Driver Training	18	10,264		10,642		23,603	,	
Extraordinary School Program	22	0		0		0		
Food Service	24	214,639		218,060		278.684		
Professional Development	26	18,355		15,661		47.215		
Parent Education Program	28	0		0		0		
Summer School	29	0		0		0		
Special Education	30	367,026		450,010		695,258		
Vocational Education	34	196,967		200,000		200.000		
Area Vocational School	36	0		0		0		
Special Liability Expense Fund	42	0	0.000	0	0.000	0	0	0.000
School Retirement	44	0	0.000	0	0.000	0	0	0.000
Extraordinary Growth Facilities	45	0	0.000	0	0.000	0	0	0.000
Special Reserve Fund	47	0		0				
Federal Funds	07	146,551		135,241		113.795		
Gifts and Grants	35	1,000		70		305		
At Risk (4 Yr Old)	11	0		0		0		
Cost of Living	33	0	0.000	0	0.000	0	0	0.000
At Risk (K-12)	13	153,085		205,000		242,537		
6	10							

At Risk (K-12)	13	153,085		205,000		242,537		
Declining Enrollment	19	0	0.000	0	0.000	0	0	0.000
	2006-2007 Actual 2007-2008 Actual PROPOS			PROPOSE	ED BUDGET 2008-2009			
Fund—Continued	Code 99 Line	Actual Expenditures (1)	Actual Tax Rate* (2)	Actual Expenditures (3)	Actual Tax Rate* (4)	Expenditures (5)	Amount of 2008 Tax to be Levied (6)	Est,. Tax Rate* (7)
KPERS Special Retirement Contribution	51	173,764) /	182,077) /	227,597	(3)	(1)
Contingency Reserve	53	0		0				
Textbook & Student Material Revolving	55	16,573		18,826				
Tuition Reimbursement Fund	57	0		0				
DEBT SERVICE								
Bond and Interest #1	62	0	0.000	0	0.000	0	0	0.000
Bond and Interest #2	63	0	0.000	0	0.000	0	0	0.000
No-Fund Warrant	66	0	0.000	0	0.000	0	0	0.000
Special Assessment	67	0	0.000	0	0.000	0	0	0.000
Temporary Note	68	0	0.000	0	0.000	0	0	0.000
COOPERATIVES**								
Special Education	78	0		0		0		
TOTAL USD EXPENDITURES	100	6,233,483	46.439	6,097,248	46.669	6,829,213	1,685,938	47.373
Less: Transfers	105	983,825	XXXXXXXXXX	1,154,890	XXXXXXXXXX	903,337	XXXXXXXXXXXXXXXXX	XXXXXXXXXX
NET USD EXPENDITURES	110	5,249,658	XXXXXXXXXX	4,942,358	XXXXXXXXXX	5,925,876	XXXXXXXXXXXXXXXXX	XXXXXXXXXX
TOTAL USD TAXES LEVIED	115	1,372,035	XXXXXXXXXX	1,371,973	XXXXXXXXXX	1,685,938	XXXXXXXXXXXXXXXXX	XXXXXXXXXX
OTHER								
Historical Museum	80	0	0.000	0	0.000	0	0	0.000
Public Library Board	82	0	0.000	0	0.000	0	0	0.000
Public Library Board Employee Benefits	83	0	0.000	0	0.000	0	0	0.000
Recreation Commission	84	0	0.000	0	0.000	0	0	0.000
Rec Comm Emp Benefits & Spec Liab	86	0	0.000	0	0.000	0	0	0.000
TOTAL OTHER	120	0	0.000	0	0.000	0	0	0.000
TOTAL TAXES LEVIED	125	1,372,035		1,371,973		1,685,938		
Assessed Valuation - General Fund	128	\$27,760,534		\$28,988,534		\$33,825,805	1	
Assessed Valuation - All Other Funds	130	\$30,820,753		\$32,041,894		\$36,876,055		
Outotanding Indobtadages July 1		0000		0007	. '	2000	•	

2007

*Tax Rates are expressed in Mills

** Sponsoring District Only

0

0

Dewayne A. Jackson

135

140

145

150

153

2006

0

0

0

Board President

Outstanding Indebtedness, July 1

TOTAL USD DEE

General Obligation Bonds

Lease Purchase Principal

Capital Outlay Bonds

Temporary Note

No-Fund Warrant

Vickie Lippelmann **Board Clerk**

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QUARTERLY STATEMENT OF

Jean Ann Hale, County Treasurer of Decatur County, Kansas, Showing Balance on hand for the Quarter ending July 31, 2008

_	
County General 406,913.72	Special Jail Equip 2,447.33
SW Bell Rural 911 20,004.52	PATF128.00
Wireless E-911 11,075.58	Sp Fire Equip 94,001.77
E-911 Grant11	Bond & Interest 45,179.84
Recycling 245.95	RFD Memorial 1,148.14
Landfill 25,111.77	Economic Devel 1,605.00
Road & Bridge 384,867.60	
Special Bridge 93,284.36	
Home for Aged 98,585.22	
Conservation District 49.34	
County Health Nurse 40,113.70	Stray Animals 1,930.29
Extension Council 4,273.50	Hospital Rev.Bond 56,285.69
Ambulance Memorial 1,492.72	History Books 829.00
Ambulance 93,129.15	Corp. Plan Emp. Trust 104,094.68
Noxious Weed 42,216.24	Current Tax
Special Road Mach 57,492.75	Motor Vehicle Tax 97,736.11
Election 49,277.32	Delq. Personal Tax 1,100.57
Ambulance Sp Equip92,461.94	Good Sam Mem. Prin 40,530.20
Deeds Tech. Fund 1,622.06	Treasurer Special Auto 7,761.58
Employee Benefit 107,547.89	Motor Vehicle License 3,095.00
Equip. Reserve Fund 57,648.47	Sales Tax 21,049.50
Conceal & Carry 860.00	RV Tax
Summer Rec. Mem 2,937.50	Tax Foreclosures 4,670.00
Senior Citizens 35,072.60	Alcohol Liquor Tax 25.00
Employee WH 33,036.22	Partial Pay 12,953.20
Cafeteria 125 22,706.15	Redemp. & Assign 30,773.91
Sp Alcohol Program 3,834.29	Suspense Acct 2,810.05
Special Park & Rec 3,550.99	Excise Tax 46.52
Summer Rec 491.80	

Public Trans 3,217.54 2,942,666.59 TOWNSHIP OR CITY GEN'L Revenue Allison 326.56 Altory 282.56 26,529.49 Bassettville Beaver 281.78 299.54 Center 311.89 Cook 27175 Custer SW (840.00) 314.21 Dresden 17,827.20 Finley 342.00 Garfield 304.94 Grant 358.98 Harlan Jennings 360.53 336.60 Liberty 337.37 Lincoln 8,943.93 Logan 11 471.91 383.69 Lyon 16,445.03 Oberlin 8,685.22 Olive 384.46 Pl Valley 316.52 Prairie Dog 277.15 244.73 Sappa 9,225.25 Sherman 15,470.68 29,468.34

TOTAL	SW (840.00)	108,862.06	35,239.29
SCHOOLS		CEMETERY	
USD #294	6,846.39	Norcatur	351.62
<u>USD #412</u>	437.01	Dresden	352.99
TOTAL	7,283.40	Hawkeye	722.74
		TOTAL	1,427.35

FUND

Summit

County Funds 2,942,666.59 Township Funds 144,941.35 Cemetery Funds 1,427.35 School Funds 7,283.40 **TOTAL** 3,096,318.69

CASH:

1,839,300.46 Investments The Bank Oberlin 274,559.65 625.00 Cash 406,270.95 The Bank MM The Bank OB. MM 194,790.44 TBO Corp Plan 99,634.68 FNB Wireless E911 10,633.84 215,045.55 Farmers Bk & Tr. TB MM-Good Sam Mem 55,458.12 TOTAL 3,096,318.69



State of Kansas, Decatur County, ss

I, Jean Ann Hale, Treasurer of DECATUR County, Kansas, do solemnly swear that the above statement is complete, true and correct, to the best of my knowledge and belief. SO HELP ME Jean Ann Hale, County Treasurer

I HEREBY CERTIFY, That the foregoing statement was subscribed and sworn to before me, and in my presence, by the above named, this 31st day of July, 2008. Marilyn Horn, County Clerk