

Encourage fruits for kids

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



Home Time

By Tranda Watts Multi-county Extension Agent

vegetables into entrees, side dishes and soups and add fruits to cereal, yogurt and smoothies.

- Challenge family members to reach their daily fruits and vegetable goal. Reward the winner with a prize.
• Let children choose which fruits and vegetables to serve and how to incorporate them into their favorite meals.
• Offer new fruits and vegetables in combination with old favorites.
• Vegetables can be added to a whole grain pasta dish or pizza.
• Serve at least two vegetables at dinner.

• Keep trying. For some foods, it may take multiple tries before a child acquires a taste for it.

If you have questions or would like a copy of this publication, contact your local K-State Research and Extension Office, or e-mail twwatts@oznet.ksu.edu.

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

Cardinal Bar & Grill
Jerry's Prime Rib
Saturday, Aug. 23, 2008

Serving from 5 to 9 p.m.

Large cut \$15.99
Small cut \$13.99

Includes salad bar, potato, tea or coffee.

Stay for the music provided by Country Plus The Jackson Bros. playing from 7 to 11 p.m.

Cardinal Bar & Grill
112 N. Decatur — Norcatu, KS

UPCOMING EVENTS in Kansas

Brought to you in part by 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!

Auto & Motorcycle Show
September 13, Garnett
Lake Garnett Cruisers 14th Annual Show at Cornstock Festival & Concert w/ Emerson Drive

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.

Hidden Glen Arts Festival
September 13-14, Olathe
National juried art show, music, entertainment and children's center. Beautiful lake side setting.

Tiblow Days
September 22-23, Banner 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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QUARTERLY STATEMENT OF
Jean Ann Hale, County Treasurer of Decatur County, Kansas, Showing Balance on hand for the Quarter ending July 31, 2008
Table with columns for various accounts (County General, SW Bell Rural, etc.) and amounts.

TOWNSHIP OR CITY GEN'L Revenue Road SP Road
Table listing revenue for various townships like Allison, Altory, Bassettville, etc.

SCHOOLS CEMETERY
USD #294 6,846.39 Norcatu 351.62
USD #412 437.01 Dresden 352.99
TOTAL 7,283.40 Hawkeye 722.74
TOTAL 1,427.35

FUND
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:
Investments 1,839,300.46
The Bank Oberlin 274,559.65
Cash 625.00
The Bank MM 406,270.95
The Bank OB. MM 194,790.44
TBO Corp Plan 99,634.68
FNB Wireless E911 10,633.84
Farmers Bk & Tr. 215,045.55
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 GOD.
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

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.

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.

Table with columns for 2006-2007 Actual, 2007-2008 Actual, and PROPOSED BUDGET 2008-2009. Rows include OPERATING General, SPECIAL REVENUE, and various other funds.

Table with columns for 2006-2007 Actual, 2007-2008 Actual, and PROPOSED BUDGET 2008-2009. Rows include Fund-Continued, OTHER, and DEBT.

*Tax Rates are expressed in Mills ** Sponsoring District Only

Dewayne A. Jackson Board President

Vickie Lippelmann Board Clerk