

Club Clip

Kanred Family, Community and Education

Family, Community and Education - Kanred, met on Monday, June 14, at the LeBow Manor. There were four members present: Dorothy Mast, Leeanna Wendell, Colleen Catic and Wanda Dowdy. At the beginning of the meeting, they read the Kansas Association Family, Community and Education Mission.

Leeanna Windell presented the lesson, "An Invitation to Dine." This was a very interesting lesson, which was written by Jean Rowland of McPherson for the Kansas Association Family, Community and Education Educational Program Committee.

Has mealtime lost its sense of order? Fast food eateries provide little atmosphere for a dining experience. A table once set with dishes and silverware has given way to foam boxes and food wrappers. Do people even know how to set a table? Is it even important?

Research has pointed out the benefits of the family meal, sighting overall improved health due to better nutrition, in addition to positive effects on performance and behavior choices. It has been said that the right table setting leads to the right eating etiquette and manners. This then leads to correct eating habits and good health. Perhaps setting an attractive table can create the invitation to dine. The invitation might even help members and their families find order in a fast paced world.

The delight of eating is the enjoyment of all aspects of the meal including the service of the food. Food served attractively can tempt the reluctant appetite and add beauty to good food. Meals may be served indoors or outdoors; on a table or a tray; with others or alone.

Don't get into the habit of eating quickly while standing at the kitchen counter. If you eat alone, it

may take a conscious effort to create the invitation to dine. Create the atmosphere that makes mealtime one of the highlights of your day. Presentation of the food is as important as food preparation. Vary the color, texture and temperature of the food served with your meal. You may also find that you are eating healthier by creating an inviting atmosphere for mealtime. Creating that atmosphere may mean varying where you eat. Sit near a window, take your lunch outdoors on a porch or perhaps pick a mini-picnic for the park. Pleasant background music can add to the atmosphere for dining.

The table for the dining is also very important. Choose a special centerpiece that will set the tone for the meal. It doesn't have to be expensive or elaborate. A candle, flowers, a small display or even produce can be effective in creating an inviting table. Remember to keep the centerpiece so guests can see each other across the table. White tablecloths are traditional for formal meals, but other alternatives can be used. Fine linens aren't necessary, but it can be fun to pull out some of those special things out of storage and put them to use. If a table cloth is wrinkled or creased, throw it in the clothes dryer set on "Fluff" or "Air" along with a damp towel. Paper, plastic or washable materials make wonderful tablecloths as well. A single place mat or table runner can set the stage for a dining experience. Even a colorful flat bed sheet can be a very pretty and washable table covering.

Napkins are used for function, but they also add to the décor of the table. Cloth or paper napkins can be folded in interesting ways or used with decorative napkin rings.

While people usually don't eat formally at home, proper etiquette is

still a virtue. It is correct to remove and place all dishes from the right, but the foods passed must be offered from the left so the guest may use their right hand in serving themselves. Always serve coffee and tea, or fill water glasses from the right. Unnecessary table service is generally removed from the table prior to serving dessert.

Then there some eating etiquette items that were listed and most of these were for a review. There were also some hostess tips for planning a formal meal, buffet, or just a regular meal. When planning your menu keep in mind that if one item in the menu is rich or heavy, the rest of the meal should be light. If serving hors d'oeuvres, plan on no more than three per guest. If your food is plentiful, serve it family style. If you need to control the portions, arrange the food on individual plates and serve other accompaniments at the table. To make sure you have enough food, it is a good rule of thumb to prepare one extra portion of each dish for every six guests. People look forward to dessert, so do what you do best for this course. Coffee or tea is often served with the dessert course. It is a good idea to offer decaffeinated options for those guest who wish to avoid caffeine.

This was a very interesting lesson. Leeanna brought different items to set the table, showing us the different ways to set a table with centerpiece and all the plates, cups, saucers and silverware. This was a good review for members.

After the lesson, refreshments that Colleen had prepared were served. Members enjoyed a time of talking with each other and a good time of fellowship.

The next meeting will be on Sept. 12. Anyone can come to the LeBow Manor on Sept. 12 at 2 p.m.



FAIR BOARD MEMBERS were working at the fairgrounds Thursday night. They will be cleaning up, mowing and making last minute repairs before the county fair begins on Aug. 3. Working on a gate are John Finley, left, and Drew Flemming.

Road work begins on I-70

On Thursday, June 16, construction began on I-70 in Sherman County.

The road construction project starts at Exit 12 and ends at Exit 19, for a total of 7 miles.

Workers will began milling the existing asphalt in the westbound driving lane on Thursday between Exits 17 and 19. The next week, a concrete patching process will take place along that same section of the project. After the patching is complete, contractors will apply an ultra-thin bonded asphalt surface on the westbound driving

lane. The roadway between Exits 12 and 17 will also receive an ultra-thin bonded overlay on the driving lanes, while the shoulders will receive an asphalt seal.

While the roadway is being repaved, I-70 traffic will be reduced to one lane during both day and nighttime hours.

Please use caution, pay attention to the work zone signs, and respect workers when driving through any road work zone. Slow down and "Give 'Em A Break."

The Kansas Department of Transportation awarded the con-

struction contract - totaling \$1,132,733 - to Venture Corporation of Great Bend. The pavement repair project is funded by T-WORKS, the transportation program passed by the Kansas Legislature in May 2010.

This job abuts the \$46 million dollar project to reconstruct I-70 from the Colorado/Kansas state line to Exit 12 - managed by Koss Construction. That project starts in earnest next spring.

Weather permitting construction work should be completed by the first part of August.



MILDRED BARNHART was one of many giving blood on Thursday at Peace Lutheran Church. Herald staff photo by Karen Krien

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