



Stan and Twylla Cadwalader check some of the inventory on the shelves at Almena Market. They officially

become the new owners Feb. 13.

— Telegram photo by Carolyn Plotts

# 'Market' gets new owners in Almena

By CAROLYN PLOTTS

A man of many talents, Stan Cadwalader is about to add one more title to the list — store owner.

Effective Feb. 13, Stan and Twylla Cadwalader, Almena, will officially become the new owners of Almena Market.

Four years ago the couple moved to Almena from Brush, Colo. He had just retired after working 25 years in a power plant as a control operator. She had managed a Big Boy restaurant in Denver and a Hungry Farmer restaurant in Colorado Springs.

Their daughter, Jennifer Schemper, and her husband, Thad, live in Long Island and that is part of the reason they chose to relocate to Almena. Also figuring in their decision was the fact that the area where they lived was getting too big for them.

Since their arrival, Mrs. Cadwalader has worked at Home Oil for three years and Mr.

Cadwalader has used his talents as a carpenter, upholsterer, truck driver, and assisting in estate clean-up for a local auctioneer.

Now their sights are set on their new business venture. Tuesday marked her last day at Home Oil. The afternoon found them looking over the 4,000 square foot merchandise area of the market and familiarizing themselves with the inventory.

He said, "We're going to leave the operation as is. We won't make any major changes for a few

months." The building is only three years old. The old store was destroyed by fire and the new structure rebuilt on the same lot.

Joanne Bowen, an owner of the old store, has been working at Almena Market since Jeff and Janette Callaway reopened the business. She plans to stay on and work for the new owners.

Mr. Cadwalader said, "We would like to see the business grow to where we'd have to hire more employees."

The Cadwalader's daughter will help them in the store. She has meat cutting experience and will also do the bookkeeping. Their youngest son, Kevin, 22, will also work with them at the store. Their other son, Ken, lives in Norton and is in the Kansas National Guard. They also have four grandchildren.

To learn more about Almena Market and the new owners call 785-669-2512.

## ORGANIC FUTURE BRIGHT, STUDIES SHOW

Greenfield, MA — The organic industry is set to enjoy good growth over the next 20 years, according to a new study by the Organic Trade Association (OTA), located here.

The OTA stated that by 2005 organic products will be considered "commonplace."

The findings, published early in December, are based on predictions by the industry research organizations, including the Natural Marketing Institute (NMI), Nutrition Business Journal (NBJ), and Packaged Facts, as well as leading organic producers Organic Valley, Smucker Quality Beverages and Stonyfield farm. In other news, NBJ reported, "The number of Americans who have tried organic food

jumped to 65% in 2005 from 54% in 2003 and 2004, according to the 2005 Whole Foods Market Organic Trend Tracker. The annual survey also found a quarter of 1,000 survey respondents said they are consuming organic food more than they did a year ago, and 10% said they consume organic food several times per week, up from 7% the previous year. The top three reasons for buying organic food are pesticide avoidance (70.3%), freshness (68.3%) and nutrition (67.1%).

More than half (55%) buy organic to avoid genetically modified foods. More than half of all respondents agreed that organic foods and beverages are "better for my health" (52.8%) and better for the environment (52.4%).

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# County health can help pregnant smokers quit

Are you pregnant and trying to stop smoking? The Norton County Health Department can help.

Through grant funding the agency can offer any pregnant woman living in Norton County or those that plan to deliver at Norton County Hospital, two paid counseling sessions. The sessions will be with a local professional counselor to help them stop smoking during their pregnancy and, hopefully, never start again.

It is known that smoking has many negative effects on both the expectant mother and her unborn infant. Here are some facts known about what can happen to the baby and to the mother:

- Smoking effects on the unborn: During pregnancy it is

known to cause infants with low birth weight; to cause premature births; and to increase the risk of serious health problems such as cerebral palsy and learning problems.

- Smoking effects on pregnancy: Smoking appears to double a woman's risk of developing placental problems. These complications can result in heavy bleeding, endangering both mother and child.

If you want to do what is best for you and your baby and want some help kicking the habit, call the Norton County Health Department, 785-877-5745. There also is 24/7 assistance from the Kansas Tobacco Quitline at 1-866-KAN-STOP which has counselors that can help you develop your personalized tobacco quit-plan at no cost to you.

# Norton ladies' club to meet, reservations needed by Feb. 14

Norton After-5 Club invites all area women to attend the February dinner and meeting at 6:30 p.m. on Thursday, Feb. 16 at the Town and Country Kitchen, Norton. The cost for the dinner meeting is \$7 per person.

Free babysitting is available. For reservations and cancellations, please contact Joan Knoll 877-3042 by Feb. 14.

"It's a Shape-Up Dinner" is the theme for the evening. "Stretching To The Limit", presented by April Karnopp, exercise enthusiast for Fit To Go, a Norton exercise facility. Mrs. Karnopp will introduce a

program that will help improve health through exercise.

The Norton After-5 Club welcomes Shirley Garwood, Atkinson, Neb., as the special speaker for the evening. Ms. Garwood will share how life is full of speed bumps, curves, and dead-ends and how to handle each one in "A New You".

The Norton After-5 Club is non-denominational and open to all area women. Part of Stonecroft Ministries, After-5 Clubs are located throughout the United States and Canada.

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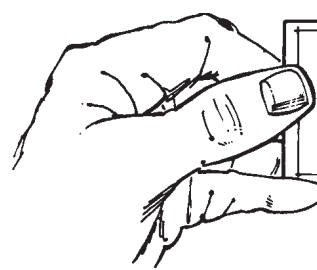
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The Almena Area Chamber *invites everyone for*

**Hot Dogs and Refreshments on Sat., Feb. 11**

FROM 11:00 A.M. TO 1:00 P.M. AT THE ALMENA MARKET

to thank Jeff and Janette Callaway  
for their years of service to the community and  
to say welcome to the new owners of the  
Almena Market, Stan and Twylla Cadwalader