

# READERS

Lyle Archer, Highway Maintenance Supervisor of Norton, recently celebrated 40 years of service with the Kansas Department of Transportation's District Three office.

— Norton County Hospital Water Aerobics, starts June 13, runs thru Aug. 4, will be on Tuesday and Thursdays. Low impact is 5 to 5:30 p.m.; high impact is 5:30 to 6:30 p.m. Cost \$25. Call the Physical Therapy department at 877-3351. 6/2

Ruth McMulkin attended her 70th year class reunion from Edmond High School. Also attending was Marilyn McMulkin, Topeka. It was her 50th class reunion.

The Duplicate Bridge Club met Wednesday evening at the Norton Manor for their regular weekly session with three tables present. Winners were: first, Myron Veh and Jerry Moritz; second, Norman Walter and Dick Hemphill.

—The City of Norton would like to remind citizens that all flowers at the cemetery must be picked up by 8 a.m., Thursday, June 8. 6/2

Memorial weekend visitors at the home of Ruth McMulkin, were Mike and Linda McMulkin, Pueblo West, Colo., John and Paula Frank, Ft. Collins, Colo., Scott and Amy Frank, Lawrence, Ron and Betty Frank, Manhattan, Cathy McMulkin, Colby and Marilyn McMulkin, Topeka.



Northern Valley's Elementary and Long Island Principal Dwight Vallin thanked the crowd at his retirement reception on Sunday. He was presented a rock carved with NVJH from fellow staff members. — Telegram photo by Susie Marble

## Principal retires from Northern Valley schools

A reception honoring Dwight Vallin for his 29 years of service to the students of Northern Valley schools was held Sunday at the Long Island School gymnasium.

About 250 attended the celebration for the man who had served as principal to Long Island and Almena Kindergarten through eighth grade his entire tenure with the school system.

The exception was one year he acted as superintendent during the illness of then-superintendent, Keith Chandler.

A carved limestone rock was presented to Mr. Vallin by his peers and members of the Northern Valley Education Association. It was carved with the letters, "NVJH".

A video tribute to Mr. Vallin was created and played during the reception and staff members shared favorite memories of their experiences with him.

Mr. Vallin and his wife, Emily, live in Long Island. They have two children, twins Tonya Vallin, Las Vegas, Nev., and Travis Vallin, Denver, Colo.

## Scholarship awarded to veterinary student

Rachel Horsch, Ft. Scott, has been chosen as the recipient of the 2006 Victor McMulkin Memorial Scholarship.

The scholarship was established in 1979, and is awarded annually to a student interested in agriculture or



R. Horsch

related programs.

Mr. McMulkin was a Norton County farmer and very active in the community.

His hobbies included hunting, fishing and gunsmithing.

Ms. Horsch is enrolled in Veterinary Technology at Colby Community College.

She will intern this summer at Fort Scott Veterinary Clinic.

## MARKETS

At close of business June 1	
Wheat .....	\$4.42
New Crop Wheat .....	\$4.42
Milo .....	\$2.11
Corn .....	\$2.25
Soybeans .....	\$4.99



Kyle Douglas and Shannon Jones

## Couple will wed in June ceremony

Shannon Amber Jones and Kyle Raymond Douglas, both of Norton, have set June 24 as their wedding day. They will be married in a 7 p.m. ceremony at Norton United Methodist Church.

Miss Jones is the daughter of Kelly and Lana Jones, Norton. She is a 2005 graduate of Norton Community High School. She has completed a semester at Nebraska College of Technical Agriculture, Curtis, Neb., and a semester at Moberly Area College, Moberly, Mo. This summer she is working at Norton Animal Health Center.

Pat and Julie Douglas, Norton,

are the parents of the prospective groom. He is also a 2005 graduate of Norton Community High School. After a year at Central Christian College in Moberly, Mo., he is employed at Norton County Hospital.

Grandparents of the bride are Twila Jones, Hays and Lanny and Sara Davis, Norton.

The groom's grandparents are Patricia Douglas, Dorothy Lueschen, Paul and Jeneen Luechen, all of Norton.

The couple plans to attend the University of Nebraska/Kearney in the fall.

## CORRECTION

In the May 19 issue of *The Norton Telegram*, it was reported that Amanda Donahey, recipient of the Norton Teacher Association annual scholarship would be a senior at Kansas State University. She will be a senior at Bethany College, McPherson. Incorrect information was provided to *The Telegram*.

□ □ □ □ □  
The Norton Telegram will correct or clarify anything that is wrong in a news story. Call our office at 877-3361 to report errors. We believe news stories should be fair and factual, and want you to tell us about any failure to live up to this standard.

## Ten tips to help prepare fast and tasty meals

Home ed  
Tranda Watts,  
Extension  
specialist



ber, that you will be paying a price here for convenience, but it may be worth it if you have little time to prepare foods.

- Buy fruit at varying stages of ripeness. Buy some fruit to eat now and some to ripen for later. Apricots, bananas, cantaloupe, kiwi, nectarines, peaches, pears and plums continue to ripen after purchase. Refrigerate fruit after it has ripened for longer storage.

- Buy frozen vegetables in bags. Pour what you need as you use it. You can toss these vegetables into soups, casseroles or salads, and they are often lower in salt than canned veggies.

- Store extra bread in the freezer. Remove a slice at a time and toast as needed. Remember to buy some

## Jail Log

May 30 — Cynthia R. White, Norton, serving 48 hours, released June 1.

## Municipal Court

These transactions were taken from the records of filings in the offices of the Norton Municipal Court. The traffic and criminal cases were given to the paper with the date of the hearings.

### Traffic

April 6 — Kellie Gibson, Norton, failure to use child safety restraint and driving while under suspension, fine \$120, court cost \$60.

April 8 — Lisa Hardy, Norton, failure to wear seat belt, fine \$10, court cost \$60.

May 5 — Sarah Vallem, Norton, no left mirror, failure to provide proof of insurance and minor in possession, fine \$1,030, court cost \$60.

May 9 — Ralph Johnson, Ellis, speeding 44 in a 30 mph zone, fine \$54, court cost \$60.

May 22 — Craig Renner, Norton, failure to use child safety restraints, fine \$20, court cost \$60.

May 23 — Thomas Bartley, Almena, failure to provide proof of insurance, charges dismissed.

## District Court

These transactions were taken from the records of filings in the offices of the District Court clerk at the Norton County Courthouse. Traffic, criminal and wildlife

parks cases are given to the paper when the fines are paid. Limited action and small claim cases are reported only after the defendant is served.

### Traffic

May 3 — Zachary I. Shpall, Wheatridge, Colo., speeding 80 in a 65 mph zone, fine \$60, court cost \$60.

May 7 — Brett T. Webb, Manhattan, speeding 82 in a 65 mph zone, fine \$72, court cost \$60.

May 8 — Robert A. Jones, Nelson, N.H., driving on left in no passing zone, fine \$60, court cost \$60.

May 21 — Hazel M. Underwood, Axtell, Neb., speeding 79 in a 65 mph zone, fine \$54, court cost \$60.

### Limited Action

May 4 — Felton's Ace Hardware versus Sandy Horesky, Norton, unpaid debt of \$304.18, plus court cost and fees.

May 4 — Felton's Ace Hardware versus Ed Strickland, Norton, unpaid debt of \$492.15, plus court cost and fees.

May 24 — Felton's Ace Hardware versus Randy Bantam, Norton, unpaid debt of \$1,879.08, plus court cost and fees.

### Marriage

May 19 — Rex Striggow, Norton, and Trendy Lou Waggoner, Norton.

## Animal Shelter

### For Adoption

12 Kittens for adoption

## NORCATUR NEWS

A birthday celebration for Lora Linn Leichter was held at the Cedar Living Center on Friday afternoon and evening, May 5.

A niece and friend stopped by for a surprise visit while en route from California to Maryland. Lowell Sebaugh and Janice O'Hare visited a while. Those present for dinner that evening were her mother, Dorothy Ward; sister-in-law, Judy and Gerald Jackson, Norcaturn; son, Rodney

Leichter, Seibert, Colo.; son, Ronald Leichter, Colorado Springs; and granddaughter, Laci Leichter, Topeka. Frank and Velda Ward, Cedar Living, came by for cake, and Mr. and Mrs. Gary New and Mr. and Mrs. Glen Strevey, Norcaturn, visited and had cake. Judy Jackson provided the delicious cake.

Word was received of the death of Roy Rubendall, who died at the Norton Hospital on May 8.

whole grain bread for added fiber. This should be about a third of all grain products that you eat.

- Consider can-do canned foods. The nutrition in canned foods is comparable to fresh or frozen foods. They take up no refrigerator or freezer space until you have unused portions which should be refrigerated and used within about two days. Canned foods should be used within two years of the manufacture date or the date advised on the can for best safety and quality.

- The thrill of the grill is that foods cook fast with little clean up. Remember to use your food thermometer to check on the internal temperature of meats to assure that they are done. Recommended temperatures for pork, egg dishes, hamburger and ground meats is 160 F while regular and ground poultry should be cooked to an internal temperature of 165 F.

- Make salads into main dishes. One bag of salad usually makes two main dish salads. Recycle leftover meats and eggs from the

previous night. Salad toppers that tend to pop the flavors include: grated cheese, dried fruit, fresh herbs, fruit, olives, nuts, red and green peppers, artichokes and cherry or grape tomatoes. Remember that olives also add oomph, but one medium olive does add 10 calories.

- It's a great thing. When grating cheeses that stick to a grater or food processor blade, make cleaning quicker by spraying grater with nonstick cooking spray BEFORE grating.

- Pasta times two. Rinse extra pasta portions under cold running water to stop the cooking process. Add a small amount of oil to help keep the pasta separate. Re-heat in the microwave or boiling water and use within five or fewer days.

Tranda Watts is Kansas State University extension specialist. Call her at 785-443-3663 or e-mail [twatts@oznet.ksu.edu](mailto:twatts@oznet.ksu.edu). For more information, contact the county extension office, 877-5755.

Weddings, funerals,  
engagements, and births.  
You'll find it all in...  
THE NORTON  
TELEGRAM

Showing at the  
**NORTON THEATRE**  
**X-Men: The Last Stand**  
PG  
Show Times: Friday and Saturday: 8 p.m.  
Sunday: 5 p.m.; Mon., Tues., Wed.: 7 p.m.  
**Da Vinci Code**  
PG-13  
Adult-\$6.00; Child-\$5.00 (12 and Under)  
No Discounted Tickets  
Movie Passes Accepted

Let's go  
to the  
Movie

26th Annual  
*Antique Machinery, Threshing  
and Power Show*  
**June 10 and 11, 2006**  
**ALMENA, KANSAS**  
Events Start at 9:00 a.m.—All Exhibitors Welcome  
*Featuring: John Deere Tractors and Machinery*  
Non-Denominational Church Services 8:30 a.m. Sunday  
Antique Parade of Power Saturday and Sunday, 1 p.m.  
Prizes to be given away Sunday, June 11, (\$1 Donation) 1st -  
1952 FARMALL Tractor, 2nd - Handmade Cedar Chest, 3rd -  
Intarsia Wooden Pheasant, 4th - \$50.00 Savings Bond  
EVENTS BOTH DAYS — Small Engine Display, Saw Mill, Thresh-  
ing, Corn Shelling, Hand Tie Baling, Steam Engines, Cars, Trucks,  
Tractors, Windmill Display, Tractor Pull Saturday, Lawn Mower  
Races Sunday. Breakfast Both Days, 6:30 a.m.  
— ENTERTAINMENT ON GROUNDS —  
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With Qualifying Queen or King Serta Mattress Set Purchase.  
GOOD THROUGH JULY 10, 2006  
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TWIN SET \$299 FULL SET \$399 KING SET \$699  
Serta Rochelle Firm or Pillow Soft \$599 QUEEN SET  
TWIN SET \$399 FULL SET \$499 KING SET \$799  
Serta Perfect Sleeper Bridal Rose Pillow Soft or Firm \$799 QUEEN SET  
TWIN SET \$649 FULL SET \$749 KING SET \$1099  
Serta Perfect Sleeper Bridal Rose Pillow Top \$899 QUEEN SET  
TWIN SET \$699 FULL SET \$798 KING SET \$1199  
Serta Perfect Sleeper Twilight Dusk Pillow Soft \$999 QUEEN SET  
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