### 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.

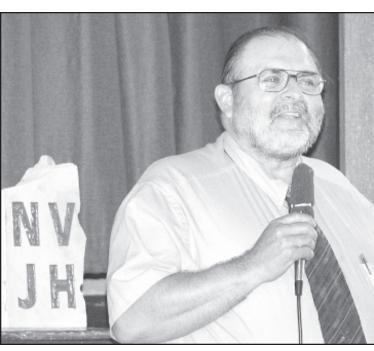
Ruth McMulkin attended her 70th year class reunion from Edmond High School.

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,

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

## Principal retires from Northern Valley schools

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

About 250 attended the celebraprincipal to Long Island and eighth grade his entire tenure with ences with him. the school system.

A carved limestone rock was presented to Mr. Vallin by his peers and members of the Northern Valschools was held Sunday at the ley Education Association. It was carved with the letters, "NVJH". A video tribute to Mr. Vallin was

tion for the man who had served as created and played during the reception and staff members shared Almena Kindergarten through favorite memories of their experi-

Mr. Vallin and his wife, Emily, The exception was one year he live in Long Island. They have two acted as superintendent during the children, twins Tonya Vallin, Las illness of then-superintendent, Vegas, Nev., and Travis Vallin,

## Scholarship awarded to veterinary student

Rachel Horsch, Ft. Scott, has related programs.

been chosen as the recipient of the 2006 Victor McMulkin Memorial Scholar-

The scholarship was established in 1979. and is awarded

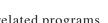
annually to a

R. Horsch

student interested in agriculture or

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

THE NORTON



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

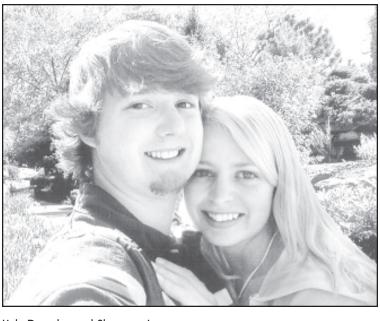
His hobbies included hunting, fishing and gunsmithing. Ms. Horsch is enrolled in Veterinary Technology at Colby Community College.

She will intern this summer at Fort Scott Veterinary Clinic. amounts of cut and peeled fruits

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

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 Col-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, in the fall.

Shannon Amber Jones and Kyle are the parents of the prospective Raymond Douglas, both of groom. He is also a 2005 graduate Norton, have set June 24 as their of Norton Community High wedding day. They will be married School. After a year at Central in a 7 p.m. ceremony at Norton 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 lege of Technical Agriculture, Patricia Douglas, Dorothy Lueschen, Paul and Jeneen Luechen, all of Norton.

The couple plans to attend the University of Nebraska/Kearney

## 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.

Many people with busy, busy

lifestyles may be wondering why

bother to cook when families can

eat out so easily. One of the most

obvious reasons is that with a little

effort you will find that home

cooked food tastes good. It is also

good for you because you can con-

Here are 10 tips to help you cook

two meals from the same food.

Separate extra food BEFORE

serving so food for the next meal

doesn't stay out of the refrigerator

any longer than necessary. Refrig-

erate your "planned overs" in shal-

low pans so that your food is no

• Consider shopping at super-

market salad bars when that is an

option. You can purchase small

chase individual salads. Remem-

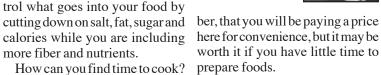
more than 2 inches deep.

• Cook once and eat twice. Plan

more fiber and nutrients.

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.

### Home ed Tranda Watts, Extension specialist



• 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. efrigerate 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. and vegetables or you can pur- Remove a slice at a time and toast

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 -

EVENTS BOTH DAYS — Small Engine Display, Saw Mill, Threshing, Corn Shelling, Hand Tie Baling, Steam Engines, Cars, Trucks, Tractors, Windmill Display, Tractor Pull Saturday, Lawn Mower

ENTERTAINMENT ON GROUNDS

Visit our web site http://www.rootsweb.com/~kssppa/

Sunflower Pioneer Power Assoc. Inc.

West Brockton Street - Almena, Kansas

FOR INFORMATION CONTACT:

Vice President Eldo Graham (785) 669-2290

Bob Underwood (785) 877-3817

Intarsia Wooden Pheasant, 4th - \$50.00 Savings Bond

Races Sunday. Breakfast Both Days, 6:30 a.m.

grain products that you eat.

foods. The nutrition in canned green peppers, artichokes and foods is comparable to fresh or cherry or grape tomatoes. Reyou have unused portions which should be refrigerated and used foods should be used within two 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 as needed. Remember to buy some leftover meats and eggs from the 5755.

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.

PUBLIC RECORD

Jail Log

May 30 — Cynthia R. White,

Norton, serving 48 hours, released

**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

April 6 - Kellie Gibson,

Norton, failure to use child safety

restraint and driving while under

suspension, fine \$120, court cost

April 8 — Lisa Hardy, Norton,

May 5 — Sarah Vallem, Norton,

no left mirror, failure to provide

proof of insurance and minor in

possession, fine \$1,030, court cost

May 9 — Ralph Johnson, Ellis,

May 22 - Craig Renner,

Norton, failure to use child safety

restraints, fine \$20, court cost \$60.

Almena, failure to provide proof

of insurance, charges dismissed.

**District Court** 

May 23 — Thomas Bartley,

These transactions were taken

from the records of filings in the

offices of the District Court clerk

speeding 44 in a 30 mph zone, fine

failure to wear seat belt, fine \$10,

the date of the hearings.

Traffic

court cost \$60.

\$54, court cost \$60.

 Zachary I. Shpall, Wheatridge, Colo., speeding 80 in a 65 mph zone, fine \$60, court cost May 7 — Brett T. Webb, Man-

hattan, 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 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 Hard-

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

ware versus Ed Strickland, Norton, unpaid debt of \$492.15, plus court cost and fees. May 24 — Felton's Ace Hard-

ware versus Randy Bantam, Norton, unpaid debt of \$1,879.08, plus court cost and fees.

### Marriage May 19

Norton, and Trendy Lou Waggoner, Norton.

Rex Striggow,

### **Animal Shelter** For Adoption

at the Norton County Courthouse. 12 Kittens for adoption Traffic, criminal and wildlife

### NORCATUR NEWS

A birthday celebration for Lora Leichliter, Seibert, Colo.; son, Linn Leichliter was held at the Ronald Leichliter, Colorado 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

Springs; and granddaughter, Laci Leichliter, Topeka. Frank and Velda Ward, Cedar Living, came by for cake, and Mr. and Mrs. Gary New and Mr. and Mrs. Glen Strevey, Norcatur, visited and had cake. Judy Jackson provided the delicious cake. Word was received of the death

of Roy Rubendall, who died at the Jackson, Norcatur; son, Rodney Norton Hospital on May 8.

Ten tips to help prepare fast and tasty meals whole grain bread for added fiber. previous night. Salad toppers that This should be about a third of all tend to pop the flavors include: grated cheese, dried fruit, fresh Consider can-do canned herbs, fruit, olives, nuts, red and

> frozen foods. They take up no re- member that olives also add frigerator or freezer space until oomph, but one medium olive does add 10 calories. • It's a great thing. When gratwith about two days. Canned ing cheeses that stick to a grater or food processor blade, make years of the manufacture date or 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 email twatts@oznet.ksu.edu.For more information, contact the county extension office, 877-



Serta Perfect Sleeper Bridal

Rose Pillow Soft or Firm

TWIN SET FULL SET KING SET

1809 E. 4th St.

308.696.0069

Firm or Pillow Soft

Serta Perfect Sleeper Serta Perfect Sleeper

Bridal Rose Pillow Top TWIN SET FULL SET KING SET

FULL SET KING SET

Furniture & Cifts

301 W. Holme 785.874.4974