



Norton's Rick Schwab (above) won his first feature race during the recent Thunder Series. Mr. Schwab has been racing

in IMCA modifieds for 12 years. He drives (below) No. 43. — Courtesy photos

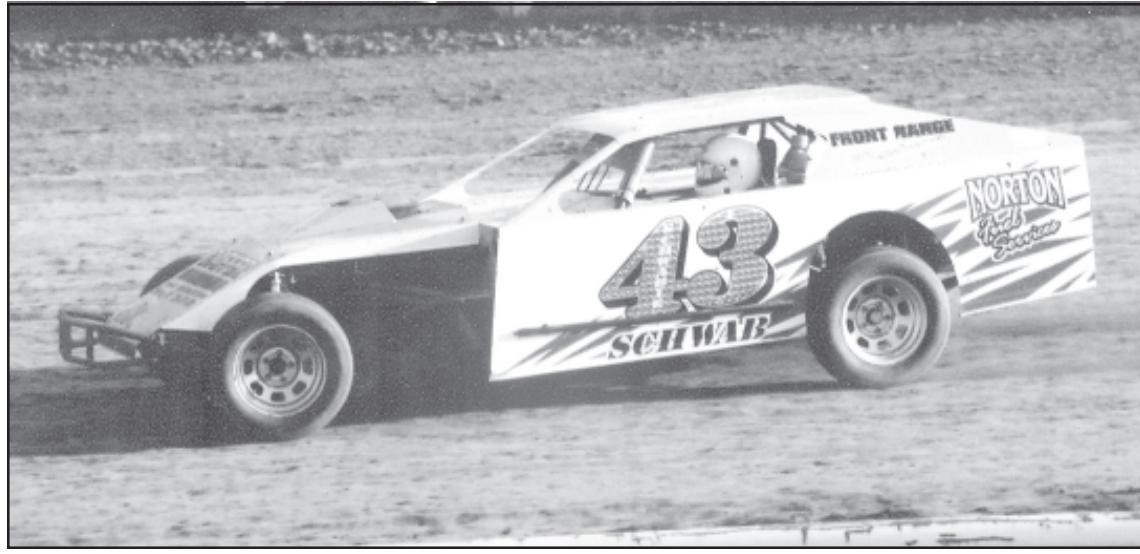
Norton man wins first feature race

Norton's Rick Schwab won his first-ever feature race July 31 at Osborne Speedway during the final night of the four-night "Thunder Series".

Hays hosted the series July 28; Norton hosted the July 29 and



R. Schwab



July 30 races; and the final night was at Osborne.

Mr. Schwab has been racing for 20 years and in IMCA modifieds for 12 years. This was his first win in a feature race. He overtook the

early leader on lap 3 of the 15-lap IMCA Modified feature.

Other Norton drivers competing that evening were Mitch Kline, Kelly Karnopp, and Jason Davis. Racing action returns to

Elmwood Park Speedway on Aug. 19 for Family Night. Children 11 and under will be admitted free with a paid adult. Race time will be 7 p.m.

Going organic can benefit everyone

By ELISHA GREELEY SMITH, Center for Rural Affairs

Each year the sale of organic food goes up 15 to 20 percent.

An estimated 10,000 organic farms exist now and the number is increasing, but not fast enough to keep pace with demand and as a result, organic manufacturers are faced with looking outside the US for organic produce.

Organic prices are often 100 to 200 percent of conventional gains, but some producers are apprehensive about venturing into the organic field because of a variety of risks during the three year transition to organic production.

Companies such as Stonyfield and farmer-owned cooperative Organic Valley expect to spend around two million dollars on incentives and technical assistance in 2006. The U.S. Department of Agriculture's EQIP program (in some states) also provides incentives to make the transition easier and less of a financial gamble for farmers.

Recently Whole Foods declared they will make long-term, low interest loans to small farms, par-

ticularly those producing grass-fed beef and organic pasture-based eggs. Whole Foods will also begin using part of its parking lots on Sundays to host open markets for nearby farms, and will increase efforts to buy from local producers.

Besides the financial gains of raising organic produce, farmers are helping protect water quality and preserve the soil while providing consumers with healthier and safer produce.

Current farm policies and the economics of commodity food production are decimating small and mid-sized family farms and ranches, devastating rural communities and destroying the connection of people to their food and the people who grow it. Going organic may be one of the best strategies for farmers and ranchers who hope for more than just survival, for those who seek a rural America dotted with thriving family farms and ranches and vibrant rural communities.

To learn more about organic certification visit: www.ota.com.

State park holding annual Christmas contest Saturday

Prairie Dog State Park is sponsoring its third annual Prairie Dog Christmas on Saturday, Aug. 12. Campers at the state park are encouraged to decorate their campsites in a Christmas theme.

Campers participating need to register at the park office.

Even if you don't enter the contest, you are still invited to "Think Cool", join the fun and come out to view the creativity of others. A vehicle permit is required.

For more information call 877-2953.

Summer-fresh fruits can be served all year

Home food preservation takes some time, but advances in food safety, science, and technology have simplified the process of preserving summer-fresh fruits and vegetables at home.

Growing interest in gardening and farmers markets, a desire to increase the number of fruit and vegetable servings for health and to trim food costs, and the popularity of television food shows are stimulating interest in home cooking and food preservation.

Preserving food at home does not have to be difficult. Key rules apply to each of the most frequently-used home methods, including canning and freezing:

1. Choose fresh fruits and vegetables, free of dents, bruises, insect damage and mold.
2. Preserve foods as quickly as possible after harvest, preferably within 24 hours.
3. Choose an up-to-date, tested recipe, and follow the directions exactly. If using a sugar substitute, choose a recipe formulated with the substitute rather than sugar to ensure success. Following directions is critical. The acid content

Home ed
Tranda Watts,
Extension
specialist



of recipe ingredients will dictate the methods needed to preserve foods successfully. High-acid foods, such as those used with fruit (jelly-making) and tomato products, must be boiled in a hot water bath for a specific time to kill harmful microorganisms that may be present in food.

The dangers vary in a recipe — adding more of one ingredient and less of another — can alter the chemical balance required to preserve food safely and can compromise quality. Here's an example: In recipes for homemade salsa, which are popular with gardeners, tomatoes are typically the high-acid foods, and onion and green peppers the low-acid foods. Increasing the quantity of onions and green peppers, but reducing the quantity of tomatoes alters the bal-

ance between high-and low-acid foods. Changes in a recipe change results and changes may threaten food safety and quality.

4. Read and follow directions and safety recommendations for cookware used in home food preservation. Dial pressure gauges on a pressure canner for example should be checked annually. Many K-State Research and Extension offices offer this service and so do manufacturers.

5. Use recommended food storage containers in good condition. Glass canning and jelly jars that are free of chips, nicks and cracks and used previously only for food can be sterilized and re-used. Buy new lids and re-use screw bands only if they are free of rust and dents that may inhibit their ability

to seal. Canning jars are recommended for all canning because they are tempered to withstand heat during the water bath and pressure canning process.

6. Label and date home canned or dried foods and store them in a cool dry place, such as a pantry or closet; label and date fresh-frozen foods as well. As a general rule, use within a year or less.

7. Use common sense. If the seal on a canning jar has failed or a jar leaked, discard it. If food is off color, throw it out without tasting it.

Food preservation can be safe, successful and fun, but it is important to follow directions exactly. For more information, contact your local K-State Research and Extension Office or e-mail twatts@oznet.ksu.edu.

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- Financing Options
- Where to Place Your Home
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Outreach Classes in Norton

COLBY COMMUNITY COLLEGE

MONDAY, AUGUST 14 & 21 —6:30-8:00 P.M.

Enrollment will be held in the Norton Junior High School Cafeteria

MONDAY, AUGUST 14 —3:00-4:30 P.M.

Enrollment at the Norton Correctional Facility Administration Conf. Room

Call Education Coordinator: Jennie Patterson, 785-874-4256 (Home)

Classes not listed may be offered if sufficient interest exists

NO.	COURSE	CR.	INSTRUCTOR	PLACE	START	END	START TIME	END TIME
MA 178	College Algebra	3	J. Porter	NJHS	Tues. 9/5	TBA	6:00p	9:00p
EN176	English Composition I	3	J. Votapka	NJHS	Mon. 8/28	TBA	6:00p	9:00p
EN177	English Composition II	3	J. Votapka	NJHS	Wed. 8/30	TBA	6:00p	9:00p
HI177	American History 1865 to Present (\$40 Telecourse Fee)	3	R. Walz	NJHS	Thur. 9/8	TBA	6:00p	9:00p
PH103	Earth Science with Lab	5	G. Rossi	NJHS	Wed. 9/6	TBA	7:00p	10:00p
PH103L	Earth Science Lab (\$40 Lab Fee)	0	G. Rossi	NJHS	Wed. 9/6	TBA	7:00p	10:00p
PS230	Adolescent Psychology	3	C. Miller	NJHS	Wed. 9/6	TBA	5:30p	8:30p
AL105	Nurse Aide I	2	J. Rima	Andbe	Enroll: 9/7	TBA	M & Th 6p	10:00p
					Class Start 9/11			
AL106	Nurse Aide II	3	J. Rima	Andbe	Mon. 9/11	TBA	M & Th 6p	10:00p
AL110	Medication Aide	4	J. Rima	Andbe	Enroll: 9/7	TBA	6:00p	10:00p
					Class Start 9/12			
P1276	Introduction to Ethics (\$15 ITV Fee)	3	M. McVay	Hospital	Tues. 8/22	12/22	6:00p	9:00p
SO176	Intro. to Sociology (\$14 ITV Fee)	3	L. Koon	Hospital	Wed. 8/23	12/22	6:30p	9:30p
CS131	PC Hardware: Maintenance/Repair (\$15 ITV Fee and \$30 PC Hardware Fee)	3	M. Dickey	Hospital	Thur. 8/24	12/22	6:00p	9:00p
PS112	Anger and Stress	1	L. Koon	Hospital	Fri. 10/13	Sat: 10/14	10/13: 5:30p 10/14: 8:00a	10/13: 11p 10/14: 6p
PS162	Topics Applied Psych: Human Relations	1	L. Koon	Hospital	Fri. 12/1	Sat. 12/2	12/1: 5:30p 12/2: 8:00a	12/1: 11p 12/2: 6p

[CERTIFICATE OF DEPOSIT]

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