

OBITUARIES

Violet Marie Evans
Aug. 12, 1936 - Nov. 21, 2012

Violet Marie Evans, former Norton resident, passed away on Wednesday, Nov. 21, 2012 at the Smith County Memorial Hospital in Smith Center at the age of 76.

She was born on Aug. 12, 1936 in Hoxie, the daughter of Charles and Elcie (Crochett) Blair. She was a cook.

Survivors include two sisters, Charlotte Lyon of Smith Center and Velma Fenton of Grand Island, Neb.; many nieces, nephews, great-nieces and great-nephews.

Celebration of life services will be held at 2

p.m. on Saturday, Dec. 1, 2012 at the Simmons-Rentschler Mortuary with Pastor Randy Hill officiating.

There will be no visitation; the family has chosen cremation.

Inurnment will be held at the Kansas Veterans' Cemetery in WaKeeney.

The family has requested memorial contributions be made to the Violet Evans memorial fund and can be sent in care of the mortuary.

For online condolences visit: www.simmons-rentschler.com.

Are you cooking for one or two?

One or two person households are the fastest growing segment of the population. It is estimated that close to 44% of the US population fits within this group.

Planning meals for a smaller family may seem more challenging, but it doesn't have to be. With a little pre-planning you can have meals that meet your nutrient requirements, keep your immune system strong and help with weight management.

Preparing smaller amounts of food for each meal will help cut back on food waste and unnecessary leftovers.

If you have a traditional recipe that serves more than you need, reduce it and prepare in smaller pans and baking dishes, checking for doneness five to ten minutes sooner than the original recipe states.

Purchase smaller quantities of foods and ingredients at the grocery store. Many foods are available in single serving packages. The initial cost may be a little more but is it really worth paying more if you are going to throw it out?

Use cookbooks or online sources that have recipes designed for one or two people.

When you have had a long day of work or other activities, make use of prepared or processed foods. Many frozen meals require only a microwave

Homeed
Tranda
Watts,
Extension
specialist



oven for preparation. Keep in mind that many frozen meals are not nutritionally well balanced. Check labels, looking for calories and nutrients. Consider adding fresh fruits, vegetables, or a salad to these main entrees.

Using leftovers (or, as I like to call them - planned overs) is a great way to decrease food waste and have food available for later meals. With careful planning, larger meals can be prepared early in the week and planned overs used for meals later in the week.

For example:

-Baked chicken breasts prepared for dinner on Monday can be used on Tuesday chopped up on a salad or in a chicken salad sandwich.

-Chili that is prepared for dinner can be used as a baked potato topping the next day for lunch.

-Make a smaller portion of lasagna in a bread pan instead of a large pan. This would give you just 2 servings. Or make the entire portion but put it into 2 smaller pans and freeze one for later.

When storing leftovers, pay attention to food safety. It is important to date and store them properly. Place perishable leftovers in food-safe containers in the refrigerator or freezer. Label when the food needs to be used by so that you do not have food spoilage issues. Remember to be aware of the expiration dates of all food items and leftovers-food does not last forever.

If you have questions, please feel free to contact your local K-State Research and Extension Office or you may contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at twwatts@ksu.edu.

Call Mike with all
your social news.
877-3361
mstephens@nwkansas.com

Strike up the band



The Norton sixth grade band held a concert on Thursday afternoon under the direction of Don Mordecai. There are 31 students in band this year. Many parents and grandparents looked on as the children played. Pictured here starting on the left in the back row are Tucker Gosselin, Ashley Karnopp, Zachary Rowh and Emily Estes. Next on the left are Emily Henderson, Robbie Wagoner, Carter Leibbrandt, Shelby Tanner and Allison Engelbert. In the front are Katie Gleason, Madison Schindler and Emily Woodyard.

– Telegram photo by Dana Paxton

Federal employees group meets in Norton

The Oberlin Chapter of the National Association of Federal Active and Retired Employees met Sunday, Nov. 18, at the Rock Christian Youth Center in Norton with 14 members and guests present.


Vice President Keith Van Skike conducted the business meeting. Pam Maxwell, Topeka, with Blue Cross-Blue Shield, gave a program about the federal employee health benefit

plan. Sherry Casper, administrative assistant of the Rock, told the group how the youth center started and is progressing. They also learned about "The Little Red Hen" project, an agriculture education project at the Eisenhower school in Norton, which is partially funded by the Kansas Farm Bureau Foundation. It demonstrates how the food on your table comes from the farmers' fields.

The next meeting will be held in Oberlin in January. Members of the Oberlin Chapter include active and retired federal employees of Norton, Decatur and Rawlins Counties.

Call Dana for all your
advertising needs.
877-3361

Buy Holiday
Goodies
at the
**Cookie and
Candy Walk**



Wed., December 5
9:30 a.m.-1:00 p.m.
Community Center
208 W. Main, Norton

Come and Select a Variety of
Cookies and Candy
Selling Cinnamon Rolls and Coffee
SPONSORED BY: UNITED
METHODIST WOMEN

Nov. 23-
Nov. 30

Showing at the
**NORTON
THEATRE**
Wreck-It Ralph
(PG) 1 Hour and 58 Minutes Showing in 3D Nov. 30
Friday and Saturday - 7:00 & 9:15 p.m.
Sunday - 5:00 p.m.
Mon., Tues., Wed., Closed
for remodeling to Digital Cinema

**The Twilight Saga:
Breaking Dawn Part 2**
Presented in Digital Sound
2 Hours, 6 Minutes,
(PG-13)

POP CORN

COMING SOON

Wreck-It Ralph is General Admission Price of \$6.00 and \$5.00 - \$3.00 on Sunday
The Twilight Saga is Premiere Admission Price of \$7.00 and \$6.00 - No Sunday Discount

All passes accepted for
Wreck-It Ralph; Only Premiere passes
accepted for The Twilight Saga

Coming to Norton on Friday, November 30- Friday,
November 30 - 8:00 p.m., Digital Cinema and Surround Sound: The Twilight Saga: Breaking Dawn, Part 2 (PG-13); Rise of the Guardians-in 3D! (PG)

This ad is brought to you by The Norton Telegram

Let's Go
to the
Movie

**NORTON
THEATRE**

THANK YOU

To all of those who have contributed to the
Norton Theatre's successful fundraising efforts!
Because of your generosity, we are now able to
provide the community a state of the art digital system

From the Norton Theatre Association Board Members:

- Craig Krizek, President
- John Mapes, Treasurer
- Jean Ann Wilson, Secretary,
- Sara Hartley •Claudia Schoen •Julie Baughman
and the late Alberta Slaby

POP CORN

703 N. First, Norton, Kansas



A 4 bedroom home with 2 upstairs and 2 downstairs. Hardwood floors and a 2 car detached garage. Remodeled kitchen and bath, new wiring and central heat and air. Listed at \$59,000.00
– PRICED REDUCED –

Kansasland Realtors
LARRY RIGGS, SALES/BROKER LISTING AGENT:
785-874-4776 OR 785-543-4440
www.kansaslandrealtors.com

106 Howard, Norton, Kansas



Nice, 4 bedroom, 2 bath home with updates, large garage, central heat and air, new carpet, new water softener, recent water heater and comes with new appliances. Listed at \$68,500.00.

Kansasland Realtors
LARRY RIGGS, SALES/BROKER LISTING AGENT:
785-874-4776 OR 785-543-4440
www.kansaslandrealtors.com