

Focus on the farmer meetings

Twin Creeks Extension will be hosting meetings in the District in Norton, Oberlin and Hoxie in February. These meetings will focus on how health-care reform and the Affordable Care Act may affect farmers as consumers and as employers.

For family farms, there is a high risk of occupational injuries and health insurance can be critical to protect the farm. The Affordable Care Act affects farmers in several unique ways, as consumers and employers.

As consumers, they can no longer be asked about occupation or pre-existing conditions that may have increased their rates before. They also may be eligible for tax credits that help pay part of their health insurance premium. However, these tax credits are based on income and with the fluctuation of a farmer's income it is important not to underestimate future income which may cause individuals to repay a portion of their

Family & Finance Julianne Shoup, Extension Director



tax credit at the end of the year. Also, as employers, farmers may be eligible to receive tax credits for providing insurance to employees when they are not required to. Only businesses with 50 or more employees must provide insurance or pay a fine and this mandate is currently extended to January 2015. For businesses with 25 employees or less, there is a 50 percent tax credit available for insuring employees in 2014. As employers, farmers could also use the SHOP marketplace to provide insurance options to employees. To learn more, attend one of the Focus on the Farmer meetings in February. Meetings will be held at 7 p.m. in Norton on Feb. 10 at the 4-H Building,

1 p.m. in Oberlin on Feb. 18 at The Gateway, and Feb. 24 in Hoxie at the 4-H Building. RSVP to Julianne Shoup at jshoup@ksu.edu, 785-675-3268 or call your local Norton Extension Office at 785-877-5755.

Family and Consumer Science Agent, Julianne Shoup, will be presenting on the basics of the law, tax credits and tax penalties, and information on navigating the marketplace. Julianne has completed trainings with experts from Kansas State University and has completed Federal Certified Application Counselor and Navigator training to provide the most current information available on the law as it is understood today.

While meetings will focus on the farmer, general information will apply to everyone, and anyone is welcome to attend.

For more information on Healthcare Reform and the Insurance marketplace go to www.insureks.org or healthcare.gov.

Little Kids Dance



A Little Kids Dance Camp was held at Stull Gymnasium on Saturday morning. Under the direction of high school dance coach Melodie Bock and with the help of dance team members, grade school girls learned dance routines and then performed for family and friends.

—Telegram photo by Mike Stephens

Prepare and freeze foods for later

Need to save some time in the kitchen? Now is the time to prepare foods and freeze them for later use. Most baked goods freeze well and can still be top quality. Here are some tips:

• Bake and cool completely! This helps prevent condensation inside the wrapping and development of ice crystals.

• Use moisture-vapor resistant packaging such as plastic containers or bags, and rigid containers.

• Separate layers of cookies with wax paper or parchment paper.

• Freeze cakes or breads unfrosted and frost after thawed.

• Thaw all baked goods in the freezer packaging. They can be thawed at room temperature. Remove from the freezer the night before you need to use them.

Here are some additional tips for freezing those special home made pies.

• Make pie crusts ahead of time and freeze.

• Unbaked fruit, mince or nut pie - Make as usual except add 1 extra tablespoon of flour or tapioca or 1/2 tablespoon cornstarch to juicy fillings. Steam and cool fruits such as apples and peaches to prevent darkening. Freeze in a pie pan, then package, and replace in freezer.

Home ed Tranda Watts, Extension specialist



To bake, remove from the freezer, and cut vent holes in crust. Place on a cookie sheet to catch drips. Bake without thawing at 450°F for 15 - 20 minutes. Reduce temperature to 375°F for 20 to 30 minutes or until crust is brown.

• Unbaked fruit pies with cooked filling - Make filling using Clear Jel starch (1/4 cup per quart of fruit.) Freeze in jars or cartons, leaving 1 inch headspace. Or, put the cooled filling into an unbaked pie crust and freeze. After it is frozen, wrap the filling in a freezer package of your choice.

• Baked fruit, mince, or nut pie - Bake as usual. Cool rapidly. Freeze before packaging. After the pie is frozen, wrap it in a freezer package. Remove from the freezer, and let it stand at room temperature for 15 minutes. Bake in a 350°F oven until warm (about 30 minutes).

• Pumpkin pie, unbaked - Prepare pie shell and filling as usu-

al. Chill the filling and crust, then add the filling to the unbaked crust. Freeze the pie in a pan, then package in a freezer package. Remove the pie from the freezer and bake it (without thawing the pie) at 400°F for 10 minutes. Reduce the temperature to 325°F to finish baking.

Note: Unbaked fresh pies have a better fresh fruit flavor than frozen baked pies. Frozen unbaked fresh pies tend to have a soggy crust.

In general, pies can be frozen for 2 - 4 months.

For further information about freezing foods to simplify meal preparation, 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 or phone 785-443-3663.

For help with your advertising needs please give Dana a call 877-3361

email: dpaxton@nwkansas.com

SCHOOL CALENDAR

NCHS
Monday, Feb. 3
MCL Art Show begins at Dane Hansen Museum; Logan FCCLA meeting and carnation sales, A.P.
NCHS Scholar's Bowl, 4 p.m.
Tuesday, Feb. 4
Jay Singers, 7:30 a.m.
Jay Singers, A.P.
KSU representative available, A.P.
Cheerleader photos; JH gym, 4 p.m.
JV/V BB vs. Smith Center, 4:45 p.m.
Wednesday, Feb. 5
KAY Board meeting, 7:45 a.m.
MTSS early dismissal: meals served; buses run at dismissal, 1 p.m.
Thursday, Feb. 6
Jay Singers, 7:30 a.m.
FFA Selection Day at Hoxie, 2 p.m.
SADD meeting, A.P.
Forensics at Osborne, 4 p.m.
Regional Scholars Bowl at TMP, 4 p.m.
Friday, Feb. 7
PBIS/BASS meetings
NHS meeting, A.P.
JV/B BB vs. Hill City, 4:45 p.m.
JV/V Wrestling vs. Smith

Center: Senior Night, 6 p.m.
Saturday, Feb. 8
Regional Piano Festival
ACT testing date
NCHS Invitational Forensics Tournament, 8 a.m.
FFA Meats Contest at Grinnell, 9 a.m.
JV/V Wrestling at Phillipsburg Tournament, 9 a.m.
NJHS
Tuesday, Feb. 4
Wrestling pictures; JH gym, 3:30 p.m.
Wednesday, Feb. 5
KAY Board, 7:45 a.m.
MTSS early dismissal: meals served; buses run at dismissal, 1 p.m.
County Spelling Bee at Long Island, 4 p.m.
Thursday, Feb. 6
Wrestling vs. Oberlin, Smith Center, St. Francis and Stockton, 5 p.m.
EES
Monday, Feb. 3
Grades 1 and 2 vocal concert rehearsal at East Campus, 12:30 p.m.
Grades 1 and 2 vocal concert at East Campus, 7 p.m.
Wednesday, Feb. 5
MTSS early dismissal: meals served; buses run at dismissal, 1 p.m.

County Spelling Bee at Long Island, 3:30 p.m.
Thursday, Feb. 6
IEP Day
Northern Valley
Monday, Feb. 3
NVJH BB vs. Heartland Christian at Colby, 4 p.m.
Norton Scholars Bowl, 4 p.m.
Tuesday, Feb. 4
NVHS BB vs. Alma, Neb., at Alma, 5 p.m.
Wednesday, Feb. 5
Norton County Spelling Bee at Long Island, 3:30 p.m.
Thursday, Feb. 6
FFA District Selection Day at Hoxie, 2 p.m.
Regional Scholars Bowl at Natoma, 3 p.m.
NVJH BB vs. Cheylin at McDonald, 4 p.m.
Friday, Feb. 7
No Preschool
4th and 5th grade basketball games in Long Island, 1:30 p.m.
NVHS BB vs. Cheylin at Alma, 5 p.m.
Saturday, Feb. 8
Regional Piano Festival in Hays
Forensics meet in Norton, 7:30 a.m.
FFA Meats Judging at Grinnell, 9 a.m.

SCHOOL MENU

NCHS-NIHS
Monday, Feb. 3
Breakfast-Oatmeal chocolate chip bar, fruit, juice and milk.
Lunch-Pigs in a blanket, pork and beans, rosy applesauce, broccoli and cauliflower salad and milk.
Tuesday, Feb. 4
Breakfast-Sausage gravy, biscuits, fruit, juice and milk.
Lunch-Steak fingers, whipped potatoes, country gravy, carrots, rolls w/margarine, pears and milk.
Wednesday, Feb. 5
Breakfast-Assorted cereal, rosy applesauce, toast w/margarine, juice and milk.
Lunch-Loaded crust pepperoni pizza, carrots, dill pickles, peaches and milk.
Thursday, Feb. 6
Breakfast-English muffin w/ sausage, fruit, juice and milk.
Lunch-Chicken fajitas, lettuce and chopped tomatoes, onions and green peppers, oranges and milk.
Friday, Feb. 7
Breakfast-Pancake and sausage on a stick, fruit, syrup,

juice and milk.
Lunch-Beef and noodles, whipped potatoes, broccoli, cottage cheese, rolls w/margarine and Mandarin oranges/peaches.
EES Menu
Monday, Feb. 3
Breakfast-Kansas Granola Bar, cheese stick, Mandarin oranges, apple juice and milk.
Lunch-Baked ham, scalloped potatoes, baby carrots, pineapple chunks, whole wheat roll and milk.
Tuesday, Feb. 4
Breakfast-French toast, warm syrup, strawberry fruit cup, grape juice and milk.
Lunch-Lasagna, tossed salad, peaches, garlic bread and milk.
Wednesday, Feb. 5
Breakfast-Western omelet quesadilla, salsa, tater tots, peaches, orange juice and milk.
Lunch-Roast beef, whipped potatoes, gravy, apple wedge, pepper strips, banana bread and milk.
Thursday, Feb. 6
Breakfast-Breakfast cake, pineapple chunks, apple juice and milk.

Lunch-Ike Burger, homemade bun, sweet potato french fries, dill spear, pears and milk.
Friday, Feb. 7
Breakfast-Sausage gravy, biscuit, apricots, grape juice and milk.
Lunch-Baked chicken, whipped potatoes, gravy, lima beans, strawberry fruit cup, cookie and milk.
Northern Valley Menu
Monday, Feb. 3
Breakfast-Biscuits and gravy, hash browns, applesauce and assorted cold cereal.
Lunch-Chili w/crackers, chips w/salsa, fresh carrots and cinnamon roll.
Tuesday, Feb. 4
Breakfast-Cinnamon butter flake biscuit, eggs, pineapple and assorted cold cereal.
Lunch-Stromboli, ranch wedges, seasoned peas and peach half.
Wednesday, Feb. 5
Breakfast-Pancakes, syrup, ham, hash browns, juice and assorted cold cereal.
Lunch-Sierra Chicken, tossed salad w/dressing, coleslaw, ap-

plesauce and monster cookie.
Thursday, Feb. 6
Breakfast-Egg biscuit, hash browns, apricots and assorted cold cereal.
Lunch-Italian pasta bake, peppers, cucumbers, french bread and sliced pears.
Friday, Feb. 7
Breakfast-Ham and cheese bagel, hash browns, peaches and assorted cold cereal.
Lunch-Wiener Wagons, french fries, seasoned broccoli and Mandarin oranges.



Going Out of Business

SALE

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Doors Will Close on February 28, 2014

Williams Bros.
Your Family Department Store

• Silver Jeans • Alfred Dunner • Tribal • New Balance Shoes

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Phone 962-7755

First published in The Norton Telegram on Friday, January 31, 2014 1(T)

Treasurer's Annual Financial Report
Lenora, Kansas

FUNDS	For the period from Old Balances	31-Dec-12 Receipts	31-Dec-13 Disbursements	Net Treasury Cash
General Operating	142,025.32	135,873.03	141,260.09	136,638.26
Water	15,763.01	69,288.57	49,110.93	35,940.65
Sewer	9,988.61	18,632.97	15,614.02	13,007.56
Trash	52,247.48	30,006.08	31,130.48	51,123.08
Employee Benefit	15,961.79	28,843.55	26,954.15	17,851.19
Streets	64,709.47	22,392.78	44,664.58	42,437.67
Cemetery	949.55	4,682.35	4,680.51	951.39
Spec Parks & Rec	6,699.44	1,885.38	-	8,584.82
Library	-	5,632.42	5,571.00	61.42
Customer Deposits	450.00	100.00	450.00	100.00
Fire	10,297.36	13,519.43	15,469.23	8,347.56
Multi-year Cap.Outlay	96,749.44	5,000.00	-	101,749.44
Special Equip.	27,829.73	5,000.00	-	32,829.73
Fire Spec. Equip.	399.41	0.00	-	399.41
Debt Service Water	16,598.00	20,544.00	19,476.25	17,665.75
Payroll Clearing	1,130.06	15,539.77	14,926.90	1,742.93
Water Surplus	25,954.01	0.00	-	25,954.01
TOTALS	487,752.68	376,940.33	369,308.14	495,384.87
Available Cash	225,384.87			
First Security of Lenora (checking)	270,000.00			
Total Funds Available	495,384.87			
LIABILITIES AND OBLIGATIONS				
Sewer Treatment Plant	\$0.00			
Water System	92,915.00			
JD Backhoe	3,883.62			
Fire Truck	18,744.66			
Rescue Suburban	11,500.00			
TOTAL	\$127,043.28			

Bradley Danielson, treasurer

WANTED

News Editor/Reporter

If you feel you have the tools necessary to write about a variety of topics, and are handy with a camera, then give me a call!

Dana Paxton - (785) 877-3361

THE NORTON TELEGRAM

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