

READERS

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

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.

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.

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.

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

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



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.

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.



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.

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".

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.

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

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

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 McMullin Memorial Scholarship.

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



R. Horsch

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

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.

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

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 control what goes into your food by cutting down on salt, fat, sugar and calories while you are including more fiber and nutrients.

Home ed Tranda Watts, Extension specialist



- How can you find time to cook? Here are 10 tips to help you cook it quick.
• Cook once and eat twice. Plan 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. Refrigerate your "planned overs" in shallow pans so that your food is no more than 2 inches deep.
• Consider shopping at supermarket salad bars when that is an option. You can purchase small amounts of cut and peeled fruits and vegetables or you can purchase individual salads. Remember,

- 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

A birthday celebration for Lora Linn Lechlitter 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, Norcatatur; son, Rodney Lechlitter, Seibert, Colo.; son, Ronald Lechlitter, Colorado Springs; and granddaughter, Laci Lechlitter, Topeka. Frank and Velda Ward, Cedar Living, came by for cake, and Mr. and Mrs. Gary New and Mr. and Mrs. Glen Strevey, Norcatatur, visited and had cake. Judy Jackson provided the delicious cake.

NORCATATUR NEWS

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

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

MARKETS table with columns for Wheat, New Crop Wheat, Milo, Corn, Soybeans and their prices.

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, Threshing, 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 — 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

FREE SET UP, REMOVAL, DELIVERY, COUNTING SHEEP. RECEIVE A \$75 Serta FACTORY REBATE. Serta Sunbury Pillow Soft \$499 QUEEN SET, Serta Rochelle Firm or Pillow Soft \$599 QUEEN SET, Serta Perfect Sleeper Bridal Rose Pillow Soft or Firm \$799 QUEEN SET, Serta Perfect Sleeper Bridal Rose Pillow Top \$899 QUEEN SET, Serta Perfect Sleeper Twilight Dusk Pillow Soft \$999 QUEEN SET. Sander Furniture & Gifts.

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.