

Going, going, gone



Last Thursday, Ag Valley Co-op started making some changes. Doug Whitney of Whitney Construction and his crew began tearing down an old elevator just east of the office on the other side of First Street, just north of Engel's Sales and Service. The elevator has been out of service for some time and there are no immediate plans to rebuild on that spot in the near future.

— Telegram photo by Dana Paxton

The ultimate in comfort food

Ask anyone about comfort food and chances are macaroni and cheese will come up first thing. Chicken soup and mashed potatoes'n gravy may receive honorable mention but mac'n cheese wins the Oscar every time.

While macaroni has been around for generations, it achieved great popularity during Thomas Jefferson's presidency. A well known gourmet and epicurean, he delighted in foreign dishes, which were served at informal dinners held for his personal friends during his years in the White House. Macaroni was a favorite and soon became the very latest thing at society dinners all over Washington. According to a book of Jefferson family recipes from Monticello, it was prepared not only as a savoury entrée but also as dessert pudding using vanilla, another foreign delicacy introduced to the American public by Jefferson. It was rumored to have been his frequent breakfast request, simply cooked in milk and served with butter and cinnamon.

JEFFERSON'S MACARONI PUDDING

Cook eight ounces of tube macaroni in two quarts of fresh, morning milk. Be cautious so as not to scorch the delicate tubes and cook until soft to a thumbnail. Add a dozen large, fresh eggs, beaten well with a cup of pounded loaf sugar and a goodly flavoring of vanilla bean. Bake in a mold pan until firm. Unmold and pour hot preserved figs in sirrurp (sic) over and around. (During the 1700's white sugar came in solid loaves and must be pounded to granulate it before measuring.)

An interesting side note is the fact that in earlier years macaroni was considered a vegetable because it was made from durum wheat. Unlike noodles, macaroni dough is never made with egg and must be in tubular form.

SAVOURY MACARONI VEGETABLE (1721)

Break macaroni tubes into one-inch pieces to equal two cups. Boil in milk. Shred in a generous amount of the very best Cheddar cheese and an equal amount of sweet butter. Grate a very small amount of fresh nutmeg into the pot and serve while quite hot as an accompaniment to a platter of smoked ham.

If Jefferson's recipes seem a little lacking in detail to you, here is a more complete version from the famous Fannie Farmer cookbook. Fannie, too, empha-

Cook's Corner

Liza Deines



sizes that the cheese must be of the best quality Cheddar or the dish will be too bland.

BAKED MACARONI AND CHEESE

One eight-ounce package of elbo macaroni

Four tablespoons real butter
Four tablespoons flour
One cup whole milk
One cup cream
Half teaspoon salt
Fresh ground black pepper to taste

Two cups shredded Cheddar cheese

Half cup buttered bread crumbs

Preheat oven to 400 degrees. Cook and drain macaroni, set aside. Melt butter in large saucepan, whisk in flour, salt, and pepper until bubbling, whisk in milk and cream gradually, bring to a boil, stirring constantly. Cook two minutes. Continue to stir, reduce heat and cook, stirring, ten more minutes. Add cheese little by little, stirring until melted. Add macaroni to sauce, toss gently to coat, pour into a buttered baking dish, top with bread crumbs. Bake twen-

ty minutes until top is golden brown and edges are bubbling.

No, this is not a low-fat or low-calorie food. It is, however, very nourishing and high protein for a meatless meal. There are many ideas for additions if you want to serve this as a company dish. It's been made with tomatoes or green peppers or both, with ham chunks or hot dog slices, with crispy link sausages or bacon strips sizzling on top. Some recipes mix several cheeses, some use sour cream, others add chopped pimento or olive slices. A Greek macaroni recipe calls for spinach, scallions, garlic and feta cheese. Southwestern recipes may add salsa, cayenne or chili powder, jalapenos or hot sauce to tingle your taste buds. This column doesn't even address macaroni salads; they'll come along later this summer.

Macaroni is a very versatile food. It may be served as a side dish or main dish, as an ingredient in soups or casseroles or, while uncommon today, it has been a dessert. And it is comparatively inexpensive to boot. If you've only experienced that orangey stuff that comes in boxes, please try one of these recipes to see what you've missed!

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Good God Almighty,
Look who made it to 90!

Please shower
Floyd Edgett
with cards at
311 N. Beaver
Oberlin, KS 67749
for his 90th birthday on
March 11, 2012



Partnering To Bring Medical Specialists To Norton

Norton Outreach Clinic Schedule

Norton County Hospital
102 E. Holme - Norton

Cardiology - Dr. Christine Fisher
Monthly - (785) 625-4699

Oncology/Hematology
Dr. Anne O'Dea

Monthly
(785) 623-5774 or (800) 248-0073

Ophthalmology - Dr. John Pokorny
Surgery

Monthly
Clinic
Monthly
(785) 628-8218

Orthopedic - Dr. Alex DeCarvalho
Monthly

(785) 261-7599 or (866) 428-8221

Urology - Dr. Darrell Werth
Monthly

(877) 312-1619 or (785) 628-6014

Mobile Echocardiography
Weekly - (785) 877-3351



In partnership with Norton County Hospital
haysmed.com

Now is the time to register for Walk Kansas

Unseasonably warm weather invites outdoor activity, and that's all the more reason to sign up for Walk Kansas, 2012, which, this year, begins March 18.

It's easy, inexpensive, and lives up to its name, said Sharolyn Jackson, state coordinator for the K-State Research and Extension fitness offering.

The concept, covering the 423-mile distance across Kansas, encourages teams of six to log miles equivalent to the distance during the eight-week program, Jackson said.

The team concept is a motivating factor, and the camaraderie - knowing that others are counting on you -- can make improving fitness seem less like a chore, she said.

Participants typically report improvements to health - examples include better able to manage stress, improved energy level, more restful sleep, lowering of blood pressure, and weight loss - early in the program.

Most also report increasing consumption of health-promoting fruits and vegetables, learning to be more aware of portion size, being more likely to plan and manage meals and snacks, and to try new low-calorie and fat recipes, Jackson said.

There's no need to join a gym or drive to a special place; most past participants report walking in their neighborhood or near their worksite, said Jackson, who noted that the K-State program also is being selected to serve as many worksite wellness programs.

Registration for Walk Kansas is usually \$10 or

less, and includes program packets and weekly newsletters with health and fitness tips, recipes and motivational messages. Costs may vary slightly with county add-ons, such as a mid-program picnic or ending celebration. An optional T-shirt also is available.

Most who enroll in Walk Kansas are successful, said Jackson, who reported that more than 90 percent of the teams reporting mileage cover the distance. Others go back and forth, and that's why a second challenge (walking 1200 miles around the perimeter of the state) has been added as an option to the program.

Exercising in 10-minute segments (or breaks) several times a day can build endurance and meet the recommended goal for adults of 30 minutes of physical activity five or more days a week or a total of 2-1/2 hours or 150 minutes

Not a walker? Not a problem. Though introduced as a low-cost walk-your-way-to-fitness program, Walk Kansas has been expanded to include other forms of heart-healthy aerobic activities. Biking, swimming, and water aerobics are examples.

Don't know others wanting to improve fitness to fill out a team? Ask the local K-State Research and Extension office to match you to a team looking to add members.

More information about Walk Kansas is available at each of Kansas' 105 Extension offices and online: www.WalkKansas.org.

PUBLIC RECORD

District Court

These transactions were taken from the records of filings in the offices of the District Court clerk at the Norton County Courthouse.

Traffic and Wildlife and Parks cases are given to the paper when the fines are paid.

March 1

May 25- Randy W. Andelt, Norton; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

Feb. 27- Darin J. Burge, Almena; Charge: Failure to wear seatbelt; Found: Guilty; Fine:

\$10.

Feb. 23- Destiny J. Chastain, Norton; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

Feb. 9- Aaron Fehr, Nobleford, Alberta, Canada; Charge: No oversize permit on 12.5 foot wide load; Found: Guilty; Fine: \$268.

Jan. 29- Patrick Gentele, Atkinson, Neb.; Charge: Width of vehicles and loads thereon-moving over size at night; Found: Guilty; Fine: \$268.

Feb. 23- Jordan Allen Gregeron, Norton; Charge: Failure to

wear seatbelt; Found: Guilty; Fine: \$10.

Feb. 27- Charles Keith Sander, Norton; Charge: Failure to wear seatbelt (14-17 yoa); Found: Guilty; Fine: \$60.

July 22- Brian Allen Shapiro, Edgar, Neb.; Charge: Speeding 77 in 65; Found: Guilty; Fine: \$236.

Municipal Court

These transactions were taken from the records of filings in the offices of the Norton Municipal Court. These cases were given to the paper with the date of the hearings.

Feb. 16

Jan. 7- Kiri Lang, San Diego, Calif.; Charge: Battery; Other action: Diversion; Sentence: Six months diversion assessment \$100, diversion fee \$100, costs \$76, total \$276.

Nov. 2011- Summer Hoft, Norton; Charge: Domestic battery; Other action: Dismissed by city prosecutor.

Jan. 17- Michelle McCoy, St. Francis; Charge: Speeding 34 in 20 school zone; Plea: No contest; Found: Guilty; Sentence: Fine \$148 school zone, costs \$76, total \$224.

Feb. 2- Steven Somers, Norton; Charge: Speeding 40 in 20 school zone; Plea: Guilty as amended; Other action: Amended by city prosecutor to 60 in 50; Found: Guilty as a

March 1

Feb. 12- Scott Henry Burris, Goodland; Charge: Speeding 50 in 35; Plea: Guilty; Found: Guilty; Sentence: Fine \$60, costs \$76, total \$136.

Feb. 27- Brock L. Hansen,

Hastings, Neb.; Charge: Speeding 30 in 20 school zone; Plea: Guilty; Found: Guilty; Sentence: Fine \$100, costs \$76, total \$176.

Feb. 1- Dawn Annette Johnson, Norton; Charge: Speeding 33 in 20 school zone; Plea: Guilty; Found: Guilty; Sentence: Fine \$136, costs \$76, total \$212.

Community service assigned

March 1

Kayla Coffey-pick up trash on west side of football field, March 1-Dec. 31.

Alec Hager- pull weeds at Methodist Church, March 1-Oct. 31.

Garret Otter- pull weeds from West Main to Second Avenue and First Avenue to Lincoln, March 1-Dec. 31.

Elizabeth Saulsbury- pick up trash on Armory Drive Highway to west end of pavement, March 1-Dec. 31.

Jordyn Gosselin- pick up trash on west and south side of cemetery, March 1-Dec. 31.

Conor Cox- pull weeds on East Main and around Courthouse Square, March 1-Oct. 31.

Christopher Chastain- pull weeds on Kansas Avenue to Washington to Lincoln then to State Street, March 1-Oct. 31.

REAL ESTATE, FARM ITEMS, VEHICLES AND PERSONAL PROPERTY

Sellers: Edwin and Doris Trueblood Estate

TWO DAY AUCTION:

Friday, April 13, and Saturday, April 14, 2012

Friday starts at 5:00 p.m. at 4-H Building, Park St., Norton, KS - Selling Household Items

Saturday starts at 9:30 a.m., Three Miles West of Norton, KS on Highway 36; Real Estate sells at 9:30 a.m., followed by Personal Property, Shop Items, Vehicles and Farm Items

SATURDAY SALE LISTING:

Real Estate Terms: 10% down day of sale with the balance to be paid on or before May 17, 2012 or upon such terms as may be acceptable to the sellers. Personal and corporate check is acceptable for the down payment. Final payment to be made in certified funds. All funds will be held by an identified title/escrow company. Bidding is not contingent upon financing. Announcements made day of sale take precedence over printed material and previously made oral statements. Closing and Possession: On or before May 17, 2012.

Real Estate Taxes: Taxes for 2012 will be prorated to the date of the closing. 2011 taxes = \$924.14.

Title Insurance: Sellers will provide title insurance in the amount of the purchase price. Premium to be paid 1/2 by the buyer and 1/2 by the sellers. Title Evidence will be provided on sale day.

Easements: Sale is subject to all right-of-way and easements recorded or not.

Inspections: Property is selling "as-is", "where-is". Each potential bidder is responsible for conducting their own independent inspections and due diligence concerning pertinent facts about the property. Neither seller or Home Range Real Estate Inc., its agents or representatives are making any warranties about the property either expressed or implied.



Agency: Home Range Real Estate Inc. including its agents and representatives are the Exclusive Agents of Sellers.

Improvements: 1212 sq. ft. ranch style home - 2 bedrooms, 1 bath, central heat/air, attached garage, 12x23, second garage 10x20. Has full basement with two finished rooms, 1 bath, and large storage outside patio, shed 12x8, and metal quonset 60x40 with full concrete floor. Windbreak on three sides. Approximate acre 1.6 more or less.

OPEN HOUSE

THURSDAY, APRIL 5, 6:00 P.M. -8:00 P.M.

Home Range Real Estate Inc.

157 S. Penn Ave., Oberlin, Kansas 67749

Broker, Gary Richards, 785-475-8324

Listing Agent and Auctioneer,

Duane R. McEwen, 785-877-3032



DUANE R. McEWEN -
AUCTIONEER AND SALESPERSON
E. HWY. 36, 601 EAST HOLME, NORTON, KS
PHONE 785-877-3032

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