

New agent joins extension office

Julianne Shoup has joined the staff of the K-State Research and Extension Twin Creeks District as a family and consumer sciences agent, effective June 3. She will be based in the district's Hoxie office.

She worked previously as a supervisor and event coordinator at the Stephen C. O'Connell Center in Gainesville, Fla. and as an intern in the Family, Youth, and Community Science Department at the University of Florida, Gainesville. She also served as a casework intern with Big Brothers Big Sisters of Mid-Florida in Gainesville.

Shoup earned a bachelor's degree in family, youth and community sciences at the University of Florida.

Family and consumer sciences extension agents provide leadership in their communities by developing and delivering educational programming relative to family-related issues including nutri-

tion, food safety, parenting, financial management, health and safety.

Extension agents are jointly employed in a partnership between K-State Research and Extension, headquartered on the Kansas State University campus in Manhattan, and the local Extension board.

The role of K-State Research and Extension is to encourage the adoption of research-based information to improve the quality of life for Kansans. K-State Research and Extension is the short name for the Kansas State University Agricultural Experiment Station and Cooperative Extension Service.

More information about the K-State Research and Extension Twin Creeks District, which includes Decatur, Norton and Sheridan counties, is available by calling 785-675-3268 or on the Web: www.twincreeks.ksu.edu.

Some tips about fruits and vegetables

Most of us are buying more fruits and vegetables. That is a good first step. But should you wash them before you put them away or just before you serve them? Should you store them in the refrigerator or on the counter? Will they continue ripening at home? The answer to these questions is...it depends!

Some fruits have better flavor if they are stored at room temperature. Tomatoes, unripe melons, and tree fruits (pears, peaches and nectarines) should be kept at room temperature so they can ripen and become sweeter. After they are fully ripe, store them in the refrigerator until you are ready to eat them. Tomatoes will keep longer if stored with the stem side down.

Generally it is better to eat

Homeed Tranda Watts, Extension specialist



vegetables as soon as possible after picked. However, some vegetables like celery, cabbage, bell peppers and carrots will keep one to two weeks in the refrigerator.

When to wash fruits and vegetables also "depends". If your produce has dirt on it, wash it before storing. Otherwise you can probably wait to wash your fruits and vegetables before you eat them. Neither the USDA

nor FDA recommends washing fruits and vegetables in anything but cold, drinkable water. Do not let produce soak in the sink. You do not need to wash them with special products or dishwashing detergent. Melons, cucumbers, winter squash, citrus fruit, and potatoes should be scrubbed with a brush. Bananas need to be rinsed off as well. Imagine how many hands touch the fruit before it gets to your mouth.

If you have storage 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 twatts@ksu.edu.

Norton County has 79 participants in Walk Kansas

The 2012 Walk Kansas fitness program, sponsored by Kansas State Research and Extension in most Kansas counties has been completed.

In Twin Creeks Extension District, 36 teams consisting of six individuals participated for a total of 390 participants.

In Norton County, there were 13 teams or 79 participants. The goal is to walk 423 miles (or the equivalent of walking across Kansas) or to walk around Kansas (1,200 miles) as a team during the eight-week period.

All 13 teams reported walking across Kansas. Two teams met their goal of walking around Kansas. The teams and the miles walked are as follows:

Goal to walk around Kansas - 1,200 miles

1. Dusty Prairie Pacers - 1,541 miles (Lari Ann Nickell)

2) Are We There Yet? - 1,227 miles (Ann Becker)

Goal to walk across Kansas - 423 miles

1) Willing Walkers - 1,553 miles (Nancy Arehart) 2) Wewalkalotta - 1,517 miles (Susan Hardiek) 3) Fit to Go - 1,497 miles (Lori VanEaton) 4) Kan Do - 1,489 miles (Rhonda Browning) 5) USDA Walkers - 1,336 miles (Susan Hillebrand) 6) Rooster and the Hens - 1,324 miles (Donelle Stewart) 7) Midnight Dreamers - 1,186 miles (Pat Hammond) 8) TOPS Walkers - 1,073 miles (Margaret Thomas) 9) Hi-Ho's - 1,041 miles (Karen Griffiths) 10) Femme "Feet" Ale - 710 miles (Kollean Stewart) 11) Windy Walkers - 560 miles (Carl Warner)

Increased consumption of fruits and vegetables is also encouraged during Walk Kansas. The top five teams which reported eating the most fruits and vegetables (5 cups are recommended daily) are:

1. Hi - Ho's 2. Midnight Dreamers 3. Fit to Go 4. Rooster and the Hens, and 5. TOPS Walkers.

The top individual walkers (based on the team logs received) were:

1. Billi Jo Gressley - 496 miles (Wewalkalotta) 2. Aurelia Jackson - 458 miles (Midnight Dreamers) 3. Sally Thomas - 435 miles (Wewalkalottas) 4. Tiffney Yeager - 412 miles (Kan Do) 5. Peggy

Ninemire - 369 miles (Willing Walkers).

The top individual consumers of fruits and vegetables were: Rhonda Browning - Kan Do, Doug Sebelius and Karen Griffiths - Hi - Ho's, Aurelia Jackson - Midnight Dreamers, Alice Jones - TOPS Walkers, Donelle Stewart and Shirley Sproul - Rooster and the Hens, Deanna Herrodsberg - Hi - Ho's, Sally Thomas - Wewalkalotta, Barb Ballinger - TOPS Walkers, Doug Griffiths - Hi - Ho's, Marla Kuhn - Fit to Go, Billi Jo Gressley - Wewalkalotta, Steve Herrodsberg - Hi - Ho's, Audrey Wiltfong - Fit to Go and Jeris Norman - Are We There Yet? These individuals met the daily minimum of five, one cup servings of fruits and vegetables.

Incentive winners were:

Walking Team (Challenge 1 - 423 miles)- Willing Walkers consisting of Nancy, Megan and Jessica Arehart; Levi, Lacey, and Peggy Ninemire.

Top Fruit and Vegetable consumption team - (Challenge 1) Hi-Ho's consisted of Karen and Doug Griffiths, Donna Foley, Stephen and Deanna Herrodsberg and Doug Sebelius.

Walking Team and Fruit and Vegetable consumption team (Challenge 2) - Are We There Yet? - consisted of Ann Becker, Kelly Sweet, Barb Brooks, Brenda Husted, Shara Dukes and Jeris Norman.

Top individual walker - Billi Jo Gressley (Wewalkalotta)

Top individual fruit and vegetable consumer - Rhonda Browning - (Kan Do)

Individual team prizes:

Wewalkalotta - Lisa Hardiek, Fit to Go - Audrey Wiltfong, Kan Do, - Patsy Maddy, Rooster and the Hens - Ruth Shillig, Midnight Dreamers - George Seamon, TOPS Walkers - Margaret Thomas, Femme "Feet" ale - Elana Gosselin, and USDA Walkers - Pat Bohl.

Cheryl Scott (TOPS Walkers) was selected as the grand prize winner at random. She wins all the prizes from 2011 which were not claimed during the year - valued over \$100.

Incentive winners may stop by the Twin Creeks Extension District Office at 107 S. State to pick up their incentives.

Skateboarder goes border to border for Relay For Life

In what started as a fun trip, a former New Almelo man has completed a skateboard trip from the northern to southern border of Kansas.

Mark Otter and his son, Marshall, planned and trained for a year before undertaking the mission of skateboarding from the Nebraska border down to the border of Oklahoma.

On Sunday, June 3, the pair started at the Nebraska line and followed Highway 83. They

traveled about 38 miles per day.

They stayed in hotels each night and when near Ulysses where they live, they slept at home.

On Friday, June 8, Mark ended the journey at the Oklahoma border, but Marshall was unable to complete the journey because of an injured ankle.

The support team included Ashley Otter of Kearney, Neb., Shawn Taylor of Lenora and Sheila Otter and Alisha Otter of

Ulysses.

The trip, called Kansate for Grant County Relay For Life, raised about \$500 in donations for Relay For Life.

Otter grew up in New Almelo and is the son of Alfred and Betty Otter. He graduated from Lenora High School in 1986 and now lives in Ulysses with his wife, Sheila, and three daughters and one son.

Meeting on water concerns June 27

The Kansas Water Office's Upper Republican Basin Advisory Committee will hold a meeting to discuss current water issues affecting the basin area as well as the state.

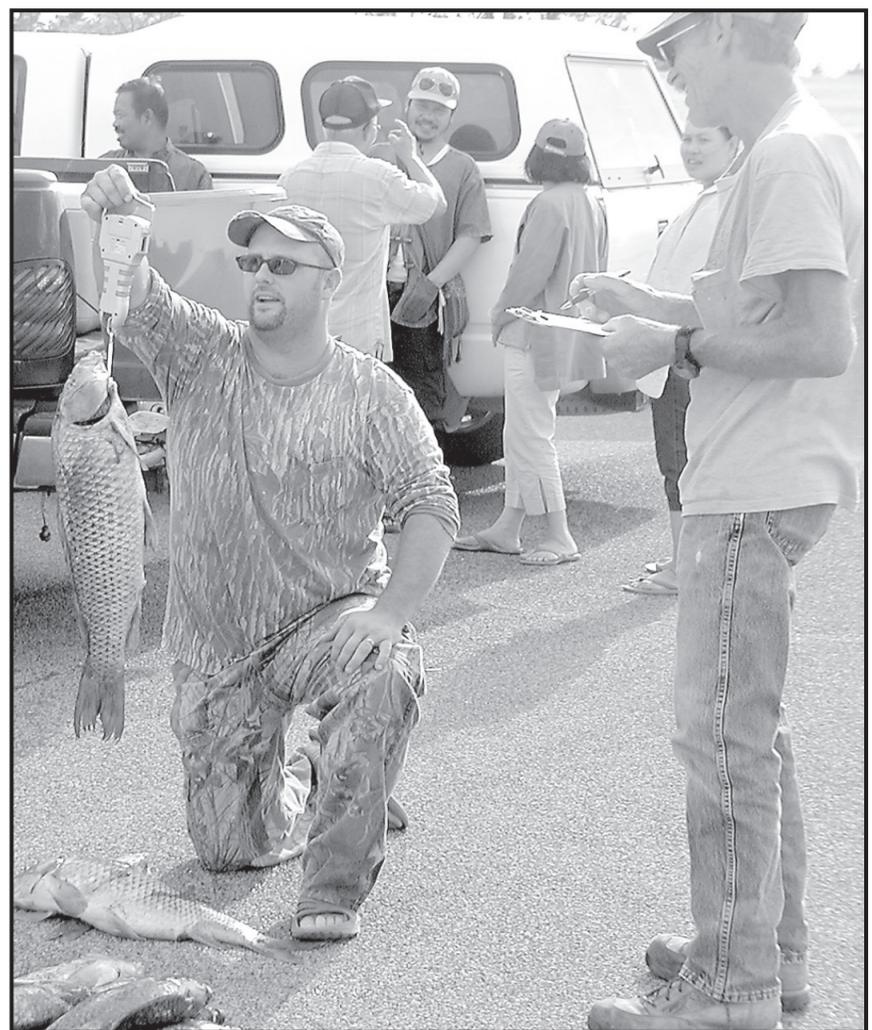
The meeting will be held Wednesday, June 27 at 2 p.m. at Norton County Conservation District, 11506 Pineview Drive, Norton. Basin priority issues

will be reviewed as well as a status update on the Kansas Water Plan.

The agenda and meeting materials will be available on the Kansas Water Office web site, www.kwo.org or you may request copies by calling (785) 296-3185 or toll-free at (888) KAN-WATER (526-9283).

**Call Mike
with all your
social news.
877-3361**

A little fishy



The Norton Archery Club held its annual Carp Shoot on Saturday. There were 14 two-man teams competing at several lakes in the area. Luke Leibbrandt weighs a carp and Archery Club President Randy West keeps track of the numbers. First place went to John and Justin Baker with a total of 65 carp, second place to Phil and Rex Buford with 54 carp and third place to Jake Haines and Kyle Beck with 38 carp. The team of Danny Carmen and Justin Wolf captured the largest carp at 13.12 pounds and Jake Haines and Kyle Beck won smallest carp at 1.22 pounds. The 14 teams combined shot a total of 254 carp.

-Telegram photo by Mike Stephens

Knock out-type roses are vulnerable to rosette disease

New varieties of easy-care shrub roses, resistant to fungal diseases, have brought a decade of rapidly expanding popularity for roses in parks and landscapes.

These carefree roses are now proving vulnerable, however, to a virus-caused disease called rose rosette -- which has been highly destructive among wild multiflora roses for decades, said Megan Kennelly, K-State Research and Extension plant pathologist.

"Since its discovery in the 1940s, rose rosette has spread throughout the Midwest and into other states with wild roses," Kennelly said. "It occasionally has shown up in domestic roses, too -- hybrid teas, floribundas, climbers, miniatures, and antique roses.

"In fact, I suspect the reason we're hearing about so many cases now is simply that we've planted a lot more roses."

Typically, rose rosette symptoms appear in mid to late summer, she said. Temperatures, drought and/or plant stress may

have an impact, though. K-State's plant disease diagnostic lab has already confirmed five cases this year.

"Unfortunately, the only feasible way to control rose rosette is to dig up the infected plant - roots and all. Put it in a plastic bag and send it to the landfill," the plant pathologist said. "The microscopic mite that vectors the disease is difficult to control. It also can travel by just drifting on the wind."

The disease symptoms vary and can resemble herbicide damage, Kennelly warned.

Common ones include: 1) rapid elongation of new shoots, often ending in a "witches' broom" of multiple branches; 2) distorted and/or unusually small leaves that may be red or mottled yellow; 3) excessive thorn production; 4) aborted buds and/or abnormal flowers; and 5) infected canes that are noticeably thicker than their parent cane.

She advised gardeners to learn more at their local Extension office or online at www.ksre.ksu.edu/library/entml2/mf2974.pdf.

**Moffet Drug
Pharmacy**

THIRD ANNUAL

**Shred Day
Saturday, June 23**

From 9:00 a.m. until NOON (or until truck is full)

Bring all of your personal documents that you would like shredded and have them destroyed on site for FREE

by a state of the art shredding truck

250 lb. limit per person. If you expect to have more, please talk to the Moffet staff about making arrangements



We are now on Facebook! Search "Norton Telegram" and like our page for photos, news and more.

This notice paid for with public donations

FREE to the public!

Weight Loss & Stop Smoking Hypnotherapy

Health Awareness Clinics is providing therapists to administer weight loss and stop smoking, group hypnotic therapy.

For many people, this therapy reduces 2 to 3 clothing sizes and/or stop smoking.

Funding for this project came from public donations. Anyone who wants treatment will receive professional hypnotherapy free from charge.

An appointment is not necessary. Sign in and immediately receive treatment.

Health Awareness Clinics is a non-profit organization. They rely on donations to make treatment available to those in need. A modest \$5.00 donation from each person when signing in is appreciated.

Only one 2 hour session is needed for desirable results. **Sign in 30 minutes early.**

Monday, June 25, 7:30 p.m.

Norton Community Center
208 W. Main
NORTON

Tuesday, June 26, 7:30 p.m.

Goodland Public Library
812 Broadway
GOODLAND

Thursday, June 28, 7:30 p.m.

Hilltop Community Center
2 S. A St.
HERINGTON

(314) 681-9208