

# Sign of the times



The new Shopko sign went up outside the old Pamida store on Highway 36 on Monday. (Pictured) Mike Brown, owner of M & J Signs of Elm Creek, Neb., raises the sign up to the supports to be secured. Shopko is expected to open on Thursday, Nov. 1.

—Telegram photo by Mike Stephens

## SCHOOL MENU

### Norton Jr.-Sr. High Schools Menu

#### Monday, Oct. 29

Breakfast-Waffle stix w/syrup, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Meatballs and whipped potatoes, rolls w/margarine, celery, pineapple or chef salad and milk.

#### Tuesday, Oct. 30

Breakfast-Breakfast Tornado, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Grilled chicken sandwich, lettuce and tomato, corn, grapes or chef salad and milk.

#### Wednesday, Oct. 31

Breakfast-Donut twist, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Beef enchilada, lettuce and tomato, Mandarin oranges, Snickerdoodle cookie or chef salad and milk.

#### Thursday, Nov. 1

Breakfast-Scrambled eggs, bacon, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Ham slice, scalloped potatoes, french bread w/margarine, green beans, apples or chef salad and milk.

#### Friday, Nov. 2

Breakfast-Breakfast casserole, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Twisted edge pizza, vegetable salad, peaches, Rice Krispy Treat or chef salad and milk.

### EES Menu

#### Monday, Oct. 29

Breakfast-Chilled yogurt, bagel with cream cheese, apple juice and milk.

Lunch-Taco crunch, peaches, tossed salad, corn, chocolate cake and milk.

#### Tuesday, Oct. 30

Breakfast-Banana bread, peaches, orange juice and milk.

Lunch-Ham and cheese, homemade bun, pep-

per strips, pork and beans, pears and milk.

#### Wednesday, Oct. 31

Breakfast-Applesauce muffins, peaches, grape juice and milk.

Lunch-Chicken supreme, green beans, baby carrots, fruit cocktail and milk.

#### Thursday, Nov. 1

Breakfast-Breakfast pizza, pineapple chunks, orange juice and milk.

Lunch-Ham and beans, celery stick, cornbread, rosy applesauce and milk.

#### Friday, Nov. 2

Breakfast-Scrambled eggs, ham, pears, grape juice and milk.

Lunch-BBQ beef, homemade bun, broccoli salad, sweet potato french fries, orange half and milk.

### NVHS Menu

#### Monday, Oct. 29

Breakfast-Streusel top muffin, ham, eggs, hash browns, juice or assorted cold cereal.

Lunch-Sierra Chicken, tossed salad w/dressing, buttered green beans and mixed fruit.

#### Tuesday, Oct. 30

Breakfast-Waffles, syrup, sausage, hash browns, strawberries or assorted cold cereal.

Lunch-Sloppy Joe's on a bun, potatoes, buttered peas and sliced peaches.

#### Wednesday, Oct. 31

Breakfast-Breakfast pizza, hash browns, juice or assorted cold cereal.

Lunch-Hamburger on a bun, french fries, baked beans and rosy applesauce.

#### Thursday, Nov. 1

Breakfast-Egg muffin, hash browns, orange juice, or assorted cold cereal.

Lunch-Nachos with ground beef, tossed salad with dressing, buttered green beans and lemon pie.

#### Friday, Nov. 2

Breakfast-Granola bar, ham slice, hash browns, juice, or assorted cold cereal.

Lunch-Monterey Jack sandwich, potatoes, buttered broccoli and plums.

# Healthy Halloween party foods

Popcorn is a good choice for healthy eating. It contains fiber, providing roughage the body needs in the daily diet. Popcorn is low in calories - only 31 calories in one cup when popped without added fat.

October is National Popcorn Poppin' Month. Here are some popcorn ideas for another special time in October - Halloween.

1. Bony Fingers. Fill clear plastic gloves (the type designed for wearing in the kitchen when preparing food) with popcorn. Tie the end with orange and black ribbon.

2. Halloween Party Popcorn. By mixing Halloween candy with popcorn, you cut back on the total amount of candy offered. Serve with a scoop from a large bowl. Or, fill a self-closing sandwich bag with popcorn for each child. Combine popcorn with your choice of the following ingredients.

- raisins and other dried fruit

## Home ed Tranda Watts, Extension specialist



- candy corn
- nuts
- gummy worms
- orange/black candies such as jelly beans/ candy coated chocolate pieces

3. Ghosts. Wrap a small popcorn ball in plastic wrap. Place wrapped ball in the middle of a large, sturdy white napkin. Tie the napkin together over the popcorn ball with white string, so the ends of the napkin hang out to form the body. Draw on a scary face with a black marker.

Of course there are many other gifts you can give to substitute for candy if you want to. You could give small 4 or 5 crayon

packs, color books, stickers, hair "pretties" (as my grand daughters call them) for the girls, perhaps small inexpensive tops, cars, jacks, pick up sticks or other old style games they may not be familiar with

If you really want to go out on a limb, perhaps small fruit such as the small tangerines that come in small bags, apples or even a cluster of grapes that you have washed and placed in individual treat bags would be a possibility.

Use your creativity and see if you can surprise the little tricksters that come to your door with a slightly different treat this year - perhaps using popcorn to help celebrate Popcorn Poppin' Month.

Questions? Please feel free to contact your local K-State Research and Extension Office of you may contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at twwatts@ksu.edu.

# It is indeed the period of regeneration

Kay Melia  
vkmelia@yahoo.com

Quietness now prevails in the garden. The freshly frozen leaves on the remaining tomato vines are still doing their best to cling to their stems, and somehow retaining a dark green color, but fighting a losing battle. The remaining leaves on the cornstalks are tannish-white and as brittle as snake skins. and seem to have dried in the fluted forms of their green growing days. The garden earth has seen its fertility transferred to spent bean plants and beet tops.

Most of us have salvaged the last phase of the plants that served us so productively during the summer heat. Garlic hangs in a braid; paper skinned onions hang in the dark coolness of a quiet room; stacks of homemade crates hold Yukon Golds and Red Pontiacs; basement shelves are lined with jar after jar of goodness.

In the garden, only husks and stems and spent vines of every description remain. And very soon now, my trusty mower will be sent out to reduce the dry, once beautiful vegetation to small pieces of material that will then be plowed back into the tired soil. We now must spend some smart time to renew the soil for tomorrow. We must return to the earth what we borrowed from it. It is indeed the period of regeneration!

In this, my final report, my greatest wish is that gardeners everywhere spend the winter quietly

making plans for the new season. We all learned many things last summer, not the least of which was that gardens, with a little help, can still provide unbelievably large amounts of fresh, healthy food, despite 28 days of a hundred degrees or more, and less than 5 inches of rain from June 1st through September 30th in many of our gardens. Think about it for a moment. Look around you. The most productive gardens were those that received the richness and fertility of the regenerative materials we added to the soil. Without a well tended and well amended soil, our gardens will show mediocrity.

Here at the end of the season, my garden plan for last summer is basically forgotten, and my illusion of last season's stewardship is being "re-worked" in my mind. What happened in the garden last summer, happened. I learned from it, but it is now just another year's memory, swept like a leaf from my own small visions and into the vast possibilities of the future.

Late autumn is like a long, deep breath taken after a successful past endeavor of great intensity. It is the end of the season....the beginning of the regeneration of the next.

Thank you dear friends for occasionally reading what I have written. Please do not hesitate to send me a letter, an e-mail, or a phone call, anytime. I love to visit about gardening of any kind, anytime. Have a wonderful winter!

# POLICE LOG

**Oct. 15**  
Report of stolen ATV, found half block away  
Barking dog complaint  
Report of domestic situation  
Funeral escort  
(2) Keys locked in vehicle  
Report of scam  
Vandalism report at Elmwood Park

Two-vehicle accident, West St.

MIP citation  
**Oct. 16**  
Report of missing child, child found  
Report of juvenile not abiding by probation orders  
Parking complaint  
Report of stolen Rx medications

**Oct. 17**  
Activated alarm, National Guard Armory  
Report of verbal altercation  
Removed debris from roadway  
Activated alarm, First Security Bank

**Oct. 18**  
Report of Fire, N. Grant  
EMS assist  
Speeding complaint, Woods Dr.

Theft Report  
Report of child playing in the street

Report of wire theft  
Court paper service  
Vehicle stop

**Oct. 19**  
Contact with individual walking around town

Report of found property, returned property to owner  
Court paper service

Report of kids harassing other kids in Elmwood Park  
Patrol football game

Report of theft from vehicle  
(2) two vehicle stops

## SCHOOL CALENDAR

### NCHS

#### Monday, Oct. 29

FHSU Marching Festival  
Spanish II and III Field Trip to Hays, 4 p.m.

Scholars Bowl at Stockton, 4 p.m.

Scholars Bowl at Atwood, 4 p.m.

#### Tuesday, Oct. 30

Jay Singers, 7:30 a.m.

KAY Area IV Meeting in Ellis, TBA

Forensics Meeting, A.P.

FB Bi-District, TBA

#### Wednesday, Oct. 31

KAYS Holly Sales End  
Pep Band Rehearsal, 7:30 a.m.

FCCLA Leadership Conference in Ellis

MTSS BLT: USD 211 BOE Meeting Room, 8:30 a.m.-3:30 p.m.

Sociology Field Trip to Norton Correctional Facility, 1:30 p.m.

#### Thursday, Nov. 1

FCCLA window washing, 7:20 a.m.

Jay Singers, 7:30 a.m.

Forensics Interest Night, 7 p.m.

#### Friday, Nov. 2

Registration Deadline for Dec. 6 A.C.T.

FFA Junior Officer interviews, 7 p.m.

### Saturday, Nov. 3

Regional football, TBA  
NW KMEA Mini-Convention at Hays High School

### NJHS

#### Monday, Oct. 29

KAYS, 8:30 a.m.

#### Tuesday, Oct. 30

KAY Area IV Meeting in Ellis, TBA

Stuco, 8:30 a.m.

#### Thursday, Nov. 1

Basketball vs. Stockton, 5 p.m.

### Saturday, Nov. 3

NW KMEA Mini-Convention at Hays High School

### EES

#### Thursday, Nov. 1

Lyceum at East Campus: K-3, 9:30 a.m.

Lyceum at East Campus: 4-6, 1:30 p.m.

ECD-2 Grade Level Meeting, 3:40 p.m.

### NVHS

#### Monday, Oct. 29

HS Scholars Bowl meet at Stockton, 4 p.m.

FFA Chapter Meeting in the Ag Shop, 7 p.m.

#### Tuesday, Oct. 30

KAY Regional Conference in Ellis, 8 a.m.

Common Core Standards for Language Arts meeting in Hays, 9 a.m.-3:30 p.m.

#### HS football, Bi-District, TBA

### Wednesday, Oct. 31

K-4 Halloween Parade downtown at 2:30 p.m. and classroom parties to follow.

HS Activity Period for KAY

#### Thursday, Nov. 1

Hearing screening in Long Island, 8:30 a.m.

Grades 5-12 band concert in the gym at Long Island, 7 p.m.

#### Friday, Nov. 2

ECD meeting in Phillipsburg- No Preschool

#### Saturday, Nov. 3

District KMEA JH band and choir, and HS choir auditions in Hays, 8 a.m.

HS Regional football, TBA

#### Sunday, Nov. 4

Daylight Saving Time Ends

## Duplicate Bridge

There were three tables for Duplicate Bridge played Wednesday night at Norton Manor. First place honors went to Carla Latimer and Bob Jones and second place went to Jackie Porter and Joyce Sumner.

# Husky Hogs, LLC is having an Open House at the new Calvert Swine Facility 2 miles West of Alma on Hwy 383



Friday, November 2nd, 12pm to 4pm  
Lunch provided from Noon to 2pm

**TUESDAY,  
November 6**

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