

Munching through the holidays

Each new experience broadens your outlook, so they say. Dan and I had a new experience a week or two back that probably broadened us in other places as well. We went to a Holiday Extravaganza Food Fair presented by the Hen House grocery store chain. If you've ever snacked your way through a grocery on a day when samples were being offered, multiply that experience by a hundred and it might give you some idea of the feast of goodies that confronted us. Undaunted, we waded right in.

Cook's Corner

Liza Deines



through the convention hall as cooking demonstrations got underway. Chef Lidia, of public television fame, cooked three dishes, including Italian sausage with fennel, onions and peppers before a large and appreciative audience. Another chef prepared spaghetti squash in a creamy Alfredo sauce and provided samples of the finished dish. It was delectable. Squash soup was also demonstrated but no samples of that one were available before we moved on. Many celebrity cookbooks were for sale, the only thing you could buy. Recipe booklets, cards and great coupons were free from most of the dealers.

Sniffing led us on to a booth where a huge ham turned, sizzling, on a rotisserie while they handed out samples. Next we tried freshly carved marinated beef bites. My favorite munch was a giant cashew covered in dark chocolate and I was fortunate there was only one sample per person. Other favorites were sips of juice drinks, one made from Bing cherries, others with mango, blackberries, papaya and even carrots. I licked up a spoonful of pumpkin pecan ice cream and a far too small serving of apple cider slushie. We made quite a foray through the cheese booth for samples of Jarlsberg, Gouda, feta and sev-

eral other fancy cheeses. Icy cold grapes and bites of melon on toothpicks were a refreshing change, as were tiny yellow and red grape tomatoes.

The samples were quite small so I could have just a bite of treats I'd not had for a long time due to my dialysis diet. Tippins Pies gave us tiny bites of apple and pumpkin pies, both very good. We tried new potato chip flavors but weren't impressed, tried some very good granola bars, and sipped a protein drink that was good but much too high in sugar for me. One new product we do intend to buy is peanut butter enhanced with raisins and granola bits. While I have a feeling it may prove expensive, just a small amount was very satisfying when spread on a graham cracker.

In the non-food category were spicy Zum soap slivers and the new Tide Pods. Flu shots were also being given in a distant corner. Another corner housed a promotion by Wayside Waifs. During the afternoon an assortment of animals for adoption, securely fenced away from the food, were offered. That drew a big crowd of children and I hope some pets went to new homes.

This event ran for three days and all demonstration foods not used were given to Harvesters, a local food bank. It was quite an experience for the price and I can hardly wait for next year!

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Quilt returned after 116 years

By Mike Stephens
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Almena Congregational Church is displaying its 10th anniversary quilt. Tenth anniversary from 1896. The quilt is 116 years old. The quilt is a gift to the church from an Arizona quilt collector, Lynn Miller of Gilbert, Ariz. Lynn collects, buys and studies the history of quilts and purchased the anniversary quilt in Oregon for a reported \$32. Lynn found the church's name on it and her research led her to contact Pastor Kirk Kasson. Lynn first wrote a letter to the church and then she spoke to Kasson on the phone and

explained how she acquired the church's 116 year old quilt.

"I asked her how much she would want for the quilt and she said she wanted to donate it to the church. So, I offered to pay for shipping and Lynn said she was hoping to drop it off in person when they traveled to Norton from Michigan. She came out of her way a little bit," said church pastor Kirk Kasson.

The quilt is a 10th anniversary signature quilt (1886-1896) with recognizable names such as Lovejoy and Dole.



Almena Congregational Church members Adelia Wilnerd and Bob McClelland inspect the church's "new" quilt, made by the church's ladies to celebrate the 10th anniversary of the church in 1896. Looking on are Ralph and Lynn Miller of Gilbert, Ariz., who donated the quilt to the church. Lynn is an avid studier of quilts and stumbled across this one in an antique store in Oregon. Through research, Lynn traced it back to the Almena Congregational Church.

-Courtesy photo

Hooves of Heaven help troubled youth

By Ron Wilson
Huck Boyd Institute

Hooves and heaven. How would those go together? Today, in the conclusion of this two-part series for Kansas Profile, we'll learn more about an enterprise in rural Kansas named Hooves of Heaven which is using horses to help troubled young people.

Last week we learned that Hooves of Heaven was founded by Chuck Mattke in northwest Kansas. Hooves of Heaven is an equine assisted learning organization for troubled youth.

"I've always loved horses," Chuck said. Through the years, he saw how interaction with a horse could help a young person work out his or her troubles. He wanted a way to help even more children.

Chuck's farm has been in his family for more than 100 years. "My wife calls this place her little piece of heaven," Chuck said. So using the word heaven and the hooves of his horses, he called the organization Hooves of Heaven. In 2005, Hooves of Heaven was organized as a foundation with the vision of bringing people and horses together.

"We have never charged for riding lessons," Chuck said. "We take only donations." Kids come to Hooves of Heaven as foster children, juvenile justice clients, or from local families for riding and other human-horse interaction.

"We had one kid who would not quit riding," Chuck said. "He just kept wanting to ride, and afterwards he helped us clean up. That young man became our first foster child."

One year Chuck got a call from Youthville, the Wichita facility operated by the Methodist church for youth who suffer from abuse, neglect, or abandonment. "They said they had 25 kids with no place to go for Christmas," Chuck said. He organized an effort to serve those kids. He and members of his board hauled horses and wagons to Wichita, got food donated and prepared the kids a meal, and gave each child a \$50 gift certificate as a present.

Hooves of Heaven organizes large trail rides in scenic areas of western Kansas as fundraisers to

support the work of the organization. Chuck especially appreciates how these horses can make a difference in a child's life.

"Miraculous things can happen when we get kids and horses together," Chuck said. One girl who was on suicide watch in a juvenile facility came to Hooves of Heaven. She was put in a pen with a group of horses. She observed their behavior and gave names to each horse in a way which ultimately helped a therapist to understand what was happening with her family relationships. Six weeks later, that girl was able to go home.

"It's equine assisted learning," Chuck said. "You can't tell these kids what to do, you have them tell you what's going on in their lives. Then you use what they're telling you to help them. You become a tool of God's grace."

The horses are remarkable tools of grace in this process as well. "Our horses can read the mood of these kids," Chuck said. "It's something I'll never be able to explain."

For example, a troubled young man came to Hooves of Heaven and was placed in a pen of horses as Chuck and the therapist watched. The horses surrounded the young man, but when he lashed out, the horses ran away. Yet when he talked softly, the horses came to him. "At the end of the session, he was a changed kid," Chuck said. "He came out understanding that if he was nice to his friends, rather than violent toward them, he'd get better results. The therapist said to me, 'How'd you get those horses to do that?' I told him, 'You know what? You've just seen God at work.'"

These remarkable things happen at Hooves of Heaven, which is located in a rural setting on the Mattke family farm east of WaKeeney near the community of Ogallah, which has a population of perhaps 25 people. Now, that's rural.

For more information, go to www.hoovesofheaven.com.

Hooves and heaven. We commend Chuck Mattke and all those involved with Hooves of Heaven for making a difference with equine-assisted learning. I think the results are heavenly.

POLICE LOG

Oct. 31
Barking dog complaint
Individual locked out of their residence
(8) eight vehicle stops
Traffic control, Dairy Queen
Two vehicle accident, Reagan St.
Motorist assist
Report of individual being owed money by another
Court paper service
Nov. 1
Report of intoxicated individual trying to drive
Call from individual wanting his vehicle tags returned
Court paper service
Report of stolen trashcan
(6) six vehicle stops
Report of phone harassment
Report of someone taking their lighter
Civil standby
Report of lost dog
Report of phone scam
Report of stolen purse from Legion
Request for extra patrol on Kennedy
Report of wallet being stolen out of purse at Dollar General
Parking citation
Nov. 2
Report of woman screaming in room 14 Hillcrest motel
(6) six vehicle stops
Report of lost license plate, Hill City

Request for extra patrol
Activated alarm, AT&T
Noise complaint
Individuals reported they are receiving someone else's SSI

checks in the mail
Report of theft
Report of civil dispute over dog
Building checks

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HANSEN MUSEUM

The Dane G. Hansen Memorial Museum presents "Eat Well, Play Well." This exhibit opened Aug. 31 and will run through Dec. 2, 2012.

What are the benefits of increasing the number of servings of fruits and vegetables you eat every day? As visitors turn a dial to increase their daily intake of fruits and vegetables, messages about appropriate amounts and their benefits appear on a large graphic of the human body. The visitor will discover that eating many servings of fruits and vegetables every day may help prevent certain diseases.

At the Animal Motion Station, children are encouraged to get out on the dance floor and hop like a bunny, walk like an elephant, run like a cheetah, or just dance around to the fun mu-

sic. A variety of different animal costumes are provided for children to dress up and move like their favorite animal.

Our November Artist of the

Month is Crystal Vette from McCook, Neb. Crystal will have handcrafted jewelry of sterling, gold and gemstone on display and for sale.

I would like to thank everyone who voted for me in the general election. Your support was appreciated very much.

Charles "Bud" Posson

PAID FOR BY CHARLES POSSON, KRISTINE KNAPP, TREASURER

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