

I-70 rest area now open

The Kansas Department of Transportation (KDOT) reopened the restroom facilities at both east and westbound I-70 rest areas east of Russell today.

The facilities were temporarily closed on August 9 to address

maintenance issues, which have been resolved.

Although the restroom facilities were closed to the public, the parking lots and dump stations remained open.

Questions may be directed

to KDOT Area Three Engineer Kevin Zimmer at (785) 625-9718 or kevinz@ksdot.org; or Northwest Kansas Public Affairs Manager Kristen Brands at (785) 877-3315 or kristenb@ksdot.org.

Second annual Family Fun Day set

Daniel Tiger, Curious George and other PBS characters are heading to Hays for Smoky Hills Public Television's Family Fun Day on Saturday, Sept. 14.

"Last year's Fun Day with Thomas and Friends was extremely successful," said General Manager Michael Quade. "And we are excited this year to bring several characters to our area to show appreciation to our viewers."

Bring your cameras! Children can meet and take pictures with some of their favorite PBS characters, including Clifford and Sid the Science Kid. The fun continues with carnival games, Bumpy Knuckles the Clown, Randy's Music Jam, food and more.

Event Coordinator Tricia Flax says "the day is designed to be entertaining for the kids, but also educational with demon-

strations from K-State Research and Extension and the Sternberg Museum."

The Second Annual Family Fun Day will be held at the south end of The Mall at Hays from 10 a.m. to 3 p.m. on Saturday, Sept. 14. Admission for children and adults is \$10 per person. Children under 2 are admitted free. To get your tickets in advance go to www.smokyhillstv.org or call 1-800-337-4788.

Schmidt says time is now for pipeline

Kansas Attorney General Derek Schmidt recently reaffirmed his support for approval of the Keystone Pipeline project in North America. Schmidt joined 20 other state attorneys general in signing a petition sent to U.S. Secretary of State John Kerry.

"This pipeline will provide stable North American energy

resources and economic benefits to our state and our nation," Schmidt said. "The project will employ thousands of Americans and help reduce reliance on unstable sources of foreign energy."

The Keystone pipeline proposal calls for crude oil pumped in Canada to be transported to

facilities in the southern United States for petroleum refining. The U.S. Department of State is currently reviewing a permit application and will make a recommendation on a pending Presidential Permit Application. The permit application has been under federal review since 2008.

Providing energy with very sweet results

By Ron Wilson

Huck Boyd Institute

Milwaukee, Wis. is the site of the USA Triathlon 2013 Age Group National Championships. As one of the competitors makes his run, he pops open a tube to consume an all-natural honey snack as an energy boost. Where do you suppose that honey snack came from? Would you believe, in the middle of Kansas? Today we'll learn about a Kansas company which is using natural honey as an energy food that is going coast to coast.

Jerry and Debbie Brown are owners of RevHoney, Inc., the innovative business which produces these foods. Jerry's grandfather, Vernon Adee, started beekeeping in north central Kansas in 1948. Vernon's daughter Donna married Robert Brown and they started Brown Honey Farms in Kansas in 1963.

By the 1980's, Robert and their son Jerry had grown Brown Honey Farms into the largest beekeeping operation in Kansas. They sold honey commercially to packers who would bottle and sell it through large chain grocery stores. Jerry also served as executive director of the American Honey Producers Association.

As Jerry moved into management, he was looking for a way to add value to the product.

"There has to be a better way to market it," he said. In 2006, the Browns partnered with Dr. Ron Fessenden to research the health benefits of honey compared to other sweeteners. "The results were even better than we expected," Jerry said. Dr. Fessenden went on to write a book entitled "The Honey Revolu-

tion."

The Browns decided to market their honey in an innovative way. Paraphrasing the name of the book, they titled their company RevHoney.

"Our goal was to market healthy products using only natural ingredients and nature's best raw honey," Jerry said. His son Nate co-founded the company and did the initial development work.

Their first product was a flavored honey snack in a resealable cylinder they call a U-tube (sounds like a video, only tastier). It is a healthy energy snack in cinnamon, blackberry, apple cinnamon, strawberry and peach flavors.

Next the company moved into the energy drink market. RevHoney now offers a honey-based energy drink in two flavors, Berry Rain and Extreme Citrus. These also are 100 percent made from natural ingredients.

In addition to online sales coast-to-coast, RevHoney products are now sold in more than 500 stores including Hy-Vee, Apple Market, Whole Foods, and convenience stores such as Dara's, and more.

In addition to the value-added products, customers are also asking for the raw honey itself. RevHoney products are also sold in doctor's clinics, gyms, racetracks, schools, and health clubs.

The company continues to innovate and develop new products, with help from K-State's food science department. RevHoney offers bottled water and is working on a sports drink.

"Our products provide natural energy for athletes and everyday consumers," Jerry said. "We think we are in the right place at the right time, with the growing interest in natural foods and fighting childhood obesity. Our kids are eating the wrong kind of sugars."

"Raw honey has the fructose and glucose, but also the nutrients, antioxidants, vitamins, and minerals our bodies need," Debbie Brown said. "We have thousands of stories of people who benefited from these products, from age 16 to 83."

Jerry's beekeeping grandfather Vernon Adee is one of those. He lived to be a mere 97 years old.

"With natural honey and real fruit, this is the most healthy food we can give our kids," Debbie said. "We want to be part of the healthy snacks in school initiative and the farm-to-school initiative."

Across the nation, sales are up 65 percent from a year ago. That's impressive for a company based in the rural community of Haddam, Kansas, population 165 people. Now, that's rural.

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

It's time to leave the USA Triathlon National Championships in Milwaukee, where a contestant is using a natural honey-based energy snack from rural Kansas. We commend Jerry and Debbie Brown, Nate Brown, and all those involved with RevHoney, Inc. for making a difference with innovative entrepreneurship. They provide a lot of energy, and the results are very sweet.

It's all in the cards



Wednesday's heavy rain forced some local residents to seek out in-door activities. The Norton Public Library had 10 players for its Bridge class. (From left to right) Gloria Nelson, Jackie Porter, Joyce Sumner and Charlene Weskamp enjoy a good laugh while playing cards. Bridge lessons are held every Wednesday from 2 to 4 p.m. at the library community room. The class is taught by Carla Latimer of Jennings. Everyone is welcome.

—Telegram photo by Mike Stephens

Webinar on ethanol use in legacy engines

Old tractors are often prized possessions, whether it's an antique tractor used in shows and parades or that tractor still occasionally putting in an honest day's work in the field. Tractors and other old vehicles with "legacy" engines in them were designed to run on the fuels of their time, but what about running modern fuels, like ethanol, in these older machines?

A webinar, titled "Ethanol Use in Legacy Engines," will take place on Friday, Aug. 30, at 10 a.m. to discuss just that. Edwin Brokesh, an instructor of biological and agricultural engineering at Kansas State University, will present the webinar, which will cover the interaction of ethanol with different materials found in older engines and how the combustion process may affect the operation of older engines. Participants should come away with a better understanding of the care and maintenance of an older engine using ethanol-containing fuels.

Brokesh says much of his

work with K-State Research and Extension involves providing people with a basic understanding of biofuels—what they are, how they work in engines, and their differences and similarities. While writing an Extension publication about small non-road engines and ethanol, he had the idea to present this webinar as a learning tool.

"I started to think about all these old tractors that you see at farm shows, parades and fairs, and the countless others that Dad or Grandpa bought new and are still being used," Brokesh said. "These machines also may see fuels containing ethanol. Because it is fair season, the thought was to produce a webinar now and then to write a publication off of the material presented in it later."

To participate in this free webinar, start connecting five minutes prior to the start time at <https://connect.extension.ia-state.edu/agenergy/>. You need a computer with Internet access and speakers. Participants can

login by clicking "Enter as a Guest" and entering their name and business or institution, and clicking "Enter Room." The webinar should last about an hour. To confirm the ability to connect, visit www.extension.ia-state.edu/testconnect/.

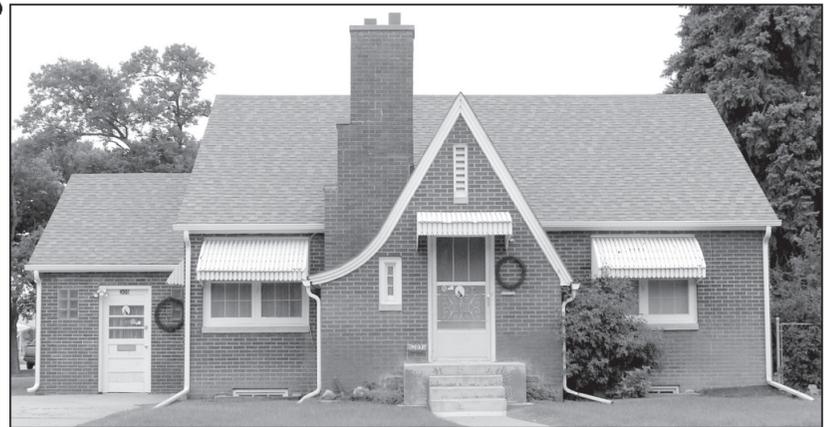
Questions can be directed to Brokesh at 785-532-2907 or ebrokesh@ksu.edu. To see other farm energy videos or webinars, see <http://farmenergymedia.extension.org/videos>.



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SCHOOL MENU

NCHS-NIHS Menu

Monday, Aug. 19

Breakfast-Breakfast tornado, grape juice, apples and milk.

Lunch-Chicken strips, country gravy, whipped potatoes, broccoli and cauliflower, rolls w/margarine, pears and milk.

Tuesday, Aug. 20

Breakfast-Pancakes, syrup, sausage links, orange juice and milk.

Lunch-Corn dogs, baked

beans, pineapple tidbits and milk.

Wednesday, Aug. 21

Breakfast-Assorted cereal, juice, toast and milk.

Lunch-Taco meat, tortilla chips, lettuce and chopped tomato, celery sticks, rosy apple sauce and milk.

Thursday, Aug. 22

Breakfast-French toast sticks, syrup, strawberry/banana, apple juice and milk.

Wednesday, Aug. 21

Breakfast-Whole wheat bagel (thin), oranges and milk.

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

Thursday, Aug. 22

Breakfast-Breakfast pita, salsa, hash browns, kiwi and milk.

Lunch-Hamburger casserole, celery stick, whole wheat roll, rosy applesauce and milk.

Friday, Aug. 23

Breakfast-Sausage breakfast sandwich, fruit cocktail and

Lunch-Chicken nuggets, potato puffs, carrots, Mandarin oranges, french bread and milk.

Friday, Aug. 23

Breakfast-Whole grain apple frudel, pears and milk.

Lunch-Breaded beef patty whipped potatoes, country gravy, broccoli and cauliflower, rolls w/margarine, apples and milk.

milk.

Lunch-BBQ beef, homemade bun, 1/2 broccoli salad, sweet potato french fries, apricots and milk.

Call Mike with all your social news.
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