

Building gingerbread houses fun for parents and kids



First graders at Eisenhower Elementary School spent part of their afternoon on Tuesday making gingerbread houses with their parents in the cafeteria. They used milk cartons, graham crackers and frosting to construct their houses, and an assortment of candies to decorate with. (Left) Amye Jones and her son Eli work on the roof of their house. (Right) Abbie Gassmann and her dad, Randy, work together to put the graham cracker walls on their house.

—Telegram photo by Mike Stephens

Making a difference with healthy foods and local products

By Ron Wilson
Huck Boyd Institute

So what's in store? No, I don't mean what is coming up soon. I mean, what is inside the store? Today we'll learn about a community which lost its only local grocery store, only to get it back through its community foundation. Thanks to Logan Falletti of the K-State Center for Engagement and Community Development's Rural Grocery Initiative for this story.

Faye Minium, a long-time local banker, is president of the Morland Community Foundation. The foundation was founded in 1994 and has funded various development projects through the years, but in 2006 it faced a new challenge: The town's only grocery store was closing.

The store in Morland was founded in 1915. Through the years it had been known as Bean's Country Store, Steven's Grocery, and Brook's Store. But in 2006 the owner closed the store because of declining health and age.

In response, the Morland Community Foundation launched an Access to Healthy Food initiative. The goal was to provide healthy food to the elderly and other members of the community. One component of the initiative was to reopen the store and operate it as a non-profit enterprise. They bought the former store building and named the new store Morland Mercantile.

With help from a community development block grant, the building was winterized, refur-

bished, and had a new furnace installed. Then another issue surfaced: The store and all of Morland was classified in a flood plain which made it difficult to get permits and insurance. The city did a study and found that the land could be reclassified. So, the city spent \$28,000 over a year to remap and revise the flood plain boundaries. As an additional benefit to the community, all but two residences in Morland were cleared of their floodplain status.

The newly renovated building was then filled with equipment, most of which was donated or bought used. The foundation was able to buy used equipment from a town 100 miles away which had recently closed its grocery store.

The first order of canned

goods arrived Oct. 22, 2013 followed by deliveries of fresh produce and meat. Volunteers unloaded and stocked all the shelves.

The store's permanent operations will add three new jobs to the town. One of those is a full-time manager. A resident of nearby Hill City, Ron Radcliffe, will manage the store. With his eight years of management experience, he knew how to set up the shelving in the correct way.

The store is supplied by Affiliated Foods, but in order to meet the minimum shipping order requirement, Morland orders through another rural Affiliated store: Joslyn's Food Center, operated by Mark Joslyn of Hoxie, Kan. Hoxie is a rural community of 1,207 people. Now, that's rural. When the Morland volun-

teers were having trouble with the exact dimensions of its meat counter, Mark Joslyn drove through a blizzard to Morland to answer their construction questions himself.

On Nov. 2, 2013, the store opened for business. On Nov. 16, the Governor of Kansas cut the ribbon to celebrate the store's grand opening.

"It was a neat thing," said Faye Minium. "Everyone had fun and was enthusiastic about being there. It's been a lot of work and a long time getting here, but I'm optimistic it will be a good project for the whole area. I hope we're able to provide the service and inventory people in the community want and need, and can provide some unique projects."

Another part of the Access

to Healthy Food initiative is a community kitchen where residents can make their own products.

So what's in store? Not just in store for the future, but in the store itself. The answer is necessities, healthy foods and local products for the people of Morland. We commend Faye Minium and the Morland Community Foundation for making a difference with this new service. If this community can maintain the model of local initiative, there should be a lot more good things in store.

And there's more. Three doors down from the store is an agribusiness with cutting edge technology. We'll learn about that next week in Kansas Profile.

Five ways to stay healthy during the holidays

Mom's in stress meltdown, the kids are fighting over the last cupcake, Uncle Bob is coughing up a lung as he carves the turkey, and your best friend just got text-dumped. Hello, holiday memories!

Tis the season to beat sickness (not to mention tiredness, stress or other holiday downers.) Fortunately, you can stay well and have a good time even if everyone else is falling apart.

Follow these 5 tips to boost your body's defenses:

1. Fend off germs. Family gatherings, airports and travel stops, shopping malls, even the library during finals week - they're all places germs like to mingle. So protect yourself: get a flu vaccine and wash your hands a lot. The holidays are all about sharing, but some things you'll want to keep to yourself: forks, spoons, and drinking utensils. People can be contagious before they know they're sick, so even just a sip from someone's drink puts his or her

Homeed
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germs in your body.

2. Eat healthy and be merry. Holiday foods can be high in calories and low on the nutrition you need to battle germs and boost energy. Make it a priority to eat five ore more fruits and vegetables a day (choose the whole fruit instead of juice so you feel full longer and avoid added sugar). Carry an apple or a bag of baby carrots so you always have a healthy snack available. And don't give your exercise routine a holiday. Exercise gives you energy in addition to burning calories.

3. Chill. "Can I afford it?" "Will it be perfect?" Even things we look forward to, like parties

or gifts, can come with worries attached. If you feel stressed out, stop what you're doing for just a moment. Take five deep breaths - all-the-way-down-to-your-belly-deep. Concentrate on each breath as you inhale and exhale. Walk over to a window and look out at the sky. Then go back to what you were doing, realizing that holiday drama will happen. Just hope it leaves you with some great stories to tell.

4. Beat the blues. Holiday depression doesn't just happen in songs. For some people, it's seasonal, brought on by shorter days, longer nights, and colder weather. Other people are going through difficult life events like a breakup or a move. If you feel down, go outside, even if it's cold where you live. Sunlight and exercise are great mood lifters. Try a seasonal activity to put you in the holiday spirit, like ice skating or neighborhood carol singing. And don't hesitate to talk to someone you trust

about how you're feeling.

5. Get some ZZZs. Getting 8 1/2 to 9 hours of sleep a night during the holidays can help strengthen your immune system, give you more energy, and make you less vulnerable to stress.

One of the top things to do for your health is to get out and have fun. Forget about the tough stuff for a while (except for your safety, of course - be sure someone knows where you are and watch out for drunk drivers).

If you have questions about holiday safety, please feel free to contact your local K-State Research and Extension Office or Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at twatts@ksu.edu or phone 785-443-3663.

For help with your advertising needs please give Dana a call at 877-3361 dpaxton@nwkansas.com



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CORRECTION

Due to reporter error, in the Friday, Dec. 13 edition of the Telegram in the story titled "Ordinance finally passed on pets," it was incorrectly stated that the penalties for violating the law would be at the discretion of Municipal Court Judge Jerry Hawks. The penalties for violating the law are stated and set in Ordinance #1651.

Due to reporter error, in the Tuesday, December 10 issue of the Telegram in the story titled "Road and bridge to get new track loader" Floyd Richard was mistakenly called Floyd Mulding. And in the Friday, December 3 issue on the editorial page, the editorial was missing who wrote the letter. It was sent to us from the Oberlin Herald from The Bank.

The Norton Telegram will correct or clarify any mistake or misunderstanding in a news story. Please call our office at 877-3361 to report errors.

We believe that news stories should be fair and factual and appreciate your calling to our attention any failure to live up to this standard.

Mortensen Computer Service

MCS
will be
CLOSED
Dec. 23, 24, 25
for Christmas

Check Our Facebook Page for the changes we will be making to the free weekly classes
101 S. State, Norton, KS
785-874-4844

The Norton City Office
WILL BE CLOSED
Tuesday, December 24 and
Wednesday, December 25
for the Christmas Holiday

Trash Routes for these two days will be picked up on Thursday, December 26

City of Norton

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