

Be wallet wise when dining out

Many people in the U.S. eat out frequently. In 2012, Americans spent about half of their food dollars on foods prepared away from home, or \$2,167. Here are ways to lower your family's costs when dining out.

- **Share a Main Dish.** Restaurant portions are growing in size, along with our waistlines and the bill at the end of our meals. To decrease all of the above, share a main dish or side dish with a friend or family member. This is a great way for kids to eat healthier, too. Kids menus are typically made up of foods high in fat, yet low in nutrients. Small children often don't eat much, so let your children share from your plate to expand their palate and shrink your calorie intake and your bill.

- **Drinks Anyone?** Order water with meals instead of sodas or speciality drinks. Even a glass of iced tea can easily add an extra dollar or two per person to your meal cost. Ask for a slice of fresh lemon to add a special

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touch and a dash of flavor to your water.

- **Do Lunch.** Lunch menus often offer the same items as dinner menus, but in smaller and lower-priced portions. So opting to go out for lunch, or for an early afternoon supper, can save money. However, even during the evening a smaller portion or half-order may be offered. Opt for the smaller size and you'll get more than enough food while saving money.

- **Clue in on Coupons.** Some restaurants send out coupons to entice your business. Check your mail, local paper, and even the Internet for special offers. Many restaurants have a weekly

kids night where kids under a certain age get a free or reduced-cost meal when they eat with an adult.

- **Plan your Budget.** To reduce your spending on away-from-home dining, reduce how often you and your family eat out. For instance, pick one time every two weeks. Plan where you want to go, cut your coupons and enjoy the meal! If you have a hectic family schedule, look for inexpensive foods when shopping at the grocery store that you can easily use to pack your own meals to go, and for foods to make quick meals to serve at home.

For more information about healthy eating, please feel free to contact your local K-State Research and Extension Office or contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at twatts@ksu.edu or phone 785-443-3663.

Soup supper



The Norton Community Center held a soup supper fund-raiser Saturday evening in order to raise money for work to be done on the building. Several people took advantage of this free will offering event. Numerous kinds of soup were served along with breads and desserts.

— Telegram photo by Dana Paxton

Emergency measures for blowing soil

Kansas is no stranger to howling winds, but blowing soil has caused serious problems in northwest Kansas this winter, creating concern for the remainder of the winter and spring, said DeAnn Presley, K-State Research and Extension soil management specialist.

The blowing soil problem this year stems largely from high winds coupled with a lack of residue cover, she said. November through April is the peak time for soil erosion by wind.

Long term, keeping more crop residue on the soil surface or having living vegetation year-round through the use of cover crops, will keep soil in place during conditions such as those experienced recently, Presley said. For now, however, there are some emergency measures producers and landowners can take to try to reduce wind erosion and blowing soil problems this winter and spring.

- * **Mulching.** If wind erosion has already started, it can be reduced by mulching with manure or other anchored plant materials such as straw or hay. To be effective, at least 1.5 to 2 tons per acre of straw or grass or 3 to 4 tons per acre of corn or sorghum stover are needed to control areas of erosion, and the straw or hay must be anchored. Residue can be spread by hand, spreader or other mechanical equipment.

A stubble puncher or disk set straight may be used to anchor residue and prevent it from being blown away. Wet manure application should be 15 to 20 tons per acre and not incorporated into the soil. Care should be taken to not add wheel paths parallel to the wind direction as the mulch is applied. Traffic areas and wheel paths can contribute to wind erosion.

Generally, mulches are practical only for small areas, so mulching is most effective when applied before the soil starts to move. Producers should scout fields to identify areas that might be susceptible to wind erosion (low vegetation cover and a high proportion of erodible-sized clods less than the thickness of a dime) if they plan to use mulch or manure to controls.

- * **Emergency Tillage.** Emergency tillage is a last-resort method that can be effective if done promptly and with the right equipment. The goal of emergency tillage is to make the soil surface rougher by producing resistant clods and surface ridges. A rough surface reduces wind speed. The larger clods and ridges resist movement and provide traps to catch the moving soil particles.

Chisels with single or only a few tool ranks are frequently used to roughen the soil surface. The combination of chisel point size, speed, and depth that produces the roughest surface with the most firm, resistant clods should be used for emergency tillage.

Research has shown that a narrow chisel (2 inches wide) on 24- to 54-inch spacing, operated 3 to 6 inches deep will usually bring enough resistant clods to the surface to control erosion on fine-textured (clay-based) soils. A medium shovel (4 inches wide) can be effective for medium-textured soils (loamy soils). Spacings should typically be narrower where there is no cover and wider in areas of partial cover, such as a growing crop or plant residue.

If erosion conditions recur or persist, a second, deeper chiseling should split the first spacing. Tillage passes should be made perpendicular to the direction of the prevailing wind causing the erosion.

If emergency tillage is to be used in growing crops that are covered by crop insurance, producers should check with their insurance providers regarding emergency tillage insurance rules, Presley said.

Performing emergency, clod-forming tillage across the field is effective in reducing wind erosion, she added.

"The degree of success of emergency tillage depends greatly on climatic, soil, and cover condition. It is often not necessary to till the entire field, but rather, it is very effective to perform emergency tillage passes across 50 percent of the field by tilling a pass, leaving a pass, and repeating. Narrow chisel spacing, 20 to 24 inches, is best for this method," Presley said.

If 50 percent of the area has been tilled and wind erosion persists, the omitted strips can be emergency-tilled in a second operation to make result in full-cover tillage, she added. If a second tillage pass is needed, it should be at a greater depth than the first pass.

Wide chisel spacings are used in the full-field coverage method, Presley said. The space between chisel grooves can be chiseled later should wind erosion persist.

All tillage operations should be perpendicular or across the direction of the prevailing or eroding wind. For most of Kansas, this means that an east-west direction of tillage is likely best, she said.

The best wind erosion control is created with maximum surface roughness when resistant clods cover a major portion of the surface.

"Research shows that lower travel speeds of 2 to 3 miles per hour generally produce the largest and most resistant clods. However, speeds of 5 to 7 mph produce the greatest roughness. Because clod resistance is usually reduced at higher speeds, the effect may not be as long-lasting as at lower speeds. As a result, higher speeds are recommended where erosion is already in progress, while lower speeds might be a better choice in anticipation of erosion," Presley explained.

The depth of tillage usually affects clod stability more than travel speed, but optimum depth is highly dependent on soil conditions, such as moisture level, and compaction. Deeper tillage passes can produce more resistant clods than shallow passes, she said.

If the problem is severe and the wheat has already been destroyed or the ground is bare, chisels 4 to 6 inches wide on a 24- to 30-inch spacing will generally provide enough clods to control erosion, Presley said. Operating depth should be 4 to 6 inches in that case.

More information is available in the K-State Research and Extension publication MF2206, Emergency Wind Erosion Control, www.ksre.ksu.edu/bookstore/pubs/MF2206.pdf.

10th anniversary of 511 phone system

Nearly four million calls later, the Kansas Department of Transportation is observing the 10-year anniversary of the Kansas 511 traveler information phone service.

Launched on Jan. 15, 2004, 511 replaced the toll-free Kansas road condition hotline. The new system offered route-specific road conditions, construction/ detours, incidents and travel weather information. Kansas 511 became the eleventh 511 system in the U.S. when launched. Today, 38 states provide 511 services.

"Tens of thousands of travelers have been able to access reliable road and weather information from 511 before they left for trips," said Transportation Secretary Mike King. "This is

important information for safety and efficiency, especially when weather creates hazardous travel conditions."

The 511 system has been a work in progress since its deployment. It was expanded in December 2012 to include Kansas City metro traffic information (both sides of the state line). New features also include call transfers to transit, tourism and motorist assist across the state. Also provided is free personalized information (email/text alerts by subscription).

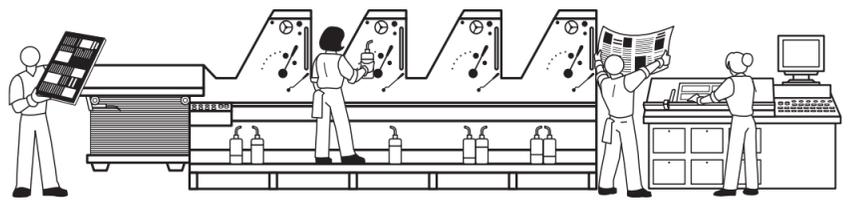
Similar information is also provided on the 511 map website 511.ksdot.org, and on mobile devices at 511mm.ksdot.org. The websites also include camera and electronic sign images.

The Department's field staff enter the road condition, construction and incident/event information that feed 511. In addition, other personnel at headquarters assist with system management and operations.

For everyone's safety, drivers should avoid distractions such as talking or texting on their cell phone or accessing travel information while driving. In addition, please buckle up, don't drink and drive and properly secure children in safety seats.



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THE NORTON TELEGRAM

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Girl Scouts need adults to volunteer

Girl Scout troops are currently looking for new volunteers to provide services to girls that live in central and northwest Kansas. You do not have to be a parent of a girl to be a Girl Scout volunteer.

Scouting has many volunteer opportunities and timeframes available. Everyone can find a

way to connect that fits his or her personal schedule.

Girl Scouts provides training to equip adults with the skills they need to serve. All it takes is a commitment to help make a difference in the lives of today's girls.

Interested girls and adults can contact Laura Shoaff at 785-

625-5671 or toll free, 888-811-8832.

The Girl Scouts of the USA is the premier leadership organization for girls. Girl Scouts builds girls of courage, confidence and character who make the world a better place.

CORRECTION

Due to reporter error, Jacob Gordon was misidentified as Jacob Porter in a photo used on page three of the Friday, Jan. 17 issue of the Telegram.

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.