

READERS

Tim Sprigg, son of Dave and Charla Sprigg, Norton, was among the students receiving recognition at the Spring Honors Convocation at Northwestern College, Orange City, Iowa. Mr. Sprigg just completed his freshman year at Northwestern.

— **First State Bank, Norton, will be open Monday, July 5.**
6/28

Local students earning semester honors include: Mackenzie Ostmeier, Alma; John Nelson and Christina Schmalzried, Lenora; Ross Stutterheim, Northern Valley; and Hanna Kohfeld, Jennifer Sloan and Megan Walter, Norton.

Roberta Ryan and Beverly Kindler, both of Norton, were

among the delegates attending the 102nd Convention of Kansas State Chapter of the P.E.O. Sisterhood June 4-6 in Manhattan.

— **Steak and seafood night, Thursday 6-9 p.m. American Legion. Members and guests.**
6/29

Abigail Rhoades of Norton, accepted membership in The National Society of Collegiate Scholars and will be honored during a campus ceremony this fall at Fort Hays State University. Miss Rhoades is the daughter of Melba and Ed Witt and Rick Rhoades.

Aaron Herman, Norton, earned a slot on the Dean's Scholastic Honor Roll for the spring semester at Pittsburg State University. He is the son of Joe Herman.

HANSEN MUSEUM

By LEE FAVRE, museum director

Recently, a Nebraska tour bus delivered about 50 visitors from the St. Paul, Neb., area to Hansen Plaza.

The group of homemakers is part of the Howard County Extension Assoc. for Family and Community Education and had scheduled a tour of the museum some weeks earlier.

It was a joy to visit with these ladies and tell them a bit about Dane Hansen, the current exhibit and the museum.

Refreshments were made available for the travelers in the community room.

"West by Southwest", a showing of native American and Southwestern art, can be seen at the museum through Sunday, July 11.

This collection comes from the Museum of the Southwest in Mid-

land, Texas, and shows sensitivity toward the beauty of the desert Southwest, producing an educational legacy accessible to all.

The works in this collection are similar in their interest in the environment but are created in contrasting styles by artists such as Thomas Hill, Albert Bierstadt, Nicholai Fechin, and Randall Davey.

LaVerne Burtis, Oberlin, honors the museum with his primitive wood furniture as the June "Artist of the Month".

Mr. Burtis offers many items in the popular crackle finish, in colors of today. See his replicas of the past such as his bucket bench in a toasty red, a country cupboard in a cracked sage, or a mustard colored grandfather clock. These items add a bit of charm to any home, new or old.

Grilling the healthy way can reduce risk of cancer

Grilling is one of the easiest and most delicious low-fat cooking methods.

However, studies show meat, poultry and fish cooked this way carry an increased risk of cancers of the colon, stomach, kidney and liver.

Eating grilled foods increases your exposure to two types of cancer-causing compounds. Polycyclic aromatic hydrocarbons are deposited on grilled food from the smoke produced when fat from meat, fish or poultry drips onto hot coals. Heterocyclic amines form when the protein in meat, poultry or fish is cooked quickly at high temperatures (such as frying, boiling and grilling). Using a gas or electric grill carries the same risk as a charcoal grill.

Here are some tips to help you barbecue more healthily:

1. Clean the grilling surface thoroughly before cooking. Before placing food on it, heat the grill to kill bacteria. Removing charred food debris also reduces exposure to possible cancer-causing substances.

2. If you are using charcoal, let the excess starter fluid burn off before putting food on the grill. Coals should be grayish-white in color.

3. Defrost meat before grilling. The outside of frozen meat chars while the interior remains cold.

4. Precook foods such as poultry or ribs by microwaving or boiling. Then use the grill briefly for that special "outdoors" flavor.

5. Don't let juices from un-

Home ed
Tranda Watts,
Extension
specialist



cooked meats contact ready-to-eat foods.

6. Avoid fire flare-ups by using lean meats, trimming away all visible fat, raising the rack to the highest position away from the heat, and keeping food on one side of the grill and coals or other heat source on the other side.

7. Marinades are one way to enhance flavors, tenderize, and keep foods moist while grilling. Research indicates that marinating before grilling may be helpful in minimizing cancer risk. If you plan to use the marinade later as a table sauce, it must be boiled for at least three minutes to eliminate bacteria.

8. Cook meats until they are no longer pink on the inside. Turn meat at least once during grilling to help evenly throughout.

9. For a new twist, try grilling vegetables and fruits: eggplant, summer squashes, bell peppers, sweet onions, roma or cherry tomatoes, mushrooms, mangoes, pineapple or peaches.

10. Cook fish in foil packets to retain natural flavors and protect it from smoke and fire.



Kirby and Joni Smith

Mr. and Mrs. Kirby Smith (Joni Wildeman)

Joni Wildeman became the bride of Kirby Smith May 15 at the Immaculate Conception Catholic Church in Leoville.

Officiating were Father Henry SawLone and Deacon Stan Chapin.

Parents of the couple are Kenny and Rhonda Wildeman, Jennings, and John and Luanne Smith, Brookville.

The bride's grandparents are Virginia Wildeman, Grainfield, and Frank Bouts, Selden. Grandparents of the groom are Tom and Esther Likes, Salina.

Candlelighters were Tristan Rathgeber, Grainfield, cousin of the bride; and Jacob Brooks, Norton, nephew of the bride.

Jeff Wagoner, Colby, was organist. He and Melissa Smith, Hays, were vocalists. They sang, "From Here to Eternity" and "Hail, Mary Gentle Woman" following the nuptial blessing; and "When You Say Nothing at All" during communion.

The bride was given in marriage by her parents.

Jessica Rush, Colby, sister of the bride, was matron of honor. Bridesmaids were Karody Robbins, Brookville, sister of the groom; and Jenny Guernsey, Hays.

Hanna Brooks, Norton, niece of the bride, was flower girl. Jaren Rush, Colby, nephew of the bride, served as ring bearer.

Luke Myles, Wichita, served as best man. Jerry Lynn, Colby; Brett Robbins, Brookville, brother-in-law of the groom; and Destry

Lynn, Altamont, were groomsmen.

Ushers were Jamie Wildeman, Norton, brother of the bride; Clay Rush, Colby, brother-in-law of the bride; Lance Randolph, Jennings; John Schrock, Brookville; T. C. Dawson, Edgerton; and Andrew Pickett, Altamont.

A reception followed at the church hall.

Assisting at the bridal table were Lois Heilman, Jennings; Jeannie Gawith, Oberlin; Nancy Gassman, Hays, cousin of the bride; Leslie Johnson, Brookville, cousin of the groom; and Melissa Smith, Salina, cousin of the groom.

Jamie Dolan, Lexington, Neb., handled the gift book. Stacey Schillig, Stratton, Colo., was in charge of the gift table.

The bride graduated from Prairie Heights High School at Jennings and attended Dodge City Community College and Fort Hays State University. She received a degree in accounting from Wichita State University in 2001 and is employed as an accountant with Hampton and Hampton at Pratt.

The groom is a graduate of Ell-Saline High School at Brookville and attended Fort Scott Community College. He earned a degree in animal science in 1999 from Kansas State University. He is assistant rodeo coach and ag instructor at Pratt Community College.

After a honeymoon to Florida, they are making their home in Pratt.

Student earns scholarship

Mark Smith Maybon has been awarded the Henry J. Becker Scholarship.

A 2004 graduate of Norton Community High School, he plans to attend Kansas State University in the fall, majoring in engineering.

After receiving his degree, he



Smith-Maybon

hopes to research applications of biomedical equipment.

He is the son of Dennis Maybon and Nan Smith.

Building blocks are for more than just kids

Building blocks is a term you often hear because it is a very graphic visual aid.

Nutritional experts speak of certain foods as the building blocks to good health.

Moneymen find these words vivid when describing a good foundation for a secure financial future. Contractors, engineers and mechanics use blocks daily in the course of business. Interior decorators utilize blocks of color and texture to enliven a room.

So when was the last time you sat down on the floor and played blocks with your child? You do have blocks for your children, don't you?

As a mother, I firmly believe that every child, rich or poor, should have the benefit of playing with real wooden blocks, which are one of the oldest and most versatile toys in existence.

Also as a mother, I can testify that blocks are one toy that all three of my children could enjoy playing together without quarreling — a rare occurrence in our household given varying ages, sexes and levels of ability.

Practically all blocks are collectible, the older and shabbier the better.

If a full set of alphabet blocks should be discovered in an original little cardboard box, they will go sky-high with auction bidders. Vintage wooden blocks are occasionally found in a drawstring muslin bag and sets of blocks were shown in the 1950 Sears Christmas catalog packed in a little wooden pull wagon.

Homemade blocks are a rare and precious commodity not often seen and always the subject of keen competition on the antique market.

Decorators love blocks to heap in baskets, to string out along a fireplace mantel, to replace cupboard knobs in a kitchen revamp or to spell out a child's name on a shelf.

If the colors have faded and the corners are smoothed down by years of use it only adds to their charm. Even a small group of odd, mismatched blocks on a coffee table can be a real conversation starter. You'll hear a lot of happy memories.

As an added bonus, this is one of

Collector
Chat
Liza Deines



Grandma's collections the little ones may play with all they please.

My personal recipe for a really good box of blocks for the creative child incorporates a number of ingredients, all of which must be wood.

Lay a base of a generous assortment of those small square alphabet blocks, the kind with letters, pictures and grooves.

Next add some classic shapes of rectangles, triangles, cones or cylinders and most important of all, curved arches for castle doorways, preferably painted red, blue, yellow and green.

Now you need any number of well-sanded, oddly shaped chunks from Dad's scrapbox in the workshop, using as many different natural colors of wood as possible. The round plugs produced when a hole saw is used installing door-knobs are particularly useful as towers for a castle.

An essential ingredient is a mixture composed of leftover Tinker Toys, a sprinkling of Lincoln Logs, a few old beat-up croquet balls, a handful of well-licked popsicle sticks and any other small wooden item that happens down the path of a scavenger child.

All these items need to be thoroughly stirred with an old yardstick or an elderly wooden ruler, which is also useful for teaching the principle of the lever.

A big, sturdy open wooden box on wheels is necessary for storage and mobility.

Add children and a large indoor play space on a stormy day. To improve results, sit right down and play with them. Life is too short not to take advantage of such opportunities.

FROM THE COOK: Garden lettuce too big and bitter for salads? Don't forget hot wilted lettuce with crispy bacon bits, chopped little green onions and hot vinegar dressing. Only takes minutes and uses up the last leaf of the crop. Yum!

Princess, queen wanted for rodeo, deadline soon

Kansas' Wildest Rodeo is looking for single girls between the ages of 10-15 and 16-23 who would like to compete for its princess and queen title.

Candidates may come to the Graham County Fair Grounds in Hill City on Saturday, July 24, for the contest, which begins at 8 a.m.

There will be two go-rounds of horsemanship, a personal interview and a written test. The public is invited.

There will be a parade the evening of Monday, Aug. 2, followed by the rodeo.

All contestants are asked to ride

in the parade. The 2004 Jayhawk Rodeo Queen and Princess will be announced during the opening night of the rodeo. They will participate in the grand entry of the rodeo all three nights.

Anyone interested should call Linda Scott at RR2, Box 85, Hill City, Kan. 67642, phone (785) 421-2336; or Jessica Schlingloff at 202 West McFarland, Hill City, phone (785) 421-4266.

Entry deadline is Tuesday, July 6.

Look Who's 65
On July 2!



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MARKETS

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Milo	\$4.16
Corn	\$2.66

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The Norton City Office will be **CLOSED** Friday, July 5, 2004

Monday's Refuse Route will be picked up on **Thursday, July 8, 2004** (In Addition to Thursday's Yard Waste Route)

Dan Rasure State Senate
danrasure.com
sign up for Dan's weekly newsletter by emailing him at **dan@danrasure.com**

Paid for and authorized by Dan Rasure for Senate Ron Vignery, Chairman; Cliff Leach, Treasurer

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Be Sure to Wish Sharon "Happy Birthday"