

# Give tomatoes a quick freeze

It is possible to quickly freeze raw tomatoes without blanching them first. They may be frozen without their skins or frozen whole with their skins. Frozen tomatoes are best used in cooked foods such as soups, sauces and stews because they become mushy when they're thawed.

First, tomatoes should be washed before cutting. To wash, wet each tomato with water, rub its surface, rinse it with running water and dry it with a paper towel. After washing, cut away the stem scar and surrounding area and discard it before slicing or chopping the tomato.

Washing tomatoes in a sink filled with water isn't recommended since contaminated water can be absorbed through the fruit's stem scar. The use of soap or detergent is neither recommended

**Home ed**  
**Tranda Watts,**  
**Extension**  
**specialist**



nor approved for washing fruits and vegetables because they can absorb detergent residues.

Tomatoes may be frozen whole, sliced, chopped or pureed. Additionally, you can freeze them raw or cooked, as juice or sauce, or prepared in the recipe of your choice. Thawed raw tomatoes may be used in any cooked-tomato recipe. Do not try to substitute them for raw tomatoes because freezing causes their texture to become mushy. Tomatoes should be seasoned just before serving rather than before freezing; freezing may either strengthen or weaken seasonings such as garlic, onion and herbs.

To prepare tomatoes for freezing, select firm ripe tomatoes. Sort the tomatoes, discarding any that are spoiled. Wash them in clean water. Dry them by blotting with a clean cloth or paper towels.

To freeze whole tomatoes with peels, prepare tomatoes as described earlier. Cut away the stem scar. Place the tomatoes on cookie sheets and freeze. Tomatoes frozen with the peel on do not need to be blanched before freezing. Once frozen, transfer the tomatoes from the cookie sheets into freezer bags or other containers. Seal tightly. To use the frozen tomatoes, remove them from the freezer a few at a time or all at once. To peel, just run a frozen tomato under warm water in the kitchen sink. Its skin will slip off easily.

If you prefer to freeze peeled tomatoes, you can wash the tomatoes and then dip them in boiling water for about one minute or until the skins split. Peel and then freeze.

To extend the time frozen foods maintain good quality, package foods in material intended for freezing, and keep the temperature of the freezer at 0 degrees F or below. It is generally recommended frozen vegetables be eaten within about eight months for best quality.

If you have questions about food preservation or would like to have your pressure canner dial gauge tested contact your local K-State Research and Extension Office or e-mail [twatts@oznet.ksu.edu](mailto:twatts@oznet.ksu.edu).

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THE NORTON  
**TELEGRAM**



Tables groaned under the weight of all the food brought to the Norton Christian Church's annual picnic held Sunday night at Pool Park. Almost 200 took advantage of the perfect weather to come out and fellowship with their friends and church family. — Telegram photo by Carolyn Plotts

## WILSONVILLE NEWS

By **VELMA HOLTZE** and **LAURIE LAWS**

The 2005 wheat harvest is over. It was great because everyone said it was more than they expected. The Lord is good to us.

John McLaughlin drove Velma Holtze to Norton where they attended a tea at the Rose of Sharon Bed and Breakfast. This tea was hosted by *The Norton Telegram* for their correspondents. Each one was given a recipe book featuring recipes from Liza Deines' column and other *Telegram* employees. Velma has written for *The Telegram* for more than 30 years.

Brad and Jo Schwartz of Kearney spent time, recently, with her mother, Adeline Ballou. She accompanied them home. Her granddaughter, Katie Ballou, met her in Holdrege.

Katherine Atterbury of Arapahoe and Velma Holtze enjoyed dinner in Cambridge, recently, celebrating their July birthdays.

Karen Haynes from Kansas spent several days with Dick and Joan McLaughlin. The three spent some time in Grand Island.

Several from this area enjoyed the Van Bradley gospel singing at the park in Beaver City.

Gary, Karen and Alicia Brown spent the weekend in the Ben Brown home in Lincoln. They especially enjoyed the new grandson, Riley. They returned home on Monday after Alicia registered for her college classes.

Little Trenton Hoagland celebrated his first birthday. His grandparents, the Kenneth Holtzes and other relatives, the Brad Holtzes and the LaVerne Banzhaf's drove to Hastings to help him celebrate.

The community recently received some rain. It was such a boost to the corn crop. Even those with hay down are not complaining. What a blessing it was.

**Death**  
Waymon Lomax of Bellefair, Wash., died July 17.

He was the son of Lewis and Inez (Sears) Lomax, born May 17, 1920, in Wilsonville.

He graduated from Wilsonville High School in 1938. After graduation he taught in the Middle Rockton School District. Later, he moved to Washington, D.C., where he worked until he joined the Coast Guard. He served for several years and remained in the Reserves after the war ended.

He worked for the Seattle School system for many years, retiring from the Bellevue School where he had served as superintendent.

Mr. Lomax enjoyed music and was an accomplished pianist and vocalist. He sang in barbershop quartet groups and especially enjoyed attending the national convention. He was also active in Take Off Pounds Sensibly and in the Christian Church where he participated each year in the cantatas.

He was preceded in death by his wife, Elsie, his parents, three brothers, Dale, Everett and Marion and one sister, Bonnie June.

He is survived by four sons,

Mark, Bob, David and Steven; and one sister Eileen Luhman of LaHabra, Calif.

Memorial services will be held at a later date.

**Visits CarnegieHall**

Excerpts from the Indianola, Neb., paper will be of interest to many readers. Bonnie (Weyneth) Lomax, a former Wilsonville resident and music teacher in Wilsonville and Beaver Valley schools for 14 years, now lives in Hugoton. She and her husband, Kenny, daughter, Jeanine and son, Lewis moved from Wilsonville to Hugoton where she has taught for 12 years.

Bonnie was raised in the Marion/Danbury area. She has a beautiful singing voice as well as being an accomplished pianist and organist. In Hugoton, she teaches kindergarten, first and second grade music. She averages 80 kindergarten students and works with 250 pupils every week with both band and voice. Her schedule also includes helping some of the high school vocal classes. When needed, she sings with some of the high school students. This past spring one professor who judged a state music contest was so impressed with one of these groups, that he recommended them for entrance in a program sponsored by the Carnegie Hall Music Committee.

This group was chosen and 31 students and sponsors flew to New York City. Going to Carnegie Hall was the thrill of the trip. Describing the hall, Mrs. Lomax said, "It is so unbelievably beautiful and huge. It is just indescribable." She thought of all the famous musicians who had stood on that stage just as she was doing. The group sang two songs, "Nance" by Brahms and "Serenade in Music" by Vaughn Williams. What a great opportunity this was for her and the students. As a community, Wilsonville is proud of Bonnie and the part she played in the lives of

many young people from this area.

**Work, Work, Work**

Several good workers gathered to give the landscaped areas at the entrance to Wilsonville a better look. They worked on the flower beds on Main Street, too. Hedge trimming and weed pulling made a world of difference. The youngest was around 12 and the age of the oldest was not revealed. Over one half have come to Wilsonville in the last 10 years to make it their home. Three of them came from the rural area to help with this project. In spite of the hard work (and lots of sweat) everyone seemed to be enjoying themselves.

**Eating Out**

Nine of the women who gather regularly at the library on Monday mornings to sew and visit, decided they would all eat out together one day. They drove to Cambridge for dinner and shopping.

Velma Holtze was released from the Cambridge Hospital on Saturday. She is staying at the home of her daughter, Margene Holtze, in Cambridge while taking therapy. Velma's visitors at the hospital the past week besides her family have been Amy Brown, Dorothy Ankenman, Margalee Ruf, Barb Baca, Ila Potter, Margaret and Dean Brown, Dick and Joan McLaughlin, Sue Bethel, Floren Hyke, Kelsey and Travis Landreth.

Mr. and Mrs. Butch Oliver from Wisconsin arrived on Friday evening at the home of his cousin, Carla and Kenneth Holtze. They left early Saturday morning for Texas to visit their Aunt Audrey Adams, and cousin, Larry Adams and family. They attended church on Sunday morning where Larry is the minister.

Jim and Becky Holtze spent Thursday and Friday in Lincoln where Becky had doctor's appointments. They were overnight guests of her sister, Sherrill Hayes and husband, Jim. They visited their daughter, Janene, in Beatrice

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Questions call George or Judy Collins @ 785-846-7725

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