

Norton Co-op joins forces with Ag-Valley

By VERONICA MONIER
As of Thursday, the Norton Cooperative Association is no more. Now, it is part of the Ag Valley Cooperative.
Ron Hunter, Ag Valley's general manager, said Thursday was the first day the merger went into effect.
He said the Norton Co-op was owned by farmers, who had a meeting last Wednesday and voted to merge the coop with Ag Valley. Now, he said, all of the

farmers have stock in Ag Valley, making them part owners of the new, larger company.
Mr. Hunter said he had approached Norton Co-op about a merger awhile ago. He said Ag Valley and the co-op had had a good working relationship before the merger, working together in agronomy and petroleum and some grain business.
"Our company has some strength because of its size," he said. "The Norton

Co-op, I think, wanted to be a part of that."
He said Norton benefits from being a member of Ag Valley, and Ag Valley benefits from Norton's membership. It works well for both, he said.
Mr. Hunter said things will pretty much stay the same with the Norton Co-op, except for a name change. All of the employees were transferred to Ag Valley and the services should stay the same. Now, he said, the company is getting ready for

harvest.
All of the Norton Co-op's assets were transferred to Ag Valley with the merger, including the old Garvey building, the Brady building, the elevators in Clayton and Reager, and the filling station in Norton.
With the Norton merger, he said Ag Valley has 19 locations, rather than the 16 it had previously.
The company is mainly in Nebraska,

with Norton as its only Kansas facility. Ag Valley has elevators in Edison, which is where the corporate office is at; North Platte, the most northwest facility; Orleans, the most eastern facility; Moorefield; Maywood; Curtis; Indianola; Bartley; Holbrook; Arapahoe; Oxford; Stamford; Beaver City; Hendley; Wilsonville; and Lebanon.
The cooperative does business in grain, feed, petroleum and agronomy.



Norton County Sheriff Troy Thomson demonstrated how a Project ChildSafe safety lock is installed on a gun. His office has 1,000 of the devices to distribute, free, to any Norton County resident who asks.
— Telegram photo by Carolyn Plotts

Officers have locks for guns

The Norton County Sheriff's department wants to keep children from gun shot accidents.
That's why the department has signed on again with Project ChildSafe, the nation's largest firearm safety program. The campaign will distribute over 12 million free firearm safety kits.
The program has begun the second phase of its nationwide campaign to promote safe and responsible gun ownership and storage.

The program reminds gun owners to take steps to prevent a loaded gun from falling into the hands of a child.
Each firearm safety kit is free and includes a cable-style gun lock and a firearm safety brochure. The sheriff's office has two styles of locks. One is for small-bore rifles and handguns, the other is for larger bore rifles, shotguns and some handguns.
"Anybody can just stop by the

Norton County Sheriff's office and tell us how many they need," said Sheriff Troy Thomson.
Sheriff Thomson added that county law enforcement officers would carry some of the devices in their patrol cars to make available to anyone who would request.
The Sheriff's office has 1,000 locks to give away. To learn more about the program go to their website at: www.projectchildsafe.org.

Norton High graduate serves in Iraq

Sgt. Will Bolt, 22, a Norton Community High School graduate, serves his country in Iraq.
Sgt. Bolt had been a student at Kansas State University studying to be a parks and game manager. He joined the National Guard after graduating from high school.
He is in charge of a four-man unit, which was assigned to guard the front gate of the fort where his company is stationed. He said his job was to provide security for the guys doing the searching and to act

as an "overwatch" for the entire fort.
Sgt. Bolt was home for two weeks from Aug. 4-18.
Since his return to Iraq, he has been assigned to night patrol.
He said that he sometimes eats in the mess, and it isn't too



bad. Usually though, he is at his post and meals are brought to him. He said it is usually chicken — lots and lots of chicken.
Sgt. Bolt is expected to return stateside by the end of November. After a short time to re-adjust, he plans to go back to college and finish his studies.
His parents are Ben and Joan Bolt, Norton.
Mail will reach Sgt. Bolt at 50th MSB C. Company 42nd ID, OIF III FOB Speicher, APOAE 09393.

Offices, most businesses to close for Labor Day

Traditionally most businesses close for Labor Day, which celebrates the working people of America.
Monday all banks will be closed, as well as Norton county and city offices, Norton Public Library, Norton Health Department, Doctor's Clinic and all school districts.
Jack Rabbit Service Station will be closed, but Love's, Time Saver and Diamond Shamrock service stations and convenience stores will be open regular hours.
The groceries will be open with the exception of Almena Market.

However, their hours will be shortened.
Jamboree will be open from 8 a.m. to 6 p.m.; Norton Shop and Save from 8 a.m. to 7 p.m. and Country Corner in Lenora will have shorter hours Sunday and Monday from 11 a.m. to 2 p.m. both days.
Both Moffet and Pamida pharmacies in Norton will be closed for the holiday.
The two discount stores will be open. Pamida's hours will be 9 a.m. to 6 p.m. and Dollar General's from 9 a.m. to 7 p.m.
Most eating establishments will

remain open for Labor Day.
Adventures in Eating, McDonald's, Dairy Queen, Pizza Hut/Taco Bell, Quizno's Sub, Norton, and Mama Millies and The Cardinal Bar and Grill, Norcatur, will all be open regular hours.
Town and Country Kitchen will be open from 6:30 a.m. to 2 p.m.
China Garden, Beacon Cafe, Pure Prairie and The Station in Almena will be closed Monday.
K & S Center Cafe will be closed both Saturday and Monday.
O'Brien's Bar and Grill will be open Labor Day 3-11 p.m.

We turn to food for comfort

When you're happy, your food of choice could be steak or pizza. When you're sad, it could be ice cream or cookies, and when you're bored it could be potato chips.
Food does more than fill our stomachs — it also satisfies feelings, and when you quench those feelings with food when your stomach isn't growling, that's emotional eating.
According to recent research, emotional eating is eating for reasons other than hunger. Instead of the physical symptom of hunger initiating the eating, an emotion triggers the eating.

Home ed
Tranda Watts,
Extension
specialist

tion. Try dividing comfort foods into smaller portions. For instance, if you have a large bag of chips, divide it into smaller containers or bags and the temptation to eat more than one serving can be avoided.
• Your memory of a food peaks after about four bites, so if you only have those bites, a week later you'll recall it as just a good experience rather than what you might remember if you polished off the whole thing. So have a few bites and call it quits. You'll get the same pleasure with lower cost.
Finally, remember that emotional eating is something most people do when they're bored, happy, or sad. It might be a bag of chips or a steak, but whatever the food choice, learning how to control it and using moderation are key.
Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Norton, Decatur, Gove, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail twatts@oznet.ksu.edu. For more information, contact the county extension office, 877-5755.

THE DIFFERENCE
There are several differences between emotional hunger and physical hunger.
• Emotional hunger comes on suddenly; physical hunger occurs gradually.
• When you are eating to fill a void that isn't related to an empty stomach, you crave a specific food such as pizza or ice cream, and only that food will meet your need. When you eat because you are actually hungry, you're open to options.
• Emotional hunger feels like it needs to be satisfied instantly with the food you crave; physical hunger can wait.
• Even when you are full, if you're eating to satisfy an emotional need, you're more likely to keep eating. When eating because

you're hungry, you're more likely to stop when full.
• Emotional eating can leave behind feelings of guilt; eating when you are physically hungry does not.
EMOTIONAL EATING
Recognize emotional eating and learn what triggers this behavior in you.
• Make a list of things to do when you get the urge to eat and you're not hungry, and carry it with you. When you feel overwhelmed, you can put off that desire by doing another enjoyable activity.
• Try taking a walk, calling a friend, playing cards, cleaning your room, doing laundry, or something productive to take your mind off the craving — even taking a nap.
• When you do get the urge to eat when you're not hungry, find a comfort food that's healthy instead of junk food. Comfort foods don't need to be unhealthy.
• For some, leaving comfort foods behind when they're dieting can be emotionally difficult. The key is moderation, not elimina-

Weddings, funerals, engagements, and births. You'll find it all in...

THE NORTON TELEGRAM

Household and Antique Auction
Gweneth Cranmer, Beth Mustoe & Geneva Altman Estate
Saturday, Sept. 10, 2005
10:00 a.m. — 4-H Building, Park Street, Norton, Kansas

• Furniture • Kitchen Accessories • Dishes
• Wall Hangings • Household Accessories
• Appliances • Toys • Plates
• Miscellaneous
• Yard Tools • Garden Tiller

16 FOOT FACTORY MADE CAR TRAILER
Used Very Little — Consigned by Larry Cole

AUCTIONEER'S NOTES:
This sale features many items that are very useful and ready for use. There will not be a large amount of outside items so I expect to move right along on this Saturday in September. If you have any use for the Car Trailer, it is in exceptionally good condition. It is worth driving a distance to make it yours.

Visit our web site @ www.krvn.com select Auctions, and choose 9/10 or View Nex-Tech Channel 6

McEWEN AUCTION
Duane R. McEwen
AUCTIONEER—
SALESPERSON
East Highway 36 — 601 East Holme — Norton, KS 67654 — 785-877-3032

Employers...
Are Health Insurance Rates Becoming Unaffordable?
Come to a **FREE Cost-Management Workshop**
11 a.m., Thursday, September 8
at Town & Country Kitchen (East Hwy. 36, Norton)
For Large or Small Business Owners
Call 877-3341 to Reserve Your Spot