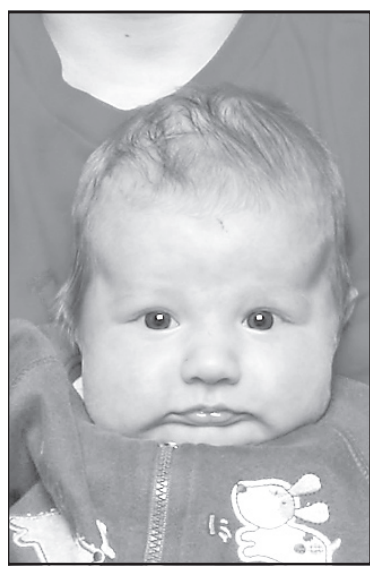


It's a boy!



Camden Davis Wingfield

Caleb, Kylie and Kiersten Wingfield, Idalia, Colo., are proud to welcome home their brother, Camden Davis, born on July 30, 2008. Camden weighed 7 pounds and was 20.5 inches. Parents are Brad and Andrea Wingfield, Idalia, Colo. Grandparents are Art and Shirley Henrickson, Logan; and Dave and Paula Wingfield, Wray Colo. Great-grandmother is Freda Rupke of Logan.

BIG pumpkins



Dew Keiswetter cut another Atlantic Giant pumpkin from the vine Friday afternoon. Mrs. Keiswetter's husband, Brian, said the pumpkins have no nutritional value, and will be sold as decorations for Halloween. Each of the pumpkins weighs close to 100 pounds.

— Telegram photo by Brandy Leroux

Tips offered to help save money while dining out

Americans are eating out more frequently. In fact, we eat out double the amount of time than we did in 1970. According to U.S. Government statistics, the average family of four spends \$3,360 a year dining out.

Here are some ways to lower your away-from-home meal costs:

- Share Entrees. Restaurant portions are growing in size, along with our waistlines and the tab at the end of our meals. To decrease all of the above, share an entree with a friend or family member. This is a great way for kids to eat healthier, too. Kids meals 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

Home ed Tranda Watts, Extension specialist



shrink your calorie intake — and your bill.

- Drinks anyone? Order water with meals instead of sodas or specialty drinks. Even a glass of iced tea can easily add an extra dollar per person to your meal ticket. Ask for a slice of fresh lemon to add a special 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 options. 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

week or two. 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 further information on low cost dining, contact your local K-State Research and Extension Office.

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.

Results from 4-H 2008 Norton County Swine Show released

- Showmanship**
Senior Champion — Dustyna Sprigg
Reserve Champion — Kyra Fulton
- Blue** — Hanna Fulton
- Intermediate**
Champion — Lacy Miskel
Reserve Champion — Cassie Field
- Blue** — Marisa Maddy, Kolton Harting, Carson Montgomery, Wyatt Harting, Dylan Sprigg, Jordyn Gosselin, Tyler Montgomery and Makayla Smith
- Junior**
Champion — Adrienne Hager
Reserve Champion — Molly Maddy
- Blue** — Chaylee Lowry, Kenzie Esslinger, Weston Harting, Dalton Pfannenstiel, Dallas Gosselin, and Dylan Goss
- Cloverbuds**
Light Weight Class
Blue — Riley Goss, 172 pounds and Morgan Goss, 172 pounds.
Red — Shelby Harting, 188 pounds, tag number 995 and Tucker Pfannenstiel, 178 pounds, tag number 12465
- Market Weight Class**
Blue — Shelby Harting, 244 pounds, tag number 946 and Jaden Smith, 276 pounds, tag number 3970
- Breeding Gilt**
Champion — Carson Montgomery, 206 pounds, tag number 3962
Reserve Champion — Tyler Montgomery, 268 pounds, tag number 3966
Blue — Dustyna Sprigg, 196

- pounds, tag number 3998; Marisa Maddy, 172 pounds, tag number 3977; and Dalton Pfannenstiel, 182 pounds, tag number 464.
- Market Hogs**
Class 1: Light Weight
Red — Weston Harting, 186 pounds, tag number 958; and Dylan Goss, 188 pounds, tag number 3950.
- Class 2: 200-220 pounds**
Champion — Dustyna Sprigg, 216 pounds, tag number 3999
Reserve Champion — Kyra Fulton, 214 pounds, tag number 3996
1st Blue — Dylan Sprigg, 206 pounds, tag number 3990
- Class 3: 221-230 pounds**
Champion — Lacy Miskel, 230 pounds, tag number 3960
Reserve Champion — Dylan Sprigg, 228 pounds, tag number 12458
1st Blue — Dylan Sprigg, 228 pounds, tag number 3988
1st Red — Molly Maddy, 230 pounds, tag number 3978
2nd Red — Hanah Fulton, 232 pounds, tag number 3985
- Class 4: 231-240 pounds**
Champion — Cassie Field, 240 pounds, tag number 30868
Reserve Champion — Dustyna Sprigg, 240 pounds, tag number 3997
- Class 5: 260-275 pounds**
Champion — Kenzie Esslinger, 274 pounds, tag number 30969
Reserve Champion — Lacy Miskel, 262 pounds, tag number 3959
1st Blue — Carson Montgomery, 266 pounds, tag number 3964

- 2nd Blue — Tyler Montgomery, 266 pounds, tag number 3965
- Class 6: 280-290 pounds**
Champion — Tyler Montgomery, 280 pounds, tag number 3963
Reserve Champion — Carson Montgomery, 282 pounds, tag number 3961
- 1st Blue — Adrienne Hager, 284 pounds, tag number 3994
1st Red — Kolton Harting, 282 pounds, tag number 955
2nd Red — Wyatt Harting, 286 pounds, tag number 948
- Class 7: 291-300 pounds**
Champion — Chaylee Lowry, 292 pounds, tag number 30967
Reserve Champion — Kolton Harting, 296 pounds, tag number 947
1st Blue — Weston Harting, 292 pounds, tag number 949
1st Red — Jordyn Gosselin, 290 pounds, tag number 3951
2nd Red — Wyatt Harting, 298 pounds, tag number 957
- Class 8: Heavy Weight**
Champion — Dallas Gosselin, 318 pounds, tag number 3953
1st Blue — Dallas Gosselin, 312 pounds, tag number 3952
Red — Makayla Smith, 326 pounds, tag number 3975
Grand Champion — Kenzie Esslinger, 274 pounds, tag number 30969

Reserve Grand Champion — Cassie Field, 240 pounds, tag number 30868

Norton's St. Francis of Assisi Catholic Church Parish Bazaar
108 S. Wabash, Norton
Sunday, October 12

Serving from 11:00 a.m. to 1:00 p.m.

Turkey and Dressing, Roast Beef, Mashed Potatoes, Green Beans, Corn, Salads, Desserts
Adult: \$7-Carry out \$8
Child: \$5-Carry out \$6
Children 5 & Under Free
Fancy Work-Open to Public at 10 a.m. on Sat., Oct. 11 and Sun., Oct. 12 at 11 a.m. in Parish Hall

- Bake Sale of Home Items-Sunday, Oct. 12, 11:00 a.m.
- Auction of Quilts and Other Items Beginning at 12:30 p.m. Sunday, October 12

OBITUARY

Harold E. Curran Aug. 28, 1927 to Oct. 4, 2008

Harold E. Curran, son of Robert Bryon and Ellen Marie (King) Curran, was born Aug. 28, 1927, north of Detroit, Kansas, and passed away at the Abilene Memorial Hospital on Oct. 4, 2008, at the age of 81.

He attended Hearts Content and East Buckeye Rural Elementary schools and graduated from the Abilene High School in 1945. He was a veteran of the U.S. Navy serving from 1945 until 1946. On June 24, 1950, Harold and Audrey Hackney were united in marriage in Norton. They made their home northwest of Norton on a farm north of Reager. In 1997, they moved into Norton. Audrey passed away Nov. 2, 1999, and he later moved to Abilene to be near family.

He was a member of the Maple Grove Church of the Brethren, and had served on the boards of the FSA and the Norton County Hospital.

Survivors include three broth-

ers, Delmar and wife, Rosie Curran, Abilene; Marvin and wife, Judy Curran, Wichita; and Deuane Curran, Abilene; two sisters, Mary Lou and husband, Ivan Freeman, Chapman, and Delores and husband, Cline Karmann, Yates Center; two sisters-in-law, Gladys Hackney, Norton and Virginia Curran, Abilene; several nieces and nephews; other relatives and friends.

He was preceded in death by his parents, his wife, one brother, Robert Curran, and one sister, Dorothy Derrick.

The funeral service will be held Thursday at 11 a.m. at Enfield Funeral Home, Norton.

Burial will be at the Norton Cemetery.

Memorials are suggested to the Norton Public Library.

Friends may call at Enfield Funeral Home on Wednesday from 3 p.m. to 8:30 p.m.

Arrangements are by Enfield Funeral Home.

DEATH NOTICE

Funeral services are pending for 18-year-old Elliott Conard of Norton. Arrangements are with the Enfield Funeral Home in Norton

Funeral services are pending for 18-year-old Amanda Turman, of Norton. Arrangements are with the Enfield Funeral Home in Norton.

Save gas. Shop Norton

Oct. 3- Oct. 8

Showing at the
NORTON THEATRE
Journey to the Center of the Earth
(PG) - 1 Hour, 45 Minutes
SPECIAL SHOWTIMES (for this week only) will be:
Friday: 9:00 p.m. and Saturday: 8:00 p.m.
Sunday: 6:00; Mon-Tues-Wed: 7:00 p.m.

POPcorn
SWING VOTE
(PG-13)
2 Hours, 10 Minutes

Let's Go to the Movie

Since both movies are non-premieres, all movie passes accepted

Both movies are the general admission price of \$6.00 and \$5.00
SUNDAY MOVIE PRICE IS ONLY \$3.00 FOR EITHER MOVIE

This ad is brought to you by The Norton Telegram

CLAYTON UNITED METHODIST CHURCH
BAZAAR
SUPPER AND AUCTION
SATURDAY, OCTOBER 11
Clayton Community Building
SUPPER: 5 to 7 P.M.; Auction Following
Adults: \$6.00; Ages 6-12: \$2.50; Ages 5 and Under Free
Menu: Barbecue Beef and Pork on a Bun, Baked Beans, Assorted Salads, Homemade Pie, Rolls, Tea and Coffee

THIS AD IS SPONSORED BY:
Brooks Manufacturing — Clayton
Ag Valley Co-op — Norton-Reager-Clayton

GOT PAIN?

STRONGER THAN CORTISONE?

STRONGER THAN STEROIDS?

Enhancing the body's natural defense mechanisms for the relief of inflammation and pain due to overuse
90% of satisfied customers experience relief in 45 minutes

PURE PRAIRIE NATURAL FOODS
108 E. WASHINGTON, NORTON, KANSAS • 785-877-3610
ORDERS: 1-800-545-7232

"This Is It" for Colorado PEACHES

Pure Prairie Natural Foods
108 E. Washington
Norton, Kansas
Phone: 785-877-3610
ORDERS: 1-800-545-7232

60th Anniversary

Don and Jeane Smith invite friends and family to celebrate their 60th anniversary on Saturday, Nov. 1 with a reception from 1:30 to 3:30 p.m. at the Union Pacific Depot Ft. Riley Blvd. (K-18) & K-177, Manhattan. Hosting the reception will be their children, Richard Smith, Linda Duncan and Janet Walter. Don and Jeane were united in marriage Oct. 31, 1948 in Hays, Kansas. Don is a retired telephone repeaterman with Southwestern Bell Telephone Co., and Jeane is a retired accountant for K-State. Don and Jeane have eight grandchildren and six great-grandchildren.

In lieu of gifts, guests are invited to bring photos and stories to be added to a memory scrapbook for Don and Jeane.

Don and Jeane Smith