Tips to make grocery money go further

)BITUARIES

John H. Kats Nov. 24, 1947 - Dec. 10, 2008

John H. Kats, Prairie View, passed away on Wednesday, Dec. 10 at the Norton County Hospital at the age of 61. He was born on Nov. 24, 1947 in Long Island to Henry S. and Alice (Rupke) Kats. He was a farmer and a rancher.

He is survived by his son, Michael, of Prairie View; foster son, Kenny Sauvain, of Garden City; his daughter, Rhonda Aberer of Luray; brothers Stanley Kats of

Prairie View and Gary Kats of Norton; sister Gladys Soodsma of Scott City; and eight grand

Funeral services will be Saturday at 10:30 a.m. in the Prairie View Reformed Church, Prairie View with Rev. Jeff Van Der Weele, Pastor Mark Woeltge and Pastor James Wagner officiating. Burial will follow in the Prairie View Cemetery.

Mr. Kats will lie in-state today from noon to 9 p.m. at the Olliff-Boeve Memorial Chapel in Phillipsburg where family received

Memorial contributions may be given tot he Prairie View Reformed Church or Hospice Ser-

Oliff-Boeve Memorial Chapel, Phillipsburg, is in charge of arrangements.

Linda Ann Miller Jan. 4, 1953 - Dec. 5, 2008

Former Norton resident Linda Ann Miller, 55, passed away on Dec. 5, 2008 in Lyons. She was born on Jan. 4, 1953 in Elkhart, Ind. to Lloyd ant Altna "Effie" (Shoemaker) Penrose. She had lived in Lyons for 13 years, and was a customer service manager for Wal-Mart.

She is survived by two sons, Jason Miller, Lyons, and Charlie Miller, Boonville, Mo.; two daughters, Amie Miller and Sara Miller, both of Lyons; mother, Altna "Effie" Penrose, Fairview, Mich.; a brother, Jay Penrose, Michigan; a sister, Peg Minster, Michigan; and five grandchildren, Katie Miller, Matthew Miller, Cain Rush, Amanda Mefford and Kenny Mefford.

She was preceded in death by

her father, Lloyd Penrose.

Services will be held on Wednesday, Dec. 10 at 11 a.m. at the Birzer Funeral Home in Lyons with Reverend Quentin Bennett officiating. Burial will be at a later date in Mio, Mich.

Memorials may be sent to the American Cancer Society in care of Birzer Funeral Home,

friends from 6 to 8 p.m.

food shopping tips: • Food prepared at home is typically less expensive than similar foods prepared in a restaurant. To save, eat more meals at home.

a restaurant.

grocery store?

• If short on time, buy food prepared at a grocery store or supermarket, which will generally be more expensive than food prepared at home, but less expensive than a similar meal at

And now, sticker shock at the

With food such an integral part

of upcoming holiday celebra-

tions, stretching food dollars can

be a challenge. Here are some

• Consider a less expensive meal - a brunch, sandwich night or soup supper - to trim costs for holiday gatherings, or plan a potluck to share the expense of feeding a crowd. Also, a postholiday gathering may allow additional savings on traditional holiday foods and offer an opportunity for a more relaxed get together.

• Eliminate holiday-themed one-time-use only paper items or other disposables.

• Do it yourself. Buying a prepared fruit basket or veg-

Home ed Tranda Watts,



expensive than buying fruits and vegetables and preparing and arranging them yourself.

• Plan meals in advance to take advantage of advertised specials. Supermarket fliers (in newspapers and on display stands near shopping carts) highlight bargains of the week.

• Keep a running grocery list, and take it shopping with you.

 While shopping, look at cost-per-unit signs, such as cost-per- ounce, per-pound or per-item, posted on the front of the store shelf below the product to determine the least expensive brand and least expensive package size before buying.

• Skip specials at the end of the aisles. Such specials can be perceived as sale items, but aren't always at sale prices.

• Plan to shop once a week. etable tray will usually be more time and add to fuel costs, but

shoppers rarely pick up just one or two items.

• Buy in quantities that fit your needs to reduce waste.

• Buy less expensive seasonal fresh fruits and vegetables that are available locally. Use perishable produce first, and then canned, dried or frozen fruits and vegetables to complete

 Store leftovers promptly to preserve food quality, and use leftovers within two to three days or wrap and freeze for future meals to further trim food costs. Suggestions include using leftover turkey in sandwiches, wraps or pita pockets, in a casserole, pasta sauce or soup, which also may incorporate leftover broth and vegetables.

More tips about food, nutrition, health, cooking and recipes are available at your local K-State Research and Extension Office or e-mail twwatts@ oznet.ksu.edu.

Tranda W. Watts is Multi-County Extension Specialist Foods, Nutrition, Health and Safety for Decatur, Gove, Norton, Sheridan and Trego counties. E-Mail: twwatts@ Additional trips to a store take oznet.ksu.edu. Phone - 785-

Fredy Alfred Wilson Nov. 6, 1936 - Dec. 7, 2008

Fredy Alfred Wilson, 72, of Ellis, passed away on Sunday, Dec. 7, 2008, the result of an automobile accident. Mr. Wilson was born Nov. 6, 1936 in Kirwin to Victor and Irene (Still) Wilson. He married Ivalee Craig on Nov. 6, 1967 at Superior, Neb. She preceded him in death in 2005.

He had worked for the City of Ellis and Midwest Energy, where he retired from. He was also a drag line operator having worked on several of the area dams. He also served on the Ellis Volunteer Fire Department. He enjoyed hunting and fishing and he was a member of the National and Kansas Greyhound Associations. He served in the United States Army, 8th Division 43rd Field Artillery.

He is survived by one daughter, Terri Fischer, of Ellis; a step son, Alan Baird and wife Candy of Jefferson, Mo.; a step daughter, Bille Riner and husband Lance of Protection; four sisters, Beverly Hatfield of Brentwood, Calif., Jackie Wright and husband Chuck of Lenora, Sherri Sanders and husband Randal of Amarillo, Texas and Vickie Gassman and husband George of Clayton; three brothers, Wallace Wilson and wife Wilma of Pomona, Douglas Wilson and wife Susan of South Jordan, Utah, Franklin Wilson and wife Theresa of Wylie, Texas; two grandsons, Tyler and Tanner Fischer of Ellis; step-grandchild, Tracy Soukup of Jefferson City, Mo.; and two step-great-grandchildren, Taylee and Mickayla Soukup of Jefferson City, Mo.

He was preceded in death by his parents and wife.

The funeral was held Thursday, Dec. 11 at Wasinger Keithley Funeral Chapel in Ellis. Burial was at Mt. Hope Cemetery, Ellis.

Memorials may be made to the Fredy Wilson Memorial Fund to be determined at a later date.

Business notes

Resident earns insurance designation

Jeremie Krehbiel of Bridges Group, Inc., of Norton, has successfully completed a five-part insurance education program sponsored by the Society of Certified Insurance Service Representative and administered in Kansas by the Kansas Association of Insurance Agents and has attained the CISR des-

Attainment reflects that an individual has demonstrated their professional competence through a combination of experience, formal training, and series of written examinations focusing on the insurance areas of Commercial Casualty Exposures, Commercial Property Exposures, Agency Operations, Personal Automobile Coverages and Personal Residential Coverages.

Additionally, an annual attendance in the Program is required to maintain the designation.

TOPS meets in Lenora

This time of year can be anything but cheerful with all the extra activities such as shopping,

decorating, sending Christmas cards, baking, attending holiday programs, etc. We get caught up in the hustle

and bustle of things and get stressed out. Stress can lead us to overeat

and put on extra pounds. TOPS (Take Off Pounds Sen-

sibly) is a non-profit weekly weight loss support group with chapters in many towns.

TOPS meetings typically last 60 minutes each week with a private weigh-in, roll call, and a program suited for weight

The Lenora chapter #866 meets every Monday evening at 4:30 p.m. at the United Parish Church, 140 E. Iowa Ave, Pilgrim Hall.

Please feel free to join them. If the day and time isn't convenient for you, a new chapter can be started.

It isn't hard and Beverly Bednasek, Kansas TOPS Coordinator, would be glad to help you start a new chapter.

You can contact her at 316-755-1055.

You can also check out the TOPS website at www.tops.org or call 1-800-932-8677.

(If you have a note to share, please e-mail tom.d@nwkansas.com.)

Members to receive capital checks

Rural Telephone's Board of Trustees approved \$552,129 in capital credits to be distributed to its members. "Eligible members who had telephone service with the Lenora-based cooperative during the years of 1987 through 1997 will receive a capital credit

This is the 24th consecutive year in which capital credit checks have been issued to Rural Telephone members," said Rural Telephone CEO/General Manager, Larry Sevier. "Capital credit distributions have totaled over \$24 million."

According to Chief Information

for the future of the organization and to offer broadband and other advanced services while maintaining an adequate debt/equity ratio. Due to the competitive environment, Rural Telephone must continue to invest in new and advanced service offerings to ensure a strong cooperative in the future.

The Board of Trustees is com-Officer Mike Pollock, eligible mitted to managing funds in a members should start receiving manner which allows them to checks the second week of De- evaluate returning some capital to members while retaining Equity capital provides the sufficient capital to continue to financial basis to invest and plan maintain and improve advanced communications services.



The Telegram's Coloring Contest ends Monday Dec. 12-Showing at the



This ad is brought to you by The Norton Telegram



Annabella Teagan Speer

It's

Annabella Teagan Speer was born on Nov. 22, 2008 at Bremerton Naval Hospital in Bremerton, Wash.

She is the daughter of Matt and Michelle Speer. She weighed 6 pounds, 12 ounces at birth, and was 19 3/8 inches long.

Grandparents are the Rev. Bob and Rita Speer of Norton and Roger and Linda Ferguson of Pueblo, Colo.

Your shopping days are dwindling away! days until Christmas! Remember to buy local, shop in Norton!

ATTENTION HUNTERS!

To receive a free CWD test for adult deer harvested in northwest Kansas, complete this coupon and submit it, along with the animal's head to a CWD Test Station by December 16, 2008. (Hunters may have more than one deer tested. Coupon not required, but the information below is needed at the test station.) **KDWP**# (license) ___ __ __ __ __

Address: *Kill location (please fill in as much info as possible):*

1) **DMU**____ 2) County_

3) Distance & Direction from nearest town: (example: 3 miles north and 1 mile east of Emporia)

Date of Harvest: **Weapon Type** (check one): Archery

Muzzleloader Rifle/Shotgun (Test Station: Staple this coupon to the CWD Data Card)

CWD Test Stations in NW Kansas

Atwood: James Zeigler 785-626-6042; Colby: Great Outdoors Gun Shop 785-626-9100; Tumbleweed Taxidermy 785-462-7943; **Dighton:** The Deer Shop 620-397-2332; Ellis: Denise Woodworth 785-623-7945; Goodland: Bob's Wildlife Taxidermy 785-821-1207; **Hays:** Pat Riese 785-650-5245; Andrew Pettibone 785-399-8080; Hoxie: Elmer Zimmerman 785-675-3226; Paul Babcock 785-675-3686; **Ness** City: South Fork Meat Processing 785-798-3464; Norton: David Bainter 785-874-4874; Richard Lindsay 785-877-3178; Oakley: Mikes Locker 785-672-9003; **Oberlin:** Dale's Fish N Fun Inc. 785-475-2201; Patrick Inman 785-475-7182; Phillipsburg: Phillipsburg Locker 785-543-2312; **Plainville:** Ryan Williams 785-623-8996; Quinter: R.W. Leighton 785-754-3625; Phil Mann 785-769-4122; **Sharon** Springs: John Helsel 785-821-0792; St. Francis: Cheyenne County Wildlife Inc 785-332-6601

Kansas Department of Wildlife and Parks



For more information, call the KDWP Research Office at 620-342-0658



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