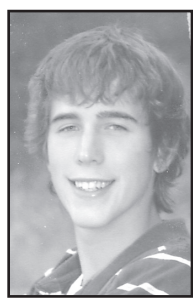


Joshua VanSkiike



Andrew Dempewolf



Nolan Wasson

# Twin Creeks Scholarships

Three Twin Creeks Extension District 4-H members along with 47 other Kansas 4-H youth will share in \$37,150 in scholarships for the coming school year, a Kansas 4-H spokesperson said.

Andrew Dempewolf, Oberlin, who is attending Fort Hays State University, received the Clara L. Dubbs 4-H Scholarship; Joshua VanSkiike, Norton, who is attending Kansas State University, received Gary and Lorraine Kilgore 4-H Scholarship; and Nolan Wasson, Oberlin, received the Orschlen Farm and Home 4-H Scholarship. Wasson will attend Kansas State University in the fall.

The scholarship program is funded by the Kansas 4-H Foundation, and recipients were honored at the 4-H Emerald Circle Banquet, held June 3 in Manhattan, which the Foundation also sponsors.

This year, scholarship recipients were selected from more than 200 applicants, said Gordon

Hibbard, president of the Kansas 4-H Foundation.

According to Hibbard, 2010 4-H scholarship recipients represent 27 Kansas counties and four Kansas State University Research and Extension Districts (which include 10 counties), and that means that the educational funds will be shared by students in 37 of Kansas' 105 counties.

The dollar value of the scholarships ranges from up to \$250 to more than \$1,000 each, with the average award being \$743, Hibbard said.

The educational awards can be used to fund post secondary education, said Hibbard, who noted that many of the 4-H scholarship donors are former 4-H members who appreciate their educational experiences in 4-H.

More information about educational 4-H opportunities for Kansas youth is available at K-State Research and Extension offices throughout the state and online: [www.Kansas4-H.org](http://www.Kansas4-H.org).

## Hey, you missed a spot.



Volunteers in the Prayer for Action mission trip work at painting Bernice Becker's house on East Washington on Tuesday. The trip is sponsored by the Catholic Diocese of Salina who coordinate the trip every year to two towns in

the Diocese. Norton County and Concordia were chosen to be the recipients this year.

-Telegram photo by Harriett Gill

## Student News

Hutchinson Community College has announced the honor rolls for the Spring 2010 semester, including grades through the end of the interterm session.

Norton student, Amanda Delimont was named to the President's Honor roll. To achieve the President's Honor roll a student must have a 4.0 grade average for the semester.

Dean Tim Crowley of Fort Hays State University's Graduate School has announced the names of 210 students who completed requirements for master's or education specialist's degrees during the spring 2010 semester.

Norton students are: William L. Burns, M.S., school counseling and Jingjing Zhang, M.B.A., business administration, finance.

## FYI

Chess tournament for ages Kindergarten through 12th on Saturday, in the Norton Public Library Community Room - Sign Up Starts at 9:30 a.m.

Singing groups come and go, but not The Crusaders. This gospel group has been singing together for forty-four years, the same four people, and they are coming to Beaver City.

As teenagers in the mid-60's, The Crusaders grew to be one of the Midwest's best known gospel groups. In the 70's, they started traveling full time sharing the stage with other nationally known southern gospel groups like the Blackwood Brothers and the Stamps Quartet. Today, because of their powerful presentation and the resurgence in popularity of gospel music, their music and message is in its greatest demand.

The Crusaders will be presenting a concert at Beaver City Seventh-day Adventist Church, 1106 P. Street, Sunday, at 7 p.m. There is no charge, but a free-will offering will be taken.

The Norton Idol is looking for singers. We still have a few spots open for singers. The Norton Idol will be at the Norton County Fair on July 30 at 7:30 p.m. The prizes are: 1st place, \$500, Recording session, photo session and concert tickets; 2nd place, \$250; 3rd place, \$125; People's choice, \$100. Contact Patsy L. Maddy, Norton Farm Bureau, County Coordinator, 205 N. Kansas Avenue, Norton, KS. 785-877-3221 (office) or 785-877-7262 (cell). Thanks to the generous contribution of the Lenora Jubilee, the jumbotron will be set up so that everyone will be able to see contestants on the big screen.

## Public Record

**District Court**  
These transactions were taken from the records of filings in the offices of the District Court clerk at the Norton County Courthouse. Traffic, criminal and wildlife parks cases are given to the paper when the fines are paid. Limited action and small claim cases are reported only after the defendant is served.

**Traffic**  
July 1 - Juvenal Aranjó, Satanta, failure to secure load, fine \$100, court cost \$93.50

July 1 - Carolyn Sue Caudry, Oberlin, speeding 78 in a 65 mph zone, fine \$48, court cost \$93.50.

July 1 - Zane J. Kuhlmann, Kensington, improper tires, fine \$30, court cost \$93.50.

July 1 - Benjamin C. Jackson, Houston, Texas, speeding 64 in a 55 mph zone, fine \$30, court cost

\$93.50.

July 1 - Yeu Moua Lo, Arvada, Colo., speeding 75 in a 65 mph zone and failure to use child safety restraints or seat belts, fine \$90, court cost \$93.50.

July 1 - Daniel L. Mannel, Lenora, speeding 79 in a 65 mph zone, fine \$54, court cost \$93.50.

July 1 - James L. Oatney, Waterville, speeding 80 in a 65 mph zone, fine \$60, court cost \$93.50.

July 1 - Gina M. Pacha, Ft. Collins, Colo., speeding 80 in a 65 mph zone, fine \$60, Court cost \$93.50.

July 1 - Keith Eugene Russell, WaKeeney, improper stop lamp or turn signal, fine \$30, court cost \$93.50.

July 1 - Tonya Porter, Norcatour, speeding 74 in a 65 mph zone, fine \$30, court cost \$93.50.

Supermarkets feature loss leaders -- products they are willing to sell at or below cost to lure customers into the store. In the current economy, many also are advertising lower or other price cuts.

Consistently saving money on groceries is, however, up to consumers.

To help insure cost savings, shop with a list -- and stick to it, as well as become familiar with retail prices for frequently-used items. That way a shopper knows when a bargain truly is a bargain.

Looking for low-cost, health-promoting foods also is recommended. Here some examples:

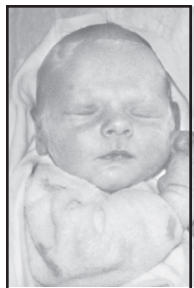
Apples and bananas, which, in addition to being to-go snacks, can be eaten raw or cooked in a variety of ways.

Beans offer dietary fiber, protein and antioxidants that help fight disease. Canned beans cost about 23 cents a serving; cooking dry beans will typically offer savings. Serve them as a main dish, side dish or healthy addition to soup or salad.

Brown rice, a fiber-rich whole grain with a nutlike taste, can be served with cinnamon and milk for breakfast, used to complement a variety of entrees and as a flavorful

## BIRTH

Garrett James was born June 1 at the Mitchell County Hospital in Beloit to Steve and Tammy Forshee, Jamestown. Garrett weighed 6 pounds, 8 3/4 ounces and measured 18 inches.



Garrett James

Grandparents are Tom and Carol Gerlits, Lenora and Jim and Peggy Forshee, Glasco. Great grandparents are Lola Keran, Lenora, James W. Forshee, Concordia and Lee and Maxine Hinkle, Green leaf.

## Senior Menu

**July 26:** Chili Dog with cheese, italian blend vegetables, apple-sauce, bun cookie.

**July 27:** Turkey with gravy, sweet potatoes, mixed fruit, bread and yogurt.

**July 28:** Salmon patty, green bean casserole, mandarin oranges, bread and cottage cheese salad.

**July 29:** Taco salad, strawberries and bananas, chips and brownie.

**July 30:** BBQ Pork sandwich, potato wedges, carrot and raisin salad, bun and watermelon.

## Home ed Tranda Watts, Extension specialist



addition to soups, stews, salads, and casseroles.

Canned tomatoes, and particularly no-salt-added canned tomatoes, make adding vitamin C and lycopene (two healthful antioxidants) to meals, snacks, dips and salsas easy.

Canned tuna offers high protein at a low cost. The versatile fish is a source of vitamin D, low in calories and fat, and lends itself to sandwich fillings, salads and main-dish casseroles.

Eggs, which usually cost \$2 a dozen or less, are high in protein and can be cooked quickly, but

need not be limited to a breakfast menu.

Fat-free milk offers vitamin D, calcium, protein and potassium, and is important in building and maintaining healthy bones. It's a beverage, but also is a key ingredient in many breakfast, lunch, dinner and snack recipes.

Kale is an inexpensive green vegetable and easy to serve stir-fried with a small amount of vegetable oil and garlic, lightly steamed, or as a colorful addition to salads.

White and sweet potatoes, which offer dietary fiber, vitamin C and potassium, can be baked,

boiled, steamed, mashed, pan-fried, oven-fried, roasted, or added to soups, stews, and casseroles.

Rolled oats, a perennial hot-cooked cereal, is high in fiber and a complex carbohydrate that breaks down slowly to provide lasting energy and stave off mid-morning hunger. Oats also can be included in such foods as breakfast bars, breads, rolls, cakes, cookies, and meatloaf.

If you have questions you'd like to ask, please contact your local K-State Research and Extension Office or e-mail Tranda Watts at <mailto:twatts@ksu.edu> or twatts@ksu.edu.

Showing at the

# NORTON THEATRE

## The Grown-Ups

1 Hour, 52 Minutes (PG-13)

Friday and Saturday: 7:00 and 9:05 p.m.  
Sunday: 5:00 and 7:05 p.m.  
Monday Only: 7:00 p.m.  
Closed Tuesday & Wednesday for the Fair

### Knight and Day

2 Hours, (PG-13) Digital Sound  
(Presented in Digital Surround Sound)

General Admission: \$6.00 and \$5.00 for The Grown-Ups/\$3 Ticket Sunday  
General Admission: \$6.00 and \$5.00 for Knight and Day/\$3 Ticket Sunday

Visit [www.nortontheatre.com](http://www.nortontheatre.com) for Details

**COMING SOON**

*Let's Go to the Movie*

All Passes Accepted for The Grown-Ups and Knight and Day

## CLASS of REUNION 1985

The Class of 1985 would like to invite friends and teachers to a reception at the high school cafeteria on Saturday, July 31, from 3:00-4:00 p.m.

# NORTHWEST TECH

## @ NORTON

Enroll now for Fall Classes in Norton offered by Northwest Tech at Norton. Classes being offered are Accounting I, Blueprint Reading, Developmental Psychology, Entrepreneurship, Intro to Business, Precision Measuring and Statistics. All classes will be taught at Junior High School in Norton. For more detailed information on classes, go to the [www.nwktc.edu](http://www.nwktc.edu). Classes begin week of August 23. You may enroll online or for more information, call the Admissions Office at 1-800-316-4127 ext. 515.

NOTICE OF NONDISCRIMINATION: NWKTC does not discriminate on the basis of race, color, national origin, religion, age, disability, or sex. Accusations concerning sexual discrimination, sexual harassment, and age discrimination should be referred to the TITLE IX COORDINATOR/AGE ACT COORDINATOR, Vice President of Student Affairs at 785-890-3641. Accusations based on disability or race, color, or national origin should be referred to SECTION 504 COORDINATOR/ADA COORDINATOR/TITLE VI COORDINATOR, College Counselor, located at 1209 Harrison (785-890-3641).