

Style show was a winner

By Darlene McEwen

It is back to school time for kids in Norton and the sixty-eight residents here at the Andbe Home were pleased that ten students took time from their busy schedules to share their school clothes and especially their backpacks on Sunday, Aug. 22.

Their first stop was in the Special Care Unit, second stop was in the Northwest Dining area and their final stop was in the dining room of the Andbe Home.

Wyatt Wentz was the oldest in the group. His brown back pack looked very useful and his pleasant smile won the hearts of residents. Quentin Wentz appeared to be very school boy type in his blue jeans, plaid shirt and hiking boots. All were interested in his blue handled binder instead of a back pack. Bryndon Wentz shared his blue jay colored outfit and was looking forward to spending his third grade year with Mrs. Wallingford as his teacher. Wyatt, Quentin, and Bryndon's grandfather is Jim Stark who is employed here as an aide at night. Residents were glad to meet them.

Kendra and Haley Cadwalader picked over the shoulder purse looking book carriers in turquoise and brown. They were dressed in denim but looked very different and residents guessed their personalities were different also. Their mom is Carla Geringer R.N. here at the Andbe Home.

Cale Patterson's book bag was packed full but not with books or papers. When he opened his back pack, he pulled out two toads in a cage. Keith Murphy and Elmer Steckline had eyes that sparkled as they identified with Cale all the way but Helen Roach jumped a little when he opened it by her chair. Then she laughed!

Tyson and Brynn Glennemeier had their proud grandma, Betty Glennemeier, in the dining room to watch. Tyson chose a green t-shirt with a motorcycle on it and plaid shorts. He is going to be in third grade and Mrs. Shoemaker is his teacher. Brynn had a Hannah Montana book bag in yellow with a smaller matching bag that looked like a guitar for pencils and things. Her yellow music shirt and denim capris were only topped off by her smile. Brynn will be in second grade with Mrs. Fiscus.

Ashley Karnopp is a fourth grader and in Mrs. Fahrenbruch's room. She met her teacher's,

grandmother, Cathryn Leiker. Cathryn told Ashley that she hoped she'd like this school year and that she thought her granddaughter was a very good teacher. "Oh, I like her a lot," Ashley said. Ashley's backpack was a hand-me-down from her sister. Ashley had her toes painted but one foot was pink and the other was purple to match her outfit.

The last student to share in the Back to School Parade was Shyanne Railsback. Her grandpa is Dean Railsback and lives at the Andbe Home. Shyanne was proud to point out her grandpa and Grandpa just about popped his buttons! Shyanne is in third grade and just a little bit of a person but one resident fell in love with as she told about her first day at school being her teacher's first day at school also. She is a red head with a bounce in her step and a backpack full of good wishes for all she meets.

Pat Schwab's husband, Bill and her daughter and son-in-law attended the style show and had a good visit with residents, Oran and Laverne Milner, who taught them. Verna Wetter also had family that watched.

On the Andbe Home activity calendar, it was just a Back to School Style Show at 5:30 pm on Aug. 22. I was here that Sunday afternoon and evening as part of the weekend crew. I was so pleased to hear residents inquiring about the time of the Style Show. They were excited! They were chatting about how many kids were going to be participating and what new things they would see. They like to keep up! Call lights were ringing and aides were racing to get everyone to the style show area. They didn't want to miss anything. Children were coming in the door with excited faces. They were wondering what to do. I was a nervous wreck. I was questioning if I had done my part as best I could. Friends and family gathered. They had an excuse to visit. So what all happened with this event? It was not how nicely dressed the students were nor how new or old the back packs were, it was just that the students came to share with residents. That was important. When it was all over I scolded myself.

When kids and residents put their whole hearts into an activity, it always goes perfect even with toads.

Police Log

- Aug. 9**
- 1:11 a.m. Noise complaint
- 2:33 a.m. Activated alarm, Power Plant
- 9:04 a.m. Request for death report
- 10:05 a.m. Activated alarm, Kennedy
- 10:10 a.m. Request for information
- 2:39 p.m. Activated alarm, Jamboree
- 2:41 p.m. Report of possible scam
- Aug. 10**
- 3:02 a.m. Barking dog complaint
- 1:16 p.m. Report of dog bite
- 5:14 p.m. Activated alarm, The Bank
- 7:19 p.m. Report of found dog
- 8:03 p.m. 911 call, Hillcrest Motel
- 9:35 p.m. Barking dog complaint
- 11:23 p.m. Individual wants to make complaint on another individual
- Aug. 11**
- 1:09 a.m. Remove debris from roadway, stoplight
- 3:33 a.m. Report of intoxicated individual causing problems
- 6:25 a.m. Activated alarm, Power Plant
- 10:10 a.m. Report of transient passing through town
- 1:02 p.m. Report of young boy kicking puppy
- 2:15 p.m. Keys locked in vehicle
- 5:05 p.m. Activated alarm, Power Plant
- 7:30 p.m. Report of individual making suicidal threats,
- 9:29 p.m. Report of individuals harassing them at their home

- 10:30 p.m. Welfare check
- Aug. 12**
- 1:31 a.m. Request to speak to officer
- 8:50 a.m. Report of dead rattle snake in Library Parking lot
- 10:34 a.m. Welfare check, removed 4 children from residence
- 1:30 p.m. Report of truck broken down, W. Washington & 2nd
- 2:18 p.m. Activated alarm, Jamboree
- 5:20 p.m. Report of possible scam.
- 8:52 p.m. Request to speak to officer concerning civil matter
- 9:16 p.m. Report of harassing text messages
- Aug. 13**
- 1:29 a.m. Request to speak to officer concerning children
- 2:45 a.m. Motorist assist
- 8:22 a.m. Activated alarm, Kellie's
- 2:24 p.m. 911 call, small child playing on telephone
- 2:40 p.m. KHP assist
- 4:02 p.m. Request officer to court
- 6:21 p.m. Report of found dog
- 6:23 p.m. Report of electricity making noises
- 6:57 p.m. Request to speak to officer concerning child exchange
- 11:01 p.m. Report of kids around pool
- Aug. 14**
- 2:33 a.m. Request for officer at NCH concerning individual that got in a fight
- 3:23 a.m. Parking citation
- 9:47 a.m. Request to speak to officer concerning individual tearing up fence

Examining the bike helmets for kids!



Sheriff Troy Thomson and Deputy Robert Annon examine one of the bike helmets that Farm Bureau will be ordering for all the children that turned out for the Bike Rodeo that was held in Pamida's parking lot on Aug. 19. -Telegram photo by Dana Paxton

Goodies packed in lunch

Now if you are blessed with more money than time, packing lunch may not be for you. Sometimes we must buy convenience foods when time is a precious commodity.

Be aware, though, that there are healthier, tastier and thrifter options available.

Breakfast as well as lunch at school has almost eliminated packing school lunches; however, taking lunch to the office has become quite appealing in this day and age of rising prices.

Lots of love, little sugar and little salt were packed in the low cost lunches Mama made for us. Mine were eaten on the bleachers in a school gymnasium; Dad's were usually eaten sitting in a pickup truck.

It was years before school lunchrooms, Tupperware, Ziploc, potato chips or individual fruit cups and puddings would come along.

Soups or drinks were in thermos bottles, sandwiches or cookies were hand wrapped in waxed paper scavenged from breakfast cereal bags, and fruit was just as it came off the tree or vine.

Yes, there are a lot of convenience foods out there now that make taking lunch very easy, but can make it almost as expensive as eating out. Most are high in salt, fat, sugar or all three.

Cook's Corner

Liza Deines



Microwaves are available in most offices so heating fancy prepackaged meals is possible and easy but it's just as easy and a lot cheaper, not to mention, that it tastes better to reheat casserole from last night or soup left from a big batch made on a weekend.

Mama was a thrifty soul but her lunches were always healthy and filling as well as nourishing. Here are a few of her penny pincher tips.

Mama always packed something fresh and crunchy. Celery and carrots in winter but as long as the garden held out there were slices of raw turnip or kohlrabi, cucumber or pepper strips and little tomatoes. We hated to see the first frost that put an end to those goodies.

Dad needed hearty lunches since he did manual labor. He loved bologna, which he called "dawg" but it was loaded with sodium and preservatives so Mama only bought it occasionally.

His sandwiches were usually leftover slices from beef or pork roasts cooked at home.

"Tailender" scraps were ground up with hard boiled egg, onion and chunk cheese.

Mama added mustard to pork, horseradish to beef and homemade piccalilli to both and spread it all on thick slices of homemade bread.

Once in awhile she surprised him with a can of his favorite sardines and rye bread.

Our family usually finished off a chicken in one meal so finding fried chicken or chicken salad in our lunch was a real treat.

These days rotisserie chicken is handy, but roasting your own is penny wise and sodium smart. Try this out and see how you like it, use your favorite herb or spice mix in olive oil to give the fowl a good rubdown before roasting or tuck any sliced citrus fruit, like oranges, grapefruit and lemon inside a bird to add a different flavor.

Just a bit of real butter with fresh ground peppercorns mixed with cumin and Tabasco sauce patted on and a sliced onion inside creates a zingy and zesty alternative. Slice some for sandwiches and bone out the rest for salad spread.

Mama sneaked a lot of grated vegetables into us by combining them with something else.

My favorite sandwich was meatloaf stretched with the addition of

grated potato, carrot and onion.

Next favorite was homemade banana or nut bread spread with cream cheese, grated carrots, apples and raisins. My mama shredded carrots and apples and was able to stretch peanut butter in a most delicious way.

We had many different lunches available because of my Mama's imagination and ingenuity.

Egg salad with grated carrots and onion on rye, tuna with hard boiled egg and capers, grated sweet red peppers mashed in Velveeta, cream cheese with homemade jelly and leftover bacon. Something different every day kept lunch interesting.

The best lunch box desserts were graham crackers put together with cooked chocolate frosting or homemade cookies.

Mama made a batch of each on the weekend, wrapped portions in waxed paper, ready to go. No commercial cookie compared with this low-cost treat.

What she did spend money on was fruit. An apple, orange or banana, a peach, pear or plum when they were in season, grapes when they were on sale, and sometimes strawberries in the spring, finished off our "happy meals".

Now my mouth is watering for those long ago treats.

How about packing a lunch tomorrow?

Send your club news to Harriett at hgill@nwkansas.com

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SECOND ANNUAL **BBQ and Smokin' Challenge**
August 27 & 28
 Elmwood Park Livestock Barn, Norton, Kansas
 Check-in for Contestants is Friday, August 27 from 6 to 11 p.m. Public is invited to watch the cookin' and judge people's choice. \$8.00 general admission and dinner (8 a.m.-8 p.m./dinner 6-8 p.m.); \$15.00 general admission, dinner and band (8 a.m.-midnight/band 8 p.m.-midnight)
START YOUR SMOKIN' — 7 P.M. FRIDAY
START YOUR EATIN' — 6 P.M. SATURDAY
START YOUR DANCIN' — 8 P.M. SATURDAY
 Prizes will be awarded for the 1st-3rd place for all categories and a prize for people's choice. Entry forms are available at: Norton Area Chamber of Commerce Office; online at DiscoverNorton.com; email nortoncc@ruraltel.net; the CCRG BBQ Committee Members; John Carlin, Bruce Colip, Jimmy Railsback and Tony Grysch.
ENTRY FORMS MUST BE TURNED IN BY FRIDAY, AUGUST 13

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