

Shop with a grocery list

Shopping with a grocery list can produce an annual savings of \$500 to \$1,000 - or more.

Making a grocery list that follows a store layout can reduce repeat trips up and down the same aisles, impulse purchases from those aisles, and the time required to complete a shopping trip, said Mary Meck Higgins, Kansas State University Research and Extension nutrition specialist.

Market watchers estimate that grocery shoppers spend about \$2.17 per minute during the first 30 minutes of a shopping trip. After 30 minutes, the cost goes up \$.50 a minute.

Shopping less frequently can yield a savings, but shopping for loss leaders (an advertised item a store is willing to sell at or below cost to attract customers) or other specials (such as buy one, get one free) may not always yield a savings. The lower price offers a savings only if a shopper can -- and will -- use the item, the nutrition specialist said.

Should a shopper drive from store to store to purchase loss leaders? In making that decision, consider the time, distance and cost of travel, said Higgins, who explained that shoppers who regularly watch for specials at the same store may realize a greater overall savings.

Do coupons always offer a savings?

"Not necessarily," said Higgins, who urged comparing the unit price (cost per serving or use)

of generic or store brands against national brands less the coupon savings.

The generic or store brand typically offers a savings over a national brand plus a coupon, said Higgins, who noted that generic or store brands often are produced at the same facility as a national brand, but packaged differently.

A shopper's interest in using kitchen skills and a little more time also can impact savings, she said. If grilling or stir-frying is preferred, the recipe will typically call for a more costly tender cut of meat or poultry. If slower cooking methods are preferred-- such as in the oven, on top of the range or in a slow cooker -- a less expensive cut of meat or poultry that will be tenderized by cooking with moist heat over a longer time can offer a savings.

Becoming more familiar with portions (also called servings, or serving size) will usually yield a savings, the nutrition specialist said.

Three ounces of protein is generally considered a serving, and is similar in size to a deck of cards.

"Oversized servings add cost - and extra pounds," said Higgins, who encouraged reading labels and using measuring cups to become familiar with recommended serving sizes.

Checking "Use by" or "Best by" dates can help to reduce waste and hold down costs, said Higgins, whose money-saving grocery

shopping tips also include:

Compile a master grocery list by category and aisle (of a frequently-shopped store). Every week or two, print and post the list in a central household location, such as on the refrigerator door, so that family members can add items needed to complete the list.

Shop less often, and go early in the day or after supper when stores are less crowded.

Be aware of store display strategies -- the most expensive items will often be placed within easy reach; lower-priced items placed on upper or lower shelves may be harder to reach.

Don't assume that seasonal or other items displayed at the end of the aisles are on sale; compare prices.

Compare unit prices (if not posted on the shelf) by dividing the price by the total number of servings or the total number of pounds and ounces in the product package. Consider the lowest cost per unit and if you or members of your household can eat the product before its "use by" date.

To decrease purchases of foods that will be wasted, if only small quantities of perishable fruits or vegetables are needed to complete a recipe, shop from the salad bar, rather than buying a large package.

Consider buying lower-priced protein foods, such as dried beans that, when cooked, will offer bargain-priced nutrition.

Cook once, eat twice: Prepare eight servings for a family of four, and freeze four servings for a quick and easy future meal. Freeze the extras immediately, so the family doesn't see them during the first meal and serve themselves too-large portions.

Use a master grocery list as the foundation for a price book. Note the store name, date and regular prices or cost per serving or ounce, and use it in the future to determine if a sale price is really a bargain, which stores regularly sell certain foods for less money, and seasonal trends in sales.

Keep the kitchen clean, so as not to allow foods to be cross-contaminated or spoil -- foods that are wasted always cost too much.

Wash hands in hot soapy water frequently before and after handling raw or cooked foods, before and after eating, and after caring for a pet.

Brush up on your cooking skills -- it's less expensive, and often healthier, to eat at home.

Cooking together with family or friends can be a plus, as chatting while engaged in other activities can help to build relationships.

More information on planning and managing healthy and appealing meals for family, friends -- and self -- is available at local K-State Research and Extension offices and online: www.ksre.ksu.edu; www.ksre.ksu.edu/humannutrition/; and www.rrc@ksu.edu.



Vance Poage

Longtime employee of City of Norton retires

Vance Poage retired from the City of Norton after 24 years. There was a reception held in his honor at the Norton City Office on December 23.

•PUBLIC NOTICE• NOTICE OF SUIT

Published in The Norton Telegram Tuesday, December 14, 21, 28, 2010

IN THE DISTRICT COURT OF NORTON COUNTY, KANSAS
BAC Home Loans Servicing, L.P. fka Countrywide Home Loans Servicing, L.P.)
) Case No. 10cv5
) K.S.A. 60
) Mortgage Foreclosure
) Plaintiff,) (Title to Real
) Estate Involved)
 vs.)
 Jason M. Bowen, et al.,)
) Defendants.)

NOTICE OF SHERIFF'S SALE

Under and by virtue of an Order of Sale issued by the Clerk of the District Court in and for the said County of Norton, State of Kansas, in a certain cause in said Court Numbered 10cv5, wherein the parties above named were respectively plaintiff and defendant, and to me, the undersigned Sheriff of said County, directed, I will offer for sale at public auction and sell to the highest bidder for cash in hand at 10:00 A.M., on 1/7/2011, at the front door of Norton County Courthouse, the following described real estate located in the County of Norton, State of Kansas, to wit:

A TRACT OF LAND COMMENCING AT THE SOUTHEAST CORNER OF THE NORTH HALF OF THE NORTHWEST QUARTER (N/2 NW/4) OF SECTION THIRTY-FOUR (34), TOWNSHIP TWO (2) SOUTH, RANGE TWENTY-THREE (23) WEST OF THE SIXTH PRINCIPAL MERIDIAN, NORTON COUNTY, KANSAS RUNNING THENCE NORTH 92.6 FEET TO THE POINT OF BEGINNING, THENCE WEST 150 FEET, THENCE NORTH 55 FEET, THENCE EAST 150 FEET, THENCE SOUTH 55 FEET, TO THE POINT OF BEGINNING. ALSO A TRACT OF LAND COMMENCING AT THE SOUTHEAST CORNER OF THE NORTH HALF OF THE NORTHWEST QUARTER (N/2 NW/4) OF SAID SECTION THIRTY-FOUR (34), RUNNING THENCE NORTH 147.6 FEET, THENCE WEST 150 FEET, THENCE SOUTH 55 FEET, THENCE EAST 20.53 FEET, THENCE NORTH 55 FEET, TO THE POINT OF BEGINNING.

SHERIFF OF NORTON COUNTY, KANSAS
Respectfully Submitted, By:
Shawn Scharenborg, #24542
Sara Knittel, #23624
Kelli N. Breer, #17851
Kozeny & McCubbin, L.C. (St. Louis Office)
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Attorney for Plaintiff

Norton Police Log

Monday, Dec. 20

- 1:13 a.m. Report of two missing dogs
- 10:19 a.m. Report of dog running loose
- 11:33 a.m. Report of dog running loose
- 2:40 p.m. Report of theft
- 5:45 p.m. Illegally parked vehicle
- 8:45 p.m. EMS assist
- 9:43 p.m. Report of dog running loose

Tuesday Dec. 21

- 12:24 a.m. Report of barking dog
- 12:32 a.m. Request for welfare check
- 8:50 a.m. Illegally parked vehicle
- 10:55 a.m. Report of dog running loose
- 11:05 a.m. Report of two vehicle accident
- 1:50 p.m. Request for welfare check
- 4:20 p.m. Report of reckless driver
- 7:49 p.m. Report of found property

Wednesday Dec. 22

- 1:52 a.m. Report of residential panic alarm
- 7:53 a.m. Report of two vehicle accident
- 10:30 a.m. Report of barking dogs
- 1:20 p.m. Report of possible telephone scam.
- 3:00 p.m. Report of vehicles passing stopped school bus
- 3:34 p.m. Keys locked in vehicle

Thursday Dec. 23

- 10:29 a.m. Request for welfare check
- 4:27 p.m. Report of found property

- 9:31 p.m. Illegally parked vehicle
- 9:58 p.m. Keys locked in vehicle

Friday Dec. 24

- 11:38 a.m. Report of found dog
- 11:55 a.m. Request to speak to Officer concerning child custody issue
- 12:53 p.m. Keys locked in vehicle
- 3:41 p.m. Keys locked in vehicle
- 3:42 p.m. Report of deer running through town
- 3:53 p.m. Report of two vehicle accident
- 5:58 p.m. Report of harassment
- 7:56 p.m. Report of dog chained too close to street
- 8:00 p.m. Report of disabled vehicle, W. Holme

Saturday Dec. 25

- 5:29 a.m. MIP investigation
- 4:14 p.m. Report of criminal damage to property

Sunday Dec. 26

- 2:10 a.m. City curfew violation
- 9:44 a.m. Report of fail to pay for motor fuel
- 1:52 p.m. Keys locked in vehicle
- 4:20 p.m. Illegally parked vehicle
- 4:29 p.m. Keys locked in vehicle
- 7:13 p.m. Report of harassment
- 8:32 p.m. Keys locked in vehicle

Norton Police reported sixteen vehicle stops from Dec. 20 to Dec. 26.

Dodgeball tournament

Northern Valley Post Prom committee is sponsoring a Dodgeball Tournament on Sunday, Jan. 23 at the Northern Valley High School gym in Almena.

Register at 2 p.m and start play at 3 p.m.

There will be prizes for each 1st and 2nd place team in each age division.

Age divisions are: 1st and 2nd grade; 3rd and 4th grade; 5th through 8th grade; and 9th through adult.

Each team must consist of six members; three men and three women.

Pre-registration is required by Jan. 14.

Required registration information: Team name, team captain (with contact information), team member names, age division and waiver form. Entry fees: 1st, 2nd, 3rd and 4th grades, \$3 per person; 5th through 8th grades, \$5 per person; 9th through adult, \$5 per person.

There will be a food stand available.

For more information, contact Stacy Whitney, 785-664-8808 or Christina Land, 785-664-4114.

Club news call Harriett at 877-3361

Cover your acres Winter Conference

By BETHANY SANDERSON

Kansas State University and the Northwest Kansas Crop Residue Alliance are hosting the Cover Your Acres Winter Conference for crop producers and consultants on Jan. 18 and 19.

The conference will focus on the latest technology, methods and conservation practices to improve crop production on the High Plains.

It annually brings in over 500 attendees from the surrounding area.

This year it will feature university specialists and industry representatives discussing issues such as no-till, effect of stripper on stubble height, spray application technology, the Kansas State wheat breeding program and double-cropping wheat behind corn or soybeans.

The same programs will be offered both days of the conference.

Registration will begin at 7:45 a.m., with educational sessions ending at 5:40 p.m. followed by a "bull session" where attendees can visit with industry and university specialists.

The conference will be held at the Gateway in Oberlin.

Early registration must be post-

marked by Jan. 11 and is \$25 for Jan. 18 or \$20 for Jan. 19.

The conference fee includes refreshments and meals.

Mail registration, with a check payable to:

KSU, to the Northwest Area Office, ATTN: Brian Olson, P.O. Box 786, Colby, Kan. 67701.

To view the conference flier, please visit the K-State Research and Extension Northwest Area office website at www.northwest.ksu.edu.

Major sponsors of the conference include Lang Diesel, Hoxie Implement, Pioneer, Brothers Equipment, Crop Production Services, National Sunflower Association, Cargill AgHorizons and McCook National Bank.

Kansas State Research and Extension is a short name for the Kansas State University Agricultural Experiment Station and Cooperative Extension Service, a program designed to generate and distribute useful knowledge for the well-being of Kansans.

Supported by county, state, federal and private funds, the program has county Extension offices, experiment fields, area Extension offices and regional research centers statewide.

Its headquarters is on the Kansas State campus in Manhattan.

CITY OFFERS SAFE RIDE HOME

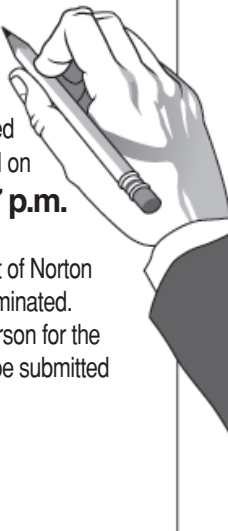
Individuals in the City of Norton may request a free ride home from local establishments serving alcohol on New Year's Eve. Individuals are encouraged to use this program to allow a safe ride home without incident or harm to themselves or others. For a Safe Ride Home, call 202-0952, 874-8869 OR 871-8870.

NOTICE OF NOMINATIONS FOR DIRECTORS TO THE ANDBE HOME BOARD

Three positions on the Andbe Home Board of Directors expire in 2011. These positions will be filled by election at the Annual Meeting which will be held on THURSDAY, MARCH 10, 2011, at 7 p.m.

Nominees will be chosen by the Andbe Home, Inc. Nominating Committee. A director must be a resident of Norton County. A director whose term is expiring may be nominated. Any person may propose in writing the name of a person for the committee to consider for nomination. Names must be submitted by February 15, 2011 to:

Andbe Home Inc.
c/o President
201 W. Crane St., Norton, KS 67654



Customer Appreciation Open House

Inventory Reduction Sale Thursday, December 30th.....All Day

2011 marks our 9th year as MCS, INC. and we want you to know how much we appreciate your loyalty and support.

We don't say this often enough but.....THANK YOU for your loyalty and support over the last 8 years. Our success is measured only by yours. We look forward to serving your technology needs for years to come.

We would like to take this opportunity to show each and every one of you how grateful we are by extending this invitation to our Open House on Thursday, December 30th during our regular office hours.

We promise good food, good company and good deals. Mark your calendar and invite your friends and family to become a part of our MCS Family. We look forward to seeing you then.

** HAVE A BLESSED AND JOYOUS HOLIDAY SEASON **