

Student News

Scholarship Awards

Alyssa Thompson, daughter of Troy and Chriselle Thompson, is the recipient of the 2011-2012 scholarship given by the Harmonson-Redd Unit 63, the American Legion, Auxiliary, Norton, KS

Alyssa is a student at Kansas City Kansas Community College majoring in Mortuary Science.

Bill Broeckelman has been awarded the \$500 Henry J. Becker Scholarship for the academic year of 2011-12. His course of study at Kansas State University will be computer engineering.

Bill is the son of Jim and Tami Broeckelman of Norton.

John P. Engelbert, Scholarship Committee Chairman, announced the Norton Community High School and Northern Valley High School recipients of the Jack and Wanda Mechsner Scholarships for the 2011-12 school year.

\$1,000 Scholarships
Norton: Maia Carlson, Spencer Shirk and Dustyna Sprigg.

\$750 Scholarships
Norton: Dakota Dreher and Rebecca Streck

\$500 Scholarships
Norton: Katie Scott, Kelsie Morel, David Mizell, Jacob Mizell, Troy Bainter, Kaylen Rossi, Melissa Byler, William Broeckelman

Northern Valley: Colton Lowry, Matt Dole, and Staci Dole.

Patricia Eicher-Butler Scholarship: Tanner Morel, Andrew Otter, Jacob Mizell, Bill Broeckelman, Dustyna Sprigg, David Mizell, Taylor Gordon, Dakota Dreher, Kaylen Rossi, Rebekah

Streck, Kelsie Morel.
Ida Tansill Memorial Scholarship: Troy Bainter, Melissa Byler, David Cressler, Austine Dole, Tonielle Fiscus.

Bob Winteroth Memorial Scholarship: Katie Scott

J.Byrum Memorial Scholarship: Dustyna Sprigg, Spencer Shirk

Louis Welter Memorial Scholarship: Kyra Fulton

Citizenship Award Scholarship: Rebekah Streck, Troy Bainter

Tracy Runion Memorial Scholarship: Dakota Dreher

LaDon Eppinger Sportsmanship Memorial Scholarship: Kaid McKenna

KAY Scholarship: Rebekah Streck, Dakota Dreher

Norton Wrestling Club: Booster Club Student Scholarship: Spencer Shirk

Leo Moody Memorial Scholarship: Hayli Bozarth

Rotary Scholarship: Spencer Shirk, Dustyna Sprigg, Rebekah Streck

Maxine Marsh Memorial Scholarship: Katie Gall, David Cressler

Henry Becker Memorial Scholarship: Bill Broeckelman

Duplicate Bridge Club Scholarship: Dakota Dreher

American Legion Auxillary Scholarship: Alyssa Thomson

Thelma Dielemann Memorial Art Scholarship: David Mizell

LongSpur Pheasants Forever: Rebekah Streck, Kaid McKenna, Troy Bainter

Nan Smith Memorial Scholarship: Rebekah Streck

Rules that make you sick

Has someone you know ever used the "five second rule" with dropped food, or double-dipped a food into a shared bowl? Did you know that studies have determined how many bacteria are transferred at this time?

Five Second Rule: Have you ever heard that dropped food will not be contaminated if it's picked up within five seconds? This 'rule' is totally false! Researchers at Clemson University studied bread and sausage dropped onto tile, wood and carpet. They found that a large number of bacteria were transferred to both of these foods when they were dropped onto any of the three types of floors,

Homeed
Tranda
Watts,
Extension
specialist



even for just five seconds. Many bacteria lived at least four weeks, even on dry floors.

What to do to keep yourself healthy? Hold onto your food, if possible! When you do happen to drop a food, discard it and get something clean to eat.

Double Dipping: If you see

someone dip a food into a shared bowl of dip, take a bite, and then dip the same food back into the bowl, then you've witnessed "double dipping". Another Clemson University study found that double dipping transfers a significant number of bacteria from the eater's mouth into the remaining dip. Even if people turn the food around and dip with the part their mouths haven't touched yet, the bacteria on their fingers contaminate the food and then the dip.

What to do to keep yourself healthy? Use individual dipping bowls instead of shared ones, and discard leftover dip rather than refrigerating it. Encourage

the enjoyment of shared dip by spooning some directly onto foods instead of dipping directly into it. An added bonus is by measuring your food portions and then turning away from a larger bowl, you'll likely save yourself from eating too many mindless calories as well!

Be sure to teach the young people in your life healthy eating practices, too.

If you have food related questions, please feel free to call your local K-State Research and Extension Office or e-mail <mailto:twwatts@ksu.edu>twwatts@ksu.edu.

Corn is second

Kay Melia, Master Gardener

vkmelia@yahoo.com

Survey after survey shows very clearly that tomatoes are the garden vegetable of choice in all parts of the United States of America. Nearly 95 percent of all the nation's gardeners plant and nurture tomatoes in their backyard gardens. Some are even grown in the front yard, carefully located among the petunias and the marigolds or any other bedding plant. Lots of sunshine, good fertility, and timely additions of water are about the only ingredients necessary to growing a tomato crop.

Do you know what the SECOND most favorite garden vegetable is in America? Actually, it isn't really a vegetable. It's sweet corn! Everyone from youngsters with a few teeth to oldsters with a few teeth simply adore sweet corn. But here's the kicker! Less than half of all backyard gardeners in America actually GROW sweet corn themselves. Most gardeners depend on the farmer's market or country friends with a two acre corn patch to obtain their sweet corn fix. The reason most gardeners give for not growing their own is "I just don't have room for it out there."

Despite a perceived shortage of space, sweet corn will produce well in the backyard, especially when planted in "blocks" instead of rows so that the pollination process is enhanced. Sweet corn is pollinated by the wind and not by bees as are most other garden crops.

But just about everyone loves sweet corn. Do you know anyone who refuses to eat it? I don't either, and we just can't seem to get enough of it during the summer season.

mer season.

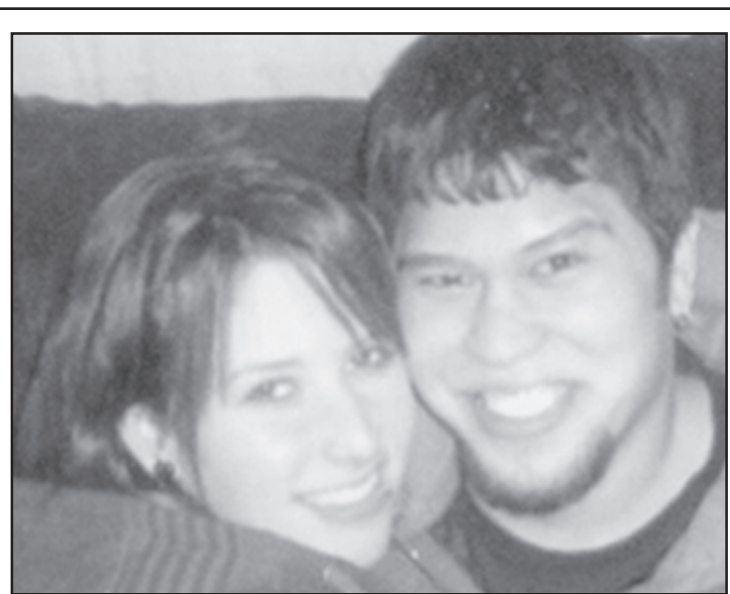
The nice thing about sweet corn is that it just gets better and better. New developments in cross-breeding some of the SE, SU, and Sh2 types has resulted in an almost unbelievably sweet and tender product, without sacrificing true sweet corn flavor. In the forefront of this type of advancement is a trademarked variety of sweet corn named Mirai, (pronounced ME-rye.). It is an altogether different type of sweet corn called "synergistic" and Mirai isn't the only one in this class...just the most well known right now, and the one that carries the most hype, as well as the best distribution.

Mirai sweet corn was developed in 1954 at Twin Gardens Farms located near Harvard, Ill. by George Ahrens and his family.

He experimented for years on his 200 acre farm where he grew mostly vegetables for the farmer's market and moonlighted as a truck driver. His experimental work has paid off, and today, the Japanese buy most of his available seed. The Japanese actually gave the corn it's name which means "the taste of the future."

The Ahrens family has added an adjacent 200 acres to their farm, and just about every acre is planted to Mirai. The crop is picked by hand so as not to injure the tender kernels that might occur with a mechanical picker, and they have developed a large mail order market.

This will be my third year of planting Marai, and I plant a yellow variety as well as a bicolor variety. It is, indeed, the best sweet corn I have ever grown. In a few years, I'm sure there will be a better one!



Jennifer Fisk and Charlie Kohfeld

Local couple plans wedding in June

Jennifer Christine Fisk and Charlie Parlero Kohfeld announce their engagement. Jennifer is the daughter of Romona Fick and Steve Barnes of Norton. Grandparents are Mary Sampson and the late Lloyd Sampson of Saginaw, Mich.

Charlie is the son of Karl Kohfeld, Norton and Nelia Kohfeld, Dallas, Texas. Grandparents are Harold and Beverly Kohfeld of Norton.

Jennifer is a graduate of Lake

Taylor High School of Norfolk, Va. She attended Colby Community College and is employed at the Andbe Home in Norton.

Charlie graduated from Norton Community High School and is employed at Almena State Bank in Norton.

The wedding is planned for June 4, at 3 p.m., at the First United Methodist Church in Norton. A reception will follow at the Norton American Legion.

Dale Dennis Excellence Award given to senior

Melinda Becker, a senior at Norton Community High School, has received the Dale Dennis Excellence in Education award sponsored by United School Administrators of Kansas.

Rudy Perez, principal, announced that Melinda has demonstrated the characteristics necessary to receive this annual award given in honor of one of Kansas' educational leaders. Recipients of this award are identified throughout in high schools throughout the state and individuals who have displayed the citizenship, community and school service, scholarship and common sense

characteristics that make them a quality individual.

The Dale M. Dennis Excellence in Education Award was established in 1996 by Kansas school administrators to honor the long and valuable service that Dale Dennis has provided to Kansas education. The individual attributes that characterize Dale M. Dennis as a friend of education, and more importantly as a first class citizen, are the basis for determining the recipient of this award. Dale Dennis is the Deputy Commissioner of the Kansas State Department of Education.

FYI

Norton County 3rd - 5th graders will have the opportunity to enroll in a free educational program called Breakfast 101 to learn simple food preparation skills. Classes will be held at Eisenhower Elementary from June 13th - June 24th excluding weekends. This is a free class.

The class is open to students from Norton, Lenora, Almena, and Clayton. If transportation can't be arranged, we will make arrangements for your child to get from your home town to Eisenhower Elementary

Do act now because registration will be limited to 20 youth participants. Registrations are due back in the Twin Creeks Extension District Office or to the Eisenhower Elementary Office by Friday, May 27th. Call today if you need a registration form.

In order to do this class, youth who are 14 or older are needed to help conduct this class by working with a small group of four of the 3rd - 5th grade students. Teen leaders will be given training and will be working along with adult supervisors. Your application can be picked up at the Twin Creeks Extension District Office or can be found at <http://www.nt.ksu.edu>www.nt.ksu.edu

For questions or further information, please feel free to e-mail twwatts@ksu.edu.

There were three tables at Duplicate Bridge on Wednesday, May 18. First went to Mary Keith and Mary Lou Archibald; second, Jerry Moritz and Myron Veh; third, Jackie Porter and Joyce Sumner.

Bridge tournament

The numbers were fewer but it was the same friendly atmosphere as ten of the area's finest teams gathered for round one of the twenty second annual Norton National Bridge Tournament. High gas prices, golf tournaments, lost partners and numerous other reasons limited the field, but the competition was at the same high level as in tournaments past.

The format was changed slightly from four rounds of six hands to four rounds of four hands to shorten the time element which seemed to fit most everyone. As in most card games that includes bidding and a trump suit, those who win the bid have the most chance of success; however there are limitations as those who over bid must pay a penalty and in the game of Bridge, that is a most common event.

It was no surprise that after round one the scores were pretty even but as the evening wore on the scores began to spread, sometimes due to good and not so good cards and the communication between partners in the bidding process. In the game of Bridge, the ultimate is to bid the highest

possible which is called a slam (taking all of the tricks possible or all but one) and even though there were some who made all of the tricks, none were bid which is a requirement.

By the end of the evening there was a great spread in scores between the highest and the lowest. The top five teams in order were; 1. Jack and Dave Graham with 4,670 points; 2. Mary Jane Wahlmeier and Jackie Porter, 3,490; 3. Weldon Brooks and Norman Nelson, 3,050; 4. Willie and Marcia Wiltfong, 2650; 5. Alberta Slaby and Carla Latimer, 2,200. Last year's champions, Bob Jones and sister Carla Latimer, scored 5,410 points in round one, but that was with four rounds of six hands each. Other teams playing in random order were; Joyce Sumner and Norman Walter; Joe and Jake Durham; Ruth Durham and Dorothy Avery; Myron Veh and Shirley Erbert; Norma Howorth and Beverly Klein.

Merris Brooks substituted for Joe Durham and Norma Howorth and Beverly Klein played for team ten. Round 2 will begin Thursday May 19.

Senior Menu

May 23: Cook's Choice Entree, hash brown casserole, cheesy broccoli, bread, peaches

May 24: Tuna salad, tomato soup, gelatin with fruit, bread, bar cookie.

May 25: Ham, scalloped pota-

toes, peas, bread, fruit salad.

May 26: Oven fried chicken, potato salad, baked beans, bread, fruit crisp

May 27: Cheeseburger upside down pizza, spinach salad, pears, pudding

Moffet Drug
Pharmacy

SECOND ANNUAL

Shred Day

Friday, June 3

From 10:00 a.m. until 1:00 p.m. (or until truck is full)

Bring all of your personal documents that you would like shredded and have them destroyed on site for FREE by a state of the art shredding truck

250 lb. limit per person. If you expect to have more, please talk to the Moffet staff about making arrangements

JEDD Barbeque

at Destination Kitchen

115 W. Main Street
 NORTON, KANSAS
 (785) 877-2911

Friday, May 27

Ribs, Brisket, Smoked Chicken Wings
 Choice of 2 Sides (Baked Beans, Potato Salad, Coleslaw)
 Bread and Drink Included

\$14.95 Plate (No Reservations)
5:00-7:00 p.m. or Until We're Out!

May 20-
 May 26

Showing at the

NORTON THEATRE

Thor

2 Hours, 5 Minutes (PG-13)
 Presented in Digital Surround Sound

Friday and Saturday: 7:00 and 9:30 p.m.
 Sunday: 5:00 p.m. and 7:30 p.m.
 Monday, Tuesday, Wednesday: 7:00 p.m.

Pirates of the Caribbean: On Stranger Tides

Presented in Digital Surround Sound
 2 Hours, 17 Minutes
 (PG-13)

All passes accepted for Pirates of the Caribbean, No passes accepted for Thor

Thor is Premiere Admission \$7.00 & \$6.00 - No Sunday Discount
 Pirates of the Caribbean is Premiere Admission \$7.00 & \$6.00 - No Sunday Discount

Special Premiere: May 26, 9:00 p.m.
 Kung Fu Panda 2:
 The Kaboom of Doom (PG)
 Presented in Digital Surround Sound

COMING SOON

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