



## The line has been drawn

Providing an entertaining activity for residents, staff of the Andbe Home spent an afternoon earlier this month re-painting parking lot lines in front of the facility. The lines were painted yellow and are now wider than previous parking stalls. Pictured, Andbe Home activities staff member Darlene McEwen paints the lines while residents supervise her efforts.

—Telegram photo by Carleen Bell

## 10 tips to help you eat more vegetables

It's easy to eat more vegetables according to the new Choose My Plate guidelines! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

**Homeed**  
**Tranda**  
**Watts,**  
**Extension**  
**specialist**



1) Discover fast ways to cook - Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

2) Be ahead of the game - Cup up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.

3) Choose vegetables rich in color - Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard

greens. They not only taste great but are also good for you.

4) Check the freezer aisle - Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.

5) Stock up on veggies - Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added".

6) Make your garden salad glow with color - Brighten your salad by using colorful vegetables such as black beans, sliced

red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good, but taste good too.

7) Sip on some vegetable soup - Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced or low-sodium soups.

8) While you're out - If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

9) Savor the flavor of seasonal vegetables - Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best in-season buys. Or visit your local farmer's market.

10) Try something new - You never know what you may like. Choose a new vegetable. Add it to your recipe or look up how to fix it online.

If you have questions, please feel free to contact your local K-State Research and Extension Office or e-mail: [twatts@ksu.edu](mailto:twatts@ksu.edu).

# HONOR ROLL

### NJHS Honor Roll 4th 9 Weeks

**Highest 4.00**  
**7th Grade**  
Caitlyn Cox  
Wilson Ellis  
Josephine Otter  
Jena Risewick  
**8th Grade**  
Casey Ambrosier  
James Berry  
Weston Erbert  
Raenee Patterson  
Lexi Voss

**Honors I 3.50-3.99**  
**7th Grade**  
Kennedy Leibbrandt  
Miah Melvin  
Baylee Miller  
Layton Miller  
Kade Unterseher

**8th Grade**  
Adriana Ankenman  
Andrew Bashford  
Adam Baughman  
Kyle Bell  
Philip Boutwell  
Hailey Branek  
Audrie Burge  
Cayanna Campbell  
Alma Clavijo  
Taylor Dicks  
Sylvia Estes  
Brendon Frack  
Morgan Griffey  
Alexus Hartwell  
Michael Kasson  
Molly Maddy  
Lauren Mordecai  
Audrey Morel  
Shelby Mulford  
Nickala O'Hare  
Kylie Perez  
Dalton Pfannenstiel  
Quinton Porter  
Peyton Renner  
Valery Rostek

**Honors II 3.00-3.49**  
**7th Grade**  
Alexandria Aldridge  
Brian Clavijo  
Tyus Henson  
Mitchell Hickman  
Macayla Kent  
Landon Porter  
Julian Snyder  
Taylor Wahlmeier  
Trenton Wright

**8th Grade**  
Hanna Brooks  
Evan Chambers  
Mariah Dawley  
Kirstin Georgeson  
Cameron Heikes  
Skylar Johnson  
Rachel Jones  
Gavin Lively

Nicholas Peterson  
Chandler Sumner

### NJHS Honor Roll 2nd Semester

**Highest 4.00**  
**7th Grade**  
Caitlyn Cox  
Wilson Ellis  
Layton Miller  
Josephine Otter  
Jena Risewick  
**8th Grade**  
Casey Ambrosier  
Philip Boutwell  
Weston Erbert  
Raenee Patterson  
Lexi Voss

**Honors I 3.50-3.99**  
**7th Grade**  
Brian Clavijo  
Kennedy Leibbrandt  
Miah Melvin  
Baylee Miller  
Julian Snyder  
Kade Unterseher

**8th Grade**  
Adriana Ankenman  
Andrew Bashford  
Adam Baughman  
Kyle Bell  
James Berry  
Hailey Branek  
Audrie Burge  
Cayanna Campbell  
Evan Chambers  
Alma Clavijo  
Taylor Dicks  
Sylvia Estes

Brendon Frack  
Alexus Hartwell  
Michael Kasson  
Gavin Lively  
Molly Maddy  
Lauren Mordecai  
Audrey Morel  
Shelby Mulford  
Nickala O'Hare  
Kylie Perez  
Dalton Pfannenstiel  
Quinton Porter  
Peyton Renner  
Valery Rostek

**Honors II 3.00-3.49**  
**7th Grade**  
Alexandria Aldridge  
Tyus Henson  
Mitchell Hickman  
Macayla Kent  
Landon Porter  
Taylor Wahlmeier  
Harrison Woodyard  
Trenton Wright

**8th Grade**  
Hanna Brooks  
Tevin Brown  
Mariah Dawley  
Brionnah Fessler  
Theresa Gallegos  
Kirstin Georgeson  
Morgan Griffey  
Cameron Heikes  
Skylar Johnson  
Rachel Jones  
Alec Otter  
Nicholas Peterson  
Chandler Sumner

### Solve with Ease

D	I	S	C	S		A	L	L	A		Y	A	N	G			
O	N	E	O	N		M	E	A	N		A	L	O	E			
P	A	W	N	E	E	P	A	W	N		N	O	N	E			
E	N	S	N	A	R	E	D				S	K	I	E	S		
						K	E	R			T	R	I	E	S	T	E
S	P	O	D	E		E	Q	U	I	N	E						
C	O	V	E	R	T		U	R	N		Y	O	K	O			
A	R	I	E			A	L	O	N	G		A	D	A	M		
R	E	D	D			R	O	T			O	F	N	O	T	E	
						E	R	A	S	E	R		A	K	R	O	N
A	P	P	E	A	S	E					E	R	R				
S	E	E	D	Y						H	I	A	W	A	T	H	A
H	A	R	E			S	W	A	N	E	E	S	W	A	N		
E	L	S	E			P	A	V	E			S	H	A	R	D	
N	E	E	D			A	G	E	R			T	E	S	T	S	

6/10/2012

## American Red Cross needs blood donations

Did you know donating blood can help save up to three lives? That's because your blood is separated into its components - red cells, plasma and platelets - to treat patients with different needs. Donating platelets primarily benefits cancer patients. When a patient is undergoing chemotherapy, the production of blood cells is affected and the platelet count may drop to a critical level.

The American Red Cross invites you to donate at a Red Cross blood drive until July 31. You'll be eligible to win a Gibson guitar, courtesy of The Gibson Foundation. The Red Cross will award eight guitars and 50,000 guitar picks, co-branded

with the Gibson and Red Cross logos, during this campaign. In addition, you'll receive a rock and roll themed t-shirt, while supplies last.

As a special incentive for young donors, anyone aged 16-22 can enter to win a \$5,000 scholarship. Plus, high school students are invited to join the Youth Leadership Team host school blood drives this summer. These students have the opportunity to earn a letter of recommendation from a member of the American Red Cross senior management team and a chance to win a \$3,000 scholarship. For more information on the Youth Leadership Team, visit [redcross.org/summeryouth2012](http://redcross.org/summeryouth2012).

## Governor urged to veto tax bill

Recently, over 55 former legislators from across Kansas called on Governor Brownback to veto the tax bill that was passed by the Kansas House. The group, known as Traditional Republicans for Common Sense, made the request of Brownback following the failure of talks between House and Senate negotiators to reach a compromise on a new tax bill.

The Kansas State General Fund is approximately \$6 billion. The governor's tax plan, according to the Kansas Legislative Research Department, will create a \$362.5 million deficit in 2014, climbing to \$2.739 billion by 2017. The fund pays for, among other things, the highway patrol, Kansas Bureau of Investigation, state prisons, healthcare programs, higher education and K-12 schools. A budget cut of nearly 50 percent to the fund, within five years, will dramatically impact these programs.

Governor Brownback's office can be reached by calling, toll-free 1-877-579-6757.

## Sudoku Solution #2565-M

6	1	2	9	3	4	5	7	8
3	8	7	6	5	2	1	4	9
4	9	5	1	8	7	2	6	3
8	2	9	3	4	6	7	5	1
5	3	4	7	9	1	6	8	2
7	6	1	5	2	8	3	9	4
9	4	3	2	7	5	8	1	6
1	5	8	4	6	3	9	2	7
2	7	6	8	1	9	4	3	5

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## POLICE LOG

**June 3**  
(3) Vehicle stops  
Report of beer cans being dumped in yard  
Report of juvenile throwing sticks at vehicles  
Report of theft

Report of hit and run on gas meter 400 block South St.  
Request for civil standby

**June 4**  
(5) Five vehicle stops  
Report of erratic driver  
Court paper service  
Welfare check

**June 5**  
Keys locked in vehicle  
ATV inspection  
(3) Three vehicle stops  
Removed unattended animal from residence

**June 6**  
(3) Three parking complaints  
(5) Vehicle stops  
Report of broken window on vehicle  
Report of credit card fraud

Questions concerning phone calls wanting donations for State Troopers

**June 7**  
(2) Two vehicle stops  
Ringing bell report  
Keys locked in vehicle

Questions concerning abandoned vehicle  
Report of possible domestic situation  
Report of child in need of care

**June 8**  
(2) Two vehicle accident, State and Holme  
Report of party with underage individuals

Questions concerning towed vehicle in Hill City  
Call from individual being harassed by unknown person from unknown area

Vehicle stop  
Call from individual complaining about people complaining about them  
Report of kids in pool after hours

Report of intoxicated individual

Report of semi parked on Highway 36

**June 9**  
(2) Two vehicle stops  
Motel checks  
Request to speak to officer concerning people parking their vehicles in street in front of their residence

One arrest on warrant  
Keys locked in vehicle  
Parking complaint  
Information on hit and run accident

**June 10**  
(3) Three vehicle stops  
Report of criminal damage to property  
Report of dead snake on roadway

Report of gas skip, possibly traveling through Norton  
Report of domestic situation, one arrest

This notice paid for with public donations

## FREE to the public!

### Weight Loss & Stop Smoking Hypnotherapy

Health Awareness Clinics is providing therapists to administer weight loss and stop smoking, group hypnosis therapy. For many people, this therapy reduces 2 to 3 clothing sizes and/or stop smoking.

Funding for this project came from public donations. Anyone who wants treatment will receive professional hypnotherapy free from charge.

An appointment is not necessary. Sign in and immediately receive treatment.

Health Awareness Clinics is a non-profit organization. They rely on donations to make treatment available to those in need. A modest \$5.00 donation from each person when signing in is appreciated. Only one 2 hour session is needed for desirable results. **Sign in 30 minutes early.**

**Monday, June 25, 7:30 p.m.**

Norton Community Center  
208 W. Main  
NORTON

**Tuesday, June 26, 7:30 p.m.**

Goodland Public Library  
812 Broadway  
GOODLAND

**Thursday, June 28, 7:30 p.m.**

Hilltop Community Center  
2 S. A St.  
HERINGTON

(314) 681-9208

Call Mike  
with all your  
social news.  
877-3361

[mstephens@nwkansan.com](mailto:mstephens@nwkansan.com)

**Moffet Drug**  
*Pharmacy*

THIRD ANNUAL

## Shred Day

### Saturday, June 23

From 9:00 a.m. until NOON (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