

Trust recipients announced

The Trustees of the Thomas D. Morgan Trust have announced the recipients of the Trust's interest free student loan program for the 2013-14 school year. The trustees have selected the following recipients to receive interest free loans: Cassius Dole, who will attend Central Community College in Hasings, Neb., and will be studying electrical technology; Katelin Koch, who will be attending the University of Nebraska-Kearney, majoring in business management; and Carson McKenna, who will attend Manhattan Area Technical College, majoring in the welding program.

the above recipients, receiving interest free loans from the Thomas Morgan Trust for the 2013-14 school year. Also, any recipient of a Morgan Loan could be eligible for loan forgiveness of up to 50 percent if they return to Norton County to work and live.

The interest free student loan program was arranged by Mr. Morgan during his lifetime, and is funded by a bequest from his estate. Under the loan program, any Norton Community High School graduate is eligible to apply for the loans set forth under the trust.

The loan proceeds may be used by the recipients for tuition, books and supplies, room and board, and other approved expenses.

The Trustees want to stress to future potential applicants that

the application forms and related forms for next year will be available on request from the trust at 785-877-5183 or P.O. Box 364, Norton, Kansas 67654, or from the Norton Community High School counselor's office.

Mr. Morgan was employed by the Kansas Department of Transportation, as an engineer, and was formerly mayor of the city of Norton.

Mr. Morgan was very interested in science and higher education, and was well aware of the positive effects of his own college education. Tom Morgan was committed to helping the youth of the city of Norton, and accordingly left the bulk of his estate in trust to be used in furthering higher education for graduates and former graduates of Norton Community High School.

Heat up yours meals when its cooler

What's hot all year long and bites you back when you eat it? Chili peppers, of course! Chilies are a great way to heat up your meals when the weather turns cooler. Choose from several varieties, including cayenne, habanero, serrano and jalapenos, to name a few. Each differs in flavor and heat intensity. Typically, larger chilies taste milder, because they contain fewer seeds and white membrane compared to their size.

**Home ed
Tranda
Watts,
Extension
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in an airtight container at room temperature for a maximum of four months. If you will be keeping dried chilies for more than four months, store them in the refrigerator.

Preparation
To prepare chili peppers, rinse and cut them in half. If you want to decrease the heat intensity of chilies, remove the seeds and veins. Soak chopped chilies in salt water for 1 to 2 ours to help "cool them off" as well.

Enjoy
If the bite is too strong when you eat a chili, chew on bread or another starchy food. Water only spreads the heat. Peppers are packed with vitamin C and good-for-you antioxidants, yet are low in calories.

Below is an opportunity to try turning up the heat using this **Spicy Serrano Pepper Salsa!**
Spicy Serrano Salsa (Makes about 1 1/2 cups)
Ingredients
3 or 4 tomatoes (the fleshy

Roma type is preferred)
1 serrano pepper, stem removed
1 garlic clove, finely chopped
1/4 fresh onion
1/4 c finely chopped fresh (or 2 tablespoons dried) cilantro
Directions
1. Place an oven rack at the highest position possible. Pre-heat oven to 450 degrees F. 2. Place tomatoes and pepper on a cookie sheet. Bake on the upper rack for 10 minutes or until skins start to blacken. 3. Use tongs to turn the tomatoes and peppers over. Roast for 10 minutes or until blackened. Remove from oven. 4. Put all ingredients in to a blender or food processor. Blend to desired consistency. 5. Refrigerate leftovers within 2 hours.

Each serving (2 T.) Provides 5 calories, 0g fat, 1g carbohydrate, 0g protein, 0mg cholesterol, 0mg sodium and 0g dietary fiber. Daily Values: 4% vitamin A, 4% vitamin C, 0% calcium, 0% iron.

If you have food related questions, please feel free to contact your local K-State Research and Extension Office, or you may contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at twwatts@ksu.edu or phone 785-443-3663.

Handling
Capsaicins are the fiery substances in chili peppers that pack the heat and can burn your eyes and skin. Handle chilies carefully. Wear thin rubber gloves, if possible. Wash your hands well with plenty of soap and water when done handling chilies. Avoid touching anyone's nose, eyes or mouth after handling hot peppers.

Availability, Selection and Storage
Hot chilies may be fresh, canned or dried. Fresh chili peppers are available year 'round. Look for firm glossy chilies with taut smooth skin and green stems. Dried hot peppers should be glossy and unbroken. Store fresh chilies for up to three weeks: Wrap them, unwashed, in paper towels and refrigerate. Store dried chilies

A bumper cabbage crop this year in the backyard

Kay Melia
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It must have been at least 25 years ago when I wrote a garden related article and fired it off to Flower and Garden magazine, hoping they would publish it. The "pink slip" came in the mail within a month., thanking me for thinking of them. So, I did what any persistent gardener would do. I made a few minor changes to my story, and sent it to Gardens For All magazine to see what they thought of it.

In a couple of weeks, I received a letter from the editor of Gardens For All, informing me that my submission would be published in next months edition. The note was accompanied by a check for \$100. Sure enough, there was my article in next months magazine, slightly edited for length, and illustrated by a very talented artist with the ability to sketch the important facets of my story. I can't find my copy of that magazine now, and in fact, the magazine is no longer in publication.

Charged up by my sudden journalistic success, I began

writing and recording a short daily vignette garden program and mailed it to consenting radio stations who played it each day on their air and sent me \$20 a month for my trouble before I tired of the effort.

Now, I write these little weekly things for a few of our best weekly newspapers and a lot of friends and relatives, and I do it for nothing other than the satisfaction of spreading the word about the most popular American pastime. Your feedback to what I write is my remuneration.

Anyway, that article that was published by Gardens For All magazine was my story about making sauerkraut. I remembered that episode with the magazine, and the other writing encounters, because today, I am canning this years kraut crop that has been diligently fermenting in my crock for some 11 days now. It is indeed strongly flavored, and extremely crunchy. A little of it will be held out for immediate use. The bratwurst is patiently standing by!

The sauerkraut this year is

the product of a bumper crop of cabbage out in the backyard. My variety of choice is Megaton, and it certainly lived up to its name this year. Several heads topped the scales at 12 pounds, and one of them weighed 14 pounds. It took only 3 heads to fill my small crock to the brim.

It seems that most years, I have difficulty coaxing my home grown cabbage plants to maturity because of the dreaded little green animals called cabbage worms. But this year, they were delightfully a no-show. I credit my good fortune to several late frosts which apparently wiped out the Diamondback Moths who are responsible for laying the eggs that hatch into those little green worms with huge appetites.

Certainly, not everybody likes sauerkraut. Seems like most folks would just as soon stay as far away from it as possible. But I love the stuff! After all, one day many years ago, it resulted in providing me with a hundred bucks! And now, I can't even find the magazine to prove it!

Practice, practice, practice...



The Norton Archery Club held its sixth 3-D Shoot of the season at Prairie Dog State Park on Saturday. (Pictured) Brock McChesney, using a recurve bow, was among the 30 participants on the archery range. The winner of the first flight was Jake Williams with 441 points and the winner of the second flight was Dustin Pfannenstiel with 373 points. The final 3-D Shoot for the year will be Sunday, Sept. 22, with a trickle start from 9 to 10 a.m. For more information call 877-3253 or 877-5269.

-Telegram photo by Mike Stephens

College offers study abroad

Colby Community College is offering an Agriculture Study Tour to Costa Rica June 3-10, 2014. The public is invited to join CCC Equine Program Director Shanda Mattix on this trip.

be held on Monday, Sept. 23, at 7 p.m. in the Stanley Carr Agricultural Center located on the college campus. The meeting will be held in Room #602. For more details, contact Mattix at (785) 460-5464 or email shanda.mattix@colbycc.edu



Now Open

New Clinic Brings Specialized Wound Care Services To Norton

Wound Care Clinic Norton County Hospital 102 E. Holme - Norton Weekly

In cooperation with Norton County Hospital, specialists from HaysMed's Wound Healing and Hyperbaric Center are providing wound care services in Norton for patients with these conditions:

- Wounds that are 30 days old or more and not improving
- Diabetic foot ulcers
- Lower leg ulcers
- Pressure ulcers
- Slow or non-healing surgical wounds

No physician referral necessary. Call 785-877-3351 or 785-623-5602 to schedule an appointment.

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For help with your advertising needs please give Dana a call 877-3361
email: dpaxton@nwkansas.com

Cunningham's Feed in Arapahoe will be closed Friday evening, September 13th

for a private function. We appreciate your understanding and look forward to serving you in the future.

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