

Saving food equals saving money

As promised here is more food for thought about saving food from the trash can. The foods most likely to be wasted are fresh fruits and vegetables, beverages, bread and bakery products, dairy products, eggs, meat and fish. Consumers can follow many tips to prevent food loss:

**Home ed
Tranda
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home in a timely fashion, rather than buying new food for your meals.

-Refrigerate leftover perishable foods within two hours, and make a plan to use the leftovers promptly, usually within three days or less, or freeze them.

-Pack leftovers into reusable containers, chill and eat them for lunch the next day at work or school.

-Use leftovers from one meal in a different recipe the next day for a second meal.

-Place the food you need to eat first in the most readily accessible positions in your refrigerator.

-When life gets busier than you had planned, and you don't have time to prepare what you

have bought, freeze foods in a timely way for future meals. For example, preserve fresh fish, poultry, stew meats and ground meats by freezing them within two days. Cook or freeze cuts of red meats within three to five days. You also can freeze extra portions of cooked dry beans after a meal, and excess amounts of milk or fresh bread before they go sour or mold.

-Cook at home often instead of constantly dining out or ordering take-out food, because restaurants create a lot of food waste. Be sure to reduce at-home plate waste by serving appropriately sized portions.

-If you won't use an unspoiled food before its best used by date, donate it to your local food pantry or soup kitchen.

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

Kidz Stuff!



My Kidz Stuff held its children's consignment sale at the Norton National Guard Armory on Friday and Saturday. Pictured are Taylor Dicks, Lari Ann Nickell, Steven Adams and Staci Breiner doing a little last minute shopping on Saturday afternoon. -Telegram photo by Mike Stephens

Make next year's garden better now

Kay Melia
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The seasonal change is at hand. Those of us who love to grow things are becoming less amiable as the tomato vines turn black, the Buffalo grass turns brown, and the leaves drop off the trees. Mother Nature reminds us in so many ways that we all need to pay attention to the changing of the seasons. There is much work to be done now as we perform the duties that will make the next growing season as delightful as the one just concluded.

So, as I head for the garden this weekend, I must go there with thoughts of renovation, rejuvenation, and preparation. After all these years of gardening, I still approach the autumn change of season with a sense of inspiration to do what I can now to make next year's garden better.

It all begins with the garden soil...nothing more, nothing less. For 40 years now, my garden plot has served me well, but only because I have added the nutrients it must have to pro-

duce the things I want. It has done its job for years. It's time for me to continue to do mine!

Here's my schedule. First, I will clear the garden of dead vines and old plant life. I will pull the tomato and pepper vines and put them in a separate pile. I will either burn them or haul them to the landfill when they are dry. All the other dry debris will be raked into small piles and thoroughly shredded with the push mower.

Then comes the fun! By hook or by crook, I will obtain 2 or 3 pickup loads of good clean trash free leaves, and spread them about 2 inches deep over the entire garden. Any kind of dry barnyard manure would be nice, too, or rotten silage or old hay or straw. My plot is larger than most, so I'll have to do some scrounging, and I will. Most homeowners will be delighted to haul you their leaves, maybe for the promise of a couple of cantaloupe or a small bag of green beans next summer. Just be sure the leaves do not contain locust beans or small tree limbs or other undesirable for-

eign matter. Just as soon as the leaves are down, it's time to plow. With my rototiller, or someone else's, I will plow in those leaves and other residue as deeply as I possibly can.

That's it. After I have planted my garlic and other essential bulbs or roots, I will go back in the house and stay there for the winter. I won't go back out there until about March 3rd. I will take my shovel with me and I will turn over a shovelful of rejuvenated garden soil and be joyfully amazed at what a delightful bed Mother Nature and I have created for the new planting season.

The above procedure, or some similar effort right now, is not only desirable...it is absolutely necessary, and I cannot emphasize enough the great value it gives to my garden!

And with that, and with thoughts of thankfulness to you all, this space becomes void of further Gardener thoughts. Please have an astonishingly happy and healthful winter!!

SHERIFF'S LOG

Aug. 23
VIN inspection
Intoxicated subject
Document service
Aug. 24
Motor vehicle accident with animal
Animal call
Contact with public
DUIP-impaired driving
Citizen's complaint
Aug. 25
(2) Contacts with public
Domestic disturbance
Reckless driver
Traffic/driving complaint
Motor vehicle accident with animal
Aug. 26
Document service
(2) VIN inspections
Registration/offender/update
Aug. 27
Cattle out
Traffic stop
Disturbance-noise
Aug. 28
Inmate appointment
Welfare check
(2) VIN inspections
Creating a hazard
(2) Contact with public
Finger prints
Traffic stop

Aug. 29
Registration/offender/update
Phone/mail scam
Animal call
Aug. 30
Disturbance-noise
(2) Registration/offender/update
date
(5) VIN inspections
Finger prints
Contact with public
Creating a hazard
Remove unwanted person
Traffic stop
Aug. 31
Criminal damage to property
Cattle out
Registration/offender/update
Domestic disturbance

Sept. 1
Disabled vehicle
Property seizure, drug of-fender
Suicidal subject
Sept. 2
Domestic disturbance
Disabled vehicle
Disturbance-noise
Sept. 3
VIN inspection
Found/lost property
Animal call
Harassment, telephone/fax
Motor vehicle accident with animal
Sept. 4
Cattle out

CORRECTION

Due to incorrect information given to the Norton Telegram, it was reported on the front page of the Tuesday, Oct. 22 edition that Christopher Chambers is the president of KAYS. Chambers is in fact the vice-president and Morgan Farber is the president.

The Norton Telegram will correct or clarify any mistake or misunderstanding in a news story. Please call our office at 877-3361 to report errors.

We believe that news stories should be fair and factual and appreciate your calling to our attention any failure to live up to this standard.

HONOR ROLL

Norton Community High School
2013-14 Honor Roll First 9 Weeks
Highest Honor 4.00
9th Grade
Brian Clavijo
Caitlyn Cox
Wilson Ellis
Christine Figurski
Kennedy Leibbrandt
Layton Miller
Josephine Otter
Jena Risewick
10th Grade
Casey Ambrosier
Philip Boutwell
Audrie Burge
Lauren Mordecai
Raenee Patterson
Valery Rostek
11th Grade
Lindsay Addington
Stephen Cummings
Grant Gordon
Chance Uehlin
12th Grade
Bailey Ambrosier
Darcy Bainter
Leif Carlson
Katelyn Engelbert
Ashley Hildebrand
Cody O'Hare
Hannah Pollock
Johnnye Ruder
Drew Schrum
Jared Shelton
Honor I 3.50-3.99

9th Grade
Alexandria Aldridge
Jacob Green
Caleb Gregerson
Mitchell Hickman
Macayla Kent
Koby McEwen
Miah Melvin
Baylee Miller
Kira Robertson
Julian Snyder
Kade Unterseher
Taylor Wahlmeier
Harrison Woodyard
Trenton Wright
10th Grade
Adriana Ankenman
Carmen Ball
Andrew Bashford
Kyle Bell
James Berry
Hailey Branek
Evan Chambers
Alma Clavijo
Mariah Dawley
Taylor Dicks
Weston Erbert
Sylvia Estes
Briannah Fessler
Kirstin Georgeson
Morgan Griffey
Skylar Johnson
Michael Kasson
Rachel Koerperich
Gavin Lively
Shelby Mulford
Nickala O'Hare
Nicholas Peterson

Dalton Pfannenstiel
Quinton Porter
Peyton Renner
Kristin Stewart
Lexi Voss
11th Grade
Neysa Carlson
Morgan Farber
Connor Griffey
Andrew McMullen
Kobie Unterseher
Charles Whitney
12th Grade
Branson Addington
Shauna Gibson
Austin Hager
Marisa Maddy
Cole Renner
Landon Slipke
Honor II 3.00-3.49
9th Grade
Trae Braun
Kristen Dole
Tyus Henson
Landon Porter
10th Grade
Hanna Brooks
Trei Burns
Cayanna Campbell
Jesse Courtain
Brendon Frack
Theresa Gallegos
Alexus Hartwell
Ward Hayes
Cameron Heikes
Dawn Herring
Rachel Jones
James King

Molly Maddy
Zachary Morris
Morgan Olliff
Kylie Perez
Ruby Shirley
Ryan Thrailkill
Jarrett Wente
11th Grade
Kaitlyn Bohl
Christian Boser
Derick Campbell
Conor Cox
Sheridan Dillehay
Kenzie Esslinger
Sierra Griffith
Wyatt Harting
Jordan Karnopp
Nicholas Koch
Tyler Kuhn
Derek Rowh
David Smith
Breven Sondergaard
Dalton Vanover
12th Grade
Megan Arehart
Gabriel Bird
Zachary Bird
Travis Cressler
Brandy Davis
Zachary Esslinger
Alec Hager
Kolton Harting
Damian Lawson
Marc Miller
Christopher Richard
Ethan Ross
Danielle Wagoner

Northern Valley 2013-14 First 9 Weeks Honor Roll Highest
Seniors
Hunter Chandler
Ian Vincent
Juniors
Clint Cole
Brant Cox
Macy Kasson
Sophomores
Sarah Baird
Mook Prathiphinthong
Shayna Vincent

Honors I
Seniors
Jordan Baird
Brooke Hammond
DaKota Hilburn
Aaron Pinzensham
Juniors
Ame Baird
Alyssa Bryant
Shilo Cline
Morgan Hawks
Carson Montgomery
Makayla Smith
Matt Stutsman

Tea Van Patten
Sophomores
Brooke Baird
Camden Cox
Trey Hall
Allison Keith
Brianna Martin
Freshmen
Ben Jones
Honors II
Seniors
Beatriz de la Fuente
Kolton Hilburn
Mike Siard

Alex Stevens
Juniors
Kortney Cunningham
Khriassanna Van Patten
Anita Want
Sophomores
Elexsa Anderson
Eli Lowry
Freshmen
Kylie Kinderknecht
Gia Lauren
Carson Wallace
Damian Wellman

22nd Annual Norton Long-Spur Chapter
PHEASANTS FOREVER BANQUET
Friday, Nov. 8
at the Norton Eagles Lodge
Social Hour at 5:30 p.m.; Steak Dinner at 7:00 p.m.
AUCTION STARTS AT 8:00 P.M.
For More Information or to get Tickets Contact: Dan Lauer: 877-5181 or Brock Miller: 877-3354

NEED A WINTER PROJECT WANT A FIXER - UPPER? I HAVE JUST WHAT YOU ARE LOOKING FOR!
Duane R. McEwen, Salesperson for Home Range Real Estate offers the property Located at 1013 Hartford Street in Norton, Kansas At a price you will not believe.

There is 986 square feet of living space on the ground floor with a full basement. The home has an entry closet that opens into a spacious living, dining and kitchen area. On this level are two bedrooms and one full bathroom. Closets include the entry one, a pantry, linen and two open closets in one bedroom. A four car garage is perhaps the long time wish for someone. It has forced air heating and cooling. The basement features two bedrooms, full bath and family area. A back alley allows access to the nice size back yard.

Contact Duane R. McEwen at 785-877-3032 for a look.
Home Range Real Estate, Inc.
157 S. Penn Avenue, Oberlin, Kansas
www.homerangerealestate.com
Gary Richards, Broker - 785-475-3740
Duane McEwen, Norton Sales Agent - 785-877-3032

SALES PENDING - 12257 RD. W1, NORTON, KS
CONTRACT PENDING - 12500 RD. W3, NORTON, KS
FOR SALE - 101 S. MICHIGAN AVENUE, NORCATUR, KS