

# Nursing students give back through food

Twenty eight Level II Registered Nursing students at Colby Community College chose to give back to the community this Christmas season by collecting food items for Genesis Thomas County food bank.

"The students make a list of projects each year, to choose from, and their feeling about their support from the community led them to choose the Genesis project," said Jeri Zwegardt nursing program instructor.

In the past they have participated in "coats for kids," the angel tree at the college and sold candles as a fund raiser, but this year, they collected over 1,400 food items to donate in an effort to give back to the community

"The students didn't go outside the college to collect the food," Zwegardt said, "and received their donations from office personnel, teachers and students."

"We were just blown away, with



VIRGIL JONES/Genesis-Thomas County Colby Community College nursing instructor Jeri Zwegardt, seated in the center, posed with the students in the registered nursing program surrounded by the 1200 food items they collected for the Genesis-Thomas County food bank.

the amount of food they collected, and commend them on a phenomenal job," said Virgil Jones, Gen-

esis board member.

Zwegardt said the students will be leaving for semester break

and will return on Monday, Jan. 4 to finish up the registered nurse program.

# To save, let foods do leftover double duty

Throwing away food is the same as throwing away money, a Kansas State University specialist said.

"Using leftovers can help to pare down overall food costs and save time in the kitchen," said Mary Meck Higgins, Kansas State University Research and Extension nutrition specialist and state leader for Extension nutrition programs.

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 for use in future meals, said Higgins, who offered these examples:

- Use leftover cheese cubes for grilled cheese sandwiches, and leftover dip as a sandwich

spread rather than the usual mustard or mayonnaise.

- Cut leftover fruit into chunks and stir into flavored yogurt for a salad or dessert.

- Heat leftover rice, chopped leftover fresh vegetable sticks, and leftover chunks of turkey, ham or beef for a quick and easy stir-fry dinner.

- Crumble broken chips to garnish soups or chili, or crush and use them as a topping for a vegetable or main-dish casserole.

Information on food, nutrition, health and everyday cooking is available at county and district Extension offices and Extension Web sites, including: [www.ksre.ksu.edu/humannutrition](http://www.ksre.ksu.edu/humannutrition), [www.ksre.ksu.edu/food-safety](http://www.ksre.ksu.edu/food-safety) and [www.ksre.ksu.edu](http://www.ksre.ksu.edu).

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# ADVANCE NOTICE

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at

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Friday, December 11, 2009 – 10:00 AM

Mittens Travel Plaza • Oakley, KS

**Legal Description:** The S ½ of Section 23-11-35 Logan Co., KS containing 296.93+/- acres.

**Land Location:** Junction Hwy 40/25 just to the South of Hwy 40 and to the East of Hwy 25 between Winona & Page City.

**General Description:** This nice tract of good farmland & grass came out of CRP in October 2009. The new Owner will be able to re-enroll up to approx. 75 acres back into continuous CRP. There is a domestic livestock well that has been drilled and cased within the last 5 years, but never used, in the Southeast corner of this parcel.

**Disclosures:** Seller discloses to Broker and Brokers discloses to all Buyers that Seller is allowing ½ of his "Half Interest of Mineral Right" (1/4 interest) to be sold with the land. Seller discloses to Broker and Broker discloses to all Buyers the Seller is retaining ½ of Sellers "Half Interest of Lease Rights". Seller discloses to Broker and Broker discloses to Buyer that on January 1, 2015 the Sellers (Dan & Kristy Moser) shall transfer another ¼ interest of the Mineral and Lease Rights to the Buyer on the tract of land at S ½ 23-11-35, Logan Co., KS. At this time the Buyer shall have a total of ½ interest in Mineral and Lease Rights of the land.

**2009 Taxes:** Approximately \$240.00

\*\*Sellers will keep exclusive hunting rights.

**Dan & Kristy Moser**

Contact Listing Agent for more information

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