



NHS Class of '64

The NHS Class of 1964 met in Neodesha for its 45th class reunion on Alumni Weekend, June 12 and 13 2009. Friday night's wiener roast get-together was held at Little Bear's Mound, while Saturday night's catered dinner and festivities were held downtown at 1001 Main. Sandy (Clanton) Kingston chaired this year's reunion while she drafted several classmates and husband, Ken, to assist her throughout the planning and completion of the reunion. Rich Lovett and Jan (Black) Lopez compiled a trivia quiz on Neodesha High as well as Neodesha History, which was given Friday night. This was a fun activity enjoyed by all. Included within the quiz was information pertaining to the German POW Camp that was in Neodesha

during the 1940's. Many did not know of its existence. Everyone enjoyed the time of fellowship this year and already are looking forward to the 50th in 2014. Classmates attending were (front row, l-r) - Beverly Zadorozny, Ann Bicknell Bennett, Candace Steele Davis, Sharon Greer Martens, Cindy Lyon Hubbard, Cathy Allen Hodges, Janice Black Lopez, Barbara McDonald Kujath, Phyllis Leedy Heins. Back row, (l-r) - Charlie Kern, Jim Hubbard, Dick Cook, Sandy Clanton Kingston, Phyllis King Rockers, Gary Carpenter, Paul Davis, Melvin Miller, Mick Pond, Randy Burns and Rich Lovett. Not pictured is Joe Brooks who was present on Friday, but unable to attend on Saturday.

TIPS FOR HEALTHY FAMILIES

By Janet Stephens,
Extension Multi-Co. Specialist - GW, CO, WI

Freeze for Saving Flavor

Gardens, Farmer's Markets and fruit trucks are making popular seasonal fruits plentiful. Don't you wish you could enjoy that flavor all year long? Freeze them! It's an easy way to have local fruits for months. Freezing saves time and nutrients and also keeps fruit more fresh-tasting and colorful, compared to other food preservation methods.

Freeze fruit in plastic containers with the number "2", "4" or "5" recycling symbol that are designed for freezer storage, or in plastic freezer bags. Containers not designed for freezer use do not resist moisture vapor well, and the food quality will suffer.

Choose ripe, unblemished, great-tasting fruit. Throw away parts that are poor quality. Rinse fruit under cool running water. Do not soak fruit in water. Let drain. Stem, pit, peel and or slice enough fruit for just a few containers at a time. Use a solution of bottled lemon juice and water or a commercial ascorbic acid powder to prevent the fruit from browning during freezer storage. If using lemon juice, fill a glass or stainless steel bowl with one quart water and three tablespoons bottled lemon juice. Dip fruit into this mixture.

One of the advantages of home preservation is you can "have it your way". If you're reducing sugar you can safely freeze fruit without adding sugar. However using sugar substitutes or no sugar will not protect the color of the fruit or thicken the syrup. Most thawed fruit has a better texture and flavor if it was frozen in dry sugar or in a syrup mixture you can make with sugar and water. If you're going to be using the fruit for cooking, freeze fruits unsweetened or in dry sugar because there will be less liquid.

You can also freeze fruit as individual pieces with dry sugar or unsweetened. Spread a single layer of prepared drained unsweetened or sugar sprinkled fruit on shallow trays. When frozen, place into freezer containers.

Freeze fruits in syrup if you plan to thaw and eat it uncooked, as a side dish, dessert or snack. A thin syrup is best for mild flavored fruits. Medium syrup is best for whole fruits and fruits that tend to darken. Heavy syrup is best for very sour fruits.

For more information about freeze guidelines, see the K-State Extension website at oznet.k-state.edu.

NHS Band Camp is set for Aug. 3-7

The Neodesha High School Band will be having Band Camp August 3rd-7th in the high school band room. All band members grades 9-12 should bring their instrument, flip folder, water, and sunglasses, and wear tennis shoes, no sandals. Camp will be from 8:30 a.m. until noon Monday through Thursday, with the following sectionals every afternoon from 1-3: trumpets and french horn players on Monday; trombones,

baritones, tubas, bari sax, alto sax and tenor sax players on Tuesday; and flute and clarinet players on Wednesday. All percussionists will meet each afternoon from 1-3 p.m. and on Monday, Aug. 10 and Tuesday Aug. 11 from 9 a.m. until 3 p.m. Uniforms may be checked out on Friday from 8:30 a.m. until 3:30 p.m. If you have any questions, contact Jan Rogers at 331-8251.



NHS Class of '49

The Neodesha High School Class of 1949 held their 60th reunion in Neodesha and Independence on June 12 and 13. The '49ers' had 30 classmates and guests at the banquet on Saturday night. Of the original 63 members of the class, 23 are now deceased. Classmates attending the reunion activities included (front row, l-r) - Peggy Williams Riley, LaVonne

Willard Altendorf, Martha Jane Heywood VanRheen, Laverne Willard Cooley, Betty McLane Hight, Wilma Partington Gibson and Irene Small Gudd. Back row (l-r) - Charles McConnell, Wayne Hughes, Max Lawellen, Joe Eaton, Don Hight, Charlie Coe, Larry McGlenn and Rush Evans. Not pictured are Leona Marler Foster and Wayne Harvey.

Demand for 'green' technology is focus of ICC's newest programs

After only three months in full operation, Independence Community College's new Workforce Development Team is preparing to expand its programming in order to meet the growing economic demand for "green" technology programs. New programs will focus on sustainability and include topics such as Residential Energy Auditing, Wind Technology, and Solar Energy.

"We know that there is a need for more "green" educational opportunities in the area and we are setting out to provide a wide variety of programmatic and course offerings to meet this need," said Chenoa Bosch, coordinator of Workforce Development at ICC.

"These new programs will greatly add to our current resources, and provide current and potential students with

even more opportunities to further and advance their careers.

"Our Energy Auditor Certificate, which will kick off this fall, has seen a tremendous interest from non-traditional students who have been a part of the area's massive layoffs. Now is the time to retrain in a new career field...when "green" technology is in such high demand," stated Bosch.

According to the U.S. Bureau of Labor Statistics website (www.bls.gov), rapid job growth and excellent job opportunities are expected in the various fields of sustainable energy. The ASES Green Collar Jobs report forecasts 37 million jobs will be created from renewable energy and energy efficiency in the U.S. by the year 2030.

Along with the new "green" program expansions, ICC

students will have the opportunity to pair their newly received certificate with ICC's Entrepreneurship program to create the perfect program for the student that wants to start their own "green" company and go into business for themselves.

For more information on "green" programs offered at Independence Commu-

nity College, contact Chenoa Bosch at 620.332.5620 or by email at cbosch@indyc.edu.

To enroll online for fall classes please visit www.indyc.edu.

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