

Use these safe methods when defrosting meat

Anyone who cooks knows the feeling — arriving home only to discover that the meat for dinner is still in the freezer.

Before running out for fast food or ordering a pizza, remember that you have several ways to defrost safely.

Thawing meat on the counter or in the sink is not one. Instead, the safe approaches are:

- In the microwave, with the meat in a microwave-safe dish to catch the juices that might escape while thawing.

- Immediately after thawing, you must completely cook meat defrosted in the microwave.

Thawing meat in the microwave starts the cooking process, but doesn't cook the meat long enough to destroy bacteria. So, don't hold the meat over for cooking later.

- In an airtight bag submerged in cold water. You need to change the water about every 30 minutes, so the meat continues to defrost safely. The amount of time the meat requires depends on its size.

A one-pound package may take an hour or less, while a three- to four-

Home ed
Tranda Watts,
Extension
specialist



-pound piece may need up to three hours.

- In the refrigerator on a plate or bowl that can catch the juices as the meat thaws. Neither raw meat nor its juices should ever come in contact with other foods in the frig.

Again, the amount of time necessary to defrost depends on the size of the frozen piece. Ground meat, cubed meat and steaks may thaw in a day. Larger pieces, such as roasts, may take up to two days.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Norton, Decatur, Gove, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail twatts@oznet.ksu.edu. For more information, contact the county extension office, 877-5755.

JENNINGS NEWS

By LOUISE CRESSLER

The Jennings community extends sympathy to the family of Garrah Gaumer. Saturday afternoon her funeral was held at the United Methodist Church.

Mildred Tacha is spending some time with her son, John and Deanell Tacha in Lawrence.

Allen and Carol Gross, Ojai, Calif., were Wednesday morning callers of Doyle and Kay Brown. Allen and Kay are cousins.

Doyle and Kay Brown; Kara Kuntz, Katie and Zach, Hays spent Thanksgiving at Estes Park, Colo., with Kent and Robin Brown, Jordan and McKencie.

Mike Mangus, Manhattan, Steve Mangus and Dani Mangus, Kanorado, spent Thanksgiving with their grandparents, Galen and Meme Carper. Their parents, Dan and Charlene, Kanorado, took Devin Mangus to Wichita where he caught a plane to Atlanta, Ga.

He was chosen a state winner for the National 4-H Congress. All 50 states are represented.

Mr. and Mrs. Keith Muirhead

and their family members celebrated Thanksgiving Day at the home of Tefani Zadeh and family at their home in Chicago. A full Thanksgiving Day started with an early 46th Annual Turkey Trot 8K Fun Run followed by a tour at the Lincoln Park Zoo. Thanksgiving dinner was held at 3 p.m. The evening ended with a Mary Poppins movie and sing-a-long at the Music Box Theater.

Thanksgiving guests of Dave and Deb Graham were Elwood and Norine Bailey, Jennings; Brent Brooks, Marc Brooks, Kristen Munk, Dylan Munk and Aubrey Hauptman all of Hays; Tom Graham, Manhattan and Kayleigh Brooks of Norton.

The United Methodist Church decorating party was held Wednesday afternoon. Afterwards everyone enjoyed a soup supper.

Northwest Kansas is having a blizzard with high winds and snow. The storm hit Jennings about 3 p.m. Sunday. The power went off about 5:30 p.m. Sunday.

PRAIRIE VIEW

By VIVIAN JANSONIUS

Several Prairie View people took the time to donate blood in Phillipsburg, recently. They were: Bill Greving, Elizabeth Jansonius, Willard Jansonius, Derek Kats, Kenneth Schemper, Paul David, Debra Thomas, Harlan Van De Wege, Harvey and Linda Frey, Phil Jansonius, Marvin Harbers and Jay Van Der Veen.

Those who went to Logan Manor Nov. 15 were: Dolores Walcott, Albuquerque, N.M.; Wauneta Schemper, Long Island; Norman and Rose Erickson, Bart and Erma Soodsma, Grace Dillon, Virgil and Marilyn Whitsitt, Phillipsburg; Gary Mulder, Logan; the Rev. Jeffrey Van Der Weele, Hazel Jansonius, Rodney Jansonius, Vivian Jansonius, Erma Jean Nyland and Tom and Berta Van Diest, of Prairie View.

Mr. Mulder visited his brother, Darrell Mulder of The Manor. Those who attended the carry-in dinner on Nov. 16 were: Dolores Walcott, Albuquerque; Wauneta Schemper, Long Island; Norman and Rose Erickson and Marilyn Whitsitt, Phillipsburg; Marvin Harbers, Stanley and Maxine Harbers, Burdett and Belva Leydig, Wilmer and Marie Hogan, the Rev. Jeffrey and Linda Van Der Weele, Faith Van Diest, Goldie Barker, Julianna Lasnieski, Vivian Jansonius, Rodney Jansonius, Glen Hultgren, Hazel Jansonius, Darline Brown, Gertrude Erickson and Erma Jean Nyland.

A group of people attended the Phillips County Ministerial Alliance at the Zion Lutheran Church in Phillipsburg. People were there from Prairie View, Luctor, Long Island and many from Phillipsburg. It was a wonderful meeting with even the audience taking part in some of the program.

ALMENA NEWS

By ESTHER MARBLE

Bud and Lila Engelhardt enjoyed a Thanksgiving meal at their home. Later in the afternoon Lavern, Carlene and Janel Schemper of Holdrege, Neb., visited. Later in the evening Dan and Tracy Engelhardt of Norton enjoyed an evening meal before returning home.

Roxie Melia, Sarah and Emily of Rozel came Friday morning to Esther Marble's home to see Brant Marble as they hadn't seen

him since he came back from Iraq. Ronald Marble and daughter Kathy Sechrest arrived just after Roxie came. Bryce ate dinner with us as everyone else in his family had to work. Roxie visited with us as everyone else in his family had to work. Roxie visited Teresa Fritz a short while Friday afternoon. Blaine and Susie Marble came down in the evening to visit. Roxie and the girls left Saturday morning to return home.

Bill Godfrey visited Brant Marble Saturday evening.



NORTON FIRST UNITED METHODIST CHURCH
The Rev. Lew Van Der Wege,
Pastor
804 W. Wilberforce, Norton
877-2196

SUNDAY — 8 a.m. Early Service
9:15 a.m. Sunday School for all ages

10:30 a.m. Worship Service.
5:30 p.m. United Methodist Youth Fellowship's Potluck at Klaire's

7 p.m. Bridge Service
MONDAY — 6:30 p.m. First Place

TUESDAY — 10 a.m. Communion at Whispering Pines
WEDNESDAY — 6:15 p.m. Here and There Caroling and Cookie Exchange

6:30 p.m. Library Committee
7 p.m. Chancel Choir
8 p.m. NOW

8:15 p.m. Bell Choir
THURSDAY — Noon, United Methodist Women Christmas luncheon

6:30 p.m. Ladies Bible Study
FRIDAY — 6:30 p.m. Communion at Andbe Home

SATURDAY — 6-8 p.m. Living Nativity

EDMOND UNITED METHODIST CHURCH
Rev. Lew Van Der Wege,
Pastor

SUNDAY — 9 a.m. Worship Service

TRINITY EPISCOPAL CHURCH
Georgia Briery, Senior Warden
102 E. Waverly, Norton

SUNDAY — 9:30 a.m. Christian Education
10:30 a.m. Holy Eucharist, Celebrant, Fr. Dennis Gilhousen; Lay Reader, Georgia Briery

11:30 a.m. Hanging of the Greens and soup luncheon
3-4 p.m. God's Pantry, Don Johnson

CROSSROADS CHURCH
313 West Lincoln Street
Pastor Terry Laughlin
Phone: 877-2416

e-mail: crossroads@ruraltel.net
www.standatthecrossroads.com

SATURDAY — 8 a.m. Men's Fellowship and Prayer
SUNDAY — 9:15 a.m. Sunday School

10:30 a.m. Worship Service
2-2:45 p.m. Prayer for Christmas Celebration and Outreach
3-4:30 p.m. Christmas Cantata practice

MONDAY — 7 a.m. Teens for Christ FBI meeting
7 p.m. Teens for Christ in Fellowship Hall

WEDNESDAY — 6-6:45 p.m. Prayer for Christmas Celebration and Outreach
7 p.m. Christmas Cantata practice

ST. FRANCIS OF ASSISI CATHOLIC CHURCH
Father Vincent Thu Laing
877-2234

stfanci@ruraltel.net
108 S. Wabash, Norton
Mass Schedule

Sunday 10:30 a.m.
Monday 8 a.m.
Tuesday No Mass
Wednesday 8 a.m.
Thursday 8 a.m. Mass
Friday 8 a.m.
Saturday 7 p.m.

Sacrament of Reconciliation
4 p.m. Saturday, 30 minutes before Mass or by appointment
TUESDAY — 7 p.m. Bingo
WEDNESDAY — 7 p.m. SYF (K-8)

First Friday of the Month — Adoration following Morning Mass
First Saturday of the Month — 8 a.m. Marion Devotions
K of C Third Monday of Month at 7:30 p.m.

NORTON MINISTERIAL ALLIANCE
Hospital chaplain, Monday through Sunday, Aeillo
Sunday Services at Andbe Home 2 p.m.; Norton Manor at 3 p.m., Kasson

PRAIRIE VIEW REFORMED CHURCH
The Rev. Jeffrey Van Der

Weele
410 Holland, Prairie View
973-2794

SUNDAY — 9 a.m. Morning Worship Services
10:15 a.m. Sunday School
WEDNESDAY — 7 p.m. Youth Group and Church at Prairie View Reformed Church

LUCTOR CHRISTIAN REFORMED CHURCH
2 miles east and 3 miles north of Prairie View
The Rev. Jeffrey Van Der Weele
973-2794

SUNDAY — 10:30 a.m. Morning Worship
WEDNESDAY — 1:30 p.m. Golden Hour Circle
6:30 p.m. Pioneer Club
7 p.m. Youth Group and Church at Prairie View Reformed Church

REDEEMER EVANGELICAL LUTHERAN CHURCH
Pastor Timm O. Meyer
e-mail: timmomeyer@ruraltel.net
805 W. Holme, Norton
877-3138

SATURDAY — 10:30 a.m. Christmas Eve Practice
SUNDAY — 7 a.m. "Time of Grace" on FOX-TV
9:05 a.m. "Goodness From the Good Shepherd" Radio Broadcast, KQNK 106.7 FM & 1530 AM

9:30 a.m. Worship Service
10:40 a.m. Sunday School and Bible Class
11:50 a.m. Potluck Soup Dinner
1 p.m. Christmas decorating and caroling

THURSDAY — 4:30 p.m. Confirmation at Alma
6:30 p.m. Worship Service, Alma
SATURDAY — 10 a.m. Christmas Eve Service Practice

NORTON CHRISTIAN CHURCH
Jeff Nielsen, Minister
Cody Shepherd, Youth Minister
e-mail: ncc_office@sbeglobal.net
208 N. Kansas, 877-2871

SATURDAY — 4 p.m. Hanging of the Greens
6:30 p.m. Mexico Mission Appreciation Meal
SUNDAY — 8 a.m. Early Church

9:30 a.m. Sunday School
10:40 a.m. Worship Service
12 noon CE Potluck and Meeting

4 p.m. High School Youth Group
TUESDAY — 7 p.m. Grief Support Group
WEDNESDAY — 6:30 a.m. Men's Prayer Breakfast
9 a.m. Prayer and Fellowship
5:45 p.m. AWANA Supper
6:25 p.m. AWANA and JV
7 p.m. Upper Room Prayer Time

8 p.m. Elder's Meeting
THURSDAY — 12 noon Cabinet Meeting at T&C
7 p.m. Church Movie Night, "Lord of the Beans" at the Norton Theatre

FIRST CHURCH OF GOD
Pastor Terrill Worthington
1010 Churchill Dr.
877-2181

SUNDAY — 9:15 a.m. Time of Prayer (Adults)
9:30 a.m. Time of Prayer (Children in kitchen)
9:45 a.m. Sunday School
10:45 a.m. Morning Worship
6 p.m. Choir Practice
7 p.m. Evening Service
WEDNESDAY — 6 p.m. 3D at Parsonage

7 p.m. Adult Bible Study, King's Kids, Jr. High and High School Worship
8 p.m. Committee Meetings, Team Practice
2nd THURSDAY of each month — 7 p.m. Women of the Church of God
3rd SATURDAY of each month — 8 a.m. Men's Breakfast

IMMANUEL LUTHERAN CHURCH
The Rev. Rick Rostek
814 N. Second, Norton
877-2430

SUNDAY — 9 a.m. Sunday School, Bible Class
10:30 a.m. Worship

6:30 p.m. Bible Study (Shirk)
TUESDAY — 7 p.m. Church Council
WEDNESDAY — 3:45 p.m. Christ for Kids
5:30 p.m. Choir
6:30 p.m. Confirmation
THURSDAY — 9:30 a.m. Bible Study (Deines)
7 p.m. Building Committee

CONGREGATIONAL CHURCH, ALMENA
Kirk Kasson, Pastor
e-mail: congo@ruraltel.net
SUNDAY — 9:30 a.m. Sunday School

10:30 a.m. Church Services
7 p.m. TFC
TUESDAY — 7:15 a.m. Teen Women's Discipleship
WEDNESDAY — 3:30 p.m. Good News
7 p.m. Kirk and Kim's Small Group
THURSDAY — 7:15 a.m. Teen Men's Discipleship

ST. JOHN'S CATHOLIC CHURCH, LOGAN
Father Allen Scheer
SUNDAY — 8:30 a.m. Mass
MONDAY — 5:30 p.m. Mass

FIRST CHRISTIAN CHURCH OF LOGAN
Pastor Troy Buss
SUNDAY — 9:30 a.m. Sunday School
10:30 a.m. Church services
WEDNESDAY — 7 p.m. Bible Study

CLAYTON UNITED METHODIST CHURCH
Pastor Kathy Aeillo
669-2554

SUNDAY — 10 a.m. Church School
11 a.m. Worship Service

LENORA CHURCH OF GOD
SUNDAY — 10:30 a.m. Worship Service
WEDNESDAY — 7 p.m. Bible Study

FAITH LUTHERAN CHURCH
404 N. York Avenue, Oberlin
SUNDAY — 9:30 a.m. Worship
10:45 a.m. Fellowship and Educational Hour
Holy Communion, first and third Sundays
7:30 p.m. Congregation Council second Wednesday

NORTON SEVENTH DAY ADVENTIST CHURCH
105 S. Case Street
Pastor Marion Miller
SATURDAY SERVICES — 9:45 a.m. Church Services
10:45 a.m. Sabbath School

LONG ISLAND UNITED METHODIST CHURCH
The Rev. Shelly Cox
554 Washington, 854-7626

SUNDAY — 11 a.m. Sunday School
11 a.m. Morning Worship
FIRST SUNDAY — 12 noon Fellowship Dinner
1 p.m. Administrative Council Meeting
FIRST WEDNESDAY — 2 p.m. United Methodist Women's Meeting in Fall, Winter and Spring

NORTON FIRST BAPTIST CHURCH
Pastor Charles Ross
112 S. Archer, 877-5214

SUNDAY — 11 a.m. Worship Service
6 p.m. Evening Service
WEDNESDAY — 7 p.m. Mid-Week Prayer Meeting and Bible Study

LIVING HOPE FELLOWSHIP
One mile south of Norton at corner of PDRA road
Pastor Jerry Cummings
877-2426

SUNDAY — 10 a.m. Worship and Praise Service
TUESDAY — 10 a.m. Prayer Meeting
WEDNESDAY — 7 p.m. Youth and Children's Programs
7 p.m. Adult Home Bible Study

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS
Phillipsburg Branch

Noel Krouse, Bishop
620 7th Street
SUNDAY — 10 a.m. Sacrament meeting
11:15 a.m. Sunday School
11:15 a.m. Primary
12:05 a.m. Priesthood meeting
12:05 a.m. Relief Society
Visitors welcome.

LOGAN UNITED METHODIST CHURCH
Shelly Cox
303 W. Church, 689-4350
SUNDAY — 9:15 a.m. Worship
10:30 a.m. Sunday School
9:15 a.m. Fifth Sunday song service
FIRST & THIRD WEDNESDAYS — 6:30 p.m. UMYF
SECOND WEDNESDAY — 1:30 p.m. United Methodist Women
THIRD WEDNESDAY — 7:30 p.m. Administrative Council Meeting

UNITED PARISH OF LENORA
The Rev. Jack Kersenbrock
140 E. Iowa, 567-4420
SUNDAY — 9:30 a.m. Sunday School
10:30 a.m. Worship Services

LYLE UNITED METHODIST CHURCH
Carol Woodmansee
SUNDAY — 9 a.m. Worship Service

MAPLE GROVE CHURCH OF THE BRETHREN
9 miles west
4 1/2 miles north of Norton
Pastor Leon Neher
SUNDAY — 9:30 a.m. Sunday School
11 a.m. Worship Service
4th Tuesday, Women's Fellowship
3rd Sunday, Noon, carry-in dinner

ST. JOSEPH CATHOLIC CHURCH, NEW ALMELO
stjoseph@ruraltel.net
Father Vincent Thu Laing
Pastoral Administrator, Stan Chapin
Sunday — 8:30 a.m. Mass
Friday and Monday 8 a.m. Scripture Communion Service
Weekday Mass Tuesday 8:30 a.m.

ALMENA UNITED METHODIST CHURCH
Pastor Kathy Aeillo
669-2554
SUNDAY — 8:30 a.m. Worship
9:30 a.m. Sunday School
WEDNESDAY — 7 p.m. Bible Study in Fellowship Hall
2ND SUNDAY — Noon Fellowship Dinner
1:00 p.m. Administrative Board Meeting
THURSDAY — 10 a.m. Vita Band Exercise Class, Everyone Welcome
7 p.m. Aerobics Class, Everyone Welcome
3RD THURSDAY — 1:30 p.m. United Methodist Women in Fellowship Hall

HENDLEY/WILSONVILLE UNITED METHODIST CHURCHES
The Rev. R.L. Malchow
10 a.m. Sunday Worship Hour
1st and 3rd Sundays, Hendley
2nd and 4th Sundays, Wilsonville
Coffee Fellowship after service
3rd Thursday U.M.W.

WILSONVILLE UNITED BAPTIST CHRISTIAN CHURCH
Minister, Keith Theobald
SUNDAY — 9:45 a.m. Sunday School
11 a.m. Worship/Communion
1st Thursday, B.C.W. 9 a.m.

NORCATUR UNITED METHODIST CHURCH
Pastor Kathy Aeillo
693-4519
SUNDAY — 10 a.m. Worship Service
11 a.m. Sunday School
TUESDAY — 10 a.m. Vita Band Exercise Class, Everyone Welcome
7 p.m. Aerobic Class, Everyone Welcome

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