

4-H'ers cook up dishes for Favorite Food Show

By KEITH VANSKIKE

Norton County 4-H'ers were busy cooking up dishes and designing place settings and leaders and parents were giving plenty of help for the Annual 4-H Favorite Food Show on Jan. 14.

Judges consulted with 24 4-H'ers about meal preparation techniques and nutritional value of favorite foods, how the favorite food fits into a menu and the food guide pyramid and the presentation of the food in a table setting.

The judges were Mary Kay Warner, Amy Terrill and Nadine Holmes.

The 4-H'ers selected table linens, place settings and centerpieces for their displays to represent a table setting for a meal or snack where their "favorite food" entree or dish would be served. Judges met with each 4-H'er to evaluate the table setting, the food product and nutritional information, and food safety issues about the entree or dish they prepared.

Four outstanding ratings were given, one in each of the Foods and Nutrition Levels.

•Level I — Molly Maddy, Busy Jayhawkers 4-H Club, Cranberry Orange

Snack Mix

•Level II — Wyatt Wentz, Prairie Dog 4-H Club, Western Wagon Wheels

•Level III — Carissa Wentz, Prairie Dog 4-H Club, Farmhouse Barbecue

Muffins

•Level IV — Kyra Fulton, Busy Beavers 4-H Club, Honey Glazed Chicken Wings

The following 4-H'ers also participated in this year's Favorite Food Show:

LEVEL I

Purple Ribbons — Kelsey Mordecai, Busy Beavers 4-H Club, Cocoa Brownies; Tyson Gill, Busy Beavers 4-H Club, Black Forest Parfaits; Kenzie Esslinger, Busy Jayhawkers 4-H Club, Festive Pumpkin Dessert; Quentin Wentz, Prairie Dog 4-H Club, Creamy Coolers; Lauren Mordecai, Busy Beavers 4-H Club, No Bake Cookies

Blue Ribbons — Jarrett Wentz, Busy Jayhawkers 4-H Club, Crockpot Corn

LEVEL II

Purple Ribbons — Marisa Maddy, Busy Jayhawkers 4-H Club, Snowbird Mocktails

Blue Ribbons — Eric Becker, Busy Jayhawkers 4-H Club, Wagon Wheel Cavatini; Jade Cressler, Prairie Dog 4-H Club, Toll House Crumbcake

Red Ribbons — Rebecca Wentz, Prairie Dog 4-H Club, Peach Cobbler; Travis Cressler, Prairie Dog 4-H Club, Cherry Coffee Cake

LEVEL III

Purple Ribbon — Melinda Becker, Busy Jayhawkers 4-H Club, Apple Craisin Bread; David Cressler, Prairie Dog 4-H Club, BBQ Meatballs; Christopher

Maddy, Busy Jayhawkers 4-H Club, Peach Glazed Porkchops

Blue Ribbons — Jade Braun, Prairie Dog 4-H Club, No Bake Fruit Topped Cheesecake; Megan Wentz, Prairie Dog 4-H Club, Hot Fudge Sundae Cake; Morgan Baumann, Busy Jayhawkers 4-H Club, Frozen Strawberry Delight; Josh Gallentine, Busy Jayhawkers 4-H Club, Chicken Dressing Caserole

Red Ribbons — Anthony Wentz, Busy Jayhawkers 4-H Club, Banana Split Cake

LEVEL IV

Purple Ribbon — Justin Chandler, Busy Jayhawkers 4-H Club, Sugar Free Chocolate Eclairs

The committee in charge of planning was Elaine Lofgreen, Bryce Lofgreen, Mary Wentz, Staci Montgomery, Monica Cole, Kyra Fulton, Katrina Wentz, Tricia Cressler and Sue Hillebrand.

Over 80 people attended the tasting tables that were set up to allow the public to sample the 4-H'ers favorite foods. Gifts were awarded to all participants.

Top awardees in the different levels were given cookbooks and other participants received muffins pans, recipe cards and chip clips.

The 4-H Favorite Food Show is sponsored as an event of the Norton 4-H Events Council and K-State Research and Extension for those 4-H members enrolled in the Foods and Nutrition project.



Road crews cleared U.S. Highway 36 last Friday morning after about three inches of snow was dumped on northwest Kansas earlier in the morning. A fluffy coat of snow from last Thursday night's snowfall covered the landscape and homes on Park Street.

— Telegram photos by Vicki Henderson and Carolyn Plotts

High school juniors, seniors can win trip with top essay

Norton and area high school juniors and seniors need to take a look at an essay contest that could perhaps send one of them to North Dakota for the big 2006 Lewis and Clark Rendezvous in August.

The Lewis and Clark Expedition opened the way West for settlers in the early 19th century. An essay about that expedition will open the way for 10 Kansas students to take part in the 2006 Lewis and Clark Rendezvous, Aug. 13-18, sponsored by the National Guard Bureau.

To receive an application by mail to enter this contest, send requests to: Lewis and Clark Youth Rendezvous, P.O. Box 5511, Bismarck, N.D., 58506-5511. Sgt. Joe Leroux III is also available to answer questions. He can be reached at 785-877-2365.

Entries will be accepted until midnight Feb. 28. For information about the Youth Rendezvous and the essay contest, go to www.lcyouthrendezvous.com or contact Ms. Dickey at: Adrienne.Dickey@us.army.mil.

The Youth Rendezvous is an event for students who will be high school juniors or seniors during the 2006-2007 school year. Centered around the 200th anniversary of the Corps of Discovery and the exploration of the west, the Youth Rendezvous will take place along the Lewis and Clark Trail in North Dakota.

The winners of the essay contest will receive a free trip to North Dakota during the 2006 Lewis and Clark Signature Event. Participants will learn about military heritage and American Indian culture while touring the state and participating in fun and adventurous activities. Meals, transportation and housing will be provided free of charge by the National Guard for 10 winners from each state and territory.

"This is a great opportunity for juniors and seniors to experience the Lewis and Clark expedition hands-on and to gain a better understanding of the role of the Kansas National Guard, from both historical and contemporary perspectives," said Adrienne Dickey, Kansas National Guard Youth Program Coordinator.

Ms. Dickey emphasized that the essay contest is open to all juniors and seniors.

"No military affiliation is necessary," she said.

Essays must be between 1,000 and 1,500 words, written in English and address the question "In

your opinion, what military value most describes the Lewis and Clark Corps of Discovery journey and why?" Military values are:

•Loyalty: Bear true faith and allegiance to the Constitution, the Army, your unit, and other Soldiers.

•Duty: Fulfill your obligations.

•Respect: Treat people as they should be treated.

•Selfless Service: Put the welfare of the nation, the Army and your subordinates before your own.

•Honor: Live up to all the Army values.

•Integrity: Do what's right, legally and morally.

•Personal Courage: Face fear, danger or adversity (physical or moral).

"The military values that Lewis

and Clark embraced in their journeys apply as much today as in their day," said Maj. Gen. Tod Bunting, Adjutant General of Kansas. "I hope that many Kansas young people will participate in this contest and learn how military values help people prepare for challenges of life."

Essays will be evaluated on original thought. References may be used, but must be cited in a separate bibliography page. The essay can be submitted online or an application can be requested by mail. The essay should include these four parts: title page, essay, bibliography (if applicable) and a completed entry form. Information on the title page should include the title of the essay, the contestant's name, address and telephone number.

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Deines Cultural Center
820 N. Main

Norton
Wednesday, February 8
7:00 - 8:30 p.m.
Norton Public Library
Community Room
Entrance: 408 N. Norton St.

Salina
Thursday, February 9
7:00 - 8:30 p.m.
Candlewood Suites
2650 Planet Ave.