



Twin brothers Jacob and David Mizell (above) practiced their Duet Acting Thursday morning before a forensics meet. The brothers also scored high enough to move onto the state competition. Stephanie Shepard and Jacob VanSike (left) practiced their Improvised Duet Acting Thursday morning before heading to a forensics meet. The duo received high enough marks to qualify for the state competition.

- Telegram photos by Brandy Leroux

## Forensics members going to state

In the second meet of the year, the Norton Community High School forensics team attended the Hill City Invitational Forensics Tournament, finishing in fifth place at the eighteen-team meet.

"I am extremely proud of the students who competed at Hill City," said forensics coach Eric Richards. "We had some students trying new events for them and they performed quite well."

Students who placed at the meet were: Amanda Delimont, third place in Informative Speaking; Diedre Kramer, fourth place in Serious Solo Acting; Lucy Gosselin, fifth place in Extemporaneous Speaking; Eric Becker, sixth place in Extemporaneous Speaking; and Stephanie Shepard and Jacob VanSike, sixth place in Duet Acting.

Other students who contributed to the team's fifth place finish were: Stephanie Shepard, Informative Speaking; Jade Braun, Serious Solo Acting; Morgan Baumann, Humorous Solo Acting; Caleb Laughlin, Prose; Jessica Gilgenbach, Poetry; Kelsie Morel, Poetry; Lucy Gosselin, Poetry; Austine Dole and Caleb Goss, Improvised Duet Acting; Ashley Colip and Amanda Delimont, Improvised Duet Acting; and Morgan Baumann and Diedre Kramer, Improvised Duet Acting.

The next meet was Saturday at the Ellis Invitational Forensics Tournament. The squad finished in fifth place at the nineteen-team meet.

"We made huge strides, both individually and as a team, at the Ellis Tournament," said Coach Richards. "Even though we only had two events break to the finals, we had numerous students have season best performances and quite a few events just miss making the finals round."

Students who placed at the meet were: Amanda Delimont, fourth place in Informative Speaking; and Stephanie Shepard and Jacob VanSike, first place in Improvised Duet Acting. With their first place finish in Improvised

Duet Acting, Stephanie and Jacob qualified for the State Forensics Championship Tournament.

"I'm super excited to go," said Stephanie. "All our hard work has paid off."

"I'm thrilled," said Jacob. "I'm looking forward to competing at state."

Other students who contributed to the team's fifth place finish were: Diedre Kramer, Jade Braun and Katie Scott all in Serious Solo Acting; Morgan Baumann in Humorous Solo Acting; Caleb Laughlin, Jessica Gilgenbach and Kyra Fulton, all in Prose; Josh Gallentine, Bekah Streck and Austine Dole, all in Poetry; Jacob and David Mizell in Duet Acting; Alyssa Boser and Mariah Farber in Duet Acting; Justin Griffith and Jacob Mizell, Improvised Duet Acting; Alyssa Boser and Thea Grizzle, Improvised Duet Acting; and Amanda Delimont and Ashley Colip in Improvised Duet Acting.

The last meet was Monday at the Mid-Continent League Tournament in Stockton, where the squad attained their highest finish of the season, placing third.

"We used our strong finish at the Ellis meet as a springboard for the league tournament, trying to build on the success we had over the weekend," said Coach Richards. "We were fortunate enough to break ten events into the finals round and gain two more qualifiers for the State Championship Tournament at the season's end."

Students who placed at the meet were Melinda Becker, second in Original Oration and third in Extemporaneous Speaking; Phillip Becker, first in Extemporaneous Speaking; Amanda Delimont, fifth place in Informative Speaking; Jade Braun, fourth in Serious Solo Acting; Josh Gallentine, fifth in Prose; Lucy Gosselin, fifth in Poetry; Ashley Colip and Amanda Delimont, sixth in Improvised Duet Acting; Stephanie Shepard and Jacob VanSike, third in Duet Acting; and Jacob and David Mizell, second in Duet Acting.

## Impaired driving on the rise

Drunk driving in Kansas means jail time, so people who get carried away with green beer just might find themselves wearing an orange jumpsuit the morning after. That's why the Kansas Department of Transportation is urging the public to help keep the streets safe this St. Patrick's Day by drinking responsibly and designating a sober driver before heading to the local parade or pub.

"Celebrating St. Patrick's Day can be a lot of fun, but it can also take a serious and tragic turn," said Deb Miller, Kansas Secretary of Transportation.

Nationally, statistics from the National Highway Traffic Safety Administration show that over the past five years, 851 people lost their lives in motor vehicle crashes during the St. Patrick's Day holiday. Of those fatalities, 327 were killed in crashes that involved a drunk driver or motorcycle operator with a blood alcohol concentration of .08 or higher.

In Kansas, drunk driving crashes spiked in 2006 to the highest level seen in a decade, accounting

for 4.9 percent of all crashes. That came after three consecutive years of steady declines. Drunk driving crashes dipped slightly in 2007, the last year for which statistics are available.

With their final placings, Melinda Becker became the two-time State Championship qualifier in Oration; Phillip Becker qualified for State Championship in Extemporaneous Speaking, and Jacob and David Mizell became State Championship qualifiers in Duet Acting.

"I'm looking forward to it," said David. "It was our second time performing that act that got us into state."

"We're going to do awesome at state," said Jacob. "It's going to be fun."

Other students who contributed were: Morgan Baumann, Oration and Humorous Solo Acting; Diedre Kramer, Serious Solo Acting; Jacob Mizell, Humorous Solo Acting; Jessica Gilgenbach, Prose; Caleb Laughlin, Poetry; and Stephanie Shepard and Jacob VanSike, Improvised Duet Acting.

The forensics team had another meet on Thursday, but details were not available at press time.

## Tips for buying, preparing beef

### How to Determine Freshness of Beef

- Look for raw beef with a bright red color. Exception: If the beef is in a vacuum package, expect it to be a dark purplish color.

- Look for raw beef that is firm to the touch, not mushy.

- Select only packages of raw beef that feel cold, have no rips or holes, and without excessive liquid.

- Buy beef before the "sell-by" date shown on the package. Use or freeze raw beef within two to three days of purchase.

### Choose Preparation Methods According to the Cut

- Chuck, round, flank, plate, shank and brisket are less costly and less tender cuts. But after marinating or being cooked with liquids, such as in a slow cooker or boiled gently in stews, they become very tender.

- Rib and loin cuts are more tender and can be cooked without added liquids, such as by stir-frying, broiling or grilling.

### Tip for Getting More Value for Yours Dollars Spent on Meat

- Lean cuts provide more meat for your dollar.

- A pound of raw meat without bones or fat will provide about 12 ounces after cooking. Plan on serving two to three ounces cooked meat per person per meal.

- If you can afford the initial cost, buying in bulk will save money. Compare two packages of the same cut of meat, and buy the one that costs the least per pound. Freeze the surplus in meal-sized portions, either before or after cooking the meat.

- Do the preparation work yourself. For instance, slice your own steaks or kabob chunks, make your own meat patties, and cook meats yourself to reduce costs.

- Serve meats in main dishes that include grains, rice or pastas, and plenty of vegetables. Flavor with low-fat sauces, herbs and spices.

### These beef cuts are lean and less tender:

Chuck shoulder pot roast and steak, eye round roast and steak, top round roast and steak, bot-

### Home ed Tranda Watts, Extension specialist



tom round roast and steak, round tip roast and steak, round steak, bottom round (Western griller) and steak, flank steak, shank cross cuts, brisket - flat half.

### These beef cuts are lean and more tender:

95% lean ground beef, shoulder petite tender and medallions, shoulder center (Ranch) steak, tri-tip roast and steak, tenderloin roast and steak, sirloin tip center roast and steak, sirloin tip side steak, top sirloin steak, t-bone steak, and top loin (Strip) steak.

If you would like further food preparation information, contact your local K-State Research and Extension Office or e-mail [tw-watts@ksu.edu](mailto:tw-watts@ksu.edu).

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## Rabies Clinic

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Saturday, March 14 - 9-12 noon  
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Rabies/Parvo Distemper - \$16  
Kennel Cough - \$14  
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Cov. Level	Basic/Opt'l Unit Subsidy*	New EU Subsidy Rate
50**	0.67	0.80
55**	0.64	0.80
60**	0.64	0.80
65	0.59	0.80
70	0.59	0.80
75	0.55	0.77
80	0.48	0.68
85	0.38	0.53

Dave Donovan

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## Faw's Spring Fever Van Owners Sale

2008 CHRYSLER TOWN & COUNTRY LX WAGON — White with gray cloth, 7 passenger quad seating with Stow 'N Go seating, V-6, automatic overdrive, rear air conditioning and heating, tilt, speed control, power seats, windows, locks, side doors, lift gate, sunscreen glass, with CD player, rear back-up camera, rear seat DVD player.

2008 CHRYSLER TOWN & COUNTRY LX PASSENGER WAGON — Light sandstone with beige cloth 7 passenger seating, V-6, automatic overdrive, front and rear air conditioning and heating, tilt, speed control, power windows, locks and mirrors, with CD player, back-up camera, rear seat DVD player, 24,900 miles.

2007 CHRYSLER TOWN & COUNTRY LX PASSENGER WAGON — Inferno red, gray cloth, 7 passenger quad seating, V-6, automatic overdrive dual control air with rear heating and air, tilt, speed control, power seats, windows, locks and mirrors, CD player, sunscreen glass, 19,000 miles.

2006 PONTIAC MONTANA SV-6 MINI VAN — Summit white with gray fascia and gray cloth 7 passenger quad seating, V-6, 6 speed automatic overdrive, front and rear air and heating, tilt, cruise, power seat, windows locks and mirrors CD player, steering wheel radio controls, rear seat DVD player.

2006 CHRYSLER TOWN & COUNTRY TOURING WAGON — Magnesium pearl with gray cloth 7 passenger quad seating, 3.8 V-6, automatic overdrive, front and rear air, tilt, speed control, power seat, windows locks and mirrors power side doors, lift gate, with CD player, sunscreen glass, 28,000 miles.

2006 MAZDA MPV MINI VAN — Black with gray cloth bucket seats, quad seating, 3.0 liter V-6 automatic, air conditioning, tilt, cruise control, power windows, locks and mirrors, with CD player, keyless entry, 23,000 miles.

2005 CHRYSLER TOWN & COUNTRY TOURING WAGON — Magnesium with gray leather quad seating, 3.8 V-6, automatic overdrive, dual control air, with rear air and heat, tilt, speed control, power seats, heated front seats, power windows, locks and mirrors, side door and lift gate, CD player, aluminum wheels, 75,000 miles.

2002 DODGE GRAND CARAVAN SPORT — Dark red metallic with gray cloth 7 passenger seating, 3.3 V6, automatic overdrive, front and rear air conditioning and heating, tilt, speed control, power windows, locks and mirrors, with CD player sunscreen glass, newly rebuilt transmission, 104,000 miles.

2000 DODGE GRAND CARAVAN SPORT — Bright silver with gray cloth, quad seating, V-6, automatic overdrive, front and rear air and heating, tilt, speed control, power seat, windows, locks and mirrors, CD player, sunscreen glass, 86,000 miles.

1999 CHRYSLER TOWN & COUNTRY LXI WAGON — Champagne beige with leather 7 passenger quad seating, V-6, new automatic overdrive, rear air conditioning and heating, tilt, speed control, power seat, windows, locks and mirrors, with CD player, sunscreen glass, aluminum wheels, keyless entry, 101,000 miles.

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