

Picnic and BBQ safety

Picnic and barbecue season offers lots of opportunities for outdoor fun with family and friends. But these warm weather events also present opportunities for food borne bacteria to thrive. As food heats up in summer temperatures, bacteria multiply rapidly.

To protect yourself, your family, and friends from food borne illness during warm-weather months, safe food handling when eating outdoors is critical. Practice simple food safety guidelines for transporting your food to the picnic site, and preparing and serving it safely once you've arrived.

Food safety begins with proper hand cleaning - including outdoor settings. Before you begin setting out your picnic feast, make sure hands and surfaces are clean.

Outdoor Hand Cleaning: If you don't have access to running water, simply use a water jug, some soap and paper towels. Or, consider using moist disposable towelettes for cleaning your hands.

Utensils and Serving Dishes: Take care to keep all utensils and

Home ed Tranda Watts, Extension specialist



platters clean when preparing food.

Never reuse a plate or utensils that previously held raw meat, poultry, or seafood for serving - unless they've been washed first in hot, soapy water. Otherwise, you can spread bacteria from the raw juices to your cooked or ready-to-eat food

This is particularly important to remember when serving cooked foods from the grill.

If you have questions related to food, nutrition, health or food safety, please feel free to contact your local K-State Research and Extension Office or you may e-mail <mailto:twwatts@ksu.edu>twwatts@ksu.edu.

How are your tomatoes?

Kay Melia, Master Gardener

kvmelia@yahoo.com

For goodness sake, here it is deep into the month of May, with 16 of my garden columns residing comfortably in the bottoms of bird cages, and I haven't even written my first rant about tomatoes! How could that happen in this day and age when tomatoes are always the preferred topic of conversation when 2 or 3 vegetable gardeners get together!

No one ever asks me how my potatoes are doing, or if my cantaloupes are up yet. Not on your life! It's always "alright big fella, what kind of tomatoes did you plant this year" or "did any of your tomato plants freeze during those low 30s mornings we had" and even "surely you didn't plant 35 tomato plants again this since you assured me last fall that you were

going to cut back this year."

The answers to the above inquiries are "the usual," "no;" and "yes."

I suppose I better not leave it at that or I'll get a telephone call or two. Incidentally, before I forget it, my potatoes look great (or they did, which I'll explain later) and as of May 20th, my cantaloupes aren't up yet but I am expecting them soon.

I didn't plant a new variety of tomato this year. Not that they weren't available, but I just didn't see a new offering that just jumped out and said "hey, plant me!". And so of the 34 tomato transplants I set outside on May 4th, 14 of them were Northern Exposure 14 were Super Tasty, 4 were Big Beef and 2 were 4th of July, all of which I grew from seed. I had intended to plant a few Shady Lady's but my transplants just didn't look good

so I tossed them.

Yes, I planted quite a bit earlier this year, May 4th, for the same reason as usual. The earlier you get the transplants into the garden, the earlier you're going to harvest a tomato. Certainly, I try to provide weather protection for the plants. My 5 foot tall wire cages, with the bottom 18 to 24 inches wrapped in black plastic, are designed to offer protection from both wind and cold during the critical early days of the plant's outside existence.

My garden has had two mornings of sub-freezing temperatures since the transplants were set outside with no apparent damage. The black plastic provides good daytime heating on sunny days as well as good wind protection. The tomatoes are planted in two rows and I water them simply by placing the garden hose in the row

and letting the water flow.

I will fertilize them with a liquid solution just before they start to bloom.

Indeed, my tomatoes get special care, but most of it comes at planting time, and for the rest of the season they are just about "labor free." And please remember this...don't let anyone try to tell you that all tomato varieties are alike. Some varieties ARE better than others. Too often we plant only what is readily available rather than seeking out the good stuff!

(The above column was written for the paper on May 17th. On the evening of May 18th my garden was hit by wind-blown nickel-size hail for nearly 10 minutes. Everything is badly damaged. The tomatoes look better than expected, thanks to their protection. We'll see what happens now.)

Student News

Northern Valley Honor Roll

4th Nine weeks Honor Roll
Highest:

Freshmen: Hunter Chandler and Ian Vincent

Sophomores: Alex Tharman Juniors: Daniel Field and Tyler Montgomery

Seniors: Matthew Dole and Colton Lowry

Honors I

Freshmen: Mike Griffin

Sophomores: Erika Chandler Juniors: Ashley Constable, Fayth Davenport, Cassie Field, Melissa Hawks, Gunnar Hays, Austin Herman and Ashley Mc-

Mullen

Seniors: Caleb Bach, Sean Braun, Steven Brown, Kenzie Chandler, Staci Dole, Kayla Field, Amber Kinderknecht, Shelby Schaefer and Bryant Tharman

Honors II

Freshmen: Jordan Baird and DaKota Hilburn

Sophomores: Haley Graham and Brittanie Larison

Juniors: Calen Bach, Kenzi Husted and Kynzie Stevens

Seniors: Dusty Eagleburger, Stacie Meyer, Brian Siard and Zachary Vincent

Northern Valley FFA sends a Thank you

The Northern Valley FFA Chapter would like to thank the Phillipsburg's Orscheln Farm and Home Supply store for selecting us to receive one of the three checks that were donated to local FFA Chapters through the Red Brand Home Grown program. Red Brand has set up a program called Home Grown to help support local FFA Chapters. Every

time someone buys a Red Brand item one dollar is set back for donation to the National FFA organization and the local FFA chapter of the dealer's choice. That one dollar then grows into many through partnerships with local FFA chapters and community organizations to support agriculture and our rural communities.

Student News

Norton Community High School Honor Roll

4th Nine Weeks Highest (4.0)

Seniors: Melinda Becker, Dustyna Sprigg

Juniors: Rhees Carlson

Honors I (3.50-3.99)

Seniors: Troy Bainter, Morgan Baumann, Jade O. Braun, Bill Broeckelman, Melissa Byler, Maia Carlson, Dakota Dreher, Kyra Fulton, Deidre Kramer, Josiah Laughlin, Kaid McKenna, Nicquel McVey, Zoey Meyers, David Mizell, Jacob Mizell, Andrew Otter, Kaitlyn Ross, Kaylen Rossi, Rachel Shepard, Spencer Shirk, Rebekah Streck

Juniors: Eric Becker, Brae Bigge, Mariah Farber, Alexis Henson, Astrid Moen, Mitchell Shelton

Sophomores: Ryan Bainter, Lane Bigge, Katherine Boteler, Eli Bozarth, Jade A. Braun, Andrew Ellis, Cody Ellis, Samantha Gordon, Tawni Griffey, Kamilla Jones, Ruth Kendell, Alec Melvin, Juliana Miller, Kayleigh Norwood, Antjelica Pfannenstiel, Joseph Schaefer, Rachel Slipke, Dylan Sprigg, Teal Stewart

Freshmen: Bailey Ambrosier, Darcy Bainter, Mark Baxter, Kristen Burge, Leif Carlson, Katelyn Engelbert, Hannah Goss, Ashley Hildebrand, Marisa Maddy, Cody O'Hare, Hannah Pollock, Johnny Ruder, Jared Shelton, Landon Slipke

Honors II (3.00-3.49)

Seniors: Josh Asbury, Danelle Eagleburger, Taylor Gordon, Caleb Goss, Justin Griffith, Kelsie Griffith, Landon Keiswetter, Terrell Lane, Ashley Millan, Kelsie Morel, Tanner Morel, Sharrelle Shinn

Juniors: RJ Ellis, Zach Hartwell, Carson Kaiser, Dillon McConney, Taylor Meder, Kylie Nuzum, Erin Terrell, Caren Thomson, Jordan Wahlmeier, Brooklyn Winkler

Sophomores: Rheanon Baker, Sierra Black, Jared Bohl, Jade Cressler, Dustan Daniels, Cassius Dole, Dorothy Fessler, Julia Kent, Katelin Koch, Alexis Lively, Shelbi McKenna, Chelsi McReynolds, Dalton Miller, Teslee Nickell, John Renner, Alex Riggins, John Risewick, Emily Schulze, Wyatt Wentz

Freshmen: Gabriel Bird, Kayla Campbell, Michael Crawford, RJ Floyd, Austin Hager, Megan Mannel, Christine Nelson, Cole Renner, Haley Wallingford

★★★★★

Second Semester Highest (4.0)

Seniors: Melinda Becker, Dustyna Sprigg

Freshmen: Bailey Ambrosier, Katelyn Engelbert

Honors I (3.50-3.99)

Seniors: Troy Bainter, Morgan Baumann, Jade O. Braun, Bill Broeckelman, Melissa Byler, Maia Carlson, Dakota Dreher, Kyra Fulton, Deidre Kramer, Kaid McKenna, Nicquel McVey, Zoey Meyers, David Mizell, Jacob Mizell, Kelsie Morel, Andrew Otter, Kaitlyn Ross, Kaylen Rossi, Rachel Shepard, Spencer Shirk, Rebekah Streck

Juniors: Eric Becker, Brae Bigge, Rhees Carlson, RJ Ellis, Mariah Farber, Alexis Henson, Astrid Moen, Mitchell Shelton

Sophomores: Ryan Bainter, Lane Bigge, Eli Bozarth, Jade A. Braun, Andrew Ellis, Cody Ellis, Samantha Gordon, Tawni Griffey, Kamilla Jones, Ruth Kendell, Alec Melvin, Juliana Miller, Teslee Nickell, Kayleigh Norwood, Antjelica Pfannenstiel, Joseph Schaefer, Rachel Slipke, Dylan Sprigg, Teal Stewart, Wyatt Wentz

Freshmen: Darcy Bainter, Mark Baxter, Kristen Burge, Leif Carlson, Hannah Goss, Ashley Hildebrand, Marisa Maddy, Cody O'Hare, Hannah Pollock, Johnny Ruder, Jared Shelton, Landon Slipke

Honors II (3.0-3.49)

Seniors: Josh Asbury, Danelle Eagleburger, Taylor Gordon, Caleb Goss, Justin Griffith, Kelsie Griffith, Landon Keiswetter, Terrell Lane, Josiah Laughlin, Ashley Millan, Tanner Morel, Sharrelle Shinn

Juniors: Zach Hartwell, Carson Kaiser, Dillon McConney, Taylor Meder, Erin Terrell, Caren Thomson, Jordan Wahlmeier, Brooklyn Winkler

Sophomores: Rheanon Baker, Sierra Black, Jared Bohl, Katherine Boteler, Dustan Daniels, Cassius Dole, Julia Kent, Katelin Koch, Alexis Lively, Shelbi McKenna, Chelsi McReynolds, Dalton Miller, John Renner, Alex Riggins, John Risewick, Emily Schulze

Freshmen: Gabriel Bird, Zachary Bird, Kayla Campbell, Michael Crawford, Travis Cressler, RJ Floyd, Jordyn Gosselin, Austin Hager, Megan Mannel, Marc Miller, Christine Nelson, Cole Renner, Haley Wallingford

Fort Hays Scholarships

Norton graduating students that have accepted scholarships to Fort Hays State University for the 2011-12 academic year are:

Kaid McKenna, accepted an \$500 Copper Academic Award. Kaid is the son of Brian and Jennifer McKenna.

David Mizell, accepted an \$800 Hays City Silver Academic Award. David is the son of Ray and Ruth Mizell and plans to major in art and theatre.

Jacob Mizell, accepted a \$700 Fort Hays Bronze Academic Award. Jacob is the son of Ray and Ruth Mizell. He plans to major in art education.

Kaitlyn Ross, accepted a \$700 Fort Hays Bronze Academic Award and a \$500 Academic Opportunity Award in allied health. Kaitlyn, is the daughter of Wade and Melinda Youkin. She plans to major in medical diagnostic imaging.

Local student graduates

Northwest Kansas Technical College held their Commencement Ceremony on Friday, May 20. The Class of 2011 was the largest Northwest Tech graduat-

ing class in years with 158 graduating students.

Nish Millan, Norton, graduated with an AAS Degree.

Senior Menu

May 30: Closed For Memorial Day

May 31: Polish Sausage w/ kraut

June 1: Pasta, Beef and Tomato Casserole, California Blend Veg's, Gelatin w/bananas, Bread, Brownies

June 2: Liver & Onions, Au-Gratin Potatoes, Peas, Bread, Cook's Choice Fruit

June 3: Chicken BLT Salad, Dole Tropical Fruit, Crackers, Strawberry Shortcake

Duplicate Bridge

There were three tables at Duplicate Bridge on Wednesday. First went to David Graham and Jack Graham, second, Myron Veh and Jerry Moritz and third to Jackie Porter and Joyce Sumner.

Welcome NCHS Alums
Enjoy Lunch on the Patio
Grilled Burgers
Great Sandwiches
Organic Salads
 Relax in Beautiful Washington Street Park
Pure Prairie Natural Foods
 108 E. Washington
 Norton, Kansas
 Phone 785-877-3610
 ORDERS: 1-800-545-7232

May 26- June 1
 Showing at the
NORTON THEATRE
Kung Fu Panda 2: The Kaboom of Doom
 1 Hour, 41 Minutes (PG) Presented in Digital Surround Sound
Friday and Saturday: 7:00 and 9:30 p.m.
Sunday: 5:00 p.m. and 7:30 p.m.
Monday, Tuesday, Wednesday: 7:00 p.m.
Pirates of the Caribbean: On Stranger Tides
 2 Hours, 17 Minutes (PG-13)
 Since both movies are premieres, only premiere passes are accepted
 Kung Fu Panda 2 is Premiere Admission \$7.00 & \$6.00 - No Sunday Discount
 Pirates of the Caribbean is Premiere Admission \$7.00 & \$6.00 - No Sunday Discount
Visit our Website: nortontheatre.com
 This ad is brought to you by The Norton Telegram

Different Eras, Different Duties, One Mission - The Preservation of Freedom



From the American Civil War to Operation Iraqi Freedom, so many have made the ultimate sacrifice. On May 30, 2011, we honor those men and women who have served our country for the preservation of freedom. THEIR COURAGE AND SACRIFICE LEAVE A LEGACY OF FREEDOM AND HOPE.

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The Norton Telegram will be closed May 30