

Tips for picnics and tailgates

With fall picnics, potlucks and tailgates often planned at locations without running water, here are some quick tips for a safe and successful gathering:

* Plan a menu to match the size of your group to minimize waste and leftovers that could spoil if you leave food out for extended periods.

* If sharing the responsibilities for the food, ask those traveling the shortest distances to bring the perishable foods; invite others to bring non-perishable items.

* Use one insulated cooler for raw foods such as beef patties, brats or chicken, and a separate insulated cooler for perishable cooked foods, such as cooked meats, pasta or potato salad.

* Dedicate a third cooler for beverages that can be opened more frequently without jeopardizing the safety of other foods. Each time a cooler is opened, the temperature inside the cooler rises.

* Place plenty of ice and an appliance thermometer in each cooler; food should remain at 40 degrees F or below.

* Transport food in the air-conditioned passenger compartment, and shade it with a blanket.

* Shade coolers, picnic basket and other foods on site.

Home ed Tranda Watts, Extension specialist



* Position a grill or other cooking appliance well away from a vehicle or other flammable materials, including recreational equipment. And, keep children and pets away from an open flame and other hot grilling and cooking equipment.

* Pack a food thermometer, and check internal cooked temperatures; Poultry, 165 degrees F; ground meats, 160 degrees F; and beef, pork, lamb and veal steaks, roasts and chops, 145 degrees F. Reheat leftovers to 165 degrees F.

* If serving hot cooked soup, such as chili that will be transported, make it in advance; cover and chill it well before packing in a cooler, and reheat on site to 165 degrees F.

* Pack water, moist towelettes, soap, hand sanitizer, paper or other towels.

* Check tableware, and bring enough serving containers and clean utensils for both raw and cooked foods.

* Wait to get food out until shortly before cooking and serving; shade foods from direct sunlight, and return leftovers to coolers within one hour or less if the temperature is 90 degrees F or above, and two hours or less if the temperature is lower.

* If planning to pick up fried chicken or pizzas, make the pick-up the last stop before the picnic or tailgate, and serve the hot food promptly.

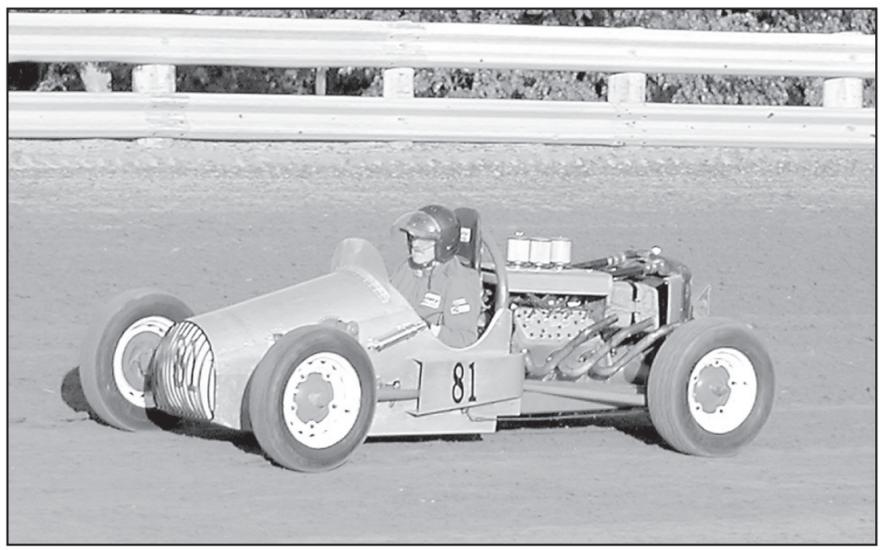
* If sharing cooking responsibilities for a large group, keep recipes separate, rather than blending them, to simplify identifying an errant food if food-borne illness becomes an issue.

* Plan snacks that will not need to be cooked for half-time and post-game gatherings, rather than relying on leftovers that need to be reheated.

* Cool the grill or other cooking appliances completely before packing them for the trip home. Dispose of coals or other flammable materials safely to reduce the risk of fire.

More information on food and food safety is available at your local K-State Research and Extension offices or you may contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at twatts@ksu.edu.

Vintage car races



Jerry Bantam participates in the Labor Day weekend vintage car races. The car he is driving was the first successful rear engine race car built in the United States. It was built by Francis Schultz in 1950 and rebuilt by Don McMullen and Jerry Bantam 13 years ago. It was at that time that Don and Jerry started the Labor Day vintage car races at the Elmwood Park Speedway. Over the weekend, each man took his turn behind the wheel, Jerry on Saturday night and Don on Sunday night.

- Telegram photo by Dana Paxton

Local angus breeder recognized

Phillip and Valerie Babcock, Norton, own one bull listed in the 2012 Fall Sire Evaluation Report published by the American Angus Association@ in Saint Joseph, Mo. Issued in both the spring and fall, the new report features the latest performance information available on 6,067 sires, and is currently accessible at www.angussiresearch.com.

"This report provides both Angus breeders and commercial cattle producers using Angus genetics with accurate, predictable selection tools for improving their herd," says Sally Northcutt, genetic research director. Expected Progeny Differences (EPDs) are generated from the performance database of the American Angus Association, which includes information submitted by nearly 9,000 Angus breeders this past year through the Association's Beef Improvement Records (BIR)

program. The Fall 2012 evaluation includes a full suite of EPDs for production, maternal, and carcass traits. Available decision-making tools also include \$Values, the bio-economic indexes designed to assist commercial producers in simplifying the genetic selection process.

The semi-annual analysis for the Sire Evaluation Report utilizes over 21 million measures used to generate nearly 62 million EPDs for the Angus breed.

The American Angus Association with headquarters in Saint Joseph, Mo., provides programs and services for nearly 30,000 members nationwide and thousands of commercial producers who use Angus genetics. Go to <http://www.angus.org> for more information.

SCHOOL MENU

Norton Jr.-Sr. High Schools Menu

Monday, Sept. 10
Breakfast-Pancake and sausage on a stick, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Chicken strip sandwich, lettuce and tomato, potato salad, bananas, or chef salad and milk.

Tuesday, Sept. 11
Breakfast-Hot cereal, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Taco, lettuce, tomato, cheese, refried beans, or chef salad and milk.

Wednesday, Sept. 12
Breakfast-Pancake w/syrup, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Pepperoni pizza, combo salad, peaches, no bake cookies, or chef salad and milk.

Thursday, Sept. 13
Breakfast-Yogurt bagel and cream cheese, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Chicken Alfredo, Carnival Salad, green beans, applesauce, or chef salad and milk.

Friday, Sept. 14
Breakfast-Bacon, egg and cheese sandwich, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Hamburger gravy, whipped potatoes, carrots, pears, roll w/margarine, or chef salad and milk.

EES Menu

Monday, Sept. 10
Breakfast-Rolled-up sausage links, tater tots, grape juice and milk.

Lunch-Peanut butter and honey sandwich, cottage cheese, warm peas, celery stick, Mandarin oranges and milk.

Tuesday, Sept. 11
Breakfast-Blueberry muffin, peaches, orange juice and milk.

Lunch-Pizza roll-ups, tossed salad, pears, cook-

ie and milk.

Wednesday, Sept. 12
Breakfast-Homemade pancakes, warm syrup, apple juice and milk.

Lunch-Potato boats, baked beans, fruit cocktail, whole wheat roll and milk.

Thursday, Sept. 13
Breakfast-Hard cooked eggs, warm toast, orange juice and milk.

Lunch-Macaroni and cheese, little smokies, cooked carrots, rosy applesauce, french bread and milk.

Friday, Sept. 14
Breakfast-Breakfast cake, grape juice and milk.

Lunch-Sloppy Joe, homemade bun, corn, tater tots, kiwi and milk.

Northern Valley Menu

Monday, Sept. 10
Breakfast-French toast/syrup, hash browns, rosy applesauce, or assorted cold cereal.

Lunch-Chili dogs, french fries, buttered spinach and peach half.

Tuesday, Sept. 11
Breakfast-Scrambled eggs, toast, hash browns, ham or assorted cold cereal.

Lunch-Stromboli, mashed potatoes, buttered green beans, cubed jell-o and cookies.

Wednesday, Sept. 12
Breakfast-Donuts, sausage patty, scrambled eggs, strawberries or assorted cold cereal.

Lunch-Pizza, tossed salad w/dressing, buttered corn and tapioca pudding.

Thursday, Sept. 13
Breakfast-Ham/cheese bagel, scrambled eggs, fruit cup or assorted cold cereal.

Lunch-Monterey Jack sandwich, ranch wedges, buttered broccoli and chocolate cake.

Friday, Sept. 14
Breakfast-Banana muffin, links, hash browns, fruit punch or assorted cold cereal.

Lunch-Mexi-tot Supreme, french bread, buttered peas and carrots and applesauce cake.

SCHOOL CALENDAR

NCHS

Monday, Sept. 10
Junior Class Magazines Sales End

Sophomores Class Ring Presentation, 2:15 p.m.

"C" Volleyball at Hill City w/ Stockton
JV FB vs. Goodland, 5:30 p.m.

Tuesday, Sept. 11
Jay Singers, 7:30 a.m.
S.A.D.D., A.P.
Varsity Tennis at Phillipsburg, 3 p.m.

JV Tennis at Russell, 3 p.m.
Wednesday, Sept. 12
School dismissed at 1 p.m.
MTSS Collaboration Time, 1:30-3:30 p.m.

Thursday, Sept. 13
Jay Singers, 7:30 a.m.
Drama Club, A.P.
JV Tennis at Phillipsburg, 3 p.m.

Cross Country at Hays, 3:45 p.m.
"C" Volleyball at Colby w/ Hays and Wheatland, 4 p.m.
V/JV Volleyball at Goodland w/Dundy, Neb., 4:30 p.m.

Friday, Sept. 14
B.A.S.S. Meetings
Faculty Meeting, 7:45 a.m.

Pep Rally (A.P. moved to the end of the day, 3:15 p.m.)
FB vs. Plainville, 7 p.m.

Saturday, Sept. 15
FFA to State Fair
NCHS Band to KSU Band

Day
Sunday, Sept. 16
National Honor Society:
Adopt-a-highway Clean-up, 2 p.m.

NJHS

Tuesday, Sept. 11
KAYS, 8:30 a.m.
JH "B" FB at So. Valley, Neb., 5 p.m.

Wednesday, Sept. 12
School dismissed at 1 p.m.
MTSS Collaboration Time, 1:30-3:30 p.m.

Thursday, Sept. 13
VB/FB vs. Goodland, 4 p.m.

EES

Wednesday, Sept. 12
School dismissed at 1 p.m.
MTSS Collaboration Time, 1:30-3:30 p.m.

TEAM Meeting, 3:40 p.m.
Thursday, Sept. 13
5/6 Grade level meeting, 3:40 p.m.

Northern Valley

Monday, Sept. 10
HS CC meet at Alma, 4:30

p.m.
HS VB vs. Wheatland JV in Alma at 4:30 p.m./JV FB at 5 p.m.

Bus drivers meeting in Alma, 7:30 p.m.

Tuesday, Sept. 11
HS VB vs. Western Plains and Palco at Palco, 4 p.m.

Wednesday, Sept. 12
Hansen Scholarship Test at Logan, 9 a.m.

Thursday, Sept. 13
JH VB vs. Heartland Christian at Colby, 4 p.m.

Friday, Sept. 14
JH/HS Band Rehearsal in Alma at the FB Field, 10:48-11:22 a.m.

Elementary School Open House at Alma from 5:45-6:45 p.m.

Post Prom Hamburger Feed
HS FB vs. Palco at Alma, 7 p.m. *25th Anniversary of State Championship*

Call Mike with all your social news.
877-3361
mstephens@nwkansas.com

PUBLIC RECORD

Municipal Court

These transactions were taken from the records of filings in the offices of the Norton Municipal Court. These cases were given to the paper with the date of the hearings.

Aug. 16

July 6-Theodore Stone, Dodge City; Charge: Domestic battery; Plea: Guilty as amended; Other action: Amended to disorderly conduct by city prosecutor; Found: Guilty as amended; Sentence: Fine \$200, costs \$76, total \$276.

Aug. 6-Seth Nobis, Paris,

Mo.; Charge: 1. Speeding 40 in 30, 2. No insurance; Plea: No contest; Other action: 2. Dismissed/proof; Found: 1. Guilty; Sentence: 1. Fine \$30, costs \$76, total \$106.

July 15-Brett Thomson, Norton; Charge: 1. DUI-2nd, 2. Exhibition of acceleration, 3. Left of center; Plea: No contest; Found: Guilty; Sentence: 1. \$1,250, 2. \$100, 3. \$60, costs \$76, total \$1,486. Six months house arrest with monitoring device, \$360/month. 48 hours jail, six months probation after house arrest and ignition inter-

lock device for one year.

July 18-Jason McGregor, Norton; Charge: Speeding 50 in 40; Plea: Guilty; Found: Guilty; Sentence: Fine \$30, costs \$76, total \$106.

July 20-Joel Pasilas, Stockton; Charge: Speeding 49 in 40; Plea: Guilty; Found: Guilty; Sentence: Fine \$30, total \$76, total \$106.

Benefit Hog Roast
Free Will Donation
For 3 1/2 Year Old
Eric Kuhlman
Saturday, September 8
7 P.M.

TO BE HELD AT THE NORCATUR SCHOOL HOUSE ALL-PURPOSE ROOM

Eric is the son of Matt and Brandy Cook Kuhlman and the grandson of Brian and Tami Cook, all of Norcatour; and the Great-Grandson of Reva and the late Jim Marshall of Oberlin. All proceeds will go to the Eric Kuhlman Cancer Fund to help with medical and transportation costs while he is going through weekly chemo treatments in Omaha, NE.

Sander Furniture

HUGE SALE

OPEN TO THE PUBLIC

FRIDAY, SEPTEMBER 7
9:00 a.m. - 9:00 p.m.
SATURDAY, SEPTEMBER 8
9:00 a.m. - 6:00 p.m.
SUNDAY, SEPTEMBER 9
1:00 p.m. - 5:00 p.m.

Sander Furniture and Gifts

West Hwy. 36, Norton, KS - 785-874-4974
Downtown, Hwy. 283, Norton, KS - 785-874-5102

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