

# 4-Her's hold annual favorite food show

4-H Members 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, Jan. 12. Judges consulted with 29 4-H'ers about meal preparation techniques and nutritional value of favorite foods, how the favorite food fits into a menu, "Choose My Plate" requirements, and the presentation of the food in a table setting. The judges were Lynette Brown from Oxford, Neb., Barb Eckols from Hill City, and Stephanie Kramer from Norton. 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.

This year a new twist for the Level IV Division included our own version of "4-H Chopped". Participants received a list of eleven ingredients and were asked to incorporate five of those in some way into their dish. Participants were also expected to know nutritional value and cost of their dish. The ingredients they were able

to choose from included: hamburger, pasta, cream of mushroom soup, potatoes, green vegetable, cream cheese, chocolate chips, graham crackers, eggs, jalapeno, and apples. This created a challenge for our older 4-H members as well as giving them an opportunity to express their creativity.

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

Level I: - Rebekah Henrickson, Busy Jayhawkers, Gingerbread Man Cookies

Level II: - Hayley Mordecai, Busy Beavers, Chocolate Cherry Heart

Level III: - Emily Estes, Busy Jayhawkers, Bread Pudding in a Pumpkin

Level IV: - Carson Wallace, Cedar Ridge, Creamy Mushroom Lasagna

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

## LEVEL I

Purple Ribbon winner was: Madeline Miller, Busy Jayhawkers, Hot Ham & Cheese Roll Ups

Blue Ribbon winners were: Gavin Shearer, Cedar Ridge, Easy Chocolate Chip Cookies, Kenya Goss, Prairie Dog, Chocolate Chip Oatsies, Nolan Kinderknecht, Cedar Ridge, Kickin' Buffalo Chickin' Bites

and Olivia Miller, Busy Jayhawkers, Sopapilla Cheesecake.

## LEVEL II

Purple Ribbon winners were: Abby DuBois, Prairie Dog, No-Bake Oreo Cheesecake, Addison Brooks, Prairie Dog, Chocolate Fudge Cake, Katana Schillig, Cedar Ridge, Breakfast Burritos, Madison DuBois, Prairie Dog, Taco Soup, and Natalie Kinderknecht, Cedar Ridge, Mini "Cheery" Cheesecakes.

Blue Ribbon winners were: Devin Shearer, Cedar Ridge, Cheeseburger and Fries Casserole, Miles Goss, Prairie Dog, Crockpot Macaroni & Cheese, Morgan Goss, Prairie Dog, Cinnamon Rolls and Riley Goss, Prairie Dog, Breakfast Burritos. Red Ribbon winner was Hannah Obermiller, Busy Jayhawkers, Train Engine.

## LEVEL III

Purple Ribbon winners were: Kiana Estes, Busy Jayhawkers, Cheese Pine Cones and Bryndon Wentz, Prairie Dog, Tangy Pineapple Sweet Potato Casserole.

Blue Ribbon winners were: Damian Wellman, Cedar Ridge, Breakfast Casserole, Amy Wentz, Prairie Dog, Cherry Cheesecake and Kimberly Lowry, Cedar Ridge, Classic Creamy Cheesecake.

## LEVEL IV



The Norton County 4-Her's take part in eating the wonderful foods that they made on Sunday night after the Favorite Foods Show. The food was made, tables set and judging took place before the meal was served to all who attended.

- Telegram photo by Dana Paxton

Purple Ribbon winners were: Molly Maddy, Busy Jayhawkers, Spiced Chicken Breast Wraps with Apple-Jalapeno Chutney and Quentin Wentz, Prairie Dog, Meatloaf Surprise.

Blue Ribbon winners were: Jarrett Wente, Busy Jayhawkers, Chocolate Caramel Apple Cheesecake, Rebecca Wentz, Prairie Dog, Apple Cheesecake Bars with Sea Salt Caramel Sauce and Wyatt Wentz, Prairie Dog, Pepper Jelly Cheese Ball.

The committee in charge of planning was Jamie Wentz, Tranda Watts, Multi-County Extension Specialist, and Patsy Maddy, 4-H Youth Development Agent. Parents that assisted the judges and helped in the kitchen were Ruth Shearer, Emily Lowry, Ann DuBois, LeeAnn Shearer, Lois Wentz, and Kara Miller.

Over 60 people attended the Tasting Tables that were set up to allow the public to sample the 4-H'ers favorite foods. A set of

five glass bowls with lids were awarded to all participants and Level Winners also received a crockpot. 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 4-H Foods and Nutrition project.

Recipe books with all of the participants' tasty recipes are available free of charge at Twin Creeks Extension Office, 107 S. State Street, Norton, KS.

## School

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board of education.

-adopted the recommendation to discontinue the Explorations of Technology program at the junior/senior high school.

-Superintendent Mann reported that the 2014-15 calendar committee had met. The committee's recommendation is contingent on negotiations, so no action was taken.

-approved motion to be included by NCKSEC in the Hansen Foundation grant request for Parents As Teachers.

-approved in the consent agenda were the agenda as amended, minutes for the regular meeting of Dec. 9, 2013 and monthly

bills and transfers.

Bills approved for payment total:

	PAYROLL	BILLS
General Fund	319,900.78	13,736.15
Vocational	8,965.53	3,659.24
Capital Outlay		73,109.73
Food Service	19,466.14	18,546.08
Title I	8,338.44	229.29
Special Education	9,699.12	193,092.69
Recreation Commission		2,540.09
At-Risk	26,035.02	
Professional Development		29.93
Supplemental General	21,475.77	46,895.53
Eicher Butler Scholarship		500.00
Title II-A	204.73	1,365.00
Steichen Scholarship		500.00
Tansill Trust Scholarship		500.00
Gifts and grants		494.99
Total	414,085.53	355,198.72

## Sheriff

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He said that it helped with an incident recently when a prisoner "threw a tantrum" and tossed everything he could lay his hands on into the toilet and then started flushing it causing the cell to flood.

No one was injured, he said, and the prisoner soon calmed down. Because of the camera system, they were able to monitor the situation and confront the prisoner with a copy of his conduct. Sheriff Thomson said

that the prisoner then voluntarily cleaned up the mess and washed up the cell.

The sheriff told the commissioners that the county can get a grant to help check its highway center lines. The state wants every highway to be the same, he said. This is part of a state-wide 911 update needed to make sure emergency personnel know where to go when a call comes in.

"We're going to have to do it anyway," the sheriff told the

commissioners. "We'll just have to pay for it (if they don't take the grant now.)"

The state has authorized the counties to use any one of five companies, Sheriff Thomson said.

Commissioner Richard Thompson said that was fine but he didn't want to use the same company that the county used last time.

The sheriff said that was fine and suggested the commissioners form a committee to pick out

the best company for the county since several other departments, like the emergency medical service and the assessor's office should probably have something to say about the whole thing.

In the other business, the commissioners:

- Decided to leave Richard Thompson as commission chairman and Charles Posson as vice chairman.

- Adopted the Internal Revenue Service reimbursement rate

for mileage of 56 cents per mile.

- Decided to keep *The Norton Telegram* as the county's official newspaper.

- Kept the county depositories as the First State Bank, First Security Bank and Trust, The Bank

and Almena State Bank.

- Endorsed a resolution to support the Kansas Association of Counties opposition to the elimination of mortgage fees, which brings in about \$50,000 a year for the county budget.

## Library

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signs; memory quilts - a Friendship Quilt and a Pictorial Family Quilt; throws and thirties fabrics. Members of the Heritage Quilt Club are sharing some of their work and/or collections.

The oldest quilt is a Friendship Quilt owned by Jo Pakkeber that was made by her mother in the early 1930's. The names are family and friends. The quilt was hand quilted by her mother, Grace Coffey.

Another type of family quilt is the Memory Quilt showing three generations of the family of Regina Stark. It contains pictures from about 1910 to 1968. Basket blocks made with 1930 reproduction prints and solids were used. Also featured are floating postcard blocks with

a family saying or a picture of family members. The quilt was designed and constructed by Regina Stark and Jamie Wentz.

Jamie Dreher shared a quilt made by her mother, Linda Covington. It features a log cabin design with the traditional red center in the block. The lavender and white blocks are arranged in a fan pattern. It measures 90 x 98 inches, is machine quilted and will be finished with a binding. Isn't this a striking quilt?

Rita Speer chose a modern design for her traditional quilt. It is a Four-Patch Posy Quilt, made by starting with four repeats of a patterned fabric. The fabric is cut in squares, no larger than 4.5 inches, then the sewer can re-arrange them to his or her liking, thus producing a variety

of designs. A small sashing of a contrasting or matching solid fabric is frequently sewn around each square.

Two traditional patterns are Ohio Star and Double Wedding Ring. Judy Luft chose muted earth tones of Thimbleberry fabrics for the Double Wedding Ring quilt she made. Lavon McCormack pieced and machine quilted the lap quilt using the Ohio Star design. The blue background with red stars makes a bold statement.

Joyce Trumbo shared a baby quilt she made using pastel fabrics with a star pattern. This quilt is hand quilted. Notice that it does not have the borders.

Cindy McMullen's lap quilt and Anise Gill's throw are displayed on the quilt racks and are good kinds of quilts to have for

winter weather. Cindy chose autumn colors in woolie flannels to make the lap quilt. She chose minkee fabric for the backing. Anise chose a panel for the main "Let It Snow" theme; however check out the snowmen, ice skates, birds and mittens. Main colors are dark blue, red, green and brown.

Also included in the exhibit are some quilt books that feature traditional quilts.

In both February and March, there will be different quilts displayed by members of the Heritage Quilt Club.

The exhibits in the cases will be displayed through the end of March.

Take time to visit the Norton Public Library to enjoy these displays.

## Lions Club meeting in Salina

The annual Mid-Winter Rally of Kansas Lions will take on an international flavor as they play host to Lions International Director Dr. Hauser Weiler of Virginia, Jan. 17-19, 2014, at the Ramada Convention Center in Salina.

The Kansas Lions Council of District Governors conducts four meetings each year to assess progress towards goals for community service by the 6700 Kansas Lions and Leos (school students) who serve in the 280 clubs from all parts of the state. In addition, most of the State Committees and Lions Foundation Boards will meet to evaluate annual goals.

The Kansas Lions Council of Governors is the control-

ling authority of Kansas Lions. They are: DG Linda Looney of 17-L (West); DG Al Urich of 17-I (North-Central); DG Jerry Loney of 17-O (North East); DG LuRay Watts of 17-N (South Central); and DG Jess Larison of 17-S (South East). The Council Chairperson is Beverly Nichols of Overland Park.

Dr. Hauser Weiler, a Virginia native, is an ophthalmologist in private practice and lives in Lancaster County in Northern Virginia on the Chesapeake Bay. ID Weiler retired as a Navy Captain from the U.S. Navy Medical Corps in 1989.

In recognition of his service to the association, he has received numerous awards in-

cluding Lion of the Year, three Council of Governors Awards, Lions of Virginia Foundation Humanitarian Award, two International President's Medals and five President's Certificates of Appreciation. He is also a Progressive Melvin Jones Fellow.

The International Association of Lions Clubs is the world's largest community service organization with 1.35 million members in 46,500 clubs, in 206 countries of the world. In Kansas there are 6,700 Lion and Leo Club members serving in 280 clubs, all dedicated to serving their hometown communities.

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