

Thanksgiving meal tips encourages food safety

As we gather for Thanksgiving dinner this year to enjoy tasty holiday treats, one very important factor should not go unnoticed: food safety.

"One out of every four people sitting around your dinner table have trouble fighting off bacteria or viruses, and that's why it's essential to take some simple precautions with your Thanksgiving dinner," said Mary Glassburner, Kansas Department of Health and Environment's Food Protection and Consumer Safety Program director.

Turkey Preparation

Most raw poultry is already contaminated with campylobacter bacteria when you buy it, so it's essential to wash your hands before and after handling it. This prevents cross-contamination of your other foods such as breads, vegetables and desserts. Keeping the counters clean where juices from raw meats or eggs may have spilled is also important in preventing

foodborne illness this holiday.

Thawing

Because of the bacteria found on most raw poultry when you purchase it, thawing techniques are very important. The safest way to thaw poultry is in the refrigerator - 24 hours for each 5 pounds. However, thawing can be accomplished faster by completely submerging the bird in a sink of cold water. Change the water every 30 minutes or place the frozen turkey under cold running water until thawed.

Cooking time:

Pop-up timers can be used as a guide, but temperature is the safest way to assure safe poultry. Inset a meat thermometer in the thickest portion of the turkey, being careful not to touch bone or the pan. The new "instant-read" thermometers are not designed to be left in the oven, so remove it each time you check the temperature. Cook your turkey to at least 165 F to kill bacteria. Most diners prefer more well-done

poultry at 180 F.

Slow cooking turkey

Slowly cooking meat at low temperatures favors harmful bacterial growth that can cause foodborne illness. Always cook turkey in temperatures of at least 325 F.

Turkey diner on the move

If you plan to take your turkey to a different location than where it is cooked, prepare it unstuffed. After it has cooked, carve the meat and refrigerate it immediately, uncovered, in a shallow pan. After the turkey has cooled, you may cover it. Do not leave cooked turkey on a counter or in an oven to cool. Once you reach your destination, simply reheat the turkey in a baking pan with a small amount of water until it reaches an internal temperature of at least 165 F.

Turkey leftovers

Refrigerate food within two hours of cooking. Cut large portions into smaller pieces, and place the leftovers in shallow pans. You may cover the food after it has cooled. Leftover turkey should be used within three to four days. Leftover gravy and dressing should be used within one to two days. Any left over foods may be frozen for four to six months. Be sure to reheat all leftovers to at least 165 F, stirring to distribute the heat.

Foodborne Illness from Turkey

Although it isn't easy to determine if a particular meal has caused someone to become ill, campylobacter is the most common cause of diarrheal illness in the United States. Most people who become ill develop diarrhea, cramping, abdominal pain and fever within two to five days of eating. The illness typically lasts one week. In persons with compromised immune systems, campylobacter occasionally spread to the blood stream and causes serious, life-threatening infections. Holiday dinners can be the source of other food borne illnesses as well.

Summary

- Wash hands before preparing food and after handling raw foods.
- Thaw turkey in refrigerator, or in sink of cold water changed every 30 minutes
- Cook raw meats thoroughly. For poultry, that is at least 165 F in the thickest part of the bird.
- Hold cold foods at 41 F or below, and hot foods at 140 F or above.
- Keep food preparation surfaces clean and sanitized.
- Properly store leftovers promptly.

Bowling

Wednesday Night Mens 11/13

Team standings: Post Plumbing 28-16; 2001 Electronics 25-19; Grace Flying 23-21; Krien Steel 23-21; Cox Construction 22-22; First National Bank 21-23; Haigler 18-26; High Rollers 16-28

High game (scratch): Alan Rose 243, Dan Post 234, Spencer Schleppe 226

High series (scratch): Rose 564, Bill Smith 557, Bob Zweygardt 553

Wednesday Night Mens 11/20

Team standings: Post Plumbing 29-19; 2001 Electronics 28-20; Krien Steel 26-22; First National Bank 25-23; Grace Flying 24-24; Cox Construction 23-25; Haigler 21-27; High Rollers 16-32.

High game (scratch): Marvin Confer 204, Dustin Fromholtz 195, Neil Zweygardt 194

High series (scratch): Marvin Confer 554, Fromholtz 532 532, Zweygardt 527

Wednesday Coffee 11/13

Team standings: Krien Steel Buildings 26-18; Flower Magic 25-19; The 3G's 25-19; Snyder's Hay Gals 23-21; Windmill Restaurant 23-21; Cheyenne Bowl 23-21; Sam's Electric 17-27; Dairy King 14-30

High game (scratch): Barb Cobb 201, Mayetta McCall 179, Pat Rose 177, Carol Lampe 177

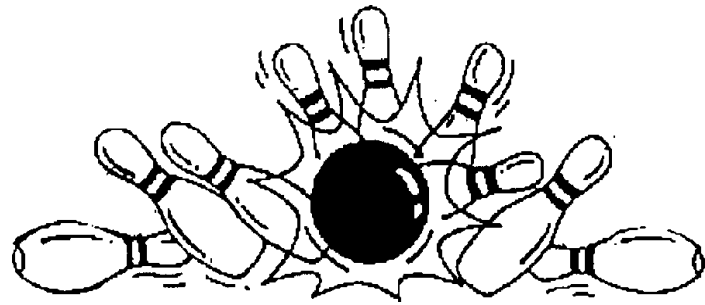
High series (scratch): Barb Cobb 516, Pat Rose 499, Carol Lampe 485, Pat Confer 475

Ladies Nite Out 11/21

Team standings: Dundy Ag 30-18; Wright Carpet 26-22; Troy's Alley Cat 25-22; Jake's 24-24; Jersey Maids 23-25; Great Plains Co-Op 23-25; First National Bank 22-26; Cheyenne Bowl 18-29

High game (scratch): Terry Yost 216, Jeanne Dunn 201, Vickie Schliep 176

High series (scratch): Dunn 512, Terry Yost 489, Jenny Wright 483



TAKING ADVANTAGE of the 70-degree temperatures on Friday were Rod Lampe and A.J. Marin as they decorated for Christmas at Lampe Hardware on Main Street. Staff photo by Karen Krien

Livestock compensation sign-up program ends Dec. 13

The United States Department of Agriculture recently announced that sign-up for the Livestock Compensation Program (LCP) for cattle, sheep, goats and buffalo producers will end on Dec. 13.

Sign-up began on Oct. 1 for producers with livestock headquarters operations physically located in counties that have received a Secretarial primary disaster designation for drought between Jan. 1, 2001, and Sept. 19, 2002. A county that had a Secretarial disaster designation request pending for drought as of Sept. 19 and was subsequently approved as a primary county, is also eligible. Counties named as contiguous counties are not

eligible for Livestock Compensation Program.

Payment are based on standard feed consumption date for each eligible type of livestock. Types of livestock adjusted by these factors and payment rates are: beef cows, \$18.00/head; dairy cows, \$31.50/head; stockers, \$13.50/head; buffalo and beefalo, \$18.00/head; goats, \$4.50/head; sheep, \$4.50/head.

As of Nov. 20, applications for Livestock Compensation Program benefits have been received from and payments issued to more than 310,000 livestock producers in 41 drought impacted States. United States Department of Agriculture carefully considered live-

stock numbers in areas suffering from drought and very quickly formulated and designed the Livestock Compensation Program so livestock producers in these areas could have access to much-needed direct payments, and avoid liquidation of livestock foundation herds. As of Nov. 21, the department has acted upon all timely submitted Governors' requests for drought disaster designations and subsequent Livestock Compensation Program eligibility. Accordingly, all producers in eligible counties have three weeks to complete Livestock Compensation Program applications in applicable county Farm Service Agency offices.

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Herald Happenings:

Christmas Tab

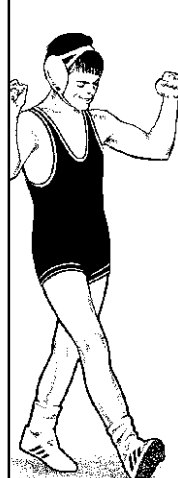
This supplement will be filled with Christmas Cheer: Letters to Santa,



Recipes and Memories. The advertising is reserved for Christmas well wishes!

Winter Sports Tab

This supplement will feature St. Francis and Bird City Jr. High and High School Basketball players, Wrestlers and Cheerleaders!



The Saint Francis Herald

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— and —

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