

Creative thinking boosts grilling time

This past weekend, Memorial Day weekend, was the official start of the summer season. Summertime is synonymous with grilling.



Diann Gerstner

• Knowledge for Life

Ahhhh, the delicious foods prepared on the grill. Grilling is one of the easiest low-fat cooking methods. It keeps the heat out of the house and is a great way to spend time with family and friends. This week I am focusing on basic grilling and tips for grilling meats and vegetables. My next column will focus on grilling fruits and food safety concerning grilling. Plan to grill a meal – or two – this week.

Grilling Tips

- Start with a clean grill – remove charred food debris.
- Before placing food on grilling surface, preheat the grill.
- Avoid fire flare-ups by using clean meats and trimming away all visible fat.
- Use tongs or spatula, rather than a fork, which can pierce the meat, fruit or vegetable and allow juices to escape.
- Cook fish in foil packets to retain natural flavors and protect it from smoke and fire.
- Grill all beef cuts at medium to medium-low temperatures.
- Marinating can add lots of flavor and tenderize meats.
- Meat should always be marinated in the refrigerator.
- For tenderization, beef must be marinated at least six hours or as long as overnight in a marinade containing an acidic ingredient such as vinegar or lemon juice. Marinating longer than 24 hours causes the meat fibers on the surface to break down, resulting in a mushy texture.
- To use for flavoring, marinate 15 minutes to two hours.
- If marinating kabobs, thread the meat and prepared vegetables on skewers before brushing with marinade; allow marinated kabobs to stand 15 minutes before grilling.
- Do not reuse marinade unless it is boiled first. If you plan to use the remaining marinade later as a table sauce, it must be boiled for at least three minutes to eliminate bacteria.
- An easy marinade can be made by blending one-half cup of olive oil with one-fourth cup of red wine vinegar.
- Oil-based salad dressings (such as an Italian-flavored dressing) can be used as a marinade. Be creative: Wrap a steak or pork chop in a strip of zucchini, rather than strip of bacon, or add grilled asparagus to a summer soup or veggie pizza.
- Grilling vegetables is an easy way to bring out natural flavors
- Fresh asparagus, mushrooms, bell peppers, tomatoes, onions, squash, eggplant and corn on the cob are good candidates for the grill.
- Scrub vegetables before cutting or slicing.

• Cut or slice vegetables uniformly. Pieces should be large enough so as not to fall through the grill, and similar in size, so that all will cook in about the same amount of time.

• Pre-soak vegetables in cold water for 10 to 15 minutes before grilling to help retain moisture

• One thing different with grilling vegetables is their low fat content so you will need to use oil on your grill or put the food on non-stick aluminum foil. Vegetable cooking spray or a small amount of vegetable oil prevents sticking and makes grilled vegetables easier to turn. Avoid spraying surfaces near a lit grill.

• Brush the surface of vegetables lightly with olive oil (before grilling) to help seal in moisture, protect skin and add sheen. Seasonings can be added to the oil.

• Try making them into kabobs or using a grilling basket or skillet. You can make vegetarian kabobs or ginger-marinated mushrooms as a main dish.

• Reminder to use tongs or a spatula, rather than a fork, which can pierce the vegetable and allow juices to escape. Utensils used to grill vegetables should be reserved for that purpose and not used to turn other raw or cooked foods.

• If using a foil packet to grill vegetables, use heavy duty foil or a double layer of a lighter weight foil or a grill pan.

• Place vegetables to the side of the grill, not over direct heat, and cook until the items are lightly browned. They should be tender but not mushy and usually only need to be turned once. Fast-grilling vegetables such as asparagus, broccoli, carrots, eggplant, okra, onions, peppers, summer squash and tomatoes generally take about five to seven minutes to cook. Root vegetables such as beets, winter squash and potatoes can take anywhere from 20 to 45 minutes to cook, depending on whether they are whole or cut into slices. These types of vegetables should be wrapped in foil with olive oil and a sprinkle of herbs and spices.

• Cut tomatoes in half cross-wise, brush with canola or olive oil, and add salt, pepper and your favorite spices. Wrap in foil and grill sliced side up for six to eight minutes.

• Marinate a large Portobello mushroom in light French or Italian dressing – or make your own dressing with 1 1/2 tablespoons each balsamic vinegar and olive oil, a clove of minced garlic, salt and pepper. Grill it like a burger and serve on a bun or alone.

Diann Gerstner is the family and consumer sciences agent for the Thomas County Extension of

Corrections
The Colby Free Press wants to maintain an accurate record of our town. Please report any error or lack of clarity in a news story to us at 462-3963.

Deaths

Maxine B. McNeely

Maxine B. McNeely, 90, a retired Avon saleslady from Colby, died Sunday, April 15, 2012, at Citizens Medical Center in Colby.

She was born Dec. 8, 1921, in Mooreland, Okla., the daughter of Frank and Marian (Sell) Relph.

Preceding her in death was her husband, William D. McNeely Sr., in 1974.

Survivors include a son, William D. McNeely, of Denver; a daughter, Linda Gail McNeely, of

Wichita; and two grandchildren.

Memorial services will be at 11 a.m. Saturday, June 2, 2012, at Kersenbrock Funeral Chapel in Colby, with the Rev. James Mardock officiating and inurnment in Beulah Cemetery.

There will be no visitation as cremation was chosen.

The family suggests memorials to be designated later, in care of the funeral chapel, 745 S. Country Club Dr., Colby, Kan., 67701.

Clarence John Scheopner

Clarence John Scheopner, 96, a retired Goodland businessman and farmer, died Friday, May 25, 2012, at the Cambridge Memorial Hospital in Cambridge, Neb.

He was born Feb. 20, 1916, to Ann Theresa (Nortman) and Clement Bernard Scheopner at Fleming, Colo. The family moved to a farm east of Goodland in 1919, where he attended country school.

Mr. Scheopner worked on the farm until he was hired at Knudson Brothers as a mechanic. Later he started the first Culligan Soft Water Service in Northwest Kansas, as well as owning the KOA campground in Goodland and farming.

On June 2, 1937, he married Clara Anna Huber; they celebrated 64 years together.

He served on the Goodland School Board, the Kansas Board of Education and the Northwest Kansas Vocation-Technical Board. A charter member of the Goodland Kiwanis and the Sherman County Historical Society, he served on the boards of Development Services of Northwest Kansas and Association of Retarded Citizens. He was one of the founders of the Beamgard Learning Center in Atwood. He was a member of the 60+ Club at the Senior Center and the Goodland Elks Lodge.

A member of Our Lady of Perpetual Help Catholic Church in Goodland, he served on the parish council. As a fourth degree member of the Knights of Columbus, his family was recognized as the Kansas Knights of Columbus

Colby Rotary Club

Colby Rotary Club met May 15, at Colby Community College with 32 members and guests Lynn Ballinger, constituent services representative for Congresswoman Tim Huelskamp, Joni Clark-Leiker and Diana Wieland.

Terrel Harrison had the program. Her guest was Clark-Leiker, Colby High School guidance counselor, who spoke on career and technical education opportunities available at the school.

She noted that of 100 graduating students, 19 percent, on average, will enter the workforce or military and the remaining 81 percent will pursue some type of higher education.

Of the 81 percent, 18 percent would like to go to college but find they did not take sufficient courses. This leaves 62 percent to go to college, she said.

Of the 62 percent who go to college 1/3 drop out, leaving 40 percent. For those graduating from college, half are underemployed and only 20 percent end up working in areas where there is a high need for science, technology, health sciences and mathematics knowledge.

Clark-Leiker said 52 percent of the Colby High class of 2012

completed the career and technical education course of study. Its purpose is to develop the students' technical skills for the real world.

The study is closely aligned with education academics. She said the district exposes students to career and technical education in all grades and that the state requires all eighth graders to have a program of study.

Colby has agreements with several post-secondary schools to ensure a smooth transition for students and avoid duplication of introductory classes.

Pat Sloan won Roto-Lotto. On May 22, Rotary met with 36 members and guests Tim Adrian, Lloyd Cersovsky, Joanne Emerick, Cindy Schnelle, Kinley Ziegelmeyer, Leroy and Joan Ziegler and a friend of Jeff Horlacher from Germany.

Horlacher was presented with a Paul Harris Fellow Award.

In observance of the upcoming Memorial Day holiday, Gary Adrian, Ron Evans, Wayne Horlacher and guests Tim Adrian and Leroy Ziegler were recognized for their service to our country.

Marla Crumbaker had the program. Her guest was Joanne Emerick from Hoxie, who shared

Picnic in the Park begins next week

School is out, Memorial Day remembrances and outings are over and the Colby Aquatic Park is open. Those are all sure signs that summer is here.



Leilani Thomas

• On the Road Again!

One of our favorite summer events is Picnic in the Park which is sponsored by the Colby Chamber, Convention and Visitors Bureau and the Colby Free Press. The picnics will be held every Wednesday during June and July except for the Fourth of July. Join us at noon every Wednesday for entertainment, fun and fellowship.

Kicking off the series will be Larry Booth on June 6, with the Bugbee sisters on June 13, Prairie Rose Harmony on June 20 and Shannon Myers on June 27. Hi-Plains Co-op will hold a hot dog feed at the picnic on June 13 to benefit the Kiwanis 4th of July Fireworks display.

See you at Fike Park on Wednesdays for lunch. Bring your lawn chair, lunch and kids.

The Fourth Annual Free Kids Fishing Derby is 9 a.m. to noon Saturday at Villa High Pond. The derby is sponsored by Colby Community College and Kansas Department of Wildlife and Parks. It is free, but an enrollment form must be completed to participate. Children under 7 must be accompanied by an adult. For information and enrollment form, contact Barry Kaaz at 460-5429.

Friday, June 8, is the Rotary/Chamber golf tournament at Meadow Lake golf course. Registration is at 9 a.m. with four person scramble tee-off at 10 a.m. Come join us for a great 18 holes of golf.

Stock car races will be at 7 p.m. Sunday, June 17, at the Thomas County Speedway. Racing will be modifieds, stock car, sport mod, hobby stock and econos.

The High Plains Art Club is holding their first juried amateur art show Friday through Sunday,

June 8 to 10, at Heartland Christian School Gymnasium. The exhibition will be open 9 to 4 on Friday, 9 to 6 on Saturday and from 10 to 3 on Sunday.

Young at Art will be held at the Prairie Museum of Art and History on Thursday, June 21. This evening event is a Thomas County Community Foundation fund raiser for art in the schools and includes an exhibit of a Birger Sandzen painting from the Colby Public Schools and the Prairie Museum's Sandzen collection of lithographs and block prints. Watch for more details in the near future.

Agora, "The Market Place," is being held from 8 a.m. to 3 p.m. Saturday, June 9, at the Colby United Methodist Church. There will be arts and crafts, baked goods and a rummage sale.

Once a Month Lunch will also be held from 11:30 to 1:30 Saturday, June 9, at the First Presbyterian Church in Colby. There is no charge for this meal. The once a month lunch will be served the second Saturday of the month through the end of the month???

I will be attending the Travel Industry Association of Kansas board of directors meeting in Hutchinson, the I-70 Association meeting in Salina and the Tour Kansas meeting in Wichita. Northwest Kansas Travel Council will meet in Colby in June at the museum.

The Leadership Thomas County Board of Directors is planning an adult leadership program. This dynamic participatory course, with eight sessions during August and September, will emphasize leadership capacities, civic leadership and community awareness. The class will be expected to implement a youth project. They will also attend the Kansas Leadership Summit in Wichita. Networking opportunities are also planned so class members can foster a mutual interest in working together to find solutions for a progressive, growing community.

Nomination or application request forms are available at the Chamber Office. If you are interested or know of someone interested in this program, please contact a board member, Cindy Black or Leilani Thomas at 460-7643. Scholarships are available.

Enjoy all of June's activities and don't forget Father's Day. Happy June!

Leilani Thomas is director of

Markets

Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat (bushel)	\$6.30
Corn (bushel)	\$5.57
Milo (hundredweight)	\$9.50
Soybeans (bushel)	\$12.56

Public Notice

NOTICE OF HEARING ON ADOPTION OF NEIGHBORHOOD REVITALIZATION PLAN FOR CITY OF GEM. LACEY TOWNSHIP, GEM CEMETERY

You are hereby advised pursuant to the provisions of KSA 12-17, 117, a public hearing will be held at 415 Elm Street, Gem, Thomas County, Kansas, on the 14th day of June, 2012 at 8:00 o'clock p.m. to consider whether City of Gem, Lacey Township, Gem Cemetery, Thomas County, Kansas, should adopt a "Neighborhood Revitalization Plan" for all of the area and territory lying within the corporate limits of such township in Thomas County, Kansas.

The proposed Revitalization Plan is available for public review and consideration at the office of Thomas County Economic Development Alliance, 350 S. Range, Ste. 12, Colby, Kansas during the hours of 8:00 a.m. to 12:00 p.m. and 1:00 p.m. to 5:00 p.m.

CITY OF GEM
THOMAS COUNTY, KANSAS
BY: Phyllis Ziegelmeyer, Mayor
ATTEST
Clerk - City of Gem

LACEY TOWNSHIP
THOMAS COUNTY, KANSAS
BY: Jonathan Higerd, Trustee
ATTEST:
Pete Ziegelmeyer

GEM CEMETERY
THOMAS COUNTY, KANSAS
BY: Chuck Saddler
ATTEST:
Clerk - Margie Flanagin

Colby grads get degrees

Two students from Colby were among the spring graduates of Garden City Community College at spring commencement May 12.

About 370 associate degrees and certificates were awarded at a ceremony featuring Mark Randall of the Denver Nuggets as speaker and honoring Finney County Sheriff Kevin Bascue as distinguished guest.

Graduates from this area include Sara A. Hoover and Ryan Lee Murphy of Colby; Bailey Ann Hemmert and Ethan Jirak of Oakley; and Ana Luisa Ponce of McDonald.



Jim and Shirley (Poage) Malcolm will be celebrating their **50th wedding anniversary** on Sunday, June 3rd, with a reception from 2 - 4 p.m. at the **Colby United Methodist Church**. Their children and grandchildren, Angie and Nori Hughes, Torianna and Teagan, of Colorado Springs, and Jim, Jr. and Holly Malcolm, Maverick and Madelynn, of Denver, invite you to attend. The couple requests no gifts. Cards may be sent to 1015 East 9th, Colby, KS 67701.

Colby Junior Golf

Sign up at Meadow Lake Golf Course
Thursday, May 31 • 9:30 a.m.

Practice every Thursday starting May 31 - July 26 from 10 - 11:30 a.m.

Ages 7-17 • Members: \$15 • Non-Members: \$65

- scholarships available -

Golf Coach: Kevin Taylor/Sara Betz/Ed Schmitt

Contact Person: Sara Betz - 785-269-7394 or 785-460-9855



Public Notice

NOTICE OF HEARING ON ADOPTION OF NEIGHBORHOOD REVITALIZATION PLAN FOR UNIFIED SCHOOL DISTRICT #274, OAKLEY

You are hereby advised pursuant to the provisions of KSA 12-17, 117, a public hearing will be held at 621 Center Avenue, Suite 103, Oakley, Thomas County, Kansas, on the 11th day of June, 2012 at 6:00 o'clock p.m. to consider whether Unified School District #274 (Oakley), Thomas County, Kansas, should adopt a "Neighborhood Revitalization Plan" for all of the area and territory lying within the corporate limits of such school district in Thomas County, Kansas.

The proposed Revitalization Plan is available for public review and consideration at the office of Thomas County Economic Development Alliance, 350 S. Range, Ste. 12, Colby, Kansas during the hours of 8:00 a.m. to 12:00 p.m. and 1:00 p.m. to 5:00 p.m.

UNIFIED SCHOOL DISTRICT #274 (OAKLEY)
THOMAS COUNTY, KANSAS
BY: THE BOARD OF EDUCATION
BY: President - Scott Maurath

ATTEST:
Clerk of the Board of Education

(Published in the Colby Free Press on Wednesday, May 30, June 6, 2012)

Public Notice

NOTICE OF HEARING ON ADOPTION OF NEIGHBORHOOD REVITALIZATION PLAN FOR UNIFIED SCHOOL DISTRICT #275, WINONA TRIPLAINS

You are hereby advised pursuant to the provisions of KSA 12-17, 117, a public hearing will be held at Triplains School at 5th and Wilson, Winona, Logan County, Kansas, on the 11th day of June, 2012 at 7:00 o'clock p.m. to consider whether Unified School District #275 (Winona Triplains), Thomas County, Kansas, should adopt a "Neighborhood Revitalization Plan" for all of the area and territory lying within the corporate limits of such school district in Thomas County, Kansas.

The proposed Revitalization Plan is available for public review and consideration at the office of Thomas County Economic Development Alliance, 350 S. Range, Ste. 12, Colby, Kansas during the hours of 8:00 a.m. to 12:00 p.m. and 1:00 p.m. to 5:00 p.m.

UNIFIED SCHOOL DISTRICT #275 (WINONA TRIPLAINS)
THOMAS COUNTY, KANSAS
BY: THE BOARD OF EDUCATION
BY: President - Mark Hanson

ATTEST:
Clerk of the Board of Education

(Published in the Colby Free Press on Wednesday, May 30, June 6, 2012)