

Easy riding



Dennis Snethen posed Friday on the Harley Davidson motorcycle he won in a contest earlier this month. Snethen, who lives in Edson, said he won the annual motorcycle giveaway sponsored by the Hays Chapter of the Harley Owner's Group. He said winning the \$6,100 cycle made it worth spending \$25 on the ticket he is holding. Snethen got the bike from Doerfler's Harley-Davidson in Hays.

Photo by Rachel Miscall/The Goodland Daily News

It's time to start thinking about turkey

Shopping early for that holiday turkey can lessen the stress of holiday meal preparation. It may also be the perfect time to take advantage of sale prices. If there is room in your freezer, consider buying more than one turkey for special meals. Turkeys can be frozen for a year.

To choose the right size turkey for a holiday or other family meal a good guideline is to allow one pound of turkey per person.

To thaw a frozen turkey, place the turkey, still in its original wrapper, in a baking pan in the refrigerator. Allow about 24 hours of thawing time for each five pounds of turkey. A 12- to 16-pound turkey should thaw in the refrigerator within two to three days.

Roasting time varies with turkey size, whether the turkey is stuffed, the kind of pan used, whether the turkey is covered, and whether the oven temperature is stable.

Since a turkey is slow-roasted, you don't need to preheat the oven to 325 degrees. Consider about 15 to 20 minutes per pound. A 12-14 pound turkey requires three to three and three quarters hours to cook. A stuffed turkey usually requires an additional 45 minutes to cook.

A turkey roasted in a dark roasting pan cooks faster than a turkey roasted



roxanne burda

• slice of life

in *a shiny metal pan. A roasting pan with a lid speeds cooking. So does an oven cooking bag. Using a foil tent during the entire cooking process can slow cooking, but it also can prevent over-browning.

Roasting the turkey in a large pan with a roasting rack is my personal choice. A rack that fits inside the roasting pan holds the turkey above the fat and pan juices that bake out in the roasting process. A rack also allows heat to circulate around the turkey for more even roasting. Leaving the lid off also results in more of a roasted, rather than steamed, flavor.

Traditional turkey stuffing has raised some food safety concerns. The turkey cavity, which is moist, is a good

place for food borne bacteria to grow. To counter these concerns, wash the turkey cavity with cold water and stuff lightly about 3/4 cup of stuffing for each pound of tur-

key. Or, bake the stuffing in a casserole dish. Resist the urge to stuff the turkey early. It should be done just before you pop the turkey in the oven.

Pop-up timers included with many turkeys are not sufficient for determining turkey doneness. A pop-up timer only checks the temperature in one area. The depth of the probe is also not adequate for larger birds.

Using a traditional meat thermometer to check the end-point temperature in the innermost portion of the thigh and also in other locations is recommended. The temperature should reach 180 degrees. Check the stuffing, also. It should register 165 degrees in the center.

Have a Happy Thanksgiving.

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A little birdie told me you were 30!

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the brewster beacon

Would you believe that the Brewster Senior Center was the site for 82 flu shots, in a little over two hours, Tuesday morning? That is definitely a record for the seven years I have been involved.

It is also an increase of more than 100 percent over last year, which was the best year until now. Kathy Ryan, Kay Weston, and Davon Damoude were busy ladies and we thank them for their work for the Thomas County Health Center.

It is certain that many people from northwest Kansas are aware of the importance of protecting themselves from the flu.

Tuesday was a busy day, with the flu shots, the election, and the funeral for Harriet Parker.

It seemed strange to think that just the week before Harriet and I worked on the center's newsletter and that was the last time I saw her.

We want to thank her family for designating the Senior Center as the recipient of her memorial. She put much effort into the center and was proud of it.

Marjorie Westover and Frances Jones were in Garden City on Monday and Tuesday, while Frances had some eye surgery done.

They spent the night so that Frances could be checked out by her optometrist before leaving Garden City. We hope that Frances doesn't have any fur-



sally michael

• the brewster beacon

ther problem with her eyes.

Bud Parker of Denver left for his home on Thursday morning after spending a few days with his mother, Inace, and helping her with some chores and errands.

They attended the funeral of Harriet Parker, along with Inace's other son, Merle and his wife Sandy Parker of Oakley. Inace and Harriet's husbands were cousins and the two ladies had a long friendship.

There are several from the area who have had some health problems and we wish all of them a speedy recovery from their ailments. Mavis McDaniel is going to have some medical treatments soon and we wish her the very best.

Rosa Garcia is also going to begin treatments in Hays and she said she appreciates all the prayers and concern on her behalf.

Dorothy Goetsch has been having some problems, yet, and we hope this lady will be able to overcome them and regain strength.

Duane Jones is in Hays, this week, for treatment and he and Ruth are both

in our hearts for good health. Don Hawkins will be returning to Hays next week, for more tests and treatment, and he's hoping that

he starts feeling better soon. Nettie Mills is hoping the cast can be taken off her leg very soon, so she will be able to get around on her own easier.

So, as you can see, there are quite a few folks that need to be remembered with a quick phone call, card, or visit. Plus, there might be others that just need another voice to listen to, or another ear to listen to them.

One thing that I learned from Harriet's death is that we never know what is in store for those around us or even ourselves. So, we need to take the time to be a little more aware of those around us.

It is late Friday and the presidential election is still up in the air. Isn't that astounding? It is like a Hollywood production and we just don't know whether it's a horror film or a comedy. I believe there will be changes made, before the next election. At least, there should be.

Maybe there will be a declared winner before next week, and then again, maybe not.

Hope you all have a great week, and I'll see you next time.

Arkansas River will be cleaned up

WICHITA (AP) — A national conservation group hopes to help the federal government clean up the Arkansas River and slow the flow of pollution by encouraging farmers to plant filter strips along drainage and creeks.

In the process, Quail Unlimited hopes to reduce flooding in rural areas, particularly along the Cowkskin Creek, and to increase quail and wild-life populations.

Only a few acres in Sedgwick County are enrolled in the government's Conservation Reserve Program.

To make it easier, Quail Unlimited plans to pay the 10 percent of the cost of installing the filter strips. The federal government pays the other 90 percent.

The 20- to 120- foot-wide strips of native prairie grass can filter out up to 75 percent of the soil and half the farm chemicals, keeping them out of the water.

"They catch all the bad stuff," said

Sean Rafferty, a soil conservation technician with the Natural Resources Conservation Service.

Some stretches of the Arkansas have high levels of fecal coliform bacteria, according to the Kansas Department of Health and Environment, which is un-

der a court order to reduce pollution in the Arkansas and other rivers.

At times, especially after a heavy rain, the Arkansas between Wichita and Derby is so heavily polluted with bacteria that it is unsafe for skin contact.

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9:00-4:00 p.m. MST

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*Annual Percentage Rate

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