

Mount Pleasant News

By Dianne Bremer

Ruth Peters was a guest Monday and Tuesday of Karolyn Muirhead. Wayne and Lois Larson enjoyed attending the 2005 Kansas State Cornhusking contest at Oakley on Saturday. Kimberly Wickersham, Lincoln, was a weekend guest of Karen and Craig Larson. Additional Saturday evening dinner guests were Zane and Gladys Geis.

Stean Olson and Paige Niernberger, Hays, were weekend guests of Gerald and Connie Olson. Elizabeth McConnell, Rice Lake, Wis., arrived Saturday at the Dan Nedland and Rhonda May home to spend a few days visiting her son and family. Additional guests at-

tending a birthday party at the Nedland home Sunday afternoon honoring Elizabeth Nedland on her 10th birthday were Walter and Betty May, Richard and Delayne May, Danica and Nolan, foreign exchange students Duygu from Turkey and Jin from South Korea, Roland and Pam May, Zach and Hannah, Robert May and Cole, Dayton Nichols, and Roger and Susan May, Ryan and Erin.

Jerry and Elgine Rotzin, Palm Desert, Calif., visited John and Dianne Bremer and Jessica late Saturday afternoon. Later that evening, they and the Bremers were dinner guests of Herschel and Jody Betts at The LandMark Inn. Elgine's

mother, the late Maurine (Wickersham) Rhineshart, was a cousin of Jody Betts, Helen Derby, Fred Bremer, and John Bremer.

Dianne Bremer accompanied Charlotte Meints, Yuki Berkheimer, Marian Fraker, Maria Sanden, and Pat Whetzel to Cambridge, Neb., on Saturday morning where they attended the Friendship Quilters and Cambridge Lions Home Tour and Quilt Show. While there, they enjoyed eating lunch at the Cambridge Bed and Breakfast.

Brad Larson visited Marvin and Thelma Walker in Lindsborg.

Wayne and Lois Larson were Sunday evening visitors of Irene Ayers.

Jennings News

By Louise Cressler

Farmers are all busy harvesting corn and milo. Some fields are still too wet to get into after the rain.

The Sunflower Senior supper held Tuesday, Oct. 11, was enjoyed by all who attended. Don Ammons and Grace Orens of Hoxie entertained. Rosie Hartman, who plays the accordion, was unable to come. We were disappointed she was unable to be there that night. June Vavroch drew the door prize. Merl Chance had drawn the door prize in September.

Those attending the Senior supper were Merl and Ruth Chance, Bob and Neoma Tacha, William

Carter, Arch Harman, June Vavroch, Vendla Tacha, Agnes Wahlmeier, Ramona and Stan Shaw, Kenny and Violet Krizek, Keith and Helen Muirhead, Jay Kump, Claudine Bennett, Elmoine and Marguerite Bailey, Larry and Alice Mizer, and Louise Cressler.

A large crowd attended the customer appreciation free barbecue and product demonstrations put on by Rural Telephone on Thursday at the Community Hall. Anyone who wanted to could have their picture taken with Lightning Jack.

Sunday morning during church services, Pastor Carrie Buhler was

given an angel made from old Methodist hymnals, lace and ribbons. The ladies of the church have been making these angels as a fundraiser. Wednesday morning they will be making more of them.

Jennings Housing Board will meet Thursday at the Jennings Housing day room.

School reminders: End of first nine weeks Tuesday; No school Friday (parent-teacher conferences will be held); Oct. 27, Halloween program at 2:30 p.m. in the school lunchroom (parents, family and friends may attend); Oct. 31, Halloween parties at 2:30 p.m.

Food illness may feel like flu

Catching a cold or the flu several times in one season may seem ordinary, but what one thinks is a common cold or the flu could sometimes be a food-borne illness.

A lot of people mistake foodborne illness for flu because they have similar symptoms, including fever, upset stomach, vomiting, fatigue and nausea.

Foodborne illness can be caused by eating spoiled food, undercooking food, cross-contamination, or failing to wash hands.

Probably the most common food safety mistake people make is not taking care of leftovers properly. Other common mistakes include eating leftovers that have been stored too long, undercooking meat and failing to refrigerate groceries or leftovers quickly.

Be sure to wash hands, fruits, vegetables and dishes well. Many illnesses could be prevented this way, and not just food-borne illnesses.

To minimize food safety risks, here are several tips:

- Wash hands before and after preparing food, eating, or touching family pets.

- Use a food thermometer to check whether meat is finished cooking. Ground beef needs to reach 160 degrees; poultry, 180; fish, 145; pork, 160; and leftovers should be reheated to 165 degrees.

- Hot dogs should be steaming hot and eggs should be firm, not runny. Color should not be used to judge whether hamburgers are done because meat color varies. One hamburger may be brown but not fully cooked, while another may be fully cooked but still pink.



Home Time

By Tranda Watts
Multi-county Extension Agent

- If a marinade is used, it should only be used for one meal; throw it away afterward. When marinade is used a second time, it may have been contaminated by bacteria and blood from the meat. If marinade is to be used for basting, heat to boiling before brushing it on the meat.

- Cover and refrigerate leftovers within two hours of serving. Use leftovers within one to two days, wrap and freeze for another meal or discard.

- Thaw meat in the refrigerator, not on the counter, to slow bacteria growth. If thawing meat in the microwave, continue cooking the meat as soon as it is thawed.

- Avoid cross-contamination by washing hands or utensils between

touching raw and cooked foods.

Food safety can be achieved by remembering and practicing these four simple rules: first, keep hands, rags, surfaces and dishes clean; second, separate raw meats from cooked foods (including plates and utensils that have touched raw meats); third, cook foods to their proper temperatures; and fourth, chill foods as quickly as possible.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Decatur, Gove, Norton, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail twatts@oznet.ksu.edu. For more information, contact the county extension office, 475-8121.



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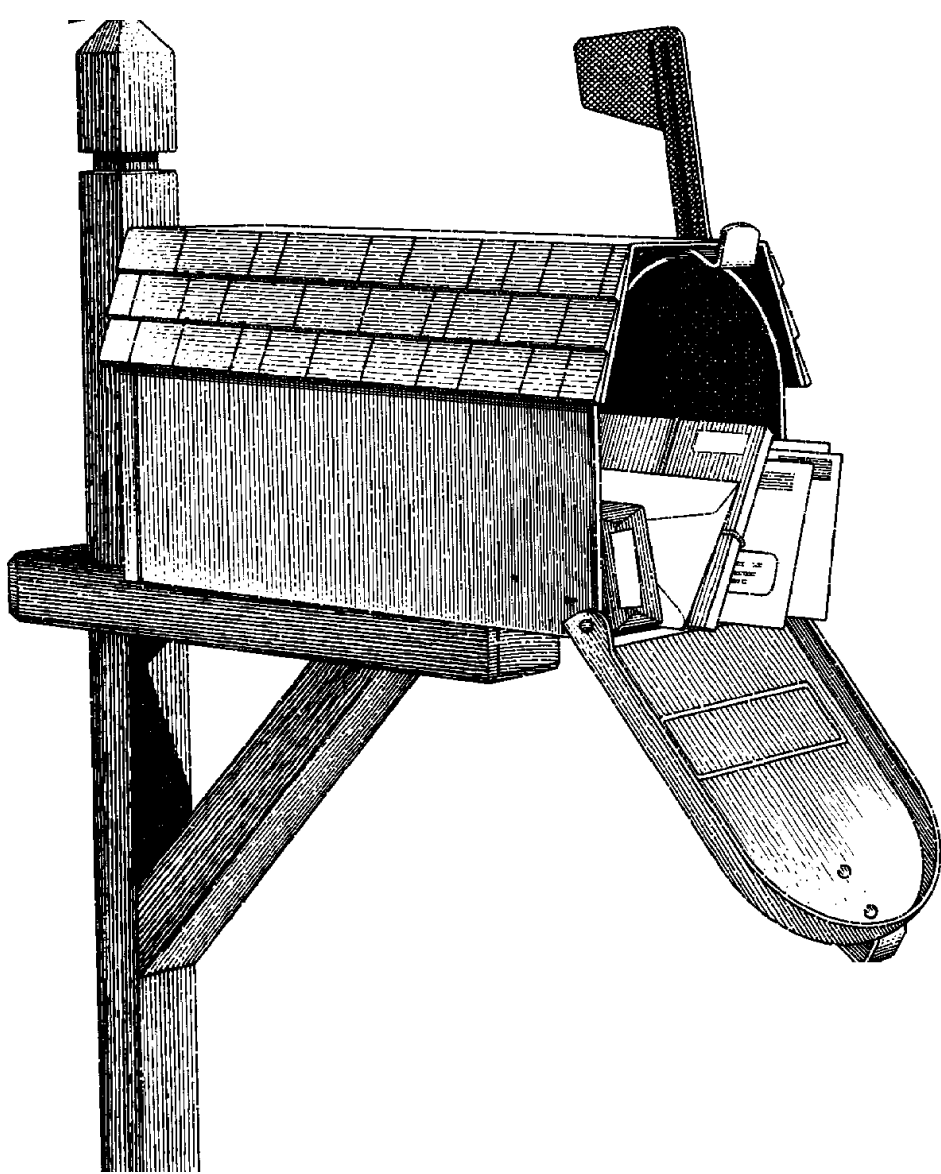
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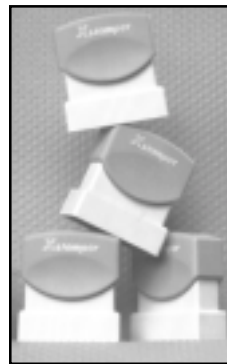
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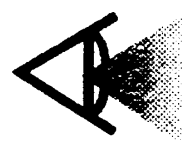
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