

Arts, crafts fair goes well in Logan

By SHIRLEY HENRICKSON, Director

The 33rd Annual Hansen Arts and Crafts Fair and 1st Annual Antique Show was held Saturday in Logan. The day started at 6 a.m. with 50 crafters and four antique dealers checking in. Don and Beth VanRoekel, Ken Tidball, Amy Schick and Art Henrickson helped at the check-in booth. The membership table opened at 8 a.m. with Waunnie Parsons and Doris States. Throughout the day Donna Lowry, Elda Hamit, Mary Lou Donahey, Norma Howorth, Lou Plummer, Lucille Hofaker, Irene Koester and Carol Bales worked at the table. The gallery opened at 9 a.m. with Barbara Sparks and Charlotte Broyles. Glenda McElroy, Thelma Bushnell, Vada McDonald, Kathy Noel, Betty Baird, Polly Bales, Carol Bales and Linda Toll volunteered in the gallery.

Food vendors for the day were the St. John's Catholic Church, Logan Lions Club, Senior Class, Junior Class, Sophomore Class, Logan KAYS, Junior High Cheerleaders, Sno Shack, Grandma's Country BBQ, and Jo Jo's Fun Foods. The Kid's Tents opened at 1 a.m. Donna Brobst, Karen Boys, Karen Clements, Virginia Glennemeier, Mike Pisarik and Robin VanLaey were volunteers. The KAY Club painted faces and handed out helium balloons. Shaving cream finger painting, relay races and water balloons were part of the fun. Other amusements for the kids were the 22 foot slide, obstacle course, enchanted castle and rock-climbing wall. The clowns were Brian Pinkerton, Charlie Harmon, Karen Boys and Cody Wallgren. The Artist of the Month winners were Janice Kenney, Joyce Under-



Certified Bob Ross Instructor Michael Lemon, Phillipsburg, showed his impromptu students some of the finer points on painting-on-the-spot at Saturday's Logan Arts and Crafts Fair. Mr. Lemon sold his paintings and, while in his booth, held painting classes for whoever wanted to give it a try.

wood, Sharilyn Currey, Gerald Sigl, Tom and Mary Ewing, Gordon Mai, Duane and Gloria Harris, Brenda Palmquist Smith, Sondra Barnett, Connie Daake, Cynthia Garrison and Raymond Juhl. Alternates were Leah Hesting and Steve Germes. This is the last week to view "No Guts, No Glory" of Museum Presentation Associates. This is an exhibit of 50 black and white rodeo photographs taken by Louise Serpa from Tucson, Ariz. Ms. Serpa was the first woman photog-

rapher to be allowed to enter the rodeo arena. In conjunction with this exhibit is Bill Foster's "Horse Gear". Mr. Foster is a local cowboy who went on many cattle drives in his youth, mostly out of Texas to Mead, through the Oklahoma Panhandle. The drives were complete with a chuck wagon and all the gear. He has some of his "Horse Gear" on display. The next exhibit going up will be "Sandzen and the New Land". This exhibition represents works

from the two collections of the Birger Sandzen Memorial Gallery in Lindsborg: the Birger Sandzen Memorial Foundation Collection of Art and the Margaret S. Greenough Trust Art Collection. The September Artist of the Month is Joyce Underwood from Everest. Ms. Underwood has a variety of stained glass items on display. Check out the museum's website at: www.hansenmuseum.org. If you have any questions please send e-mail to: hansenmuseum@ruraltel.net.

Spinach should be handled with care

By TRANDA WATTS
With E. coli O157:H7 found recently in fresh spinach sold in more than 20 states, consumers are being advised to discard fresh spinach with "best if used by" purchase dates from Aug. 17, to Oct. 1.

Conventional and organically grown spinach is included in the advisory.

This is a precautionary measure to prevent further illness from potentially contaminated spinach.

Children, whose immune systems are not yet fully developed, and individuals whose immune system may be weakened by chronic illnesses or compromised by treatments such as chemotherapy, and pregnant women are the most vulnerable, but anyone can be at risk for food borne illness. Here are some food safety and health tips:

- If you have purchased bagged spinach or a salad mix that contains spinach, discard the product immediately.
- If you have purchased fresh spinach, either leaves or in a bunch, discard it. To reduce the risk of cross contamination, place the potentially contaminated spinach in a bag, seal the bag and throw it away.
- If there is a possibility that either the bagged spinach, salad mix with spinach, or any other fresh spinach has come in contact with other foods in the crisper drawer or shelf in the refrigerator, cross contamination is possible. Discard any potentially cross-contaminated foods.
- While E. coli O157:H7 can be killed by cooking food to 160 degrees F for 15 seconds, it is best to not use any fresh spinach at this time.

Disinfecting the refrigerator drawer and/or shelf is also important. Follow the manufacturer's instructions for cleaning the appliance (found in the owner's manual) or wipe surfaces with a solution of one quart of water with one teaspoon regular (unscented) bleach.

Before and after handling raw and/or cooked foods, always wash your hands. Count to 20 as you lather and wash your hands in hot soapy water.

The consumer food safety recommendations are meant to reduce risks from potential contamination when handling any kind of food. This doesn't mean that consumers need to give up eating spinach, which typically includes health-promoting vitamins and minerals. The advisory does not include canned or frozen spinach that will be cooked.

It doesn't mean that consumers should give up eating other health-promoting fruits, vegetables and salads, either.

As a general rule, washing fresh produce, including fruits, vegetables and leafy greens is recommended before cooking or eating. If peeling a banana or an orange, it is also suggested that you wash the peel before peeling so as not to transfer potential contaminants that may be on the peel to the fruit.

The same is true for melons. When choosing fresh produce, buy only what you can use within a few days. Some produce can be frozen for future use. If produce starts to deteriorate, it should be discarded.

Other recommendations include storing leafy greens and cut produce in the refrigerator; discarding any produce with signs of deterioration such as brown leaves, wilted leaves, excess water in the bag, and swollen bags; and rotating produce by using the "first in, first out" rule.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Norton, Decatur, Gove, 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, 877-5755.

SCHOOL CALENDAR

NORTON Senior High:

Sunday — NHS Adopt-a-Highway, 2 p.m.
Monday — KSPA Fall Conference at Fort Hays State University, 9 a.m.; FCCLA Coat Drive begins; "C" Volleyball at Hill City, 5 p.m.; Junior Varsity Football vs Hill City (T), 6:30 p.m.; Cheer Practice, 8 p.m.; Dance Practice, 8 p.m.
Tuesday — Jay Singers, 7:30 a.m.; Model U.N., a.p.; Cheerleaders, a.p.; Year Book Sales, a.p.; High School Tennis at Colby, 3 p.m.; Cross Country at Oberlin, 5 p.m.; Junior Varsity and Varsity Volleyball, Atwood and Colby (H) 4:30 p.m.
Wednesday — FFA Land Judging at Stockton, 9 a.m.; Gifted Seminar, Rolling Hills Zoo, 9:30 a.m.
Thursday — Jay Singers, 7:30 a.m.; FCCLA, a.p.; Junior Varsity Tennis at Norton, 3 p.m.; Cheer Practice, 8 p.m.; Dance Practice, 8 p.m.
Friday — Scholar's Bowl Organizational Meeting, a.p.; Year Book Sales, a.p.; Football vs. Ellis (H), 7 p.m.
Saturday — Junior Varsity/Varsity Volleyball at Oberlin, 9 a.m.; Junior Varsity Tennis at Colby, 9 a.m.; Mid Continent League Tennis at Phillipsburg, 9 a.m.
Next Monday — Jay Singers, a.p.; "C" Volleyball at Phillipsburg, 5 p.m.; Junior Var-

sity Football at Phillipsburg, 6:30 p.m.; Cheer Practice, 8 p.m.; Dance Practice, 8:00 p.m.
Next Tuesday — Jay Singers, 7:30 a.m.; Junior Varsity and Varsity Volleyball, Smith Center/Trego, Senior Night (H), 4:30 p.m.
Next Wednesday — SAC, a.p.; College Planning Conference, Junior High Gym, 7-8:30 p.m.
Junior High:
Monday — "B" Football at Phillipsburg, 4:30 p.m.
Wednesday — Gifted Seminar, Rolling Hills Zoo, 9:30 a.m.
Thursday — Volleyball vs. Osborne (T), 4:30 p.m.; Football vs. Osborne (T), 6:30 p.m.
Next Monday — STUCO, a.p.
Next Tuesday — KAY Board, a.p.
Next Wednesday — TEAM Meeting, 7:30 a.m.
Eisenhower:
Monday — 5/6 Girls Intramural Basketball Begins, 3:30 p.m.; Grade 5: Mon/Wed and Grade 6: Tues/Thu.
Wednesday — SIT, 7:30 a.m.
Wednesday — School Photos, 8

a.m.
All School:
Monday — PDC Meeting at Unified Office, 4 p.m.
Wednesday — Administrative Team Meeting at Unified Office, 9:30 a.m.
NORTHERN VALLEY
Saturday, Sept. 23 — High School Volleyball Junior Varsity Tournament at Hill City; GS Cheer Camp in the big gym at Almena, 9 a.m.-1 p.m.; FFA District Softball Tournament at Oakley, 9 a.m.
Monday — High School Dance Team Practice, 6:15 p.m.
Wednesday — FFA Area Land Judging Contest at Stockton, 9 a.m.
Thursday — High School Cheerleading Practice, 7:15 a.m.; Junior High Volleyball and Football at Damar; Volleyball at 5 p.m.; Football at 6:45 p.m.; High School Cross Country Hays Invitational at Hays, 3:45 p.m.; High School Dance Team Practice, 6:15 p.m.; High School Pep Rally and Bonfire in Almena, 8:30 p.m.

Friday — High School Cheerleading Practice; Junior High and High School Band Practice in Almena, 11:55 a.m. to 12:30

p.m.; Homecoming - Parade starts at 2:45 p.m.; High School Football vs. Cheylin at Almena, 7 p.m.
Saturday — High School Vol-

leyball, Ellis Tourney at Ellis, 8:30 a.m.; Homecoming Dance in High School Auditorium, 9:30 p.m.-midnight

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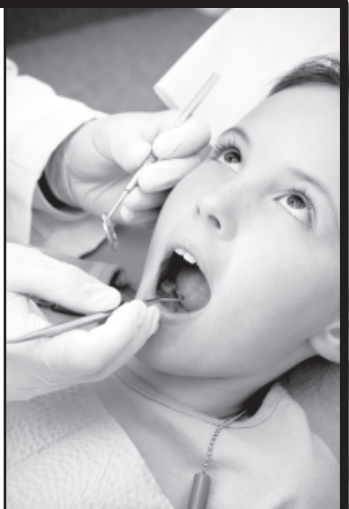
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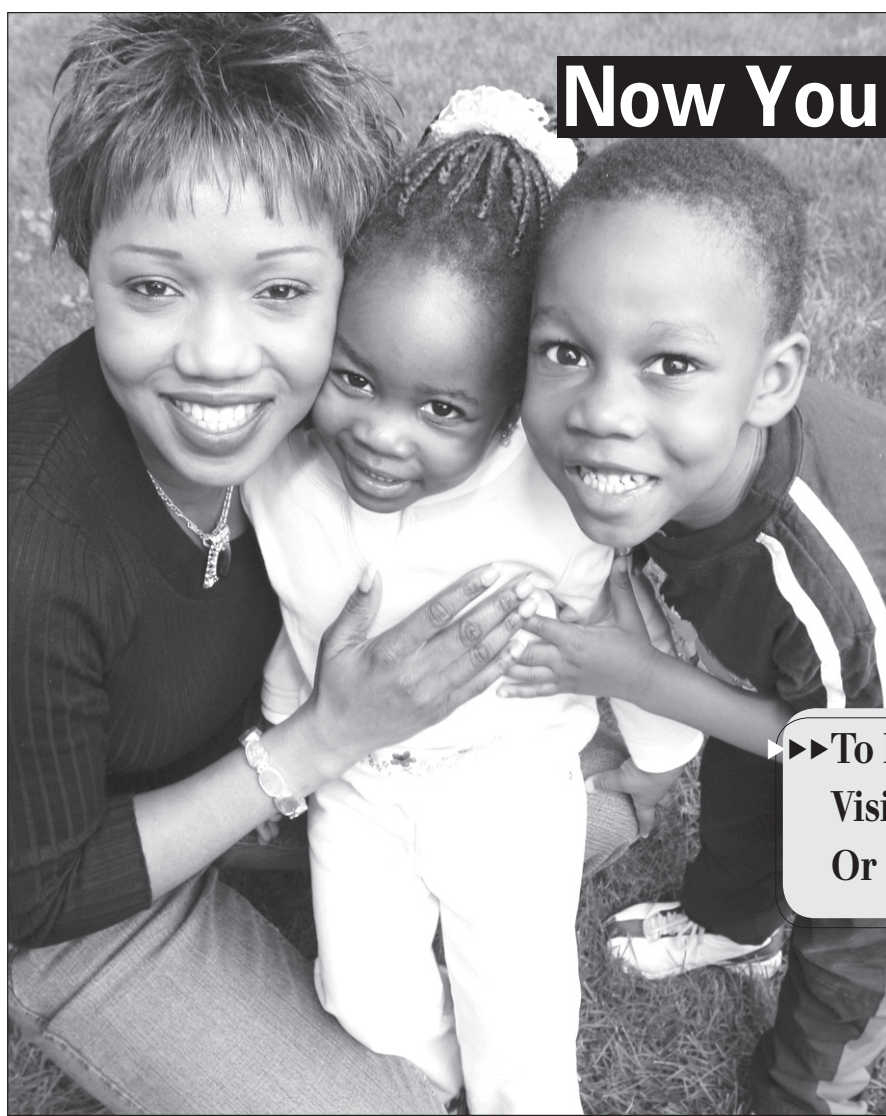
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