

# The big winner



Two bass tournaments were held over the weekend at Sebelius Reservoir. The Pike's Peak Bass Masters Tournament with fishermen from the Colorado Springs area and the Centennial Bass Club Tournament out of Fort Collins fished both Saturday and Sunday. Pictured, Todd Gentzel of the Pike's Peak Bass Masters fishing club pulls a couple of nice bass from the live well of his bass boat at the end of the first day. There were 11 anglers in this club's tournament this year with the top 10 spots getting a pay out. This club determines the winner by weight and on Saturday the biggest bass brought in was 2 pounds 14 ounces and then on Sunday the largest was 3 pounds 4 ounces. Gentzel was the overall winner for the weekend.

– Telegram photo by Dana Paxton

# SCHOOL CALENDAR

## Norton Jr.-Sr. High Schools Menu

### Monday, Oct. 1

Breakfast-Hard boiled egg, sausage patty, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Chicken strips, whipped potatoes and country gravy, broccoli and cauliflower, rolls w/margarine, pears or chef salad and milk.

### Tuesday, Oct. 2

Breakfast-Cinnamon bun, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-BBQ beef sandwich, baked beans, cottage cheese, pineapple chunks or chef salad and milk.

### Wednesday, Oct. 3

Breakfast-Breakfast round, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Taco salad, lettuce, tomato and shredded cheese, pears, S'More snack treat or chef salad and milk.

### Thursday, Oct. 4

Breakfast-Yogurt parfait, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Chicken nuggets, potato tots, carrots, Mandarin oranges or chef salad and milk.

### Friday, Oct. 5

Breakfast-Biscuit and sausage gravy, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Breaded beef patty, whipped potatoes and country gravy, broccoli and cauliflower, rolls w/margarine, apples or chef salad and milk.

## EES Menu

### Monday, Oct. 1

Breakfast-Ice cold strawberries, bagel with cream cheese, apple juice and milk.

Lunch-Spaghetti, tossed salad, peaches, garlic bread and milk.

### Tuesday, Oct. 2

Breakfast-Shipwreck, orange juice and milk.

Lunch-Corn dog, sweet potato tots, baby carrots, fruit cocktail and milk.

### Wednesday, Oct. 3

Breakfast-Banana spears, apple wedge, oatmeal muffin, toast with peanut butter, grape juice and milk.

Lunch-Scalloped chicken, corn, sweet heart pears, celery stick and milk.

### Thursday, Oct. 4

Breakfast-Hot ham slice, hash brown patty, peaches, apple juice and milk.

Lunch-Beef burrito, cheesy broccoli, rosy applesauce, tomato wedge and milk.

### Friday, Oct. 5

Breakfast-Warm pumpkin bread, rosy applesauce, orange juice and milk.

Lunch-Chicken and noodles, whipped potatoes, green beans, orange half, cheese rolls and milk.

## Northern Valley Menu

### Monday, Oct. 1

Breakfast-Cherry muffin, sausage, pineapple, hash browns or assorted cold cereal.

Lunch-Soft shell taco, tossed salad w/dressing, buttered corn and pineapple upside down cake.

### Tuesday, Oct. 2

Breakfast-Monkey bread, ham, eggs, diced peaches or as-

sorted cold cereal.

Lunch-Beef stew, crackers, relish plate, hot roll and chilled apricots.

### Wednesday, Oct. 3

Breakfast-Pancakes, syrup, links, hash browns, juice or as-sorted cold cereal.

Lunch-Chicken-n-noodles, hot roll, mashed potatoes, buttered broccoli and peach crisp.

### Thursday, Oct. 4

Breakfast-Cherry coffeecake, ham, eggs, pear half or assorted cold cereal.

Lunch-Shaved ham sandwich, ranch wedges, mixed vegetables and frosted pear.

### Friday, Oct. 5

Breakfast-Sausage gravy, biscuits, hash browns, banana slices or assorted cold cereal.

Lunch-Macaroni-n-cheese, meatballs, buttered green beans, hot roll and banana half.

# Avoiding food safety problems

In today's world of "reduce, reuse, recycle," consumers are looking for ways to save on waste. When it comes to storing or transporting food for meals, reusing plastic storage bags could create a food safety problem.

Plastic storage bags are intended to be used once, then thrown away. Some sources are encouraging consumers to reuse them.

They say "wiping the inside of the bags clean" makes them reusable. This brings up food safety questions. How are these bags wiped clean? What foods were in the bags? What is used to wipe them clean?

Bags that held any type of perishable food should not be reused. This includes meats, dairy foods, and other foods that need refrigeration. Once the bag is used, left at room temperature

## Home ed Tranda Watts, Extension specialist



for hours, the dirty bag could contain bacteria that can grow rapidly.

A better, less wasteful option is to use containers that can be washed by hand in hot soapy water or in the dishwasher.

Many plastic food containers are designed to use once only also. However, some can be reused. If food stains remain after washing, here are some tips to remove the stains.

-Place in direct sunlight for a few hours.

-Soak in a bleach solution of two teaspoons bleach per gallon of water. Drain, wash, and rinse before using.

-For off odors, scrub with a solution of one teaspoon baking soda per one cup water. Undiluted vinegar is also an option.

To reduce stains in plastic containers, try spraying the inside with cooking spray. If the food is not cooked in the container, line it with plastic or foil. Tomato stains are difficult to remove. Avoid microwaving tomato products in plastic containers.

If you have questions, please feel free to contact your local K-State Research and Extension Office or you may contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at twwatts@ksu.edu.

# SCHOOL CALENDAR

## NCHS

### Monday, Oct. 1

The "Pennies for Patients" Challenge begins

FCCLA Coat Drive begins

Drama Club, A.P.

9th and JV FB vs. Hays High School, 4 p.m.

and 6 p.m.

### Tuesday, Oct. 2

Jay Singers, 7:30 a.m.

Homecoming Royalty Election, 8:30 a.m.

Seniors order cap, gown and announcements, 2:15 p.m.

JV/V VB vs. Smith Center and Trego Community, 5 p.m.

### Wednesday, Oct. 3

Reality Check: Sophomores, 9 a.m.

S.A.C., A.P.

### Thursday, Oct. 4

Jay Singers, 7:30 a.m.

S.A.D.D. Red Ribbon Committee meeting, A.P.

C/JV/V VB vs. Goodland; Senior Night, 4:30 p.m.

MCL XC at Phillipsburg, 4:30 p.m.

### Friday, Oct. 5

Regional Tennis

The "Pennies for Patients" Challenge ends

FCCLA Coat Drive ends

NCHS dismissed buses run from Court House at 3:30 p.m., 2:15 p.m.

Homecoming Parade, 2:30 p.m.

Pep Rally at Court House Square, 3 p.m.

Royalty Coronation, 6:45 p.m.

FB vs. Colby, 7 p.m.

Homecoming Dance at 4-H Building, 10 p.m.

### Saturday, Oct. 6

Regional Tennis

V VB at Scott City, 9 a.m.

## NJHS

### Wednesday, Oct. 3

KAYS, 8:30 a.m.

### Thursday, Oct. 4

JH VB/FB vs. Colby, 4:30 p.m.

## EES

### Wednesday, Oct. 3

Staff meeting, 3:40 p.m.

### Thursday, Oct. 4

I.E.P. Day

EC-2 Grade Level meeting, 3:40 p.m.

## Northern Valley

### Monday, Oct. 1

Lightning Jack Program in the GS Gym-Kinderergarten at 9 a.m./3rd Grade at 9:45 a.m.

Nex-Tech Bullying Program in the gym at Long Island-7th and 8th Grade at 11:15 a.m., 5th and 6th Grade at 12:15 p.m.

HS JV FB vs. Heartland Christian in Colby at 4:30 p.m.

### Tuesday, Oct. 2

HS VB vs. Golden Plains and Triplains/Brewster in Winona at 4 p.m.

### Wednesday, Oct. 3

HS Yearbook ad sales in Norton, 8:15 a.m. to 3:45 p.m.

### Thursday, Oct. 4

KEEP 101 Seminar in Salina

JH VB and FB vs. Grinnell/Wheatland in Long Island, 4 p.m./5:45 p.m.

HS CC meet in Phillipsburg, 4:30 p.m.

### Friday, Oct. 5

ECD meeting in Phillipsburg-No Preschool

HS FB at Natoma, 7 p.m.

### Saturday, Oct. 6

NV Marching Band to FHSU Homecoming Parade and game, noon.



We are now on Facebook!

# NOW BOOKING

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The goal is to utilize as much forage as possible. Due to the drought conditions, protein and energy will be higher in stalks this year. The Availa 4 mineral packages are a great asset to the tubs in these dry conditions. If your wondering how your neighbors cattle are so skinny, he's probably feeding an MLS tub.

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## Open House

**703 North First  
Norton, Kansas**

**Sat.,  
Sept. 29  
9:30-11:30 a.m.**

## College listed as military friendly

Victory Media, the premier media entity for military personnel transitioning into civilian life, has named Cloud County Community College to the Military Friendly Schools list.

The 2013 Military Friendly Schools list honors the top 15 percent of colleges, universities and trade schools that are doing the most to embrace America's military service members, veterans, and spouses as students and ensure their success on campus.

## Colby Community College Adult Education Classes

**Enrolling Now:  
Official GED Prep and Academic  
Success Classes in Norton**

Classes and Materials are FREE!

Classes will meet every Wednesday beginning October 3. Enrollment will be October 1 at the campus building - 711 North Norton.

**Questions: Call Nance Munderloh at  
(785) 460-4663 or  
Dian Organ at (785) 460-5486.**



1255 South Range • Colby, KS 67701  
www.colbycc.edu

# LAND FOR SALE

- 3 Bedroom House with Out Buildings on 20 Acres Southeast of Norton - \$90,000
- 80 Acres - 60 Farm Ground, 20 Solomon River, East of Glade - Under Contract - \$200,000
- 80 Acres CRP Ground South of Glade - \$110,000
- 80 Acre Horse Farm, 3 Spring Fed Fishing Ponds, 3 Bedroom, 1 1/2 Bath Home with Horse Barn and Stalls, Mayetta, Kansas - \$250,000

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