

# Students to participate in Body Venture

By Joan Bolt

An innovative new way to learn about the importance of good nutrition and physical fitness is coming to Eisenhower Elementary School. On Wednesday, Sept. 25 the Body Venture exhibit will be at East Campus Gym. K-5th grade students will have the opportunity to explore the human body with Power Panther, the U.S. Department of Agriculture Food and Nutrition Service mascot as their guide.

The tour begins when students, in groups of 8 - 10, enter the lunchroom (East Campus Gym) and become a food such as a carrot, low-fat milk or piece of chicken. In the second station, they walk through a giant ear into the brain. Inside the huge brain dome, students experience "brain waves" and learn about brain function. The "foods" step into the ex-

hibit's larger-than-life mouth, are "swallowed" through the esophagus tunnel and move into the stomach dome. From the stomach, the students travel through the small intestine where they are "absorbed" into the blood. Then they follow the path of the nutrients to the heart, lungs, bones, muscles and skin stations.

Students leave the body through a cut in the skin and proceed through Power Panther's Pathway to Life. This final station recaps key health concepts from each of the ten previous stations throughout the exhibit. Students will learn how to apply Power Panther's slogan, EAT SMART. PLAY HARD. At each of Body Ventures eleven stations, a volunteer presenter engages the students in a five-minute activity focused on healthy choices.

The traveling Body Venture

exhibit was developed and is operated by Child Nutrition & Wellness, Kansas State Department of Education. Cheryl Johnson, Director of Child Nutrition and Wellness, said, "Body Venture provides a unique and exciting opportunity for Kansas elementary students to learn about their bodies and the importance of making healthy choices. "According to Kathy Thompson, Body Venture Coordinator, the exhibit was developed to address increasing national concerns about the lack of physical activity and declining nutritional status of young children."

"I want to thank the many, many volunteers that shared their time and expertise to make this event such a success," said this year's coordinator, Eisenhower's PE teacher, Joan Bolt.

# Historian program coming to Oberlin Center

Oberlin Arts and Humanities Commission will present Darrel Draper as Theodore Roosevelt, the Rough Rider President, at 7:30 p.m. on Saturday, Oct. 5, at the Oberlin Gateway Center.

Mr. Draper is noted as an historian, actor, poet, Navy Lt. Commander (Ret.), husband and father. His program will be costumed and will feature audience participation.

Theodore Roosevelt (1858-1919) was the 26th President (1901-1909) of the United States. Better known as "Teddy," he was famous for his energetic personality, his range of interests, his model of masculinity, and his "cowboy" image. His achievements as a naturalist, explorer, hunter, author and

soldier are as much a part of his fame as the many political offices he held. During this spirited costumed presentation, the audience will be swept up in the excitement of Roosevelt's campaign for his third term as president.

Mr. Draper refers to himself as an "Edutainer." For about 20 years, he has been using his talents as storyteller and actor to educate and entertain. He has researched, written and currently performs five costumed living history programs featuring characters who played key roles in shaping the Midwest and our country. He has done command performances for congressmen, governors, major corporations, military meetings and even the

President of Mexico.

He (Draper) spent over 30 years as a commissioned officer in both the U.S. Army and the U.S. Navy. During his career, he was awarded over 21 personal and unit campaign decorations, including the Bronze Star and Defense Meritorious Service Medal for onshore and offshore combat service in Vietnam, Lebanon, Liberia, and the Persian Gulf. He retired in 1997 from the United States Strategic Command as a Navy Lieutenant Commander.

This is an Oberlin Arts and Humanities season ticket event or \$12 for adults; \$7 for students in grades 1-12. For information, call Ella Betts (785) 475-3557 or Mary Henzel (785) 470-0218.

# Create different flavors by roasting peppers

Kay Melia

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I'm sure you'll all be surprised to learn that I have been studying up on my pepper roasting abilities. Not roasting just yet you understand...just studying. I hope I will have done enough studying soon so that I will have enough smarts to correctly roast a few peppers before the first frost. At this age, studying intensely isn't easy.

Actually, I already have had limited experience in pepper roasting. For the last few Septembers, I have grown and roasted a few of those long green Anaheim type peppers with the varietal name of "Biggie Chili." I have used them during the winter season in soups, casseroles, and just about any vegetable dish simply because they add a mildly robust flavor to an otherwise rather dull tasting concoction. The peppers, after roasting, have a wonderful smokey aroma and a slight bit of spicy flavor.

As a result of my small successful experience with the Anaheims, I began to wonder about other types of peppers, or chilies as they probably should be called, and my studies have uncovered what most of you probably already know. I have

learned that you can roast ANY kind of pepper, and by doing so, you can enhance the flavor of just about anything you want to prepare for your next meal.

I'm talking bell peppers here. I had never heard of roasting those big green, sweet bell peppers before! Have you? You can also successfully roast jalapeños, serranos, or any other species...sweet, mild, or hot.

But the big sweet bell? The story is very simple. The roasting of any pepper results in a distinctively different smokey flavor than the original fresh pepper that most of us enjoy. The bottom line for occasional pepper eaters is this; you must learn which peppers are endowed with heat, and which ones aren't. Failure to learn the approximate heat or spice content of a pepper you are working with will almost assuredly result in a big surprise and probably disappointment. Generally speaking, peppers are very mild, somewhat spicy, or very hot. Know what you are planting at seed buying or plant buying time in the spring.

The most common method of roasting any pepper is simply lay them on your outdoor grill, and turn the flame to high. Turn them often and roast until the

entire pepper is charred. Drop them into a paper bag for about ten minutes to let them steam and sweat. Take them to the sink where they will easily peel. Slit them open and remove the seeds and veins, after which they are ready to use. Or chop them and load them into freezer bags and use them as you need them.

Peppers can also be roasted by simply laying them on the burner of your gas range, cooking until completely charred. After a while in a paper bag, they will peel easily. If you choose to roast a bell pepper, cut them in half and remove the seeds before roasting, and then proceed with the charring process. Roast only the amount of sweet peppers that you need for a meal, although sweet peppers can also be frozen for later use.

The pepper roasting process is just one more opportunity to create different flavors from the things you grow in the backyard. I still have some studying to do in order to improve my pepper roasting skills. Hopefully, you too will learn more about the process.

# BIRTH

William Thomas Stallbaumer was born Sunday, Sept. 15, 2013 at Mercy Regional Health Center in Manhattan. William weighed eight pounds and was 20 inches long. The welcoming parents are Jeremy and Brooke Stallbaumer Manhattan. Maternal grandparents are Tom and Denise Dragastin Washington, Kan. Paternal grandparents are Jerry and June Stallbaumer, Seneca. Great-grandparents are Ann Davis, Winfield, Patricia Stallbaumer, Seneca, and Anna Marie Kuckelman, Seneca.



# PUBLIC RECORD

## Municipal Court

These transactions were taken from the records of filings in the offices of the Norton Municipal Court. These cases were given to the paper with the date of the hearings.

### Aug. 15

July 25-Cloyce Culver, Norton; Charge: 1. Hit and run, unattended vehicle, 2. No insurance; Plea: Guilty; Found: Guilty; Sentence: 1. \$200, 2. \$300, costs \$76, total \$576.

June 27-Michael Zink, Norton; Charge: Disorderly conduct; Plea: Guilty; Found: Guilty; Sentence: Fine \$250, costs \$76, total \$326, 10 days jail suspended if fines are paid by Nov. 30, 2013, and no further trouble with Cody Hardy.

June 27-Cody Hardy, Alma; Charge: Disorderly conduct; Plea: No contest; Found: Guilty; Sentence: Fine \$250, costs \$76, total \$326, 10 days jail suspended if fines are paid by Oct.

31, 2013, and no further trouble with Michael Zink.

May 20-Matthew Hessler, Beaver City, Neb.; Charge: Speeding 40 in 30; Plea: No contest; Found: Guilty; Sentence: Fine \$30, costs \$76, total \$106.

### Aug. 22

Aug. 6-Ricky Splawn, Norton; Charge: 1. Domestic battery, 2. Criminal damage to property; Other action: 1. Diversion, 2. Dismissed; Sentence: 1. 6 month diversion, \$100 assessment, \$76, total \$176, no disorderly conduct with Anna Bullins.

Aug. -Curtis Meier, Norton; Charge: Domestic battery; Other action: Dismissed by city prosecutor.

Aug. 3-Steven Badger, Oakley; Charge: Speeding 45 in 35; Plea: No contest; Found: Guilty; Sentence: Fine \$30, costs \$76, total \$106.

Aug. 8-Marlin Birkey, Hays;

Charge: Speeding 33 in 20; Plea: No contest; Found: Guilty; Sentence: Fine \$48.

### Aug. 29

Aug. 12-Kaitlyn McRoberts, Norton; Charge: No insurance; Plea: Guilty; Found: Guilty; Sentence: Fine \$300, costs \$76, total \$376.

Aug. 17-Owen Brown, Alma; Charge: 1. Driving in violation of restrictions; 2. No proof of insurance; Plea: 1. Guilty; Other action: 2. Dismissed/proof; Found: 1. Guilty; Sentence: 1. Clean trash and separate from ditch in lieu of fine and court costs, and 30 days driver's license suspension.

Aug. 5-Laurie Long, Norton; Charge: 1. Stop sign violation, 2. No proof of insurance; Plea: 1. No contest; Other action: 2. Dismissed/proof; Found: 1. Guilty; Sentence: Fine dismissed/looking for lost kid, costs \$76.


*Forever with the Angels  
Always In Our Hearts*

*In Memory of*

## Daniel Lee Riemann

Happy Birthday Danny!

September 25, 1982 - May 11, 2008



# Low vision fair set for Oct. 4

The 2013 Western Kansas Low Vision Fair will be held on Friday, Oct. 4, 2013 at the Sternberg Museum of Natural History in Hays. The Fair, one of the largest meetings devoted to the visually impaired in the state. Hours for the fair will be from 9 a.m. to 4 p.m. Admission is free of charge to any interested individuals.

The Low Vision Fair is sponsored by the Northwest Kansas Association for the Visually Impaired, a nonprofit support

group for those who are legally blind or visually impaired.

Vendors with low vision aids and various agencies who work with the visually impaired will have exhibits on display. There will also be presentations on vision loss throughout the day.

For additional information on the Western Kansas Low Vision Fair, please contact the Northwest Kansas Association for the Visually Impaired at 785-628-6055 or 785-628-2873.

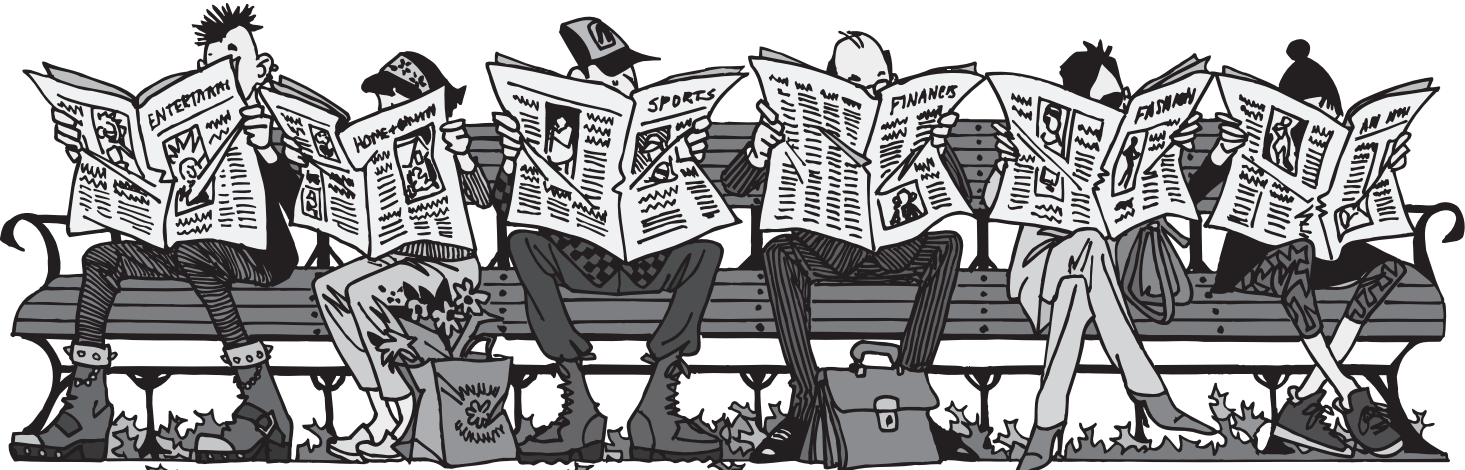
# CORRECTION

Due to incorrect information given to the Telegram, it stated in a Thumbs Up, in the Tuesday, Sept. 17 edition on page 4, that Teresa Schulze won Kansas Teacher of the Year. It should have said she was nominated for Teacher of the Year.

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The Norton Telegram will correct or clarify any mistake or misunderstanding in a news story. Please call our office at 877-3361 to report errors.

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