

# Save time in the kitchen

Need to save some time in the kitchen? Now is the time to prepare foods and freeze them for later use. Most baked goods freeze well and can still be top quality. Here are some tips:

• Bake and cool completely! This helps prevent condensation inside the wrapping and development of ice crystals.

• Use moisture-vapor resistant packaging such as plastic containers or bags, and rigid containers.

• Separate layers of cookies with wax paper or parchment paper.

• Freeze cakes or breads unfrosted and frost after thawed.

• Thaw all baked goods in the freezer packaging. They can be thawed at room temperature. Remove from the freezer the night before you need to use them.

Here are some additional tips for freezing those special home made pies.

• Make pie crusts ahead of time and freeze.

• Unbaked fruit, mince or nut pie - Make as usual except add 1 extra tablespoon of flour or tapioca or 1/2 tablespoon cornstarch to juicy fillings. Steam

## Home ed Tranda Watts, Extension specialist



and cool fruits such as apples and peaches to prevent darkening. Freeze in a pie pan, then package, and replace in freezer. To bake, remove from the freezer, and cut vent holes in crust. Place on a cookie sheet to catch drips. Bake without thawing at 450°F for 15 - 20 minutes. Reduce temperature to 375°F for 20 to 30 minutes or until crust is brown.

• Unbaked fruit pies with cooked filling - Make filling using Clear Jel starch (1/4 cup per quart of fruit.) Freeze in jars or cartons, leaving 1 inch headspace. Or, put the cooled filling into an unbaked pie crust and freeze. After it is frozen, wrap the filling in a freezer package of your choice.

• Baked fruit, mince, or nut pie - Bake as usual. Cool rapidly. Freeze before packaging.

After the pie is frozen, wrap it in a freezer package. Remove from the freezer, and let it stand at room temperature for 15 minutes. Bake in a 350°F oven until warm (about 30 minutes).

• Pumpkin pie, unbaked - Prepare pie shell and filling as usual. Chill the filling and crust, then add the filling to the unbaked crust. Freeze the pie in a pan then package in a freezer package. Remove the pie from the freezer and bake it (without thawing the pie) at 400°F for 10 minutes. Reduce the temperature to 325°F to finish baking.

Note: Unbaked fresh pies have a better fresh fruit flavor than frozen baked pies. Frozen unbaked fresh pies tend to have a soggy crust.

In general, pies can be frozen for 2 - 4 months.

For further information about freezing foods to simplify meal preparation, 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 [twatts@ksu.edu](mailto:twatts@ksu.edu) or phone 785-443-3663.

# STUDENT NEWS

Norton Community High School  
Student of the Month for December



Student : Ashley Hildebrand  
Parents : Sandi Hildebrand and Brett Hildebrand  
Grade: Senior  
Nominating Staff Member: Mrs. Vicki Robison  
Comment from nominating Staff Members:  
"Ashley has been enrolled all four years of art and is currently taking two art classes. She is great to work with, often helping others who don't understand. Ashley completes her assignments on time with craftsmanship above and beyond what is required. She gets along with everyone, including instructors and students. To do well in art it takes a lot of additional time outside of class,

Ashley is always willing to do what it takes."  
Factoids about Ashley  
Favorite Class: IHT (In-House Training)  
Favorite Drink: Coca-Cola  
Favorite Color: Blue  
Favorite Food: Steamed broccoli and macaroni  
Favorite Movie: Warm Bodies  
Favorite Saying: "A life lived for art is never a life wasted."  
Favorite Song: Save My Heart by Jason Reeves.  
Favorite Hangout: The Kent's House.  
Personal Hero: Nate Ruess  
Future Plans: Go to college to study Graphic Design.



Student: Christopher Chambers

Parents: Kim and Curtis Chambers  
Grade: Senior  
Nominating Staff Member: Mr. Don Burge  
Comment from nominating Staff Member:  
"Chris Chambers is involved in KAY's and SAC and helps with the video streaming. He works hard at his organizational skills and during class he asks questions when he doesn't understand something."  
Factoids about Chris  
Favorite Class: Mr. Stover's teacher's aide or Algebra II  
Favorite Drink: Canned Dr. Pepper and fountain Pepsi  
Favorite Color: Purple or

black.  
Favorite Food: Reuben sandwich  
Favorite Movie: Taken  
Favorite Saying: "Way to go."  
Favorite Song: I really don't have a "favorite" song. Anything Dubstep or action song that would be in a movie trailer.  
Favorite Hang out: The Norton Theatre  
Personal Hero: Jeremy Wetter and Chris Pirillo (Internet Social Enthusiast)  
Future Plans: I plan to go off to Kansas State University to study Computer Science to become an Information Technology Manager.

# Forensics team kicks off season

On Saturday, Jan. 25, the Norton Community High School Forensics team traveled to Hill City for their first tournament of the season. The team had a successful day as they placed first out of fourteen teams. Quinter placed second and Colby placed third.

The team members' hard work and preparation paid off as the team broke 16 events into the final round. Placing individually for the team were: Jared Shelton - 1st Place in Serious Solo, Landon Slipke - 1st Place in Informative Speaking, Jared Shelton and Shelby Mulford - 1st Place in Duet, Steve Cummings - 1st Place in Poetry and 2nd Place in Prose, Tyus Henson - 1st Place in Humorous Solo, Leif Carlson and Cody O'Hare - 2nd Place in Duet, Cody O'Hare and Rachel Jones - 2nd Place in Improvised Duet Acting, Lauren Mordecai - 2nd Place in Serious Solo, Raenee Patterson - 2nd Place in Infor-

mative Speaking and 3rd Place in Oration, Kennedy Leibbrandt - 2nd Place in Oration, Leif Carlson - 3rd Place in Extemporaneous Speaking, Briannah Fessler - 4th Place in Oration, Layton Miller - 4th Place in Humorous Solo, and Shauna Gibson - 6th Place Serious Solo. With a top two placing in their event, Leif Carlson, Cody O'Hare, Jared Shelton, Landon Slipke, Steve Cummings, Rachel Jones, Lauren Mordecai, Shelby Mulford, Raenee Patterson, and Tyus Henson, Kennedy Leibbrandt all qualified themselves for the 3A State Forensics Championships in May.

The NCHS 2014 Forensics Team Members include: Seniors - Ty Burns, Leif Carlson, Skylar Davis, Shauna Gibson, Jordyn Gosselin, Ashley Hildebrand, Damian Lawson, Cody O'Hare, Hannah Pollock, Jared Shelton, Landon Slipke; Juniors - Neysa Carlson, Steve Cummings, Morgan Farber, Tyler Kuhn, Molly

Scott, Burgundy Sorter; Sophomores - Andrew Bashford, Kyle Bell, James Berry, Audrie Burge, Alma Clavijo, Weston Erbert, Sylvia Estes, Briannah Fessler, Kirstin Georgeson, Skylar Johnson, Rachel Jones, Rachel Koerperich, Lauren Mordecai, Shelby Mulford, Raenee Patterson, Ruby Shirley; Freshmen - Josh Acheson, Alexandria Aldridge, Brian Clavijo, Caitlyn Cox, Christine Figurski, Tyus Henson, Macayla Kent, Kennedy Leibbrandt, Layton Miller, Josie Otter, Jena Risewick, Julian Snyder, Taylor Wahlmeier.

The team's next action will be Saturday, Feb. 1 at Oberlin followed by Thursday, Feb. 6 in Osborne.

If you would like more information about the Oberlin tournament or other forensics tournaments, please contact Steve Vance at Norton Community High School.

# COLLEGE NOTES

Cloud County Community College held its fall induction ceremony for Phi Theta Kappa (PTK), an international honor society for two-year colleges. The ceremony was held November 4, at the college's Concordia campus.

Students from the Concordia Campus were inducted into the Upsilon Tau Chapter of Phi Theta Kappa. Marc Malone inducted the students during a ceremony in the presence of family members and other special guests.

Erin Terrell, from Norton, is a sophomore at Cloud County Community College majoring

in Speech Pathology, and was inducted as a new member of Phi Theta Kappa.

Phi Theta Kappa, founded in 1918, recognizes and encourages academic achievement. PTK also provides opportunities for individual growth and development through leadership, scholarship, fellowship and service. Students who have completed at least 12 hours of transferrable credit while maintaining a cumulative grade point average of at least 3.5 are invited to join.

College President Dr. Danette Toone welcomed the inductees and guests attending the PTK induction ceremony. Bob Max-

son, Vice President for Administrative Services at CCCC was the guest speaker.



Saturday, Jan. 25, Forensics Results  
**HILL CITY FORENSICS TOURNAMENT 2014**  
Team Places:  
Norton - 363  
Quinter - 273  
Colby - 119  
Individual Places:  
Jared Shelton - 1st Serious Solo (State Qualifier)  
Jared Shelton/Shelby Mulford - 1st Duet (State Qualifier)  
Landon Slipke - 1st Informative Speaking (State Qualifier)

Steve Cummings - 1st Poetry (State Qualifier)  
Tyus Henson - 1st Humorous Solo (State Qualifier)  
Leif Carlson/Cody O'Hare - 2nd Place Duet (State Qualifier)  
Cody O'Hare/Rachel Jones - 2nd Improvised Duet Acting (State Qualifier)  
Steve Cummings - 2nd Prose (State Qualifier)  
Lauren Mordecai - 2nd Serious Solo (State Qualifier)  
Raenee Patterson - 2nd Informative Speaking (State Quali-

fier)  
Kennedy Leibbrandt - 2nd Oration (State Qualifier)  
Leif Carlson - 3rd Extemporaneous Speaking  
Raenee Patterson - 3rd Oration  
Briannah Fessler - 4th Oration  
Layton Miller - 4th Humorous Solo  
Shauna Gibson - 6th Serious Solo

# HANSEN MUSEUM

The Dane G. Hansen Foundation announced its new website. Recently redesigned and launched in mid-December, it offers easier access and an interactive experience for viewers.

Located in Logan, the Dane G. Hansen Foundation was established as a charitable organization with the primary goal of making the communities of Northwest Kansas better places to live. In honor of Mr. Hansen's memory, the Foundation awards grants and scholarships every year to qualified recipients who demonstrate a strong desire for

community improvement.

The new and improved Foundation website has expanded its contents to feature essential information and criteria for grant opportunities and educational scholarships. It allows viewers to sign up for Foundation news and updates; easily access the requirements, testing sites and participating schools for the qualifying scholarship test; view grant criteria, including the request policy, application procedures, and limitations; and also check the Calendar and Deadlines link for upcoming

events and due dates.

It is the intent of the Hansen Foundation to inform and make the community and surrounding areas aware of its mission of improving the quality of life for residents in Northwestern Kansas, in the areas of education, health care, economic development, community service, intergenerational programs, and environmental conservation.

For more information about the Dane G. Hansen Foundation, please visit the new website at [www.danehansenfoundation.org](http://www.danehansenfoundation.org).

# IN THE NEXT American Profile



## Going for Gold

Meet five U.S. athletes who will compete for medals at the 2014 Winter Olympics Feb. 7-23 in Sochi, Russia.

# AmericanProfile

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