When in doubt, throw it out

Does moldy bread go in the trash, or just get a trim around the green spot?

Can Sunday's leftovers be Friday's meal?

To toss or not to toss?

These are the questions. Now, some answers.

• Bread — Moldy or stale bread is related to food quality, not food safety. Bread that is past its prime can still be safe to eat. Search bread products for any visual signs of mold. To ensure good taste, cut off and discard all moldy areas and a little beyond the areas. Soften stale bread by warming it in an oven set at 250 degrees F. for 10 minutes.

• Hot dogs, luncheon and deli meats — Eat hot dogs and luncheon meats within 10 days of the package sell-by date, or within five days after opening the package. Deli meats that are not vacuum packed should be eaten within five days of purchase.

Home ed Tranda Watts, Extension

specialist The main concern with these meats is a bacteria called listeria. Listeria can grow even at refrigerator temperatures. It is especially dangerous to pregnant women, unborn babies, infants, adults over age 50 years, and anyone with a weakened immune system. Listeria is destroyed by heat. So before serving these meats, be sure to boil, grill or heat them in other ways so they can be

individuals. • Dairy Products — Keep dairy products cold, and use them within 10 days of the package sell-by date. Discard soft and all sliced

enjoyed safely, even by high risk

or shredded cheeses that become moldy. If a hard cheese molds, cut off and discard the moldy area and an inch beyond the area, and cover in fresh wrap.

• Leftovers — Before eating leftovers, be sure that the food has not been left in the "temperature danger zone" of 40 to 140 degrees F. Eat properly cooled leftovers within five days. (To cool perishable foods, refrigerate them in shallow containers within two hours. If room temperature is hot, above 90 degrees F., refrigerate within one hour). Reheat leftovers to an internal temperature of 160 degrees F.

The food safety adage — When it comes to safeguarding your family's health, it is better to be safe than sorry. When in **doubt**, throw it **out**.

If you have food safety related questions, please feel free to contact me at twwatts@oznet.

Waiting for the candy...



Matthew George and Hunter Hogan sat and visited while waiting for Northern Valley's Homecoming parade to begin Friday afternoon.

— Courtesy Photo

DBITUARY

Seth R. Antrim Aug. 15, 1924 - Oct. 12, 2008

Seth R. Antrim, age 84, died Sunday, Oct. 12 at his home in Hays, Kansas.

He was born Aug. 15, 1924 at Norton to Seth S. and Silence O. (Rundel) Antrim. He married Ruby M. (Degenhardt) in October of 1953 at Hays.

He worked in retail management for many years at Hays Duckwall and Skaggs/Midwest Drug. After his retirement from retail, he was a driver for Hays Pathology Lab. He was a volunteer at the Community Assistance Center in Hays for many years. He was a U.S. Navy Veteran and served in World War II with the construction battalion, Seabees. He was a member of Immaculate

Heart of Mary Catholic Church and Hays VFW Post No. 9076.

Survivors include his wife, Ruby M. Antrim of the home, four daughters, Charlotte Hutchings and husband Walt, Kansas City, Mo.; Laurie Shaw and husband Mike, Plano, Tex.; Linda Antrim, Ellis; and Tracy Ormsby and husband Rick, Poncha Springs, Colo.; three sisters, Betty Erbisch, Harbor Beach, Mich.; Mary Ellen Thomas, Paola, Kans.; and Jo Ann Apple, Pensacola, Fla.; nine grandchildren and three great-grandchil-

He was preceded in death by his parents, a son, Rick Antrim; a grandson, Bryce Shaw; and a brother, John W. Antrim.

Services will be at 10 a.m. Wednesday at Immaculate Heart of Mary Catholic Church, Hays, with military honors by Hays VFW; private inurnment will be in St. Joseph Cemetery at a later date.

Friends can visit from 3 p.m. to 9 p.m. Tuesday and from 8:30 a.m. to 9:45 a.m. Wednesday, both at Cline's Mortuary of Hays, 1919 E. 22nd, Hays.

A vigil will be at 6:30 p.m. Tuesday at the mortuary.

Memorials are suggested to Hays Medical Center, Immaculate Heart of Mary Building Fundraiser or Masses in care of the mortuary.

The Eisenhower Elementary third and fourth grade vocal concert will be Tuesday, Oct. 21 at 7 p.m. at the East Campus Audito-

There will be no school for students of Norton and Northern Valley/Long Island schools on Friday. The teachers will use this day to prepare for Parent/Teacher Conferences.

The Norton County Hospital Board will meet on Wednesday at 6:30 p.m. in the board room. The

Steak and Seafood

agenda: September meeting minutes will be reviewed for approval; a new president of the board will be elected; bills will be reviewed, statistical/financial reports will be given; account collection policy and procedures will be reviewed; a personnel report will be given; salary schedule will be considered; medical staff recruitment; board member reports will be given; CEO report will be given; and other business will be taken up.

The Jay Singers and guests invite the public to the 2008 Java

Jive! This year's theme is "A Night On Broadway." Music selections will be performed from musicals such as: Fiddler on the Roof, Annie Get Your Gun, Cats, The Producers and many more. This annual event is this coming Sunday with two show times: 3 p.m. and 7 p.m. Admission: Adults -\$5, Students - \$4, and Children under 5 – Free! Tickets may be purchased from a member of Jay Singers or at the door. Come and enjoy your local high school talent. Where: NJHS Gymnasium.

Nex-Tech helps cause

Night, Thursday, 6-9, American Legion. Members and guests. — The Almena Community PRIDE and Junior PRIDE

are serving a pancake/sausage supper, Saturday, Oct. 18 from 5-7 p.m. at the Almena Community Center. Free will donations. Proceeds will be used for cupboards in the new Community Building.

Harold Cook, Norton, died Monday. Arrangements are being handled by Pauls Funeral Home, Oberlin.

> Did you

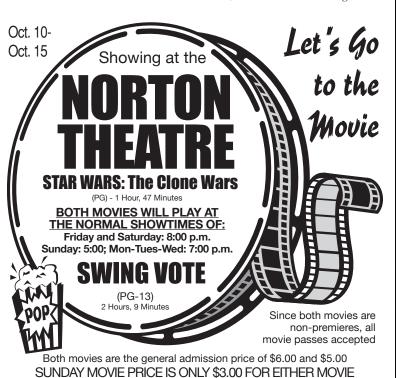
Nex-Tech Wireless announced the launch of their "Talk for a Cause" campaign to run during the month of October in support of Breast Cancer Awareness Month. The campaign seeks to raise awareness about breast cancer which af-

fects approximately 1 in 8 women. During the campaign, Nex-Tech Wireless will donate \$10 from the sale of each pink Motorola Razr to the Mid-Kansas Affiliate of Susan G. Komen for the Cure.

"Each of us, or our loved ones, will be affected by breast cancer at some point in our lives. Nex-Tech Wireless is proud to support the Susan G. Komen for the Cure, as awareness and detection are the best steps to survival," said Johnie Johnson, Chief Executive Officer/ General Manager of Nex-Tech Wireless.

To encourage participation in the campaign, Nex-Tech Wireless is offering the pink Motorola Razr V3M for only \$19.99. Additionally, a special edition pink accessory kit including a Bluetooth H500, carry case with purse strap and a screen cleaner will be available during October.

For more information on Nex-Tech Wireless call 877-621-2600 or visit online at www.nex-techwireless.com. For more information on Susan G. Komen for the Cure, visit www.komen.org.



This ad is brought to you by The Norton Telegram

They have spirit!



Serenity Van Patten, left, Harley Kester, center, and Samantha Wilmot helped the Northern Valley Cheerleaders fire up the crowd at Friday's pep rally in Almena.

- Telegram photo by Brandy Leroux

Call us at 877-3361



OCTOBER SPECIAL Spay and Neutering - \$10.00 Off

Country Store Dinner and **Auction** WEDNESDAY, OCTOBER 22 SERVING FROM 5 TO 7 P.M. AT THE LONG ISLAND

UNITED METHODIST CHURCH BY DONATION **MENU: Baked Ham or**

Chicken Noodles with all the Fixins and Home Made Pies THE NEW COOKBOOK WILL BE AVAILABLE

Renee Spresser Bridges Group Insurance, Inc.

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Blended Rate Guaranteed for Deposits \$25,000 - \$249,999 5.30% Years 2-5 6.30% Year 1

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