

SCHOOL CALENDAR

NCHS

Monday, March 5
MCL Forensics at Hill City, 8 a.m.
Jay Singers, A.P.
M.A.P., A.P.
Jay Singers, 7:30 a.m.
Tuesday, March 6
Forensics at Oakley, 2 p.m.
M.A.P., A.P.
FCCLA, A.P.
Wednesday, March 7
S.A.D.D.-Grim Reaper Day
Root word activity, 8:30 a.m.
S.A.C., A.P.
S.A.D.D., A.P.
State BB Tournament in Hutchinson Boys Quarter-final games, TBA
State BB Tournament in Hutchinson Girls Quarter-final games, TBA
Thursday, March 8
Jay Singers, 7:30 a.m.
M.A.P., A.P.
FCCLA, A.P.
FFA Poultry and Entomology contests at Hays, 4 p.m.
State BB Tournament in Hutchinson Girls Quarter-final games, TBA
Friday, March 9
Registration deadline for April 14 A.C.T.
State BB Tournament: Semi-

final games, TBA
3rd Nine Weeks reading recognition, A.P.
KAYS Luau Dance, 7 p.m.
Saturday, March 10
State BB Tournament: Finals, TBA
Forensics at Atwood, 8 a.m.
Sunday, March 11
MCL Art Show at Dane G. Hansen Museum ends
NJHS
Monday, March 5
Stuco, A.P.
Tuesday, March 6
KAYS, A.P.
Scholars Bowl at Phillipsburg, 4 p.m.
Wednesday, March 7
Faculty meeting, 7:45 a.m.
Thursday, March 8
S.I.T. meeting, 7:45 a.m.
Friday, March 9
KAYS "Wig Out Day" for Cancer Awareness
EES
Tue.-Fri., March 6-8
3rd, 5th and 6th grades reading assessments
Wednesday, March 7
6th grade KMO, 3:40 p.m.
Faculty meeting, 3:40 p.m.
Thursday, March 8
IEP Day
3rd and 4th grade level meet-

ing, 3:40 p.m.
Northern Valley
Monday, March 5
FFA Poultry and Entomology judging at Hays, 4 p.m.
Tuesday, March 6
PK-2nd grade to Ventriliquist at Logan, 9:30 a.m.
Robotics class in Mr. Tharman's room, 3:30-5 p.m.
GNEC Band Clinic at Agra, 1 p.m. practice and 7 p.m. concert
National Honor Society Induction in the lunchroom at Almena, 7 p.m.
Wednesday, March 7
HS State BB at Hays, TBD
Thursday, March 8
End of 3rd Nine Weeks: dismissal at 1:15 p.m.
Senior Government Class trip to Topeka
HS State BB at Hays, TBD
Friday, March 9
No school-Teacher workday
Senior Government Class trip to Topeka
HS State BB at Hays
Saturday, March 10
HS Dance team will perform at halftime of the 6:15 game at Hays
HS State BB at Hays, TBD

The big question



As a fund-raiser for Norton County Relay For Life, the First Church of God held a trivia night Sunday evening at The Rock. The trivia night included multiple topics, some Bible-related and others more secular. About 40 participants turned out for a night of trivia. Pictured, (left to right), Jim Plotts and Carolyn Plotts, along with Sharon Schulze, mull over an a trivia answer while writing it on the official answer sheet.

-Telegram photo by Carleen Bell

Homemade jerky: easy and safe

Making beef or venison jerky is becoming increasingly popular. It's relatively easy, allows seasoning the dried, lightweight meat product to your taste, and can offer a cost-savings on food, including snacks.

Mistakes in the process can, however, compromise the quality of the product and cause foodborne illness.

With beef, temperature is an issue. Home dehydrators typically heat to 140 degrees F, which is not hot enough to kill bacteria such as E. coli O 157:H7, that may be present on raw meat. Meats must be heated to 160 degrees F to kill bacteria.

One way to resolve the issue is to marinate raw meat strips (covered) in the refrigerator for one to two hours or overnight. (Recipe included with this story.)

After marinating, transfer the meat and marinade to a large pan or pot approved for stovetop use, and heat the meat and marinade to 160 degrees F.

Use a food thermometer to test temperature. Once the optimum temperature is reached, remove the pan from the heat source, and:

1) Remove meat from the marinade, and drain it on clean, absorbent food-grade paper towels; discard marinade (out of the reach of children and pets).

2) Place meat slices on drying rack close together, but not touching or overlapping.

3) Follow dehydrator manufacturer's directions. Drying times will vary with the size and thickness of the meat strips and preliminary processing steps. For example, if meat strips have been heated in a marinade to prevent foodborne illness, begin checking jerky after three hours; a test piece should crack, but not break, when bent. If done, pat beads of oil with an absorbent towel and cool.

If not heated in marinade, drying will take longer (10 to 24 hours); checking doneness periodically is recommended.

4) Cool before storing in a clean, airtight container such as a glass jar with a lid, heavy-weight plastic food storage bag or vacuum package before storing at room temperature for up to two weeks. To extend shelf life, label and date containers and refrigerate or freeze them.

If meat strips were not marinated, after drying, lay meat strips close together, but not touching, on a non-stick baking sheet, and place it in an oven preheated to 275 degrees F for 10 minutes, or longer, if strips are thicker than one-fourth inch.

Either method can be effective in killing potentially harmful bacteria.

If using an oven to complete the dehydrating process, check to make sure the oven has an internal fan to circulate the air in

Homeed Tranda Watts, Extension specialist



the drying process.

Venison also can host the Trichinella parasite.

To eliminate the potential parasite, cut the meat into small portions (6 inches or less in thickness), and wrapping, labeling, and dating the meat before freezing it at 0 degrees F for 30 days, before making jerky.

After freezing, place venison in a pan or on a tray with a lip in the refrigerator to thaw before making jerky.

Hunters need to take note of entry and exit wounds, as depending on where the deer was shot, meat may be contaminated with fecal matter. If so, it should not be used for making jerky, and should be reserved for recipes that require more thorough cooking at high temperatures capable of killing bacteria that may be present.

Venison should be cooled as quickly as possible to avoid bacterial contamination, and cut into parts. Observe safe food handling with raw and cooked foods:

- * Wash hands with soap and hot running water before and after handling foods.

- * Use clean utensils for each task to reduce the risk of cross contamination.

- * Keep raw foods, including meats and fresh game, away from cooked foods to avoid cross contamination.

- * Keep work area clean; try not to splash fresh meat juices in kitchen or other work areas.

- * Partially frozen meat will typically be easier to slice; cutting across the grain of the meat may yield a more tender product. Slice meat strips no more than one-fourth inch thick; trim and discard fat, which can become rancid.

- * Follow directions for treating meat to reduce the risks of food-borne bacteria and parasites.

- * Rotate racks in dehydrator during drying so air can circulate; expect the meat to shrink.

- * Wrap and label preserved food products; jerky can be stored in a clean, airtight container, such as a canning jar, for up to two weeks at room temperature. To extend shelf life, label, date and refrigerate or freeze beef or venison jerky.

Air- or sun-drying is not recommended. Neither method reaches temperatures effectively enough to kill potentially harmful bacteria, and products will not dry properly due to high humidity.

Lean beef, pork, venison or smoked turkey breast as good

candidates for making jerky. Raw poultry is not recommended because of the flavor and texture of the finished product.

Using ground meat, such as ground beef, can increase food safety risks because the grinding process increases surface areas capable of attracting food-borne microorganisms. Using ground meat also requires a shaped press or mold to form the strip.

Jerky Marinade
Please read the recipe thoroughly before beginning to make sure all ingredients are on hand.

Ingredients:
1-1/2 to 2 pounds lean meat (beef, pork or venison)

1/4 (one-fourth) cup soy sauce

1 Tablespoon Worcestershire sauce

1/4 (one-fourth) teaspoon each of black pepper and garlic powder

1/2 (one half) teaspoon onion powder

1 (one) teaspoon hickory smoke-flavored salt

Directions:
In a bowl, combine soy sauce, Worcestershire sauce, black pepper, garlic powder, onion powder and hickory smoke-flavored salt; mix well.

Place strips of meat in a shallow pan and cover with marinade. Cover and refrigerate 1-2 hours or overnight. (Please note: Products marinated for several hours may be more salty than some might prefer.)

If heating meat prior to drying to reduce the risk of foodborne illness, do so at the end of marinating time.

To heat, bring strips and marinade to a boil; continue boiling for 5 (five) minutes before draining and drying.

If strips are more than 1/4 (one-fourth) inch thick, the length of boiling time may need to be increased. Using a food thermometer to check temperature (160 degrees F) is recommended.

Questions? Contact Tranda Watts at twwatts@ksu.edu.

SCHOOL MENU

Norton Jr.-Sr. High Schools

Monday, March 5

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 w/country gravy, carrots, peanut butter and celery, rolls w/margarine, oranges, pears, peaches or chef salad and milk.

Tuesday, March 6

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

Lunch-Cheese hamburger, lettuce and tomato, corn, chocolate pudding or chef salad and milk.

Wednesday, March 7

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

Lunch-Taco and tortilla chips, lettuce, chopped tomato and shredded cheese, french bread w/margarine, ice cream sandwich or chef salad and milk.

Thursday, March 8

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

Lunch-Corn dog, french fries, coleslaw w/carrots, Mandarin

oranges or chef salad and milk.

Friday, March 9

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

Lunch-Bean tostada, lettuce and chopped tomato, hot roll w/margarine, chocolate cookie or chef salad and milk.

EES

Monday, March 5

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

Lunch-Macaroni and cheese, little smokies, mixed veggies, rosy applesauce, french bread and milk.

Tuesday, March 6

Breakfast-Golden waffles, warm maple syrup, fruit cocktail, orange juice and milk.

Lunch-Sloppy Joe, homemade bun, corn, tater tots, kiwi and milk.

Wednesday, March 7

Breakfast-Applesauce muffins, peaches, grape juice and milk.

Lunch-Potato boats, baked beans, fruit cocktail, whole wheat roll and milk.

Thursday, March 8

Breakfast-Canadian bacon/cheese biscuit, apple juice and milk.

Lunch-Pizza roll-ups, tossed salad, pears, cookie and milk.

Friday, March 9

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

Lunch-Peanut butter and honey sandwich, cottage cheese,

warm peas, celery stick, Mandarin oranges and milk.

Northern Valley

Monday, March 5

Breakfast-Sausage, cheese bagel, hash browns, orange or assorted cold cereal.

Lunch-Sierra chicken, tossed salad w/dressing, buttered peas and peach crisp.

Tuesday, March 6

Breakfast-Breakfast taco, hash browns, fruit punch or assorted cold cereal.

Lunch-Wiener wagons, french fries, baked beans and brownie.

Wednesday, March 7

Breakfast-Monkey bread, sausage, eggs, grape juice or assorted cold cereal.

Lunch-Hamburger on a bun, ranch wedges, buttered green beans and chocolate pudding.

Thursday, March 8

Breakfast-Cherry coffeecake, links, hash browns, apples or assorted cold cereal.

Lunch-Beef vegetable soup/crackers, cheese sticks, hot roll and Mandarin oranges.

Friday, March 9

No school-Teacher work day.

Your news goes here 877-3361

JUST LISTED
320 ACRES
IRRIGATED & DRYLAND CROPLAND
NORTON COUNTY
TRACT 1: NE/4 of 3-2-25
TRACT 2: NE/4 of 13-2-25
Both tracts are located North of Reager
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You're Invited
to a...
Retirement Party for Cheryl Diederich
Director of Nurses
Tuesday, March 6
2:00-3:00 p.m.
Norton Valley Hope Dining Hall
709 W. Holme, Norton, KS
Cake and Punch will be Served
Please join us in honoring Cheryl who has been a valued employee for over 25 years and help her celebrate her retirement!

For help with your advertising needs please give Dana a call 877-3361
email: dpaxton@nwkansas.com

Good God Almighty, Look who made it to 90!
Please shower **Floyd Edgett** with cards at 311 N. Beaver Oberlin, KS 67749 for his 90th birthday on **March 11, 2012**

904 Middle Street
Metcalf Real Estate
This 3 bed, 2 bath house has had many updates! The newly remodeled kitchen is one you dream of. Home includes a spacious fenced in back yard and a basement that can be easily finished creating another bedroom and large family room! Includes a 1 1/2 car attached garage.
\$110,000
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