

A keen eye and steady hand



There was a good turnout for the Norton Archery Club’s 3-D Shoot out at Sebelius Reservoir on Sunday. Forty-three archers participated in the event. (Pictured front to back) Mikey Cliff and Alex Otter, both of Norton, stare down their targets. The first place winner in the 1st Flight division was Steve Sarns with 470 points. The first place winner in the 2nd Flight division was Allison McChesney with 354 points.

–Telegram photo by Mike Stephens

SHERIFF'S LOG

July 12 Funeral escort (2) Traffic stops Contact with public Animal call (2) VIN inspections July 13 Welfare check (4) VIN inspections Child in need of care In training Cattle out Document service July 14 Fire Missing person Alarm-business Motor vehicle accident July 15 Traffic stop Motor vehicle accident-hit and run Welfare check Abandoned vehicle Motor vehicle accident with animal July 16 Finger prints Motor vehicle accident with animal Registration/offender/update Motor vehicle accident (2) VIN inspections Assist-other (not MV) July 17 Hitchhiker (2) VIN inspections (3) Vehicle assists Suspicious activity Traffic control (2) Found/lost property July 18 (2) Welfare checks Creating a hazard (2) VIN inspections Document service Found/lost property July 19 (2) VIN inspections (2) Traffic stops Prisoner transportation (2) Citizens complaints (2) Incident(s) July 20 Registration/offender/update Criminal damage to property Reckless driver (4) VIN inspections Animal call Incident	Motor vehicle accident Traffic stop July 21 Motor vehicle accident-personal injury July 22 Driving under the influence Fire Domestic disturbance July 23 (7) VIN inspections Motor vehicle accident with animal Juvenile complaint (2) Traffic stops EMS-ambulance run Incident Traffic stop July 24 Criminal trespass Motor vehicle accident EMS-ambulance run Motor vehicle accident with animal (2) VIN inspections Civil dispute Finger prints Cattle out July 25 Animal call Registration/offender/update VIN inspection July 26 Cattle out (3) VIN inspections Traffic stop Assist-other (not MV) Welfare check July 27 Vehicle assist Traffic stop	Disturbance-noise Equipment repair Animal call VIN inspection Fire UA test Disturbance-fight July 28 Traffic/driving complaint Harassment, telephone/fax Disabled vehicle Incident Traffic stop July 29 Contact with public Animal call Gunshots/non-injury shooting Civil dispute Suspicious Animal call Motor vehicle accident-private property July 30 Creating a hazard Motor vehicle accident with animal Contact with public VIN inspection Criminal damage to property July 31 EMS-ambulance run (2) Vehicle assists (5) VIN inspections (2) Inmate appointments Finger prints Traffic/driving complaint Aug. 1 Finger prints (2) Registration/offender/update (2) Traffic stops
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Please Join
U. S. S E N A T O R
PAT ROBERTS
Roberts holds Norton County
Townhall Meeting
Thursday, August 16, 2012
Town and Country Kitchen,
419 East Holme St., Norton (East US-36)
4:30 pm CT
*Senator Roberts will answer questions and listen to the concerns of Kansans.
With questions, please contact Senator Roberts' Topeka Office at 785-295-2745.*

Sudoku Puzzle #2626-M

	1		2	3		4	5
		6				3	
	7		4			8	
2	3		1	6		9	
	9					6	
		5		7	9	1	3
		9		1		2	
	5				4		
1	6		5	8		7	

Medium

Make ahead your summer salads

Summer days are busy days. A salad that can be prepared in the cool morning hours helps get supper on the table early or late, depending on the day’s agenda. Unlike past years when children could relax, run and play at will, they are now scheduled into so many organized activities that require chauffeuring it’s difficult to squeeze in time for meals, much less creative cooking. Add into the mix a father who may want to golf after work and eat late or a mother who is trying to work in time for a water aerobics class and needs to eat light and early. Well, we all know how those days go.

Marinated main dish salads can be a lifesaver. They may be served early or late with a special bread to make a full family meal. They often hold for a day or two if necessary and are appreciated most on a hot summer night when something cool and crisp truly hits the spot.

If family dinner is just impossible some nights, serve up salads individually. I am still a believer that families should eat together but real life has to be taken into account. Instead of sandwiches in the car en-route to the game or expensive concession stand snacks, try taking any one of these salads as a “meal in a box”. Use an individual plastic sandwich box for each person. Sprinkle a layer of shredded lettuce on bottom, top with salad, add some sunflower seeds before snapping on lid. Pack the boxes in a cooler, bring plastic forks and plenty of napkins plus fresh fruit for a sweet finish to a low carb, high protein meal.

THE CARLYLE’S BEEF’N PEPPER SALAD

Freeze one pound of round steak flat on a cookie sheet. Thaw it just enough so it can be sliced with a very sharp knife. Slice diagonally across the grain into very thin strips. Coat strips

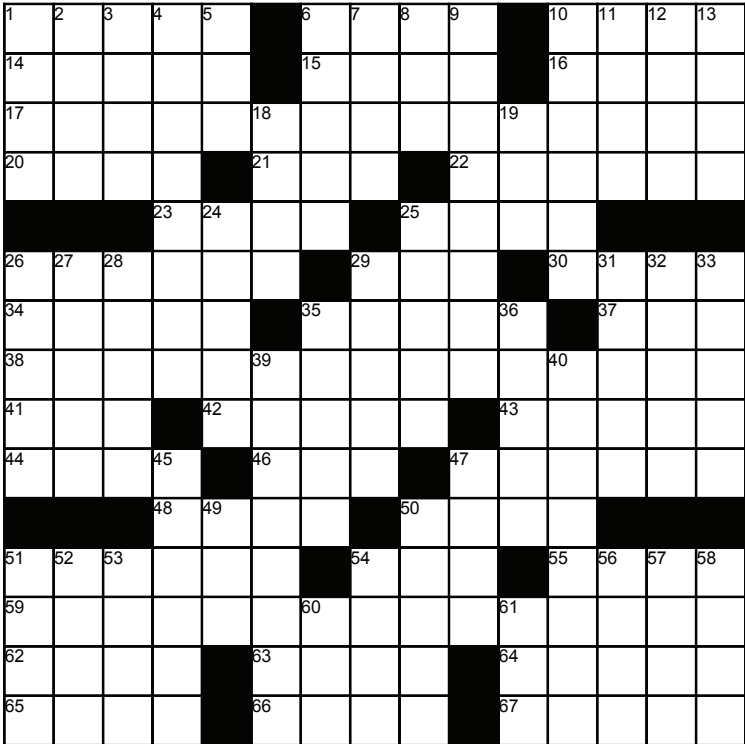


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ACROSS

- Gondola's place
- Chuckleheads
- Team that last won a World Series in 1908
- Rust, for one
- Jacob's twin
- Home to many Russians
- What total opposites have
- Dummy's perch
- Western treaty gp.
- Pants-presser's creation
- Auxiliary track
- Double-decker section
- Director's call
- Snookums
- Twenties suppliers
- Work too hard
- Slap inducer, perhaps
- NASA affirmative
- What a sneak may have
- Cobra cousin
- Top 40's 40
- Went white
- Revolution period
- Versatile vehicle, for short
- Earthshaking experiences?
- Old US gas brand
- Virgin Is., e.g.
- Give a Valium to
- Columbus Day day: Abbr.
- Owl's hangout
- Baked goodie with myriad toppings
- "Stop the clock!"
- Send packing
- Garbo line ender
- Lost traction

The Spectrum



American Profile Hometown Content

- Cantina cash
- Nixon target Hiss

DOWN

- Knock on the noggin
- Impulse conductor
- Time for Nick?
- Like a Post-It
- Oahu souvenir
- Popeye creator Elzie
- Buyer's caution
- Flying Peter
- Short-winded
- Funt's gear
- West point sch.
- Life stories, briefly
- Having all one's marbles
- Gerund, e.g.



Cook's Corner

Liza Deines

in a mixture of corn starch, flour, salt, pepper and cumin. Quickly brown seasoned strips in hot oil and lay aside. Drain oil, deglaze pan with a little beef broth mixed with Worcestershire sauce, add thinly sliced green and red pepper strips, slices of onion and slivers of jicama or carrots and cook tender crisp. Proportions are up to your personal taste. Mix gently with steak strips in large bowl. Add a cup of red wine vinaigrette dressing and toss. Marinate at least thirty minutes to serve warm on a slice of ciabatta bread to absorb juices. May be served chilled. Serves four generously. Sliced tomatoes go well with this.

COUSIN DORIS' CAULI-FLOWER COMBO

Four cups thinly sliced raw cauliflower
One green pepper, seeded and chopped
Half a cup diced honey ham
Half a cup diced pepper jack cheese
Half cup celery slices
Dressing: One small carton sour cream
Two tablespoons mayonnaise
Two tablespoons Dijon mustard
Salt, pepper and one tablespoon sugar
Mix ingredients together. Combine dressing and toss gently so as not to break up cauliflower slices.

flower slices. Chill overnight in tightly covered bowl and stir before serving. (Some of you may remember eating this salad at the Western Hills Café in Hill City when my cousin Doris was cooking there.)

THAI DELIGHT

One bunch Napa (Chinese) cabbage, sliced very thin
One cup daikon radish, shredded
One sweet red bell pepper, diced
One can small shrimp, rinsed and drained
One cup dry roasted peanuts
Half cup toasted sesame seeds
Combine all ingredients except sesame seed. Set aside.
Dressing: Half cup chunky peanut butter
Two tablespoons soy sauce
One tablespoon hot pepper sauce
Quarter teaspoon sesame oil
One tablespoon rice wine vinegar
Blend dressing ingredients together well. Pour over salad ingredients and toss. Served chilled with toasted sesame seeds sprinkled on top. Great with fresh pineapple, a wedge of cantaloupe or honeydew melon.
With crackers, fruit and fresh garden vegetables plus a few minutes in the cool of the morning to do some prep work, you can enjoy a relaxed supper in the evening.

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You're Invited to the 32nd Annual Old Fashioned
Republican Picnic
Saturday, August 18, 2012
5:30 p.m.,
Hansen Memorial Plaza, Logan, KS
Fried Chicken and all the Old-Fashioned
Picnic Trimmings Furnished
ADULTS: \$15.00 - CHILDREN UNDER 18: \$5.00
Keynote Speakers will include
Pat Roberts and Tim Huelskamp
Tickets Available From: Mapes & Miller CPA's; Rodgers & Associates; State Farm Insurance; First National Bank & Trust, Logan; Kari Moore, 543-6561; Janice Ragsdale-638-2893 or Linda McDowell-638-2346

The Pinzenscham-Cook wedding has been moved from the American Legion to Washington Street Park The wedding is still planned for Sat., Aug. 18 at 3:00 p.m. The reception will be announced at the wedding