

# 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

# 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

## Cook's Corner

Liza Deines



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.

Liza Deines  
1098 NE Independence Ave. #230  
Lee's Summit MO 64086  
childofthe40s@gmail.com  
816-554-0398

# 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

Please Join  
U. S. SENATOR  
**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	

© 2009 Hometown Content Medium

We are now on Facebook!  
Search "Norton Telegram" and like our page for photos, news and more.

You're Invited to the 32<sup>nd</sup> 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 CPAs; 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

- 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

1	2	3	4	5	6	7	8	9	10	11	12	13		
14					15				16					
17					18				19					
20					21			22						
23	24				25									
26	27	28			29			30	31	32	33			
34					35			36		37				
38					39				40					
41					42				43					
44					45				46					
47									48					
49									50					
51	52	53						54			55	56	57	58
59								60			61			
62									63			64		
65									66				67	

American Profile Hometown Content 8/12/2012

- 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.
  - Bonanza stuff
  - Erato is their Muse
  - Analyze 19-Down
  - Warm, so to speak
  - Bay city
  - Gate part
  - Quarter back?
  - Web surfer's need
  - Timetables, briefly
  - Bomb of a Ford
  - Aspiring one
  - Santa's landing spot
  - Cat's stomach accumulation
  - Brought up
  - Hong Kong's Hang \_\_\_ Index
  - Porker's place
  - Kemo Sabe's sidekick
  - Gets hard
  - Devil's doings
  - Moore of "G.I. Jane"
  - Mile's equivalent?
  - Wide-eyed
  - Lacoste of tennis
  - Chi. Cub or Atl. Brave
  - Roy G. Biv element
  - Call to Bo Peep