

Fill your cart with food, not germs

Are you filling your shopping cart with germs as well as groceries? Probably you are, but you don't have to! Here are some ways that you can protect yourself and your family from the germs that may lurk in your grocery store.

The shopping cart. The handle of your shopping cart can contain more bacteria, and even fecal matter, than an average public restroom. Plus, touching the handle after someone who might be carrying an infection is an easy way to transfer germs. What to do? Most grocery stores offer sanitary wipes so that you can wipe down the shopping cart handle. If your store doesn't, bring your own. Or, at least, be sure to wash your hands after touching a cart.

The conveyor belt. The rotating checkout line conveyor belt can be a source of both dirt and germs. What to do? To protect your foods against soiled and bacteria laden grocery store conveyor belts, never place fresh fruits or veggies directly on the conveyor belt. Instead, give them a ride only after you have wrapped them in a clean bag.

Home ed Tranda Watts, Extension specialist



Reusable shopping bags. Researchers from Arizona and California tested 84 reusable bags and found high levels of bacteria in all of them. What to do? If you're being eco-friendly by avoiding disposable bags and using cloth ones, be sure to wash them (by hand or in a washing machine) between uses. This will prevent your reusable bags from becoming a breeding ground for food-borne bacteria. By laundering your reusable bags, you will kill 99.9 percent of the bacteria on them. Be both green and clean!

Produce misters. Many grocery stores use misters to spray their fresh produce on display so that it doesn't dry out. However, the water in the misters, and the moist environment they create, can become a breeding ground for germs. This is one more reason to protect your family from

illness by keeping your produce as safe as possible. What to do? Rinse fresh fruits and vegetables under cool running water before eating them. Rub those with a firm skin or a hard rind briskly with your hands or a produce brush to remove dirt and surface microorganisms. Before serving fresh leafy vegetables that have not been pre-washed and bagged, separate and individually rinse the leaves. Discard the outermost ones, such as on a head of lettuce or cabbage. Leaves can be difficult to clean, so put them in a clean bowl and soak them in cool water for a few minutes to loosen sand and dirt. (A clean bowl is better than the sink, which can be full of bacteria.) After rinsing, blot the leaves dry with paper towels or use a salad spinner to remove excess moisture.

For more information about healthy eating, contact your local K-State Research and Extension Office or you may contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety for Golden Prairie and Twin Creeks Extension Districts at mail to twwatts@ksu.edu.

Exhibit night



The art, wood shop and facts classes had all of their work on display for the public to view Tuesday night at the Norton Senior High Exhibit night. Dalton Pfannestiel is seen here showing off his wood creation to Phillip Loughry.

-Telegram photo by Dana Paxton

STUDENT NEWS

April Northern Valley Elementary School Leadership Award Winners

Kindergarten—Ehme Linner
Ehme has shown great growth in her reading skills, and does a great job of showing her classmates how to listen to their teacher. She treats her classmates with respect, and this is how she wants to be treated. Ehme always has a smile and is kind to other classmates and teachers at school.—Michael Thompson

1st Grade—Eli Schemper
Eli is the April First Grade Leadership winner. Eli works hard and completes his homework on time and does it well. He helps others in reading by helping sound out words with them. He is quiet and respectful of his classmates and adults. I can always count on Eli to tell the truth about situations inside and outside the classroom. Eli is a good listener and does what needs to be done.—Tammy Vin-

cent
2nd Grade—Thayz Saenz
Thayz is the winner of the second grade leadership award. Although Thayz joined our class during the second semester, her friendliness and helpfulness enabled her to make new friends quickly. She demonstrates self-discipline as she follows rules and the directions of her teachers. She also inspires her classmates to use their best manners and behavior. Thayz is an honest and trustworthy person. She is cooperative when working in groups with her peers. She has been a valuable addition to our Northern Valley school family.—Julie Thompson

3rd Grade—Bailey Sides
Bailey is the 3rd Grade Leader for the month of April. He is always helpful in the classroom and on the playground. He is willing to help others if they are hurt or need something. He always has a positive attitude and works hard on his school

work. Bailey is a listener and follows directions. He comes prepared for class and is responsible by always having his planner signed. He enjoys having fun but also knows when it is time to get down to business. He works hard to be a good role model and leader for his classmates and other students.—Jill Gebhard

4th Grade—Brendon Sammons
Brendon is the April fourth grade student of the month. Brendon has been an excellent leader and role model all year. He stands up for what is right and is a friend to all students. He has excelled not only in the classroom but in band, vocal, and PE. He is a team player and encourages all to join in and play while on the soccer and football fields. He has high moral standards and always does what's right, even if it's not the popular thing to do. Brendon continues to show great leadership to all his peers.—Monica Wilson

HANSEN MUSEUM

The Dane G. Hansen Memorial Museum presents "American Legacy: Our National Parks," April 12 - June 16. In this exhibit, 38 members and guests of the Plein-Air Painters of America set up their easels in national sites across the country. The artists are among the country's most respected plein-air painters. The adjective plein-air refers to the philosophical belief that creating art on-location, challenging as it may be, is crucial to successfully documenting a visual and emotional point in time and place.

Each artist selected a favorite park to document. The more than 50 paintings depict sites from coast to coast, border to border, and from the earliest park designation to one of the most recent. The exhibition is a "field journal" experience that draws viewers into seasonal and daily experiences of color and light rendered in pigment on paper or canvas. In some instances, the field studies were used to create larger, studio paintings.

Our Artist of the Month for May is Theresa Eschliman from Indianola, Neb. She has a display of crocheted hats and crocheted insects. Perfect for kids

of all ages.

Don't forget our June 1 and 2, Joy of Painting Class. The class starts at 9 a.m. and runs until 3 p.m. There will be an hour taken for lunch. Saturday, June 1, the painting will be "John Deere at Home" and Sunday, June 2, the painting will be "Moonlight Camp." If interested call 785-689-4846 or visit our website www.hansenmuseum.org and get the information.

Water Aerobics will be starting Tuesday, June 4. Shari Buss, Logan, will be the instructor. If interested call in or go to our website for information.

SCHOOL CALENDAR

NCHS
Monday, May 20
Final exam reviews-use the 1 p.m. dismissal schedule
Blue Jay Games, 1 p.m.
Tuesday, May 21
Jay Singers, 7:30 a.m.
Final exams
Wednesday, May 22
Final exams
Thursday, May 23
Student check-out and finals make-up
School dismissed for summer at 11 a.m., no meals served
Friday, May 24
Teacher work day and check-out
Friday-Saturday, May 24-25

State Track in Wichita
Tuesday, May 28
Summer Driver's Ed. Session I begins
Tuesday-Friday, May 28-31
Dance Team camp at Cloud County Community College
Tuesday-Thursday, May 28-30
FFA State Convention at KSU-Manhattan
NJHS
Thursday, May 23
School dismissed for summer at 11 a.m., no meals served
Friday, May 24
Teacher work day and check-out
Tuesday, May 28

Summer Driver's Ed. Session I begins
EES
Monday, May 20
Instrument Display; cafeteria and band room, 4:30-5:30 p.m. and 6:30-7:30 p.m.
Wednesday, May 22
Fun Day, 1 p.m.
Thursday, May 23
Awards assembly; EES Gym, 8:30 a.m.
School dismissed for summer at 11 a.m., no meals served
Friday, May 24
Teacher work day and check-out
Tuesday, May 28
Summer school begins

SCHOOL MENU

Norton Jr.-Sr. High Schools Menu
Monday, May 20
Breakfast-Waffle stix w/syrup, fruit or juice or choice of assorted cereal, toast w/margarine and jelly, and milk.
Lunch-Meatballs, whipped potatoes, rolls w/margarine, celery sticks, pineapple tidbits, or chef salad and milk.
Tuesday, May 21
Breakfast-Cook's choice
Lunch-Hot meal
Wednesday, May 22
Breakfast-Cook's choice
Lunch-Sandwiches
Thursday, May 23
No meals served
EES Menu
Monday, May 20
Breakfast-Golden waffles, warm syrup, fruit cocktail, orange juice, milk and toast with peanut butter.
Lunch-Hamburger casserole, mixed veggies, celery stick, pears, french bread and milk.
Tuesday, May 21
Breakfast-Chilled yogurt, bagel w/cream cheese, apple juice,

milk and toast with peanut butter.
Lunch-Tuna supreme, green, pepper strips, fruit cocktail and milk.
Wednesday, May 22

Breakfast-Cold cereal, warm toast, grape juice and milk.
Lunch-Sack lunch prepared by kitchen staff.
Thursday, May 23
No meals served

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