

HaysMed awarded KOMEN grant

The HaysMed Breast Care Center has been awarded a \$49,710 grant from KOMEN Kansas. The award was announced May 29th, 2013 by the Kansas Affiliate of Susan G. Komen. This is the third grant the Breast Care Center has received from KOMEN Kansas.

The grant money will provide for a Breast Health Nurse Navigator to enhance cancer care in Western Kansas. The Nurse Navigator will guide patients through each step of the health care system from breast biopsy, diagnosis, treatment to survivorship. She will also identify barriers to care such as transportation or financial issues, language barriers and help link patients to resources that will help overcome these barriers. Additionally, the Nurse Navigator will help identify patients

who are at high risk for breast cancer and link them with resources to help them manage their increased risk. Lastly, the Breast Health Nurse Navigator will help raise awareness of the needs of cancer survivors. There are over 820 breast cancer survivors living in the region in need of quality survivorship care.

Over the last two years, the Breast Care Center has also used KOMEN grant funds to host breast awareness events in Norton, Sharon Springs, Oakley and Hays. With the receipt of this third award, plans are to provide additional educational program in Scott City, Osborne and Hays.

Since the opening of the Breast Care Center in May, 2011, 140 women have been diagnosed with breast cancer; an equal amount of women have

been treated for precancerous conditions of the breast. Ninety women have had genetic BRCA counseling and testing.

"We are honored to receive Susan G. Komen grant funds", said Dr. Anne O'Dea, Medical Director of the Breast Care Center. "We feel passionate about providing quality, comprehensive breast services to the women in Western Kansas and are fortunate to have these additional resources to meet the needs for those in our region."

Working at the Breast Care Center with Dr. Anne O'Dea is A. Nicole Spray Advanced Practice Registered Nurse, Lisa Reiter, Clinic Registered Nurse, Ashley Bauck, Breast Health Nurse Navigator and Michelle Beyer, Office Manager.

HANSEN MUSEUM

What little town hosts a great big fair? Logan: a farming community of 600! Nestled in northwest Kansas, on Highway 9, The Dane G. Hansen Museum sponsors one of the best craft fairs around on Saturday, Sept. 21, 2013. Hosting crafters from Kansas and surrounding states, this is a shopper's paradise. Family and friends rally together for this annual event held on the Hansen Plaza Square, Main Street, Logan. There is no admission charge to attend this event.

Crafters check in at pre-dawn in preparation for the 10 a.m. opening. Food vendors line two sides of the Square. Food may include hamburgers, brauts, turkey and noodles, sloppy joe's, homemade pies, homemade ice cream, BBQ beef sandwiches, bierocks, sno-cones and more. If you start the day hungry, you won't be for long.

A chain saw artist, Blair Smith, from Iowa, will be on the grounds to astound you with his chain saw artistry. He will be performing at 8 a.m., 10 a.m., noon and 2:30 p.m., and will complete several projects for your viewing pleasure. Drawings will be held at 11:45 a.m. and 2:15 p.m. for two of his carvings.

Enjoy a trip through the streets of Logan with a surrey ride by John Allen, running 10 a.m. to 4 p.m. Also learn some of the crafts that you see for sale around the plaza by watching demonstrations given by Artisans throughout the day.

A jump slide, battle beam, and

obstacle course will open at 11 a.m. and be available to entertain the children through 4 p.m. Games and races will be held at 10 a.m. This will include turtle races, a sand pile treasure hunt and an egg toss. Bring your own turtle and kids.

Be sure to head to the Kid's Tent from 1-2 p.m. for face painting by the Logan KAYS and free helium balloons.

Take a stroll through the Museum gallery and view "Cast Paper Sculptures." The Dane G. Hansen Memorial Museum presents Patty and Allen Eckman who have been creating wonderful, high-detail works in their handmade, acid-free cast paper sculpture since 1988. They have become internationally recognized as not only masters in the medium, but at this time, the sole masters.

Check out our honored "Artist of the Month" items for sale inside the museum or just sit a spell and enjoy the comfort of air-conditioning.

Live entertainment on two stages will be performing at various times during the day. "Left of Center" from Concordia, will be on the south stage at 10 a.m., noon, and 2:30 p.m. Angie LeDuc Band started in 2011, combining four talented musicians and singers into one outstanding country band, in 2012 the Band changed their name to Left of Center: "We're all a little off, and have lots of fun!" Bagpipes will perform on the north stage at 11 a.m. and 1:15 p.m. This will be a chance to hear their special musical

candy. All groups will serve all day.

The Dane G. Bales Junior Memorial Car Show begins at 10 a.m. and ends at 4 p.m. There will be many makes and varieties of cars to look over. The car show has been an asset of the Labor Day Celebration since 1998.

A King of the Mountain, an 18-foot slide and castle bouncer will entertain kids from 9:30 a.m. - 5:30 p.m. The Siruta Pedal Pullers State Sanctioned Kid's Tractor Pull begins at 2 p.m. Winners are eligible to compete at the Kansas State Fair in Hutchinson. The RTS Express Train will be running from 2-4 p.m.. Scout groups will be conducting activities throughout the day, for all children.

There will be a shuttle running

talents. Both stages promise to entertain with performances to please each and everyone attending the Arts & Crafts Fair.

Bob Jones, antiques appraiser from Jennings, will be available in the Community Room of Hansen Plaza for a free verbal approximation of value for your antiques from 10 a.m. to noon and 1 p.m. to 4 p.m. Registration forms to schedule a time for the appraisal are available through Hansen Museum.

Don't forget to purchase or renew your Museum membership to automatically get your name in the pot for the \$500 purchase prize drawings held at 11:45 a.m. and 2:15 p.m. Stick around....You must be present to win.

The highlight of the day will be the selection of 12 new winners (and two alternates) of the coveted "Artist of the Month" award. This year's crafters will be judged for their uniqueness, quality of craft, and display. Winners will be presented with ribbons and certificates prior to the public announcement and photos at 3:30 p.m..

Join us for our 40th Annual Hansen Arts & Crafts Fair, Saturday, Sept. 21, on Main Street, Logan. The Fair ends at 4 p.m. so come hungry, bring your wallet, and wear your walking shoes. You'll leave with a smile.

For more information, crafter registration forms or antique appraisal forms, contact Nova Bates at 785-689-4846 or go to www.hansenmuseum.org.

from the Logan Golf Course to the Dane G. Hansen Memorial Museum from 1 - 4 p.m. to view the Exhibit, "Cast Paper Sculptures."

The Prairie Dusters Mounted Drill Team will be giving horse rides for the public from 3 - 4 p.m. They will be performing their special show on the golf course at 4:30 p.m.. The Prairie Dusters Team serves as ambassadors for Kansas' Biggest Rodeo and has been riding in formation since 1985. They proudly present a military pass-through in honor of our U.S. Veterans and the Star Spangled Banner. This is the sixth year that the Prairie Dusters Mounted Drill Team has performed at the Labor Day Celebration.

Can you dig it? I can dig it!



Ventriloquist, illusionist and comedian, Kevin Horner entertained a large crowd of kids and parents on Thursday at the Norton Recreation Center gymnasium. Horner's "Can You Dig It? I Can Dig It!" performance received big laughs and applause, and is part of the Norton Public Library's summer reading program, "Dig Into Reading."

-Telegram photo by Mike Stephens

Food safety mistakes can be avoided

Most consumers are aware of food recalls involving meat and poultry, as well as alerts in recent years concerning spinach and cantaloupe.

Meat and poultry juices make them attractive as hosts for foodborne pathogens.

Spinach, cantaloupe, other melons and garden crops can be vulnerable because they either grow on the ground or close to it, and are often harvested by hand.

The Centers for Disease Control and Prevention estimates that one in six Americans will experience foodborne illness each year. About 3,000 will die from it.

Fifty-eight percent of foodborne illnesses have been attributed to Noroviruses. This form of foodborne illness has been traced to eating contaminated food. It also can be spread by contact with someone who is sick or not properly cleaning up vomit and feces.

Symptoms typically include vomiting and diarrhea. Seek medical treatment if this persists for more than one to two days, or more quickly, if symptoms are severe.

Dehydration is a concern and children under the age of five can be at greater risk because their immune systems are not fully developed. Adults ages 65 and older also can be at greater risk because their immune systems can be compromised by the aging process, chronic illness and medical treatment.

Nearly 100 percent of foodborne illness can be prevented with a back-to-basics approach that begins with hand hygiene and cleaning and sanitizing surfaces. Here are tips for keeping foodborne illness at bay:

- Work up a lather and scrub to produce the friction needed to remove bacteria and viruses. Rinse thoroughly and dry completely. Both plain and antibacterial soaps are effective as long as hands are scrubbed well.

- Clean and sanitize counters and work surfaces in the kitchen. A homemade sanitizer can be made by mixing one tablespoon of regular unscented household bleach with one gallon of warm water. Wipe down the surface with a clean paper towel. The surface should be washed be-

Home ed Tranda Watts, Extension specialist



fore sanitizing or the sanitizer will be not effective.

- Using a clean towel is preferable to a sponge. Sponges, though absorbent, are subject to potential contamination. Most people don't wash or sanitize sponges, which creates a good environment for microorganisms.

- Read care instructions for counters and other work surfaces, as mild bleach and some cleaning agents may harm surfaces. Reading the labels on commercial cleaning products or cloths also is advisable, as some are not recommended for use in the kitchen.

- Re-usable grocery bags also can harbor potentially harmful bacteria. When shopping, place meats, poultry and fresh produce in individual plastic bags before placing them in a cart (to prevent cross contamination) and at check out, in a grocery bag. Wash re-usable grocery bags after each use, and don't use them for other purposes, such as hauling the kids' dirty sneakers home from the ballpark.

- Scrub fruits and vegetables just like you do your hands, but without the soap. Use a clean knife to cut into them to avoid transferring bacteria that could be present on the skin to the edible flesh.

- Improper handling of leftovers can increase food safety risks. A home refrigerator will not have the cooling capacity of a commercial blast chiller. Transfer leftovers to shallow pans to speed cooling.

- Wait to cover leftovers until the food has cooled. Covering cooled foods completely can protect food quality and prevent cross contamination. Leftovers should be used in three to four days, frozen for future meals, or discarded.

- Reheat leftovers to 165 degrees F. If food chilling and storage has not been handled properly, reheating may not kill toxins that could develop, such as Staphylococcus or Clostridium perfringens.

If unsure of food safety and quality, food should be discarded and not eaten. Please feel free to call your local K-State Research and Extension Office if you have questions about food safety or you may contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at twatts@ksu.edu or call 785-443-3663.

No more charge for driver's license handbooks

The Kansas Department of Revenue is eliminating the fee to purchase a driver's license handbook at driver licensing stations throughout the state starting July 1.

The handbook, which outlines the Kansas' rules of the road and includes information about applying for a driver's license, costs \$1.

It is also available online in

PDF format at www.ksrevenue.org/pdf/dlhb.pdf.

CORRECTION

Due to reporter error in the story titled "The Road and Bridge Department Manager attends last meeting" in the June 25 issue of the Telegram stated that a bid of \$75,000 was put in for the electrical work to be done on the Road and Bridge building by Bailey Electric. It should have stated that the bid was actually \$7,500.

The Norton Telegram will correct or clarify any mistake or misunderstanding in a news story. Please call our office at 877-3361 to report errors.

We believe that news stories should be fair and factual and appreciate your calling to our attention any failure to live up to this standard.

A member for the USD 211 Board of Education is being sought for Position #4.
The legal qualifications to be appointed to this position are as follows:

- (1) be a resident of Norton City Ward 3, or the City of Clayton, Edmond or New Alamo or any of the rural area within USD 211.
- (2) be a registered voter, and,
- (3) not be an employee of USD 211.

Persons interested are asked to submit a letter or email to the USD 211 Superintendent of Schools stating their desire to serve on the USD 211 Board of Education. The BOE will consider those interested at the Board meeting to be held on August 19.

The person appointed by the Board of Education will complete two years of the current term of office and be eligible to run in April 2015 for an additional two years.

Questions concerning membership and responsibilities can be directed to any current Board members or Greg Mann, USD 211 Superintendent of Schools.

750+/- ACRES CROPLAND, GRASS & FARMSTEAD
"MULTI-PARCEL" **ABSOLUTE LAND AUCTION**
DECATUR COUNTY, KANSAS
FRI., JULY 19, 2013 @ 10:30 AM, CDT

AUCTION LOCATION:
The Gateway, Oberlin, KS

SELLERS:
Diederich Family

750 ± acres contiguous cropland and pasture, plus the farmstead

Land will be offered in 4 tracts & in combinations of tracts. Tract 2 (the farmstead), will sell separately and will NOT be offered in combination with other tracts.

LEGAL DESCRIPTIONS:
TRACT 1: All the cropland acres in the S/2 of 26-1-29 (155± acres)
TRACT 2: Farmstead in SE corner of SW/4 of 26-1-29 (6.1 acres)
TRACT 3: SE/4 of 27-1-29 & a tract of grass in the S/2 of 26-1-29 (245± acres)
TRACT 4: SW/4 of 23-1-29; NW/4 & a tract of grass in S/2 of 26-1-29 (350± acres)

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