

Agricultural exports set record

USDA recently released its final tally for agricultural exports in Fiscal Year 2013, showing a new record of \$140.9 billion. Agriculture Secretary Tom Vilsack made the following statement on this news:

“American agriculture achieved record exports once again in Fiscal Year 2013, and the period 2009-2013 stands as the strongest five-year period for agricultural exports in our nation’s history. In fact, compared to the previous five-year period from 2004-2008, U.S. agricultural exports from 2009-2013 increased by a total of more than \$230 billion – and the average volume of bulk commodities ex-

ported increased by nearly four million tons per year during that same period. We need to remain focused on keeping up the incredible momentum we’ve seen over the past five years. First and foremost, Congress needs to pass a new Food, Farm and Jobs Bill to continue the trade promotion programs that helped American agriculture achieve these results. These trade promotion efforts return \$35 in economic benefits for every dollar invested – a great value for producers who gain access to additional market opportunities abroad, as well as rural communities that depend on a solid agriculture sector to create

and support jobs. A new Farm Bill would complement historic work by the Obama Administration to break down barriers to U.S. products and achieve new agreements to expand exports – an effort that continues today as we work toward new agreements with the European Union and a number of Asian nations. With record agricultural exports supporting about one million American jobs, we can’t afford to lose the incredible momentum of recent years – and that’s why we need Congress to pass a new Food, Farm and Jobs Bill as soon as possible.”

Norton to host leadership training

Under a unique health initiative, area business leaders will have an opportunity to undergo in-depth training in mid-January 2014 that will lead to better health for employees and residents of Norton County, Kan.

Hosted by WorkWell KS Champions Gina Frack and Tara Vance, community worksite leaders will be learning how to build successful worksite wellness strategies within their organizations. The training will take place on January 16 and 17, 2014 in Norton.

to raise the level of awareness both in our community and among area employers, who are at the front lines of health and wellness initiatives,” said Gina Frack of the Norton County Health Department.

WorkWell KS is a statewide worksite wellness initiative administered by the Wichita Business Coalition on Health Care and funded by the Kansas Health Foundation. Through WorkWell KS, local Champions from across the state are challenged to provide leadership in their communities to engage

local business and organization leaders to support worksite health and wellness.

Preregistration and a letter of commitment is required by any business that is interested in taking advantage of this local workshop in January 2014. For more details or to register, please contact either WorkWell KS Champion by any of the means listed. This initiative is for any business in Norton County regardless of the number of employees.

KanCare open enrollment begins Dec. 1

KanCare members who joined the new Medicaid program on Jan. 1, 2013, will have an open enrollment period from Dec. 1, 2013, to March 2, 2014. During this open enrollment period, members will have the opportunity to switch health plans after reviewing their current KanCare services and comparing services among the three KanCare health plans: Amerigroup, Sunflower State Health Plan, UnitedHealthcare Community Health Plan.

This first group of members can expect to receive open enrollment packets by the end of November.

Members who enrolled in KanCare after Jan. 1, 2013, will have their open enrollment period in 2014 during the corresponding month of their original enrollment.

KanCare members who like the plan they have now and do not want to change plans will be able to continue with their current health plan without taking

action on the open enrollment packet.

If you’re a KanCare member and have questions regarding open enrollment, please call KanCare Consumer Assistance at 1-866-305-5147.

To find more information about KanCare open enrollment, please visit the KanCare website at: www.kancare.ks.gov/choosing_a_plan.htm.

Norton dentist receives mastership award

The Academy of General Dentistry (AGD) is pleased to announce that Craig L Krizek, DDS, MAGD, of Norton, Kansas, received the association’s Mastership Award during the AGD 2013 Annual Meeting & Exhibits, held from June 27 to 30 in Nashville, Tenn.



The Mastership Award is the highest AGD honor available and one of the most respected designations within the profession. To earn this award, Dr. Krizek completed 1,100 hours of continuing dental education. The candidate must also successfully complete a 6 hour, 400 question exam covering the 16 specialties and sub-specialties in dentistry as a part of the fellowship protocol (a precursor to

the Mastership Award). Over 500 hours must be hands on courses.

As a Mastership Award recipient, Dr. Krizek joins more than 2,300 active AGD Masters in the United States and Canada

who have gone above and beyond the basic requirements to care for their patients’ oral health.

“We are proud to honor Dr. Krizek for his commitment to continuing education in his quest to provide quality dental care and oral health education to his patients,” says AGD President Linda J. Edgar, DDS, MEd, MAGD. “It’s a remarkable accomplishment.”

Dr. Krizek graduated from Creighton University Dental School in 1982 and has practiced dentistry in Norton since 1987. Dr. Krizek has also been an instructor of Dental Photography for the AGD Mastertrack program in Nebraska.

Kaus to retire from Department of Transportation on Dec. 6

John Kaus, District Three Highway Equipment Shop Superintendent, will officially retire from his position with the Kansas Department of Transportation (KDOT) on Dec. 6, with over 25 years of state service to his credit.

Kaus began his career with Department of Transportation in 1988 as a mechanic’s helper in the Norton district shop. John was promoted to manage the district’s entire equipment fleet for the sub area, area, and district complex in the upper

18 northwest Kansas counties, which comprises the Department’s third district territory.

John has many retirement plans, including traveling and spending more time with his children and grandchildren.

John and his wife Brenda reside in Norton.

His children are: Michele and Jim Railsback and Michael and Jaime Kaus.

Their grandchildren are: Shyann and Cope Railsback; and Carter and Kinsley Kaus.

Call Mike with all your social news. 877-3361

Pajama Night!



Last Monday the Norton Public Library held Pajama Night during Kansas Reads to Preschoolers Week. Guest reader was Stephanie Kramer who is an early childhood teacher at Eisenhower Elementary School. She read Emma Dodd’s book, “Dog’s Colorful Day” to the many children that attended and even let them get in on some interactive learning about colors and counting.

– Telegram photo by Dana Paxton

Tips to help ensure a safe Thanksgiving meal

The shorter, darker days of fall have some of us thinking about the next thing to look forward to and for many, that’s Thanksgiving Day.

Sharing a meal of traditional foods, such as turkey, stuffing, cranberry sauce and pumpkin pie and even adding something new to the menu is a way to connect with family and friends on a uniquely American holiday. Kansas State University consumer food safety specialist Londa Nwadike has tips to help ensure a good holiday by keeping those foods safe.

Turkey–Buy your turkey from a reputable source. Frozen turkey must be thawed in the refrigerator or in cold water, not on the kitchen counter. In the refrigerator, allow 24 hours of thawing time for every five pounds of turkey. In cold water, allow about 30 minutes thawing time per pound of turkey and change the water every 30 minutes to ensure that the outer layer of turkey will not get warm enough to support microbial growth. Turkey and other meats should not be rinsed before cooking as that will only spread those germs around the sink, which can cross-contaminate other foods. Any bacteria that might be rinsed off the surface would be easily killed by cooking in the oven.

The turkey should be cooked in a preheated oven set at a minimum of 325 degrees F. When cooking an unstuffed bird, plan on a range of approximately three hours for an 8- to 12-pound turkey to approximately five hours for a 20- to 24-pound turkey. For a stuffed bird, plan on an additional 15-30 minutes of cooking time.

To determine if the turkey is safely cooked, a food thermometer should be used to ensure that the innermost part of the thigh and wing and the thickest part of the breast has reached a minimum temperature of at least 165 degrees F.

Stuffing–Many people love stuffing, but unfortunately, microorganisms love to grow in it as well. Cooking the stuffing outside of the bird is the safest method, but if you do choose to stuff your turkey, stuff it loosely just prior to cooking and ensure that the stuffing is moist. The stuffing should also reach at least 165 degrees F.

Pumpkin pie–Pies and any other baked goods with fillings made of eggs and milk, including custard pies and cheesecake, must be baked to a safe internal temperature of at least 160 degrees F and should be refrigerated after baking or purchase.

Egg dishes– Any dishes containing eggs, such as scalloped corn, should be cooked to reach an internal temperature of 160 degrees F.

Raw produce– Use separate cutting boards for chopping foods that will be eaten raw than those used for meats. Another option is to wash cutting boards with hot, soapy water between these types of foods. If produce is not pre-rinsed, it should be rinsed carefully and any visible soil scrubbed with a produce brush.

Leftovers– For some of us, leftovers are as good as the ini-

tial meal itself. Keep them safe by refrigerating the stuffing and turkey (with the meat removed from the carcass) separately in shallow containers within two hours of cooking. Leftover turkey will keep in the refrigerator for three to four days, gravy and stuffing only one or two days. Turkey can be frozen for up to one month with no loss of flavor or safety. Reheat leftovers until 165 degrees F.

“If you are buying a pre-cooked turkey, it’s important to know the vendor,” Nwadike said. “Bring it home immediately and refrigerate it. When you reheat it, make sure the temperature of the cooked meat reaches 165 degrees F.”

More information about food safety questions and help in preparing a Thanksgiving turkey is available by calling the U.S. Department of Agriculture’s Meat and Poultry Hotline at 1-888-674-6854. Hours are 10 a.m. to 4 p.m., weekdays, 8 a.m. to 2 p.m. on Thanksgiving Day. More information about food safety in general is available at K-State Research and Extension offices throughout Kansas and online www.ksre.ksu.edu/food-safety.

The United Methodist Women of Norton are sponsoring a **Cookie and Candy Walk** Wed., December 4 9:30 a.m.-1:00 p.m. Community Center 208 W. Main, Norton

Trays of cookies and candies, made and provided by church families, will be displayed on tables. You can choose the kind and quantity that you want. The cookies will be sold for \$5 a pound and candy for \$6 a pound. You can also purchase a homemade cinnamon roll and your morning coffee at the center. The proceeds go to the mission projects.

Mortensen Computer Service **Wishing All of Our Customers a ... Happy Thanksgiving**

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Holiday Magical Sale At Sander Furniture

FRIDAY, NOVEMBER 29: 6:00 A.M.-2:00 P.M. SATURDAY, NOVEMBER 30: 8:00 A.M.-12 NOON

FRIDAY
6:00 a.m.-8:00 a.m. Queen Mattress Sets, Starting at \$299.00
8 a.m.-10 a.m. (Little Kids Recliners on Sale) Recliners, Starting at \$199.00
8:00 a.m.-10:00 a.m. Bedroom Furniture
8:00 a.m.-2:00 p.m. Black Friday Tempurpedic Event
10:00 a.m.-noon Dining Room on Sale
10:00 a.m.-12 noon Weber and Louisiana Pellet Grills
12 noon-2:00 p.m. All Living Room on Sale
12 noon-2:00 p.m. Crosley Appliances

SATURDAY
8:00 a.m.-12 noon Everything Storewide on Sale
All Day. Serta Door Buster Saving Event (Serta I Series)
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2 Hours, 35 Minutes (PG-13)
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1 Hour, 55 Minutes (PG)

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Let's Go to the Movie

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

