

Food safety in an emergency

Although I have heard of no power outages during this last snow event, we do know that winter is in full control. This can lead to power outages from storms. Knowing how to determine if food is safe and how to keep food safe will help minimize the potential loss of food and reduce the risk of food borne illnesses.

Always keep meat, poultry, fish, and eggs refrigerated at or below 40 degrees F and frozen food at or below 0 degrees F. This may be difficult when the power is out.

Keep the refrigerator and freezer doors closed as much as possible. An unopened refrigerator will keep food safely cold for about 4 hours. A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full) if the door remains closed. Obtain dry or block ice to keep your refrigerator as cold as possible if the

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power is going to be out for a prolonged period of time. Fifty pounds of dry ice should hold an 18 cubic foot full freezer for two days. Plan ahead and know where dry ice and block ice can be purchased.

Food thermometers and appliance thermometers will help you know if the food is at safe temperatures. Keep an appliance thermometer in the refrigerator and freezer at all times.

To help you know if food may have gotten too warm during a power outage, put a small bowl full of ice cubes in your freezer. You could also use a plastic bag

to hold the ice cubes. When you open your freezer, if the cubes are still in tact, your food is probably safe. However, if the cubes have melted and are no longer in cube form, the food probably needs to be replaced. This means that the freezer has gotten warm enough to allow the ice cubes to melt. So when in doubt, throw it out - even if the ice cubes have re-frozen into a solid chunk. Paying the hospital bill for a food borne illness is a lot more expensive than replacing food that has gotten too warm for too long a period of time.

If you have questions about power outages and food safety, please feel free to contact your local K-State Research and Extension Office or you may contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at twatts@ksu.edu or you may call 785-443-3663.

Sweetheart Expo!



A good crowd was on hand throughout the day on Saturday at the annual Sweetheart Home Based Craft Business Expo held at the Norton National Guard Armory. There were numerous vendors and a lunch stand available. (Pictured) Missy Rumbach, Miche Bags representative, shows Mary Jo Montgomery, one of the many items she had for sale.

-Telegram photo by Mike Stephens

STUDENT NEWS

Eisenhower Elementary will be holding its annual Kindergarten Roundup on Monday, March 3. It will be at 5 p.m. The meeting will be in the school cafeteria, with Mr. Roy, the kindergarten teachers and the school nurse. This meet-

ing will last approximately 30 to 40 minutes. At this meeting we will discuss what is required for school attendance. Students must have turned five on or before August 31 to be eligible for Kindergarten.

This meeting is for parents

only.

Students will have the opportunity to visit the school later this spring during the Kindergarten screen and at Kamp Kindergarten. If there are any questions, please contact the school at 877-5113.

COLLEGE NOTES

The Dane G. Hansen Foundation announced that health career scholarships will again be made available in 2014. Any application for a health-related career that will enhance the delivery of health care in the Phillipsburg/Norton area will be considered.

To be eligible for this scholarship the applicant must have completed the pre-requisite classes and been accepted into their chosen medical field.

Each scholarship carries a \$3,000 annual grant. The awards are renewable, year by year, if satisfactory progress is made toward completion of professional training.

Recipients of the scholarships must agree to return to the Phillips County Hospital to serve in their professional capacities for at least one year for each year the scholarship is awarded. If there are no openings in the Phillips County Hospital, recipients shall offer their services

to the Norton County Hospital. In the case that neither should have an opening the applicant must find work in their chosen field in these 26 northwest Kansas counties: Cheyenne, Cloud, Decatur, Ellis, Ellsworth, Gove, Graham, Jewell, Lincoln, Logan, Mitchell, Norton, Osborne, Ottawa, Phillips, Rawlins, Republic, Rooks, Russell, Saline, Sheridan, Sherman, Smith, Thomas, Trego and Wallace.

The scholarships are administered by the Board of Trustees

of the Phillips County Hospital, which is managed by Great Plains Health Alliance. After receiving the applications, an interview will be set up with the Hospital Board of Trustees.

Applicants should write for information to:
Health Scholarships
Attn: Human Resources
Phillips County Hospital
P.O. Box 607
Phillipsburg, KS 67661

Deadline for applications will be April 18, 2014.

The Northern Valley Forensics season is now in full swing. We have 13 students signed up for this year's activities. They have been practicing and rehearsing this entire month. On Saturday, Jan. 25, 2014, the following eight students traveled to Hill City for the first tournament of the season. Those students were: Dakota Hilburn, Makayla Smith, Beatriz De La Fuente, Kristen Leibhart, Gabriel Anderson, Camden Cox, Cole

Bingham, and Macy Kasson.

The Northern Valley Booster Club provided juice, snack bars, and oranges for the kids. The Long Island cooks spoiled us with their cookies. Thank you to both groups for your support of the forensics team. Jessie Thalheim (student - teacher) went along and helped sponsor and judge for us. Thank you for your help; it was greatly appreciated.

The weather could not have been any better for the end of

January. We left at 6:30 p.m. and arrived in Hill City at 7:30 p.m. There were three preliminary rounds. Macy and Cole made it into the finals in the category of Improvised Duet Acting and placed fourth. This does not get them state qualified, but it is definitely a morale booster for the team. The entire team did a great job and improved throughout the day. Until next time...keep your act together.

HONOR ROLL

Norton Community High School
2013-2014 Honor Roll
1st Semester
Highest Honor 4.00
9th Grade
Brian Clavijo
Caitlyn Cox
Wilson Ellis
Christine Figurski
Kennedy Leibbrandt
Miah Melvin
Layton Miller
Josephine Otter
Jena Risewick
10th Grade
Casey Ambrosier
Philip Boutwell
Weston Erbert
Kirstin Georgeson
Lauren Mordecai
Raenee Patterson
Valery Rostek
11th Grade
Lindsay Addington
Morgan Farber
Chance Uehlin
12th Grade
Bailey Ambrosier
Darcy Bainter
Leif Carlson
Katelyn Engelbert
Ashley Hildebrand
Cody O'Hare
Johnnye Ruder
Jared Shelton
Honor I 3.50-3.99
9th Grade
Alexzandria Aldridge
Jacob Green
Caleb Gregerson
Tyus Henson
Mitchell Hickman
Macayla Kent
Koby McEwen
Baylee Miller
Kira Robertson
Julian Snyder
Kade Unterseher
Taylor Wahlmeier
Harrison Woodyard
Trenton Wright
10th Grade
Carmen Ball
Andrew Bashford
Kyle Bell
James Berry
Hailey Branek
Audrie Burge
Evan Chambers
Alma Clavijo
Mariah Dawley
Taylor Dicks
Sylvia Estes

Skylar Johnson
Shelby Mulford
Nickala O'Hare
Kylie Perez
Nicholas Peterson
Quinton Porter
Lexi Voss
11th Grade
Neysa Carlson
Stephen Cummings
Grant Gordon
Connor Griffey
Kobie Unterseher
Charles Whitney
12th Grade
Branson Addington
Gabriel Bird
Zachary Esslinger
Marisa Maddy
Hannah Pollock
Drew Schrum
Landon Slipke
Honors II 3.00-3.49
9th Grade
Landon Porter
10th Grade
Adriana Ankenman
Hanna Brooks
Tevin Brown
Trei Burns
Cayanna Campbell
Jesse Courtain
Briannah Fessler
Brendon Frack
Theresa Gallegos
Alexus Hartwell
Ward Hayes
Dawn Herring
Rachel Jones
Michael Kasson
Rachel Koerperich
Gavin Lively
Molly Maddy
Zachary Morris
Morgan Olliff

Dalton Pfannenstiel
Peyton Renner
Kristin Stewart
Ryan Thraikill
11th Grade
Kaitlyn Bohl
Derick Campbell
Conor Cox
Sheridan Dillehay
Kenzie Esslinger
Wyatt Harting
Jordan Karnopp
Nicholas Koch
Tyler Kuhn
Andrew McMullen
Derek Rowh
Molly Scott
Jesika Smith
Breven Sondergaard
12th Grade
Zachary Bird
Travis Cressler
Brandy Davis
Shauna Gibson
Alec Hager
Austin Hager
Damian Lawson
Jonathon Meyer
Marc Miller
Cole Renner
Ethan Ross
Abbie Smith



COLBY COMMUNITY COLLEGE
Will Host a Licensed Practical Nursing Information Session
on Friday, February 21
Beginning at 10:00 a.m. at the Norton Campus located at 711 North Norton
The information meeting will include a general overview of nursing education, what it takes to get into the program, general education courses, the typical week of a nursing student and an opportunity to visit with current nursing students and faculty.
THERE IS NO CHARGE TO ATTEND
For More Information, Contact Jean Ann Wilson at (785) 460-4629 or Connie Green at (785) 460-4621

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

February is pet dental health MONTH
Free Oral Exams
\$25.00 Off Dental Work
NORTON ANIMAL HEALTH CENTER, LTD
Aaron R. White, DVM • Sarah Ketterl White, DVM
801 W. Holme, Norton, Kansas • 785-877-2411

Coins, Tools, Livestock Helps and Dishes Auction
Richard and Ruth Burd, Larry Johnson and Others
Saturday, Feb. 15, 2014
STARTING TIME: 10:00 A.M.
National Guard Armory, N. Why. 283, Norton, KS 67654

•COINS, COLLECTOR CARDS: (WILL SELL AT 1:00 P.M.)
•TOOLS •YARD AND GARDEN TOOLS •SPORTS AND PETS •LIVESTOCK HELPS
•CAPE COD DISHES •SPECIALTY ITEMS •HOUSEHOLD

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AUCTIONEER NOTES: This sale is due to some folks that are moving from our community and the death of a spouse. We will look forward to your attendance at this auction! While the coins are being sold, another ring will continue with the items in the sale. This sale may grow as the time comes closer so be prepared to stay later if needed on this day after Valentine's Day!

Duane R. McEwen - Auctioneer & Salesperson
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601 East Holme
Norton, KS 67654
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