

# RED CROSS

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this year widespread flu and rough weather are making it even tougher," Paul Sullivan, senior vice president of Red Cross donor services, said. "If you're able, now's a great time to make and keep blood donation appointments, during National Blood Donor Month. Every donation can be a lifeline for a patient who isn't able to hold off on critical care."

## AREA BLOOD DRIVES

### Ashland

Jan. 27: 12 p.m. - 5:30 p.m., St Joseph Catholic Church, 512 Cedar St.

### Cimarron

Feb. 9: 12:30 p.m. - 6:30 p.m., Gray County Rec Center, 17002 US Highway 50.

### Dodge City

Feb. 3: 10 a.m. - 3 p.m., Dodge City Community College Student Union, 2501 N. 14th St.

Feb. 9: 10 a.m. - 4 p.m., Dodge City Public Library, 1001 N. 2nd Ave.

### Garden City

Jan. 29: 12 p.m. - 5:30 p.m., The United Presbyterian Church of Garden City, 1719 Texas St.

Jan. 29: 10 a.m. - 4 p.m., Russell Child Development Center, 2735 N. Jennie Barker Rd.

Feb. 4: 9 a.m. - 3 p.m., St Catherine Hospital, 401 E. Spruce St.

Feb. 11: 9 a.m. - 1 p.m., Garden City Community College, 801 N. Campus Dr.

Feb. 20: 11:30 a.m. - 5 p.m., Garden Valley Church, 1701 N. 3rd St.

### Meade

Feb. 6: 9 a.m. - 3 p.m., Emmanuel

Mennonite Church, 415 Green St.

### Montezuma

Feb. 2: 1:30 p.m. - 6:30 p.m., Morningside Community Church, 100 N. Apache Dr.

### Satanta

Jan. 26: 2 p.m. - 6 p.m., Satanta High School, 100 Caddo St.

### Spearville

Jan. 27: 12 p.m. - 6 p.m., St Johns Parish Hall, 100 S. Main St.

### HOW TO DONATE BLOOD

Simply download the American Red Cross Blood Donor App, visit RedCrossBlood.org, call 1-800-RED CROSS (1-800-733-2767) or enable the Blood Donor Skill on any Alexa Echo device to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients.

A blood donor card or driver's license or two other forms of identification are required at check-in.

Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using RapidPass® to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive.

To get started, follow the instructions at RedCrossBlood.org/RapidPass or use the Blood Donor App.

# PHILOMATH

Fifteen members of Philomath braved the weather on Friday, Jan. 9, to attend our meeting at the Episcopal Church, hosted by Nan Pyle and Judy Harshberger. Our dessert, a delicious praline cheesecake, assorted nuts and coffee, took the chill off our snowy day.

Our business meeting was conducted by President Robin Bunkall, with minutes and treasurer's report given by Secretary Nancy Vierthaler.

Our program was co-written by Gretchen Malone and Clarice Hostetler and presented by Jayne Shalby and Denise Parker. The subject of our program followed this year's theme, "Amazing Women",



featuring the lives of Frances Perkins, US Secretary of Labor, 1933-1945, and Indira Gandhi, Prime Minister of India, 1966-1977. Both of these remarkable women contributed so much to our history.

Our Friday, February 13th meeting will be a 1:00 dessert and program hosted by Denise Parker and Dottie Riekenberg.

# Safe food storage during power outage

### Jason Vance

Bitter cold weather was experienced by several parts of the nation at different times this winter. In some cases, the power outages caused by these conditions served as a reminder in food safety.

Knowing the general basics about food safety and power outages and some tips and things to do can be helpful in saving your food.

Meredith Carothers of USDA's Food Safety and Inspection Service provide some rules of thumb. Regarding how long food in a refrigerator or freezer remained safe after those appliances lose power.

First, remember that cold will remain inside a fridge or freezer after the power goes out. However, food needs to be below 40 degrees Fahrenheit in the refrigerator to be considered safe.

"So once that temperature starts creeping above 40 degrees Fahrenheit, you've reached the danger zone and it's only going to

have a certain amount of time before it's unsafe," Carothers said. "As for the length of time where a refrigerator retains a safe temperature for food on average, a refrigerator that has no power is going to keep a safe temperature for about 24 hours if it's half full and 48 hours if it's full."

The reason the 48 hours, if it's full, is because the more food that's in there that's frozen is kind of acting as a cold source for itself. As it's thawing, it's still emitting cold temperatures for that longer amount of time.

"Now, some folks faced in this situation during bitter winter conditions, while they try to be creative in keeping their food safe, try to store food outside, use the outside temperature as almost like nature's refrigerator," Carothers said. "While possible this can be done safely, we really try and encourage not to use outside as an option for storage of food due to unpredictability of storage conditions from varying temperatures to potential contamination by animals and bacteria."

"Some of those things that would be unsafe would be your raw meats and poultry, your cooked leftovers, anything that's a leftover that has been cooked would need to be tossed," Carothers said. "Your dairy products, eggs. Any soft cheeses, any fruit and vegetables that are already cut, so whole fruits like a whole apple or a whole carrots or something like that, those are safe and fine. But if it's been cut or if it's been pre-washed, then it

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Regarding safe storage of food inside a freezer that loses power, that's going to maintain that cold temperature and keep that food at a safe temperature for about 24 hours if it's half full and 48 hours if it's full.

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