

High School Sports

Boys Soccer

Hyndman Charter 4 Southern Fulton 2
Southern Fulton (0-1) dropped a non-league contest at home to the Hornets of Hyndman Charter 4 to 2. The Indians went into half-time tied 2-2 on two goals by Caleb Elder. Darwin Mazzaiegos had an assist. Colby Whiteside had 14 saves in goal for the Indians. Hyndman outshot Southern Fulton 31 to 19. Corners - SF 7 Hyndman 5.

Forbes Road 1 Fairfield 0 OT
Caleb Vogel's goal, assisted by Kole Kendall at the 8:40 mark in overtime, led the Cardinals (1-0) to a season-opening win at home over Fairfield in a non-league matchup. Matt Clippingier had 7 saves in goal for Forbes Road. Shots - FR 7 Fairfield 11 Corners - FR 4 Fairfield 4. Forbes Road will travel to county rival McConnellsburg on Wednesday, Sept. 5, for a 6 p.m. start.

Racing Roundup

By Brad Vores

For the second time in as many weeks, a first time 410 Sprint car winner graced the stage at Port Royal Speedway Saturday night. Pittsburgh area racer AJ Flick held off Lance Dewease to win Saturday night's feature to open the Juniata County fair. Following the top two were Danny Dietrich, Steve Buckwalter and Lucas Wolfe. Tyler Bare took the big payday in the Butch Reninger Memorial for Late Models as he won big over Roy Deese Jr., Jeff Rine, Jason Covert and Kyle Hardy. Mark Smith won Saturday night's Patriot Sprints 360 feature over Chuck Hebig, Kyle Reinhardt, Davie Franek and Derek Locke, while Chris Meleason was the Super Sportsman winner over Steve Fannasy and Jay Fannasy. Brian Montieth won Saturday's rain-shortened Bob Leiby Memorial for 410 Sprints at Lincoln Speed-

way over Freddie Rahmer, Tim Wagaman, Kyle Moody and Dan Shetler. Cory Haas led flag to flag to win Sunday night's Billy Kimmel Memorial for 410 Sprints at Williams Grove Speedway over Lucas Wolfe, Greg Hodnett, Brian Montieth and Brandon Rahmer. Mark Smith scored his second win of the weekend in Patriot Sprint 360 Tour action with a Sunday win at Selinsgrove Speedway. He defeated Jason Shultz, Chad Layton, Derek Locke and Ryan Taylor. Coleby Frye was the Super Late Model winner Sunday at Selinsgrove over Gene Knaub, Andy Haus, Dan Stone and Jeff Rine. It was a hot one at the Labor Day Classic Monday at Port Royal Speedway where Aaron Reutzel won his first career Port Royal feature over Brock Zearfoss, Greg Hodnett, Danny Dietrich and Freddie Rahmer. Mike Wagner finished sixth and Logan Wagner eighth.



Pictured, left: Aryanna Lupey, Mary Booth and Alexis Lupey.

Lady Spartans Set To Host 29th Annual Volleyball Tourney

The 2018 edition of McConnellsburg Lady Spartan volleyball opened its regular season with a match against Everett. On Saturday September 8, the team will host this year's 29th annual MHS Lady Spartan tournament. This year's tournament, sponsored by the MHS Volleyball Club, will feature five teams competing in one pool. The top-two teams from the pool will advance to the team championship match. Schools entered are Bedford, James Buchanan, Saint James, Shippensburg and host

McConnellsburg. Tournament pool play begins at 9 a.m., in McConnellsburg High School gym. The championship match is scheduled to start at approximately 4:30 p.m., with the awards presentation to follow immediately. Admission is \$4 for adults and \$2 for students for the entire day. The volleyball parents will be selling concessions. MHS Volleyball Club extends a cordial invitation to everyone to visit the tournament and enjoy some exciting early season volleyball action.

Body Of Girl Found In Water At Maryland State Park

ANNAPOLIS, Md. (AP) - The body of a 12-year-old girl has been found in the water at a Maryland state park. Maryland Natural Resources Police spokeswoman Capt. Melissa Scarborough tells news outlets that the girl had been swimming in deeper water with a friend Tuesday at Sandy Point State Park when she slipped under.

Bystanders tried to help, and police, fire officials and dive teams were called in. Rescuers used side-scan sonar in their search, and continued looking as it grew dark. The girl's body was found around 4 1/2 hours after officials were called, around 11 p.m. Scarborough says police will release her name after allowing her family time to grieve.

Sirloin Steak Tips Meet Their Match With Tangy Corn Relish

By America's Test Kitchen

Sirloin steak tips have deep flavor and a tender texture that calls out for a bright and texturally interesting accompaniment, so we chose our Southwestern-inspired Tangy Corn Relish.

To keep the sirloin steak tips juicy despite the heat of the grill, we marinated the steak with a mixture of soy sauce, brown sugar, and potent spices and aromatics, which promoted browning and infused the steak with flavor and a bit of sweetness that was complemented nicely by the relish.

We seared the steaks over high heat (finishing them over cooler heat if needed), which helped cook this often unevenly shaped cut thoroughly. Sirloin steak tips are often sold as flap meat, and are available as whole steaks, cubes, and strips. For this recipe, use strips and cut them into 6- to 8-inch-long pieces, if necessary. When grilling, bear in mind that steak tips cooked medium-rare to medium are firmer and not quite so chewy as steaks cooked rare.

Grilled Southwestern Steak Tips With Tangy Corn Relish

Servings: 4-6
Start to finish: 1 hour 30 minutes
Marinade:
1/3 cup soy sauce
1/3 cup vegetable oil
3 garlic cloves, minced
1 tablespoon packed dark brown sugar
1 tablespoon tomato paste
1 tablespoon chili powder
2 teaspoons ground cumin
1/4 teaspoon cayenne pepper
2 pounds sirloin steak tips, trimmed
1 recipe Tangy Corn Relish (recipe follows)

For the marinade, whisk all ingredients in bowl until sugar has dissolved. Toss steak tips with marinade in 1-gallon zipper-lock bag; seal bag, pressing out as much air as possible. Refrigerate for at least 1 hour or up to 2 hours, flipping bag every 30 minutes. Before grilling, remove steak from bag and pat dry with paper towels. Discard marinade.

For a charcoal grill: Open bottom vent completely. Light large chimney starter filled with charcoal briquettes (6 quarts). When top coals are partially covered with ash, pour two-thirds evenly over half of grill, then pour remaining coals over other half of grill. Set cooking

grate in place, cover, and open lid vent completely. Heat grill until hot, about 5 minutes.

For a gas grill: Turn all burners to high, cover, and heat grill until hot, about 15 minutes. Leave primary burner on high and turn other burner(s) to medium. (Adjust burners as needed to maintain hot fire and medium fire on separate sides of grill.)

Clean and oil cooking grate. Place steak on hotter side of grill. Cook (covered if using gas), turning as needed, until well browned and meat registers 120 to 125 F (for medium-rare), or 130 to 135 F (for medium), 10 to 14 minutes. (If steaks begin to burn, slide to cooler side of grill to finish cooking.)

Transfer steak to carving board, tent with aluminum foil, and let rest for 5 to 10 minutes. Slice steak thin and serve with relish.

Tangy Corn Relish:

Makes about 2 1/2 cups
1/4 cup sugar
2 tablespoons all-purpose flour
1 1/2 teaspoons salt
1 teaspoon pepper
1 cup distilled white vinegar
2 tablespoons water
2 ears corn, kernels cut from cobs (1 1/2 cups)
1 red bell pepper, stemmed, seeded, and chopped fine
1/2 onion, chopped fine
1/2 teaspoon yellow mustard seeds
1/4 teaspoon celery seeds

Whisk sugar, flour, salt, and pepper together in large saucepan. Slowly whisk in vinegar and water until incorporated. Stir in corn, bell pepper, onion, mustard seeds, and celery seeds and bring to simmer. Cook, stirring occasionally, until vegetables are tender and mixture has thickened slightly and measures about 2 1/2 cups, about 40 minutes. Transfer to bowl and let cool to room temperature, about 2 hours. (Relish can be refrigerated for up to 1 week; bring to room temperature before serving.)

Nutrition information per serving: 618 calories; 327 calories from fat; 36 g fat (10 g saturated; 2 g trans fats); 135 mg cholesterol; 1439 mg sodium; 32 g carbohydrate; 3 g fiber; 19 g sugar; 44 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Grilled Southwestern Steak Tips with Tangy Corn Relish in "Just Add Sauce."



Cruise-In For A Cause

SEPTEMBER 15, 2018

3 TO 6 P.M.

THOMAS ALL THINGS AUTOMOTIVE



First 50 drivers receive thank-you gifts \$10 donation per registered vehicle

All proceeds to benefit

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Food available for purchase by Hustontown Area Volunteer Fire Co.

Bake sale items available

Plant flowers in the

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NO ALCOHOLIC BEVERAGES

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McConnellsburg Fire Department BIG CASH BINGO

On Sunday September 16th Doors/Jars open @ 11am Games @ 1pm

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23 REGULAR GAMES OF \$100 CASH, FINAL GAME \$1,000 CASH

Vacation giveaway on jar at halftime

Choice or Cruise/Beach getaway/Trip to the Smokey Mountains/or \$2000 Cash

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24 Games

\$25 a person includes a meal

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12,500 Iron Stock • 4200 lb stock • 8000 steel deal • stock series • Open heavy farm stock (no modifications)

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Saturday 3 PM: TRACTOR PULL
4500 to 5500 lb 4500 to 7500 lb 9500 to 11,500 lb Antique/Classic FARM STOCK 7500 to 9500 lb 11,500 to 4500 40A Trucks

Sunday 10:00 AM: GARDEN TRACTOR PULL

entertainment: contacts:
Friday Cleanup Begins 6:00 PM
Saturday Steak Cookout Potluck 5:00 PM
New County 7:00 PM
Sunday Western Show Quarter, Paul Harris Speaker 9:00 AM

FEATURING:
FERGUSON MASSEY FERGUSON

*Prize of Equipment 1:00 PM - Saturday & Sunday
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MEMORABLE 1000' - SECOND TO NONE
Breakfast at 7:30 each day
Country Music, Songs, Beer and, Sausages, Grilled Chicken, Steaks, Hamburgers, Cheesburgers, Hot Dogs, Homemade Ties, & Ice Cream
400 Chicken by Auer's Set of Six

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september 14, 15, 16 - 2018

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Marinated Chicken Dinner - \$10.95
21 Piece Shrimp Dinner - \$9.50

SATURDAY NIGHT - SEPTEMBER 8
Chicken Strip Dinner - \$9.50
Menu subject to change

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September 15, 2018
Noon to 5 p.m.
Gates open at 11 am.

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Circa Blue • Nothin' Fancy

ACTIVITIES INCLUDE: Silent Auction, Boating, Volleyball, Face Painting & Climbing Wall
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Tickets available At: McLaughlin's Drug Store, Park Station, McConnellsburg True Value, Battery One, Chambersburg, Keller's Country Store, The Mason-Dixon Council Office & the gate. (301-739-1211) and online at www.mdscouting.org