

OBITUARIES

Catherine Bernice Peak

June 30, 1926 - Jan. 8, 2005

Catherine Bernice Peak, 78, formerly of Norton, died Saturday at Vintage Park Assisted Living in Baldwin City.

Mrs. Peak was born June 30, 1926, in Norton, the daughter of George W. and Mary A. (Pankaskie) Deiter. She graduated from Norton Community High School in 1944.

On Dec. 22, 1944, she married Dean Peak in Norton. They were married over 26 years before his death in 1978.

She moved to the Baldwin City area in 1999, to be closer to her family.

She was a member of the Harmonson-Redd American Legion Post of Norton. She was a homemaker and helped her husband on the farm. She enjoyed spending time with her family and playing bridge.

Preceding her in death were her parents; her husband; a grandson,

Eric Harris; two brothers, William and Lewis Deiter; and two sisters, Helen Neisingt and Marie Elkins.

Survivors include a son, Stephen and Nancy Peak, Silver Lake; two daughters, Janet and Eugene Harris, Wellsville, and Pamela and Dave Hill, Baldwin City; three brothers, Joseph Deiter, John Deiter and Paul Deiter; two sisters, Agnes Heffelman and Carol Dunlap; and six grandchildren.

Services were held today at An-nunciation Catholic Church in Baldwin City.

A visitation will be held from 10-11 a.m. Wednesday at Saint Francis of Assisi Catholic Church in Norton with burial to follow in Edmond Cemetery.

Memorials may be made to Midland Hospice and sent in care of Lamb-Roberts Funeral Home, Box 64, Baldwin City, Kan. 66606.

Marjorie Rayfield

Aug. 20, 1912 - Jan. 9, 2005

Marjorie Rayfield, 92, sister of Celia Stoltz, Almena, died Sunday in the Phillips County Retirement Center.

Mrs. Rayfield was born Aug. 20, 1912, in Phillips County, the daughter of James and Bessie (McKenzie) McCann.

In 1938, she married Kenneth Griffiths at Brewster, Wash. He died in 1951.

On Jan. 4, 1964, she married Walter Rayfield in Reno, Nev. He died in 1994.

She was a retired beautician.

Survivors include a son, James Griffiths, Elizabethtown, Ky.; a daughter, Jolene Filler, Peters-

burg, Va.; her sister; two grandchildren; five great-grandchildren; and six stepchildren.

Visitation will be from 9 a.m.-9 p.m. today and Wednesday and from 9 a.m. until service time Thursday at Olliff-Boeve Memorial Chapel.

Funeral services will be held at 10 a.m. at the chapel with Randy Elder officiating. Burial will be in Woodruff Cemetery.

Memorial contributions may be sent to Phillipsburg Kingdom Hall of Jehovah's Witnesses, 494 B Street, Phillipsburg, Kan. 67661.

Snow days are perfect for serving bowl of hot soup

Cook's Corner
Liza Deines



covered. National Jewish Hospital in Denver was a regular stop for us in recent years. Because of their widely diversified staff, their cafeteria served a variety of ethnic foods. Soups were always on their lunch menu and we tried them all.

This is only one of the extraordinary taste treats we enjoyed there and recreated later at home.

FROM THE HOUSEKEEPER: Put that soup on to simmer and go clean a closet, a cupboard or a drawer. Why do you think God sends snowy days?

AFRICAN PEANUT SOUP

- 2 boneless, skinless chicken breasts
- 1 large can chicken broth
- 1 can black beans
- 1 bunch green onions, sliced crossways
- 1 sweet red pepper, diced
- 2 cups sweet potato, diced
- 4 tablespoons regular rice
- 2 tablespoons soy sauce
- 1/4 cup fresh lime juice
- 1/2 cup chunky peanut butter

Cut chicken breasts into one-inch chunks. Salt and pepper generously and brown in a bit of oil in bottom of soup kettle. Add rice, soy sauce and diced sweet potato and brown. Add chicken broth and bring to a boil. Simmer about 10 minutes until sweet potato softens. Drain and rinse the black beans and add. Add red pepper and green onions, including some of the green tops. Simmer at least 20 minutes to blend flavors, adding more liquid when necessary. About 10 minutes before serving add the lime juice. When soup is piping hot and just moments from serving stir in peanut butter. Can add more if you prefer.

We served this with buttered brown bread cut in strips, rolled in sesame seeds and toasted very brown in the oven. Filling, nutritious and low fat, this soup is very colorful as well.

Cook once, eat twice tips save time

Here are some time-saving tips to help you manage healthy and quick family meals on your fast-paced schedule:

- Cook once, eat twice. Make enough to feed your family for two (or more) meals. Leftovers can be refrigerated or frozen. Try this with meats, casseroles, soups, stews, sauces, you name it.
- Plan meals weekly. When you know what meal you're preparing before you get into the kitchen, time saved will really add up.
- Pre-cook ground beef and freeze. Cook a couple of pounds, or more, of ground beef or turkey with basic seasonings (onion, salt), drain, and put away in your freezer. This can be added quickly to many dinner dishes such as pasta sauce, pizza, casserole, stews, etc.
- Stock the car with healthy snacks. When you know you'll

Home ed
Tranda Watts,
Extension
specialist



have a busy day with a child's sporting or extracurricular events, pack a cooler with string cheese, yogurt, fruit, vegetables, and juices, and also bring granola bars, cereal, and crackers for healthy snacks on the go.

- Set the table before everyone leaves in the morning. Not only will this save one task before dinner, but it will make your family think that dinner will be served soon!
- Assemble meals the night before. Put together a casserole that can be put in the oven when you

get home.

- Make a meal of a potato. For a last-minute meal, microwave whole potatoes and top with chili, cheese, vegetables, sauces, or whatever pleases your family.
- Involve your children in meal planning and preparation. Let them help plan your dinners and give them jobs, like setting the table, making a salad, or fixing a relish tray with precut veggies.
- Keep your cupboards stocked. Have reserves of long-life staples to make meals easier: rice, canned beans, vegetables, sauces, pasta, potatoes, canned fruit, tuna and

baking mixes.

- Use the sandwich advantage. Sandwiches can be put together quickly from ingredients on hand. No bread, no problem! Use tortillas, bagels, pitas, English muffins or crisp bread. Or try being creative with frozen waffles or French toast, and have breakfast for dinner.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Decatur, Gove, Norton, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail twatts@oznet.ksu.edu.

READERS

Blanche Moody, who was Norton County Clerk from 1965 to 1977, will celebrate her 100th birthday Jan. 15. Friends who would like to wish her a happy birthday may send greetings to her at 26 Cherry Hills Farm Dr., Englewood, Colo. 80113.



B. Moody

his 90th birthday Jan. 12. His family requests a card shower to honor him. Cards will reach him at 201 W. Crane, No. 9, North, Norton, Kan. 67654.

— **Steak and seafood night, Thursday 6-9 p.m. American Legion. Members and guests.** 1/11

Courtney Fredde has been named to the Dean's Honor Roll at Fort Hays State University for the 2004 fall semester.

— **Home-owned carnival (NCCSA) yearly meeting, 7:30 p.m., Jan. 19, at Norton Library meeting room.** 1/11

— **PINOCHLE TOURNAMENT 7 p.m. Sunday, Jan. 16, Norton American Legion.** 1/11

Leland Dwinell will celebrate

Norton veterinarian will speak to club

The Norton After-5 Club invites all area women and their guests to attend the January dinner and meeting at 6:30 p.m. on Thursday, Jan. 20, at the Town and Country Kitchen, East U.S. 36 in Norton. The cost for the dinner meeting is \$7 and free baby-sitting is available.

For reservations and cancellations, please call Joan Knoll, 877-3042 by tonight.

"All Creatures Great and Small" is the theme for the evening. "It's The Cat's Meow"

by Dr. Sarah White from the Norton Veterinary Clinic. She will share tips on the care of pets both great and small.

The Norton After-5 Club welcomes Cori Sis, Elsie, Neb. Ms. Sis will share a "Purr-fect Message" as she gives insight into obtaining a fulfilling life.

The Norton After-5 Club is non-denominational and open to all area women. Part of Stonecroft Ministries, After-5 Clubs are located throughout the United States and Canada.

Couple tells club of skaters plans

Tanya and Ed Temmel spoke to the Norton Lions club last Tuesday about their interest in the skateboard park at Elmwood Park.

Mr. and Mrs. Temmel moved to Norton about two years ago from Garden City, where their children had access to a large skate park. Mrs. Temmel said they were thrilled to learn Norton had a skate park, even though it didn't have all the facilities they were used to.

Realizing that skate boarders in Norton didn't have a good reputation, the couple stepped in to provide some adult guidance.

Mrs. Temmel said she established guidelines for the youngsters, emphasizing the rules of using proper language and keeping the area clean.

The couple explained that the

skaters want to expand the park and the facilities. They estimate it will take \$10,000 for the improvements but said the skaters are willing to raise the money and do the work. They have held a few fund raisers and raised several hundred dollars.

They praised the youth and encouraged others to get involved. To contact the Temmels call 874-4014.

HANSEN MUSEUM

By LEE FAVRE
Looks like the New Year brought some ice with it. School was closed Monday and the grounds keeper, salted down walkways around Plaza Square.

Monday the "Kickin' It with Joyce Scott" exhibition was transformed and the gallery was transformed to accept the new "Age of Armor" show.

Again, Smith Kramer Fine Art Services, Kansas City, is the tour developer while the exhibition itself is straight from the Higgins Armory Museum, Worcester, Mass.

Stan Faulkender, Ellis, is the "Artist of the Month" for January. Mr. Faulkender displays intricate hand-carved rifles and pistols, along with over-sized paintings. These will be in the gallery throughout January.

Tad Felts will be visiting on Wednesday, Jan. 19, to talk about the armory exhibit.

"The Fast Horses" will be performing at the Logan Grade School auditorium at 9 a.m. on Tuesday, Jan. 25. This performance is free and open to the public. It is a program booked through the Bureau of Lectures and brought to Logan through the Hansen Museum's Continued Education Program.

Country dance is also being of-

ferred and will begin on Sunday, Jan. 16, at the Logan City Building. You must be pre-registered so if you are interested, please call (785) 689-4846.

February will bring Sandy and T.R. back to instruct "Joy of Painting" classes on Saturday and Sunday, Feb. 5-6, while international artist, Barbara Schaffner, returns from Wyoming to teach another oil painting workshop Thursday-Sunday, Feb. 17-20.

In Memory of Douglas Otter

In a quiet hillside graveyard
Where the gentle breezes blow
Lies the one we love so dearly
That we lost one year ago.
Your resting place we visit
And put flowers there with care.
No one knows the heartaches
When we turn to leave you there.
Our hearts still ache with sadness
And secret tears still flow.
Oh, what it meant to lose you
No one will ever know.
They say time heals all sorrows.
And helps one to forget,
But time so far has only proved
How much we love you yet.

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NOTICE OF NOMINATIONS FOR DIRECTORS TO THE ANDBE HOME BOARD

Three positions on the Andbe Home Board of Directors expire in 2005. These positions will be filled by election at the Annual Meeting in March. Nominees will be chosen by the Andbe Home, Inc. Nominating Committee.

A director must be a resident of Norton County. A director whose term is expiring may be nominated. Any person may propose in writing the name of a person for the committee to consider for nomination.

Names must be submitted by February 10, 2005 to:

Norma Browne, President of Andbe Home Board
709 Valley Vista, Norton, KS 67654

MARKETS

At close of business Jan. 10

Wheat	\$3.17
White Wheat	\$3.15
Milo	\$2.89
Corn	\$1.81
Soybeans	\$4.98