

# OBITUARY

## Letha L. Bird Nov. 13, 1921 - Jan. 10, 2008

Letha Laverne Bird, 86, Republican City, Neb., died Jan. 10 in Lincoln, Neb.

Mrs. Bird was born Nov. 13, 1921, to Ed and Minnie Vermaas.

She graduated from College View High School, Lincoln, in 1940. She later began her career as a beautician at Agnes Beauty School.

On Nov. 16, 1942, she married Lawson Bird in Kansas City, Mo. During World War II while Mr. Bird served in the U.S. Army, she lived with her parents. After his return to the United States, they operated a beauty shop, together, until 1970 when they moved to Raymond, Neb., to farm. In 1974, they began operating hog confinement operations in Shickley, Neb. and Norton. They retired in Republican City, Neb., in 1986.

Mr. and Mrs. Bird celebrated their 65th wedding anniversary in 2007.

Her hobbies included knitting slippers for her family, painting ceramics and painting her husband's woodworking projects, fishing, watching the birds and squirrels, talking on the phone and having family and friends visit. She saved her quarters all year for

her yearly stop at the casino on the way to Canada.

She is survived by her husband, Lawson, of Republican City; three daughters, Norma and Bruce Steiner, Adams, Neb., Judy and Lee Conrad, Garden City and Linda Corum and friend, Tom McFarland, Crete, Neb.; a brother, Norman and Dea Vermaas, Greenville, Tenn.; a special friend of 60 years, Marge Schroeder, Lincoln; seven grandchildren; and 20 great-grandchildren.

The celebration of her life was held Saturday, Jan. 12 at the Banta-Torrey Funeral Chapel in Alma, Neb. Pastor Larry Doubet officiated.

Shirley Vose was the organist. Donn Loy sang "Just A Closer Walk With Thee" and recording of Randy Travis' "Angels Among Us" was played.

Casket bearers were Clark Steiner, Scott Steiner, Ron Corum, Jr., Jason Steiner and Steve Donahou.

Burial was in the Naponee, Neb., cemetery.

Memorials are suggested to breast cancer research in care of the American Cancer Society, P.O. Box 22718, Oklahoma City, Okla. 73123-1718.

# HANSEN MUSEUM

**By SHIRLEY HENRICKSON**  
The Dane G. Hansen Memorial Museum is proud to present the "Kansas Art Quilters: Altered Views". This exhibit, consisting of 31 textile art works, will be in the gallery until Feb. 24. Kansas Art Quilters is an organization dedicated to promoting textile art in quilt form.

Membership includes quilt artists and people who are closely associated with the art quilt community, and is open to all interested persons.

Membership includes over 50 people from 13 states. Formed in January 2001, the KAQ meets biannually at various locations in Kansas. "Kansas Art Quilters: Altered Views" is their sixth annual traveling exhibit.

In conjunction with the Kansas Art Quilters, the local Heritage Quilt Club will have a display of their quilts. Heritage Quilt Club is an area club dedicated to educating and promoting awareness of quilting. Members attend monthly meetings with various programs and lessons presented. They participate in many local volunteer projects, sometimes with raffles or auctions. They have exhibited their quilts in the area several times. These members are a very talented group and the

Museum feels their quilts will add dimension to the exhibit from Kansas Art Quilters. The members exhibiting are: Jackie Rutherford, Jo Pakkebie, Judy Luft, Regina Stark, Norton United Methodist Women, Cheryl Roberts and Lois Myers.

We have had visitors from Colby, Hill City, Norton, Edmond, Kensington, Prairie View, Phillipsburg, Norton, Stockton, Lucas, Smith Center, Scandia, Hoxie, Beatrice, Neb., and Wheat Ridge, Colo. These exhibits are a quilter's paradise. Please take the time to view the quilting!

Our January Artist of the Month will be Paula Rumbach from Oakley. Ms. Rumbach has quilts, wall hangings and table toppers on display. Her exhibit works in nicely with our quilt exhibit.

Museum hours are Monday through Friday, 9 a.m. to 12 p.m. and 1 to 4 p.m.; Saturday 9 a.m. to 12 p.m. and 1 to 5 p.m.; Sunday and holidays 1 to 5 p.m.. We are handicapped accessible and there is never an admission fee. There is a free Wi-Fi Hotspot in the Community Room. For more information about this and other exhibits, contact Shirley Henrickson at 785-689-4846 or check out our website at: [www.hansenmuseum.org](http://www.hansenmuseum.org).

# 4-H NEWS

**By DUSTYNA SPRIGG**  
The Busy Jayhawkers 4-H Club met on Dec. 2 at the 4-H Building. Molly Maddy told a few jokes for an opening.  
The Maddys reported that 255 items were donated to the Orphan Grain Train.  
For the club's December community service project, \$25 and several food items were donated to the Norton Lions Club Food Basket program.

Members made ornaments for the residents at Whispering Pines and the Andbe Home.

Morgan Baumann delivered them.

The club also provided volunteers to be Christmas Elves for Santa's Sleigh.

After the meeting, members enjoyed many different soups made by club members.

The next meeting will be Jan. 20 at the 4-H Building.

## South Dakota comedians to perform at Gateway

"The Cartwright Brothers" will perform at 7:30 p.m. on Saturday, Jan. 26, at The Gateway in Oberlin.

The popular South Dakota comedy duo has been entertaining crowds for over 15 years with a unique mixture of music and comedy. They have shared the stage with Trick Pony, David Chappelle, Kansas, Bobcat Goldthwaite, Pat Benatar, Judy Tenuda, Tracy Byrd, Blackhawk, the U.S. Army Jazz Band and others.

They have played everywhere from a huge casino in Las Vegas to Jimmy Buffett's Margaritaville in Cancun, Mexico, where they

became the only act to perform at the club besides Jimmy Buffet.

They are more than musicians, more than comedians; they are entertainers, using every means at their disposal to keep the audience riveted.

They host their own morning radio show on Sioux Falls' Q 95.7 FM from 7 to 9 a.m. every weekday.

The family-style show is an Oberlin Arts and Humanities season ticket event or admission is \$10 for adults, and \$5 for students grades 1-12 at the door. For details, call Ella Betts, (785) 475-3557 or Mary Henzel (785) 470-0218.

## Quilt club learns about borders

**By BEVERLY KINDLER**  
Thirty-two members of the Heritage Quilt Club started the new year as they welcomed three new members, Brenda Johnson, Korene Triplett and Sherry Rushton. The Jan. 7 meeting was held at Prairie Land Electric. Nine members displayed Blocks of the Month they had made. Other "Show and Tell" articles included a wall hanging with a sno-globe motif by Jo Pakkebie; a child's quilt with fish motifs by Marcia Shoemaker; a pillow using the Amish Dahlia block by Joyce Trumbo; and a woolly throw, featuring flannels, made by Jackie Rutherford.

Lynn Tacha and Judi Carlyle presented two additional Block of the Month designs — Cactus Flower and Texas Rose. Kathie Skrdlant reported that there were four baby quilts to be given to the Norton County Hospital. Three members, Judi Carlyle, Janice Beale and Beverly Kindler contributed small quilts to Social Rehabilitation Services (SRS) for its foster children program. Seven members of the Heritage Quilt Club shared quilts that are displayed at Hansen Museum through Feb. 24.

During the business meeting plans were announced for a quilt workshop to be conducted by Regina Stark on Feb. 23. The pattern is "Fabricks". Cheryl Roberts, Jackie Rutherford and Beverly Kindler presented the program on "Borders". They demonstrated and displayed borders that were braided, pieced, on-point, scalloped, piano key, bowtie, four patch and folded strip - one stitch.

They also shared tips for adding borders and mitering corners. Members also showed quilts they had with different border designs.

Hostesses were Jerris McMullen, Pam Cuthbertson, Judi Carlyle and Lois Myers.

## Caution, serving size can fool you

We make more than 200 food related decisions daily, and aren't aware of 90 percent of them. Most of us don't overeat because we're hungry, but because of such influences as family, friends, packaging, plates, labeling, shapes, distances and containers.

Studies suggest we can eat 20 percent more or less without being aware of it. Daily eating 100 calories more than needed can result in a weight gain of 10 pounds a year!

Take this short quiz and see if you can guess the results of some studies:

Question 1: How much more soup did people eat when their soup bowl kept filling up without their knowledge? A. 13% B. 53% C. 73%

Answer 1: C. Surprisingly, they ate an average of 73 percent (and 113 calories) more.

It's important to see the total amount you're eating. If you're planning to eat some chips, remove the amount you plan to eat from the bag BEFORE you start eating.

Question 2: When two glasses had the same capacity, into which glass did people pour the most liquid? A. Short, wide glass B. Tall, narrow glass

Answer 2: A. Studies showed people drank an average of 25 to 30 percent more from short, wide tumblers than from tall, skinny glasses.

Question 3: How did the size of plate or bowl influence people's perception of amount when they were offered the same portion size?

A. Size of plate or bowl made no difference in the amount they thought they ate.

B. People thought they ate more when they were served on a large plate or bowl.

C. People thought they ate more when they were served on a small plate or bowl.

Answer 3: C. People thought they ate more when eating from a smaller bowl or plate. As the size of the dish increased, the size of their servings tended to increase.

**Home ed  
Tranda  
Watts,  
Extension  
specialist**



The larger dish made servings look smaller by comparison, resulting in people helping themselves to more food. Changing the shape of your glasses and the size of your plates may be enough to help you significantly reduce your calorie intake.

Container and package size also made a difference. In one study, people were fed 5-day-old stale popcorn at the movies in three sizes of containers. Even though the popcorn didn't taste that great, the biggest bucket people ate an average of 173 calories more of popcorn than those eating from smaller containers.

Other things learned included: When we can see food sitting around in clear dishes we will eat a great deal more than if that same food is in a dish we can't see into. We tend to eat more of visible foods because we think about them every time we see them. Eventually our resistance is likely to weaken. A bad example is keeping candy in a clear dish on your desk or a table top.

People tend to eat more when food is more convenient such as sitting on top of a table or desk instead of in a drawer. When people have to walk a distance for food, they have more time to think twice and talk themselves out of it. So, make food more difficult to get to. Put it on a hard-to-reach cupboard shelf, store it in the basement, or just don't bring it into the house.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Norton, Decatur, Gove, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail [twatts@oznet.ksu.edu](mailto:twatts@oznet.ksu.edu). For more information, contact the county extension office, 877-5755.

## Most men like plain meat 'n 'taters cookin'

"I love the recipes in Cook's Corner," emails a faithful reader, "and I've tried almost every one but my husband is a meat and 'taters, guy'. Could you come up with some new ideas that might please him?"

This retired cook aims to please so I dug through my files and came up with a couple of recipes that might be new to you. And after looking at the price of beef here in K.C., I chose ones that use the less expensive steak cuts of round steak or sirloin. If you have ribeyes and T-bones, you sure don't need my help! Grab a fork and dig in to these meat treats from our travels.

### Cook's Corner Liza Deines



In Idaho potatoes are king and figure in every meal. We loved this version of steak and potatoes that was served in a dinky diner in Arco, Idaho.

TAPS: For a Kansas farm girl Maxine Carr sure covered a lot of ground in her well-spent life of service. She was the wind beneath many wings. I salute you, Maxine, and I will miss your letters.

**IDAHO RUSSET STEAK BAKE**  
One large round steak, sliced half an inch thick  
Salt, pepper, garlic powder and about a quarter cup of flour, mixed  
Four medium-sized Idaho Russet baking potatoes, scrubbed well  
Four thick bacon slices, fried just until limp, not brown, reserve drippings. (Use large heavy skillet.)  
Beef broth as needed  
Lay the steak on a wooden cutting board and pound the dickens out of it with a tenderizing mallet or the edge of a heavy saucer, turning it over and sprinkling it at intervals with the dry ingredient mix. Roll potatoes in bacon drippings then in leftover dry mix. Cut the steak into four pieces, wrap one around each potato. Secure with metal skewers or toothpicks. In bacon drippings brown each roll on all sides. Drain off any extra fat, turn rolls so seam sides are on bottom of skillet, lay a bacon slice on each roll, add a few tablespoons of beef broth, cover and bake in oven at 325 degrees for an hour and a half. Taste occasionally and add more beef broth as needed to prevent steak from drying out. Serve with sour cream if you like.

The next recipe came from a steakhouse in Paris, Texas. It's served as the lunch special every Tuesday, so if you're Texas bound, be sure you arrange to be in Paris on Tuesday.

**TEXAS STEAK STAX**  
Six, 6-ounce sirloin steaks  
Six, 1-inch slices large sweet yellow Spanish onion  
Six large green pepper rings cut one-inch thick  
Two cups shredded pepperjack cheese  
One large can refried pinto beans  
One can chopped green chilies  
One tablespoon Louisiana hot sauce  
One bottle Mexican beer  
Fresh or pickled jalapeno peppers  
Six fried eggs  
In a very hot skillet, sear the sirloin steaks on each side, remove to platter. Use the cooling skillet to combine the pinto beans, half cup of the cheese and the green chilies, scraping up any steak brown bits. Set aside to cool. Pour Louisiana hot sauce in a flat glass baking dish and slosh it around until it covers the bottom.  
Place the six thick onion slices flat in dish, top each with a green pepper ring and fill each ring with a spoonful of the pinto bean/green chili mixture, then put one steak on each stack. Salt and pepper well, pour beer around edges. Cover dish tightly with foil and bake at 350 degrees for half an hour until everything is bubbly. To serve slide a big spatula under a stack, place on a hot plate, top with a soft fried egg, a handful of the shredded cheese and a couple of jalapeno rings.  
Serve with steamy hot tortillas, more Louisiana hot sauce and all the jalapenos the customer wants. The cowboys aimed to get a little bit of everything in each bite. Good luck with that!

## READERS MARKETS

—STEAK and seafood night, Thursday, 6-9 p.m. American Legion. Members and guests.  
At close of business Jan. 14  
Wheat..... \$8.82  
Milo ..... \$4.64  
Corn..... \$4.79  
Soybeans ..... \$11.78

Jan. 11  
Jan. 16  
Showing at the  
**NORTON THEATRE**  
**I Am Legend**  
1 Hours, 51 Minutes (PG-13)  
Show Times: Friday & Saturday: 8:00 p.m.  
Sunday: 5:00 p.m.; M-T-W: 7:00 p.m.  
**August Rush**  
2 Hours, 3 Minutes (PG)  
General Admission for Both Movies — \$6.00 Adults, \$5.00 Kids 12 & Under  
SINCE BOTH MOVIES ARE NON-PREMIERES, ALL MOVIE PASSES WILL BE ACCEPTED  
COMING SOON: •The Water Horse  
•The Bucket List •P.S. I Love You •Cloverfield

All Natural and Organic Juices  
**10% OFF** This Month  
•Juice Cleansing for Better Health  
•Weight Control •Intestinal Cleansing  
**Pure Prairie Natural Foods**  
108 E. Washington, Norton, Kansas  
PHONE 785-877-3610  
ORDERS: 1-800-545-7232

**APPLIANCES FOR SALE**  
We are selling 6 Gibson Refrigerators for \$75.00 each. We also have 4 apartment sized Ranges for sale and we are wanting \$25.00 for each of them. The appliances will not be delivered and can be purchased and picked up at the Norton Manor. Appliances can be viewed between 9 a.m. to 3 p.m. Monday through Friday.  
**THE NORTON MANOR**  
213 Horace Greeley • Norton, Kansas

Have a story idea? Call 877-3361 and let us know ... we'd love to hear about it!