

Recipe for pheasant in cream

If you grew up in northwest Kansas, pheasant season was probably as important to you as most major political or religious holidays. Even toddlers knew pheasant season was the time for relatives to come visit, guns in hand and orange hats on every head. Every small town out west counted on the hunters to make their motel, restaurant, and ammo profits for the year, while church groups planned harvest dinners and hunters' breakfasts around "opening day" to catch as many tourist dollars as possible. Hand-made signs on shirt cardboard popped up on telephone poles advertising "Will dress pheasants, \$1 each" and every spare room in town was booked. Pickups and, these days, fancy SUV's appeared everywhere.

Gerald Travis, longtime Norton school administrator, loved to hunt and he and wife, Avola, would save all the pheasant breasts to serve the high school faculty Christmas dinner. I treasure Avola's recipe and have used it many times. She spent the whole day of the party making this and frying up fish filets, also from Gerald's trips into the wild. What a pair those two were; I miss them still.

Avola's Christmas party pheasant in cream

Prepare a flat baking pan by oiling it well and laying down about an inch layer of raw, white rice mixed half and half with shredded Vidalia onions. Use only pheasant breasts, brown them quickly in a

Cook's Corner

Liza Deines



cast iron skillet using a mixture of olive oil and butter. Lay skin side up on the layer of rice as each one is browned. Deglaze the skillet with a cup of white wine or some chicken broth and scrape up all the brown goodies. Pour this over the pheasant breasts. Mix together half and half sour cream and any cream soup, salt and pepper the mixture, pour on, and cover the pan with heavy duty foil. Bake in 350 F oven about forty-five minutes. Check occasionally to be sure there is enough moisture, add a little chicken broth if necessary. Serve hot and bubbly.

You will notice very few measurements in this recipe and that is because the amounts depend entirely on how many pheasant breasts you have available to cook. At one time I know Avola used real sour cream that she got from Mrs. John Wetter, the most beautiful thick cream I ever saw. We sure hated it when Verena got all the kids through college on cream cash and we had to start buying commercial sour cream!

Now here is what thrifty Avola did with the rest of the pheasant, which is too bony and has too many tendons to cook otherwise. Place all bones and skin in a stock

pot with an onion, a couple of carrots and a big handful of clean celery leaves. Cover with water, add fresh peppercorns, a couple of cloves of crushed garlic and a stalk of rosemary. Simmer all day, then strain the resulting broth and freeze it in an old ice cube tray or small plastic tubs. Whenever you're making soup or gravy, add a cube or two for some extra nourishment and flavor. Salty Mr. Swanson can stay on the shelf and you've saved some pennies using food some folks throw away. When you marry a teacher, you learn early to economize and I thank Avola for all the tips she gave me.

While I love to eat pheasant, somehow I hate to see this royally beautiful bird slain. I know if they're not thinned out yearly they will be lost in the icy winter when their food is scarce, but I can't help but sympathize with my oldest son's point of view. One year, while the guys were dressing pheasants in the garage, LeRoy sent David into the kitchen with a handful of gorgeous tail and breast feathers to make a winter bouquet. I said, "Oh how lovely," to which David replied, "But they were so much prettier when they were alive. Do I have to be a hunter?" Needless to say, I assured him he could do his hunting with binoculars and a camera.

Happy hunting! Just stay off posted land and for goodness, sake, don't you city hunters shoot at our cows and chickens!

September Students of the Month

Melinda Becker



Student: Melinda Becker
Parents: John and Ann Becker
Grade: Sophomore
Nominating Staff Member: Mrs. Lindsay Bailey and Mr. David Will
Comments from nominating persons:
"Melinda is a great student to have in class. She is very attentive and always does a great job with her homework," said Mrs. Bailey.

"I would like to recommend Melinda Becker for Student of the Month. She has a quick smile and a ready wit for everyone. Her work in class is without reproach. She does so much outside of class to prepare for extra everything. She is doing a great job leading the band as a sophomore. No one can remember the last time

that happened. Best of all — she always wants to do her best and be the best," said Mr. Will.
Factoids about Melinda:
Favorite Class: Band
Favorite Drink: Cherry-Limeade
Favorite Color: Olive green
Favorite Food: Stir-fry
Favorite Movie: Juno
Favorite Saying: "To think that something just ain't so far is far worse than not to know." Mark Twain
Favorite Song: "The Phrase that Pays" by The Academy is...
Favorite Hang-out: The coffee shop
Personal Hero: My sister
Future Plans: I want to go to Kansas University and major in either music education or environmental engineering.

Troy Bainter



Student: Troy Bainter
Parents: David and Vicki Bainter
Grade: Sophomore
Nominating Staff Members: Mrs. Lindsay Bailey, Mrs. Robin Sides and Mrs. Mindy Fleckenstein
Comments from the nominating persons:

"Troy is a very quiet, hard-working student who does an excellent job in class," said Mrs. Lindsay Bailey.
"Troy is always prepared for class and works diligently to ensure that he completes his assignments on time and correctly," said Mrs. Sides.
"Troy is great in class and always has assignments completed in time, even when he

is gone for cross-country. Troy works hard to make sure his work is done well. He pays close attention to his grades and wants to do well in everything," said Mrs. Fleckenstein.
Factoids about Troy:
Favorite Class: Animal Science
Favorite Drink: Gatorade
Favorite Color: Blue
Favorite Food: Spaghetti
Favorite Movie: "Never Back Down"
Favorite Saying: "Running is like toothpaste. If it burns, then it's working."
Favorite Song: "Hollarback"
Favorite Hang out: Elk Ranch and Lake
Personal Hero: Granddad
Future Plans: College

Accident reports

Wednesday, Oct. 8 — Sheriff's Deputy Scott Bohl responded to a deer-related accident on Road W 15. Ardith Scheetz, Clayton, was driving north on Road W 15 when a deer came onto the road, which she was unable to avoid hitting. Damage was listed at more than \$1,000, and no injuries were reported.

Thursday, Oct. 16 — Sheriff's Deputy Jody Enfield responded to a deer-related accident on Highway 9. Helen Rhea, New Almelo, was driving west on Highway 9 when a deer came onto the road, which she was unable to avoid hitting. Randy Rhea was listed as a passenger in the vehicle. Damage was listed as more than \$1,000, and no injuries were reported.

Monday, Oct. 20 — Sheriff's Deputy Scott Bohl responded to a deer-related accident on Highway 383. Michael Bremenkamp, Norton, was driving west on Highway 383 when a couple of deer came onto the road, which he was un-

able to avoid hitting. Damage was listed under \$1,000, and no injuries were listed.

Monday, Oct. 20 — Sheriff Troy Thomson responded to an accident on Road E-13. Jason Ward, Almena, was driving south on Road E-13 when he lost control of the Kenworth truck on the loose gravel. The truck went into the ditch and rolled over onto its side. Mr. Ward was carrying a load of corn, which spilled into the ditch. Damage was not listed, and Mr. Ward was reported as injured and taken to the Norton County Hospital by Norton County Emergency Medical Services ambulance.

Tuesday, Oct. 21 — Assistant Chief Jeremy Hartwell responded to an accident on east Wilton Street. George Jones, Norton, was backing out of a driveway when he struck a legally parked vehicle belonging to Jessica Normile, Beaver City. Zach Otter was listed as a passenger in

Mr. Jones's vehicle. Damage was listed under \$1,000 and no injuries were reported.

Tuesday, Oct. 21 — Assistant Chief Jeremy Hartwell responded to a collision at 1st Stop. Mildred Miller, Norton, was backing from a parking stall and struck Kenneth Hays, Almena, as he had just completed backing from a parking stall to the left of Mrs. Miller. Damage was listed under \$1,000 and no injuries were reported.

Thursday, Oct. 23 — Sheriff's Deputy Jody Enfield responded to an accident at the American Legion building in Almena. Dean Wilnerd, Almena, was parking on Main Street at the American Legion and pressed the gas pedal and brake at the same time. The vehicle jumped the curb and struck the American Legion building, causing damage. No damage amount was listed. Adelia Wilnerd, a passenger in the vehicle, was listed as possibly being injured.

New exhibit at museum 'puzzling'

The Dane G. Hansen Memorial Museum is proud to announce the exhibits, "Brain Teasers" and "Brain Teasers 2" from the Oregon Museum of Science and Industry out of Portland, Ore. "Brain Teasers" and "Brain Teasers 2" are both a collection of puzzles ranging from giant jigsaws to rope tricks to the mysterious "Tower of Brahma" and is sure to challenge the most accomplished problem-solver. One of the puzzles has yet to be solved! To solve these puzzles, visitors must use creative thinking and problem solving strategies such as looking at problems from different perspectives.

This brightly colored exhibit appeals to museum visitors of all ages and encourages parent-child interaction as families team up to solve the "brain teasers." Visitors have been known to come back and try again if they do not solve all the puzzles on their first visit! These two exhibits will be on display through Jan. 4, 2009. If you would like to schedule a class field trip, please call in and schedule ahead of time. We will be glad to work with you!

The Joy of Painting Workshop was held this past weekend, Oct. 11 & 12. We had 44 students in attendance for both days. The paintings completed were "The Mailbox" on Saturday and "The Old Kansas House" on Sunday. Learning new painting techniques, good food and good fellowship was enjoyed by all. Plan to attend our next classes on Feb.

21 & 22, 2009. We held our first quilting class on Tuesday, Oct. 7 from 6:30 p.m. to 9:30 p.m. Janie Lowry, Stockton, is an accomplished instructor in the art of quilting. The class will meet every Tuesday through Nov. 18. The class quilt project for this year is the Stack-N-Whack. A few of the class members are finishing a quilt from a previous year and the rest are doing the class quilt project. Stop by and see the ladies at work.

Our October Artist of the Month is Ellen Cramer from Fallsbrook, Calif. Ellen has family in Almena

and while visiting family in 2007 she displayed at our 2007 Arts & Crafts Fair and won Artist of the Month. Ellen will have several paintings on display.

Museum hours are Monday-Friday 9-12 & 1-4; Saturday, 9-12 & 1-5; Sunday & holidays 1-5. We are handicapped accessible, there is never an admission fee and we have a free Wi-Fi Hotspot in the Community Room.

For more information about this and other exhibits, contact Shirley at 785-689-4846 or check out our web at www.hansenmuseum.org.

Tips to keep food during outages

After last winter's extended periods of power loss, lasting in some cases for a period of weeks rather than a matter of hours, it might be well to review some guidelines to follow in case of power outage. Taking steps ahead of a possible weather emergency can save food and money.

Here are some tips to help prepare for a winter emergency:

- Use an appliance thermometer in the refrigerator and freezer.
 - Set the freezer at or below 0 degrees F and the refrigerator at or below 40 degrees F.
 - Freeze containers of water to help keep food cold in the freezer, refrigerator or cooler during a power outage.
 - Freeze leftovers, milk and fresh meat or poultry not used immediately.
 - Know where dry ice and block ice can be purchased — if anywhere — in your community.
 - Freeze gel packs.
 - Have coolers ready to keep food cold if power is out more than four hours.
 - Group food together in the freezer to keep it colder longer.
- After the emergency, here are tips to

Home ed

Tranda Watts, Extension specialist



- consider:
- Keep refrigerator and freezer doors closed.
 - A closed refrigerator will keep food cold about four hours, a full freezer will hold food frozen about 48 hours.
 - If the power stays off for a long period of time and it is cold enough, take containers of water outside to freeze and put in your freezer to help hold food items frozen safely.
 - Food may be re-frozen if ice crystals are present or it is 40 degrees F or below.
 - Never taste food for safety!
 - Buy dry ice or block ice if power is out more than two days. Fifty pounds of dry ice will hold an 18 cubic foot freezer for two days.
 - Discard refrigerated perishable foods after four hours without power.

• When in doubt, throw it out! If you have further questions regarding food safety, please feel free to contact your local K-State Research and Extension Office. 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. For more information, contact the county extension office, 877-5755.

Oct. 24 - Oct. 29

Showing at the

NORTON THEATRE

EAGLE EYE

(PG-13) - 2 Hours, 8 Minutes

BOTH MOVIES WILL PLAY AT THE NORMAL SHOWTIMES OF:
Friday and Saturday: 8:00 p.m.
Sunday: 5:00; Mon-Tues-Wed: 7:00 p.m.

High School Musical 3: Senior Year

(G) PREMIERE
1 Hour, 50 Minutes

Since HSM 3 is a Premiere, only premiere passes accepted. Since Eagle Eye is not a premiere, all passes accepted.

HSM 3 is the Premiere Price of \$7.00 and \$6.00
Eagle Eye is the General Admission Price of \$6.00 and \$5.00
(Sunday - Eagle Eye is only \$3.00/Ticket Price)

Nov. 7 - Madagascar 2: Escape to Africa
November 21 - Bolt

Let's Go to the Movie

POPcorn

COMING SOON

This ad is brought to you by The Norton Telegram

Norton Lions Club

Sat., Oct. 25

7 a.m.-3 p.m.

NORTON SENIOR CITIZENS CENTER

PANCAKE FEED

Serving:
Pancakes, Sausage, Orange Juice and Coffee

\$4.00 Adults
\$2.50 12 & Under
FREE 5 & Under

FAMILY CHRISTIAN FALL CARNIVAL

FRIDAY, OCT. 31, 2008

6:30 - 8:30 P.M.

TODDLER THROUGH 6TH GRADE

- Train Ride • Plinko • Cake Walk • Ring Toss • Tattoo Booth
- Dart Game • Jacob's Ladder • Veggie Tales Dance • Spinning Wheel • Milk Bottle Toss • Football Throw • Baseball Toss • Basketball Throw • Bible Trivia • Door Prizes • Maze of Life • Concessions; LITTLE KIDS GAMES: • Clown Bean Bag Toss • Animal Bean Bag Toss • Fishing Pond • Duck Pond • Jonah's Whale Toss • Sandy the Horse • Octopus Ring Throw
- AND MORE . . . **COME JOIN IN THE FUN!!**

A Trick or Treat Alternative at the

NORTON CHRISTIAN CHURCH

IT'S FREE!