



John Henry, a German shepherd, owned by Jim Applegate, Norcat, won first place in the Mittens For Kittens Pet Photo Contest for the cutest pet.

— Courtesy photo

Yasha, a black and white cat owned by Angela Burton, Norton, won the Mittens For Kittens Pet Photo Contest for the scariest/funniest/ugliest category.

— Courtesy photo

## Contest winners named

By BRANDY LEROUX  
bleroux@nwkansas.com

Every year for the last five years, Michelle Armbrister, Norcat, has held a Mittens For Kittens contest to raise funds to help purchase medicines and supplies for the Norton Animal Shelter.

"The supplies and medicine can be costly for the city, and the animals there need these items," said Mrs. Armbrister. "This is just my way of helping the animals."

This year Mrs. Armbrister held a contest for the cutest pet and the scariest/funniest/ugliest pet. People submitted photos of their pets for the public to vote on. Jim Applegate's German shepherd, John Henry, won first place for the cutest pet. John Henry received more than 3,700 votes. Yasha, a black and white cat owned by Angela Burton, received more than 2,700 votes to win the scariest/funniest/ugliest category.

The owners of the winners received gift certificates for Sure Pets products, which were donated by Rhonda Browning, Norton.

In previous years, she's had a coloring contest, a stocking decorating contest, a story about pets contest, and a cookie decorating contest. All proceeds and donations made to Mittens For Kittens go to purchasing sup-

plies for the animal shelter. Mrs. Armbrister said anyone who wants to can donate money or supplies like leashes and collars at any time of the year.

Mrs. Armbrister said she'll hold another contest next year, but she's not sure yet what it will be.

"I've started a tradition of having a different contest every year, so it won't be one I've done before," said Mrs. Armbrister.

Mrs. Armbrister started Mittens For Kittens five years ago. It is a non-profit organization whose sole mission is to help animals in the shelter.

"My goal, through Mittens For Kittens, is to promote awareness for the animal shelter and provide for the animals while they are waiting to be adopted," said Mrs. Armbrister.

"It took a lot of people to make this contest work," said Mrs. Armbrister. "I'd like to thank everyone who voted in the contest, the Norton Animal Health Center and Twice Sold Treasures for sponsoring Mittens For Kittens for the 5th year in a row, Nex-Tech for the Channel 6 ad, and Amber Brown for her help."

"I'd like to give a very special thanks to Rhonda Browning for all her help as well, and for donating the gift certificates," said Mrs. Armbrister.

## Favorite foods nearing

Norton County 4-H members will be preparing their favorite recipe and showing off their best hostess style as they present the Favorite Food Show, Saturday, Jan. 17 at the 4-H Building in Norton. This program has been a tradition to allow 4-H members an opportunity to try out a favorite dish of theirs and set a place setting with their own touch. The dish the 4-H members may do can range from a simple snack to an entree or a dish as a part of a main course meal.

The 4-H members will begin entering their projects at 12:45 p.m., the consultation judging will be done from 1:00 - 2:30 p.m. and the exhibits will be open to the public from 2:30 p.m. to 3:00 p.m. 4-H members will visit with the judges about the preparation and serving suggestions with their recipe. They will also share nutritional and food safety topics with the judges.

The Public is invited to watch the 4-Hers, their leaders, and parents with the show.

## Student gets honor roll

For the fall semester of 2008, Ashley Wegener of Norton has been named to the Honor Roll.

McPherson College recognized students who achieved honor roll status for the fall

semester of 2008. In order to qualify for the honor roll, students must be a full-time student and earn a grade point average of 3.55 or higher during the previous term.

## Club picks new borders

By JERRIS MCMULLEN  
Special to The Telegram

The Heritage Quilt Club started the New Year with a meeting on Jan. 5, 2009 at the Prairie Land basement with 29 members present. Members answered roll call sharing several projects they had done. We saw several bed-sized quilts, lap robes, wall hangings and table runners.

We are having a good time with our block or border of the month projects. Members started the September meeting by bringing a center block that measured at least six inches, it could be pieced or a panel. Each month, another border style is drawn out of the hat to find out what the border is to add

next month. The first border was quilter's choice, the next border was to use cornerstones, the third month a pieced border and this month it was to have a border either two times smaller or larger than the previous border. Next month we are to have a dimensional border.

Cindy McMullen shared several of the memory quilts she had made and most of them have been given as gifts to some lucky people. She explained how she reproduced the pictures to use in quilts and told of different techniques to make memory quilts.

Next month the Heritage Quilt Club will meet on Feb. 2 in the Prairie Land basement.

# Recipe for 'Washday bean soup' for busy days

Washday bean soup was always my favorite supper when I was a child. You don't recognize that term? Then you didn't grow up in the era when it took a diligent housewife all day to do the laundry. We were fortunate enough to have a gasoline powered washer and a hot water heater but even with such modern conveniences the chore of a week's worth of family laundry involved hours of labor. Bean soup started early in the morning provided a satisfying supper that required minimal attention on a busy, busy day. As a result the aroma of simmering bean soup drifted from many homes in the 1940's every Monday right along with the bouquet of Oxydol, Faultless Starch, and Mrs. Somebody's Bluing.

To make "souper" good bean soup, a genuine ham bone is required. You can make do with ham hocks, but a ham bone left from Sunday dinner just can't be beat. The drippings from the roaster after cooking a ham, plus a few bits and pieces from the platter will start your soup off with a bang.

In my humble opinion the very

best soup bean is a Great Northern but plain white navy beans are good, too. Still, I'd never turn my nose up at pintos, flat butter beans, or baby limas.

Now you'll find some folks who will tell you how to quick soak beans by boiling and draining, some who put beans in a crock-pot without soaking at all. Both of those methods will work and I've started soup that way myself, but there's nothing quite like beans soaked overnight. They are mellow, more easily digested, and they cook through without disintegrating into mush.

Contrary to most soup recipes, salt should not be added until the very end of the cooking process. If you were fortunate enough to have a home-cured or smoked ham, additional salt may not be necessary. Taste test first. Don't spare the pepper, however, and make it fresh ground peppercorns if at all possible. Mama had no pepper grinder so she folded peppercorns in a bit of cheesecloth and pounded the dickens out them with the rolling pin before adding them to the kettle. Speaking of kettles, use your

## Cook's Corner

Liza Deines



largest one. A generous amount of liquid is needed to allow the beans to grow as they cook plus the bone will initially take up some space.

For those who need an actual recipe to work from:

### WASHDAY BEAN SOUP

One-pound bag of your favorite dry beans, washed, picked over and soaked overnight in enough water to cover the beans to a depth of several inches, then drained and washed again.

One nice, meaty ham bone

One carrot, shredded

One yellow Spanish onion, chopped

Two stalks celery, cross cut very thin

Two to four quarts (or more) chicken broth or stock, including any pan drippings or leftover ham goodness that might be available

Two tablespoons cracked pep-

percorns

Salt as needed

Place all except salt into a big kettle, bring to a boil, turn down to a bubble. Let it simmer along all day while trotting up and down stairs, in and out, washing and hanging four large loads of laundry. Stir whenever you pass by the stove. Toward late afternoon get the laundry in off the line and folded, mix up a batch of cornbread, lift ham bone out of the kettle, scrape off every smidge of ham and add back to soup. Scoop out half a cup of beans, mash with a tablespoon of butter and a tablespoon of flour, stir in some hot liquid until smooth, stir into the hot soup. Give bone to the dog. Serve to happy family in a house smelling of fresh, line-dried linens.

Now you don't have to do laundry to serve bean soup, you don't even have to serve it on a Monday. . . but do serve it. If I'm in the neighborhood I might just drop by for a bowl of cornbread 'n beans flavored with memories.

JUST FYI: Are the beans done? Grandma would take one bean out on a spoon and blow on it gently. If the skin split, they were perfect.

## Webcast for information on feeding strategies

Livestock producers and others interested in hearing the latest information on feeding strategies to reduce animal manure air emissions can access a free webcast Jan. 16. The webcast is produced by the Livestock and Poultry Environmental Learning Center of eXtension.

eXtension is an educational partnership comprised of land grant universities across the country. Kansas State University Research and Extension is a partner in eXtension.

Four researchers will discuss economic and research data from field trials and the implications for different feeding strategies to reduce animal manure air emissions as part of the webcast. Speakers will include:

- Andy Cole, U.S. Depart-

ment of Agriculture Agriculture Research Service scientist at Bushland, Texas. Cole researches the effects of diet and management on nutrient excretion, ammonia emissions and methane emissions of finishing beef cattle.

- Mark Hannigan, Virginia Tech University dairy science associate professor. Hannigan focuses on regulating energy and nitrogen metabolism in ruminant animals and reducing ammonia emissions from manure through reduced urinary nitrogen output.

- Alex Hristov, Pennsylvania State University. Hristov researches improved efficiency of nitrogen use in dairy cows.

- Scott Carter, Oklahoma State University, conducts research about swine nutrition.

The session begins at 1:30 p.m. The webcast "meeting room" opens 15 minutes before the start time. Participants may go to [http://www.extension.org/pages/Live\\_Webcast\\_Information](http://www.extension.org/pages/Live_Webcast_Information) to view.

The Jan. 16 event is part of a monthly series of webcasts hosted by the Livestock and Poultry Environmental Learning Center, an information resource developed by more than 150 experts from land-grant universities, agencies and other organizations. The center is part of the national eXtension interactive Web resource customized with links to local Cooperative Extension Web sites.

The Livestock and Poultry Environmental Learning Center advocates that individuals involved in public policy is-

sues, animal production and delivery of technical services for animal producers should have on-demand access to the nation's best science-based resources. Articles about animal manure management are at <http://www.extension.org/animal+manure+management>.

eXtension is an educational partnership helping Americans improve their lives with access to timely, objective, research-based information and educational opportunities. The eXtension site is [www.extension.org](http://www.extension.org). Land-grant universities were founded on the ideals that higher education should be accessible to all, that colleges should teach liberal and practical subjects and share knowledge with people throughout their states.

## Public Record

### District Court

These transactions were taken from the records of filings in the offices of the District Court clerk at the Norton County Courthouse. Traffic, criminal and wildlife parks cases are given to the paper when the fines are paid. Limited action and small claim cases are reported only after the defendant is served.

### Traffic

Dec. 11 — Judy A Beins, Beaver City, Neb., speeding 37 in a 20 mph zone, fine \$81, court cost \$66.

Dec. 11 — Melissa L. Brown, Herndon, speeding 80 in a 65 mph zone, fine \$69, court cost \$66.

Dec. 11 — Pamela A. Emerick, Plainville, speeding 76 in a 65 mph zone, fine \$45, court cost \$66.

Dec. 11 — Larry G. Johnson, speeding 65 in a 55 mph zone, fine \$39, court cost \$66.

Dec. 11 — Michael J. Kats, Prairie View, speeding 77 in a 65 mph zone, fine \$51, court cost \$66.

Dec. 11 — Laura M. MacDonald, Parker, Colo., speeding 78 in a 65 mph zone, fine \$57, court cost \$66.

Dec. 11 — Eddie L. Newman, Eldridge, Iowa, speeding 82 in a 65 mph zone, fine \$81, court cost \$66.

Dec. 11 — Nancy Robinson, Colby, speeding 76 in a 55 mph zone and failure to wear seat belt, fine \$138, court cost \$66.

Dec. 11 — Mary B. Sanchez-Pierce, Edmond, unregistered vehicle and failure to have insurance as required, fine \$369, court cost \$66.

Dec. 11 — Bonita L. Slipke, New Almelo, speeding 76 in a 65 mph zone, fine \$45, court cost \$66.

Dec. 11 — Russell J. Tompkins, Lapue, Ala., speeding 78 in a 65 mph zone, fine \$57, court cost \$66.

Dec. 18 — Cinda K. Browne, West Des Moines, Iowa, speeding 84 in a 65 mph zone, fine \$93, court cost \$66.

Dec. 18 — Anthony A. Davis,

Lees Summit, Mo., speeding 75 in a 65 mph zone, fine \$39, court cost \$66.

Dec. 18 — Bryan S. Fisher, Ulysses, speeding 75 in a 65 mph zone, fine \$39, court cost \$66.

Dec. 18 — Marty L. Fite, Carter, Okla., speeding 75 in a 65 mph zone, fine \$39, court cost \$66.

Dec. 18 — James S. Hooper, Highlands Ranch, Colo., speeding 75 in a 65 mph zone, fine \$39, court cost \$66.

Dec. 18 — Delonda Faye Kilgore, Saine, Okla., speeding 93 in a 65 mph zone and failure to provide verification of insurance, fine \$471, court cost \$66.

Dec. 18 — Larry K. Martindale, Era, Texas, speeding 79 in a 65 mph zone, fine \$63, court cost \$66.

Dec. 18 — Ryan Jo McCoy, Colby, speeding 76 in a 65 mph zone, fine \$45, court cost \$66.

Dec. 18 — Mathew A. Perdue, Colby, speeding 77 in a 65 mph zone and failure to wear seat belt, fine \$81, court cost \$66.

Dec. 18 — Trevor D. Powell, Phillipsburg, speeding 77 in a 65 mph zone and failure to wear seat belt, fine \$81, court cost \$66.

Dec. 18 — Lew E. Stancer, Colorado Springs, Colo., speeding 74 in a 65 mph zone, fine \$41, court cost \$66.

Dec. 18 — Sarah K. Wentworth, Franklin, Neb., speeding 78 in a 65 mph zone, fine \$57, court cost \$66.

Dec. 18 — Dustin L. Wright, McCook, Neb., driving while under suspension, fine \$109, court cost \$66.

**Building Permits**  
Merle Clason, \$1,300 for removal of trailer house at 205 E Holme, no. 12, Norton.

**Animal Shelter For Adoption**  
Female Bassett/Lab mix.

Female domestic short hair kitty, white and gray, approximately 5 months old.

Male black Labrador approximately 7 months old.

**Found**  
Black male Labrador, had chain around neck, just north of Norton Corrections.

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