# Slow cookers in limelight as old is made new again

What is old is made new again is a saying that has a great deal of truth in it. One of the popular items of the 1970s was the Crock Pot or slow cooker. Slow cookers lost popularity but are again in the limelight.

Robin Robertson in "Fresh from the Vegetarian Slow Cooker" explores new ways to use the slow cooker.

**Three Orange-Flavored Beets** 2 tablespoons orange marmalade 2 tablespoons frozen orange juice concentrate, thawed

juice of 1 orange 2 tablespoons extra virgin olive oil 8 to 10 small fresh beets, trimmed,

well scrubbed and halved or 4 large beets, quartered (small beets are better)

salt and freshly ground black pep-



Virgil and Kathy Eldred 40 years ago

pat schiefen postscript

Combine marmalade, orange juice concentrate and orange juice in a small bowl. Add oil and continue artichokes. Slice off the stem end stirring to blend.

In a 3 1/2 to 4 quart slow cooker place beets and add the orange mixture. Stir to coat the beets. Season with salt and pepper. Cook on low, covered for 6 to 8 hours. Stir once tichokes. Then add water to the slow halfway through until beets are soft. cooker. Cover and cook on low for Peel beets before serving and place 6 to 8 hours until artichokes are ten-

Pour orange mixture ture. Serves 4. over beets before serving. Serves 4. **Slow Cooked** 

Artichokes

4 small to medium sized fresh artichokes or six baby artichokes

juice of 1 lemon 3 cups boiling water

Cut off 1 inch from the top of the and trim pointy tips from the leaves with a pair of scissors. Place artichokes upright in 4 quart slow cooker.

Drizzle with lemon juice over ar-

**Split Pea and Parsnip Soup** 1 tablespoon olive oil

1 medium sized yellow onion, chopped

2 large parsnips, peeled, halved lengthwise and cut into thin half moons (Carrots can be used if parsnips are not available.) 2 pound dried green split peas,

picked over and rinsed 1 teaspoon dried thyme 1 bay leaf

6 cups vegetable stock 1 teaspoon salt or to taste freshly ground black pepper

1 teaspoon Liquid Smoke (optional)

In a large skillet heat oil over medium heat and add onion and pars-

in a serving bowl. der. Serve hot or at room tempera- nips. Cover and cook until softened 1 teaspoon peeled and minced fresh about 5 minutes.

> Transfer vegetables to 4 to 6 quart slow cooker. Add peas, thyme, bay leaf and stock. Cover and cook on low for 8 hours. Stirring once if possible as the peas have a tendency to settle on the bottom of the pot. Season to taste with salt and pepper. Stir in the Liquid Smoke if using. Remove and discard bay leaf. Taste and adjust seasonings if needed. Serves 4 to 6.

**Ginger Pear Butter** 3 pounds ripe pears, peeled, cored and chopped

3/4 cup firmly packed light brown sugar

3/4 cup water 1 tablespoon fresh lemon juice pinch of salt

ginger or to taste

1/2 teaspoon ground ginger Combine pears, brown sugar, water, lemon juice and salt in a 4 quart slow cooker. Cover and cook on low for 8 hours.

Remove the lid and stir in fresh and ground ginger. Change heat setting to high and cook, uncovered to thicken and blend flavors. Cook stirring occasionally 1 to 2 hours.

Completely cool and transfer to glass jars with tight fitting lids and store in the refrigerator. Butter will keep for several weeks. Makes about 6 cups.

This cookbook also has recipes for apple butter, pumpkin butter, and peach butter.

# Goodland man interviewed

phone in Lenora.' He came to

Lenora and was just amazed that a

Sevier said the reporter was also

surprised broadband Internet access

was available in western Kansas be-

cause it still isn't available in the

western Kansas economy, employ-

ees of the company say that's only

part of the story. Many of them grew

up in rural areas, moved away and

then came back after the technology

revolution paved the way to quality

employment back home. Others

wanted to escape the crime and traf-

fic of the big cities they had called

wanted to find a way back home.

Then there is Kimbrell, who just

While the population of north-

western Kansas falls - The Time's

of 18 contiguous northwestern Kan-

sas counties has fallen 17 percent in

20 years — these employees tell the

"I finally found a way back

Kimbrell, a software develop-

ment specialist originally from

Goodland, had lived in Topeka for

10 years and he and his wife had al-

story of why some want to stay.

home," Kimbrell said.

home all of their lives.

square block."

#### **By Brandon Gay**

The Norton Telegram A conglomerate of New York standards gave a publicity boost to a conglomerate of western Kansas standards when the story of how a local business helps keep a small town alive was told in *The New York* Times.

David Kimbrell, a Goodland native and the son of Velda Bramer of Goodland, was interviewed for the article.

Growing Phone Company Helps Keep a Small Prairie Town Alive," featured Rural Telephone Service Company and the company's role in Lenora's economy. It was part of a series of articles by The Times that is examining depopulation in rural communities in the Great Plains and how entrepreneurship and family help people who stay.

Larry Sevier, chief executive and general manager of Rural Telephone, said when the author of the article, Peter T. Kilborn, called him he wondered why someone from The Times would be in western Kansas and how they found Lenora. His surprise was laced with a hint of suspicion.

"I didn't know if it was a serious article or if it was an article where the people in New York needed a good laugh and so they thought they would go out and interview people in the Midwest and talk about their decline," Sevier said.

However, Sevier said the company and the community were portrayed fairly.

"I thought he did a decent job because my expectations were that they were going to be a little sarcastic about the area."

As for how Kilborn did find Lenora

with a population of 20 had this dish there was an opening at Rural Telefarm for cable television and somephone. Kimbrell said values were one said 'well go talk to Rural Telethe biggest benefit to living in west-

ern Kansas. "People's values out here are town the size of Lenora would have much different than they are in the a business that covered almost a bigger city. They're friendlier, easier to trust, just a number of things that all boil down to people."

> While some of the employees with big city backgrounds say they miss the convenience of the city and shopping, Kimbrell said he didn't miss anything.

> "A person has to live in the city to realize how much nicer it is to come back to something a little slower, a little less populated. It's just a breath of fresh air."

> Kimbrell said the article in The Times was important because people needed to know that with technology, there were opportunities in rural areas now.

> Sevier said technology has changed Rural Telephone's landscape because it has made it possible for large companies to operate from rural areas.

"This is what a lot of businesses article points out the sum population want nowadays," he said. "They want to be able to stay in a small community and yet can work large nationally and they need high speed facilities to do that and good communications."

> Sevier said the article has given Rural Telephone attention in the communications field across the country.

He said they received e-mails and ways wanted to come back to west-phone calls from 50 to 100 compaern Kansas, but didn't have the op- nies commenting on the article, the portunity. Then three years ago, company and the community.





The Eldreds today

## Couple to celebrate anniversary

celebrate their 40th wedding anni- return after a tour for the Navy. versary with a card shower requested by their children.

Virgil and Kathy Eldred of Wel- ebrate with their family in June, (Danni) Eldred of Pearl City, Halington, formerly of Goodland, will when their son Jon and his family waii, and Scott (Tracey) Eldred of

Virgil I. Eldred and Kathleen R. Koenig married Feb. 8, 1964, at St. Anniversary wishes may be sent Bridget's Catholic Church in West- Navy and farmed. She was a nurse to them at 119 S. Maize Rd., Wel- bury, N.Y. They have three children, and worked at the Good Samaritan lington, Kan. 67152. They will cel- Alane Fairchild of Wichita, Jon Center and Golden West.

Denver and five grandchildren.

They lived in Goodland from 1976-2000. He was retired from the

### Teacher selected as princess contestant

Princess competition.

North Elementary School, and her earned a bachelor's degree from

### Welding department to host seminar at college

The welding department at tions for Current and Future Weld- tion methods, dissimilar alloy weld-Tuesday.

LeRoy Hokr of UTP/Bohler will provide classroom and hands-on weld" for cast iron welding, stain- ing department at 899-5885 or toll instruction on "Economic Solu- less-steel welding, alloy identifica- free at 800-316-4127.

the Nu Phi Mu entry in the Beta Evans, Bierly, Hutchinson and As-working on her master's thesis and Sigma Phi International Valentine sociates. The Neufelds have three will receive her degree in May of children, Tyler, Austin and Megan. this year. Neufeld has been active in She is a fifth grade teacher at Originally from Manhattan, Jona Beta Sigma Phi for three years.

gloves.

Northwest Kansas Technical Col- ing Problems." College Events Co- ing and use of the UTP Abradisc lege is hosting a seminar for area ordinator Patti Purvis said this 6000, a logical alternative to long welding professionals and stu- seminar, valued at \$2,500, is being hours of hardfacing. Participants dents from 9 a.m. to 4 p.m. next provided free by UTP/Bohler and must provide their own helmets and the college.

Jona Neufeld has been selected as husband Darin is an engineer with Emporia State University. She is

#### Washington D.C. area where he lives. The article, titled "In Kansas, a While the article focused largely on depopulation and Rural Telephone's role in fueling the north-

The seminar includes "cold

Register by contacting the weld-

and Rural Telephone, Sevier said it was somewhat of an accident.

"I think what attracted him to the area was that he was trying to do a story on the decline of western Kansas and I think he saw our dish farm in Edmond and wondered why a small town like Edmond, Kansas,

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