



# Bulletin Board

## Casey's Comments

**By Casey McCormick**  
scmccormick@nwkans.com  
Life sometimes has some pretty amazing moments.

We need them, because most of our time is spent plugging away. Not that this is necessarily good or bad, it's just the way it works.

The majority of our time during the adult years is spent in the routine of Monday to Friday, morning to evening pursuing a wage. Why? So we can provide shelter, food and clothes for ourselves and the important ones.

The important ones are those kids who need us. We give them a safe home and opportunity to attend school. Our lives are devoted to giving them what will get them down the road.

And then those special moments come to us!

They score the big play, star in the school show or make the superintendent's honor roll. Then they graduate from high school and some go on to college. Others go to work and begin their own process of providing for themselves and others.

This week is an extra special moment for our family as it will grow a little more. Our oldest son, Travis, is marrying the beautiful and talented Brooke Lucas.

Who says hard work doesn't pay off?



WITH A STORY TO TELL, this quilt is currently being shown at the Bird City Library. Dorothy Chipperfield used the Bonnet Girls to show what life was like in the country years ago.

Times staff photo by Norma Martinez

## New quilt on display at city library

The quilt on display at the Bird City Library has been changed and the librarian just last week hung some new pictures mapping the Old Oregon Trail, Pony Express, and Santa Fe Trail. In the back room you will find the Ancient Traders Trail hanging which is the most historical map for Bird City. This trail went just west of Bird City through Sherman and Cheyenne counties.

This month's quilt is a machine appliqué quilt based on the Bonnet Girls pattern, and was made by Dorothy Chipperfield. Dorothy, from Benkelman, loaned this quilt to the library for displaying. Mrs. Chipperfield graduated from Bird City High School and lived in Bird City until she and her husband moved to Benkelman six years ago.

Dorothy Messman from Creek,

Neb., gave the patterns to Dorothy and this quilt is just one from a series of patterns in the Bonnet Girls. Dorothy plans to eventually make the rest of the patterns depicting the life of a country girl to add to this display.

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**For more information contact: Casey at 785-332-3162**

**Community Club**  
The Bird City Community Club will meet at 7:30 p.m. on Monday, Oct. 11, at the Bird City Shelter House.

**American Legion Auxiliary**  
The American Legion Auxiliary will meet at 2 p.m. on Friday.

**Home Circle Club**  
President Carolyn Rosenfelt will be hosting lunch at the Bird City Diner on Thursday, Oct. 21. Members will meet there at 1 p.m. for lunch and then go to the Manor for the regular business meeting.

**Senior Center birthday party**  
The Bird City Senior Center Birthday party will be held at 3 p.m. on Monday, Oct. 11.

**Craft Show news**  
The spaces for the Craft Show in Bird City on Oct. 30 are all sold out.

**Pep bus to Natoma**  
Cheylin High School would like to take a pep bus to the Natoma football game on Oct. 15. This bus will be open to all adults, students, grades seven-12 and younger students if accompanied by an adult.

There is a cost to ride the bus - see classified in this issue. There must be a minimum of 25 people signed up to take the bus. People must pay Loretta at the high school office to be counted. If the individual signs up and does not ride, their money will not be refunded.

Patrons, parents, and students of Cheylin schools are all encouraged to ride the pep bus. Sign up now and "fill up the bus" to Natoma. Deadline to sign up is Oct. 12. Game time is 6 p.m. Approximate leave time is 2:30 p.m. and return time is approximately 1 a.m.

**Courthouse closed Monday**  
The Cheyenne County Courthouse will be closed on Monday in honor of Columbus Day.

**Debate televised**  
A debate featuring Ward Cassidy, (R) St. Francis, and Robert (Bob) Strevay, (D) Norcatour, will be featured on Smokey Hills Television (cable Channel 3) at 9 p.m. on Thursday, Oct. 14. It will be rerun at 5 p.m. on Sunday,

Oct. 17. They are running for representative of the 120 District. www.smokyhillstv.org/index.php/component/content/article/220.

**Notice of Annual Membership Meeting**  
Cheyenne County Development Corporation will hold its annual meeting on Thursday, Oct. 12, at noon at the St. Francis Public Library on 121 N. Scott, St. Francis. All Cheyenne County registered voters are members and are welcome to attend.

**AARP**  
AARP will have their October meeting on Thursday, Oct. 14, at 2 p.m. in the east room on the St. Francis Senior Center. ErvaGene DeAragon will be the hostess. All AARP members are welcome.

**County Commissioners**  
The Cheyenne County Commissioners will meet at 8 a.m. Friday, Oct. 15 in the commissioner's room at the courthouse.

**Fair board**  
The next regular meeting is set for 8 p.m. tonight (Thursday) in the commissioners' room in the courthouse.

**Peace of Mind AA**  
Peace of Mind AA will meet at the St. Francis Public Library at 7 p.m. on Thursdays. Contact Kris D. at (785) 332-4410 or (785) 772-5090.

**Narcotics Anonymous**  
Narcotics Anonymous meetings are held at 104 W Webster/ Methodist Education Building on Sunday nights at 8 p.m. and Thursday nights at 7:30 p.m. Contact (785) 342-0028.

**Northwest Kansas Family Shelter**  
Northwest Kansas Family Shelter provides 24-hour-7day-a-week service to victims of domestic violence and sexual assault. Weekly support groups are available for women and children within the northwest Kansas area. For information or in need of assistance, please call the toll-free number 1-800-794-4624.

## South of McDonald

Mark and Catina Montgomery, Jaydon, Lindi, and Jana, were weekend guests of Diane Montgomery.

Kelly Dewey attended the baby shower for Heather Prideaux Sunday afternoon at Sacred Heart in Atwood.

Many friends and family members South of McDonald attended the Kansas wedding reception of Samantha and Joshua Johnson at the Columbian Hall in Atwood Saturday evening.

## Club Clip

**Kanred Family, Community and Education**  
The Kanred Family, Community and Education Club met on Tuesday, Sept. 14, at Cards and Gifts by Wanda. There were three present: Dorthy Mast, Leeanna Windell and Wanda Dowdy.

The window display was discussed. Dorthy has a button spinner that can be used for this display. We will need to work on this on Monday, Oct. 4, at the next meeting.

Wanda gave the lesson on Beef: Choices, Preparation and Flavor. Knowing where the cuts of beef are located and the cuts' characteristics will dictate preparation and cooking style. Quality grades indicate a cut of meat's palatability.

Components of palatability are flavor, tenderness and juiciness. When meat is processed, the processor can elect to have a United States Department of Agriculture inspector give the meat a quality grade. This grade is determined primarily by marbling and the maturity of the animal.

Marbling is the amount of intramuscular fat, or fat interlaced with muscle. The more marbling a cut of meat has, the more flavorful and tender it will be. A cut may also have intramuscular fat, which is the fat between muscles and is generally cut away before or after cooking. An animal that is past a certain age cannot qualify for the higher Department of Agriculture quality grades no matter how much marbling its meat contains.

United States Department of

Agriculture quality grades of beef:

Prime is top quality and has the most marbling. Characteristically it is the most tender and most flavorful and most often found in fine restaurants.

Choice has a good amount of marbling, but less than Prime Cuts. It is found most often in grocery stores and meat markets.

Select has less marbling than prime or choice, is less tender and is the third best choice. It is most often found in discount superstores.

Be cautious if a meat label or restaurant menu lists the words "Prime" or "Choice" alone. Meat can be labeled with these words without being inspected by a trained grader as long as "USDA" is not listed in front of these words. These cuts may not actually be USDA prime or choice.

The inexpensive cuts of beef can be prepared using a crock-pot or stewing, to get the meat more tender. They can also marinate for flavor. Suggested marinades are: Fruit juices: lime, lemon, apple, pineapple, orange or tomato.

Soy sauce, wine and wine-based sauces, buttermilk or yogurt, Flavored vinegars: red wine, balsamic, raspberry, apple cider, Olive Oil.

Use a meat thermometer for a safe internal temperature. Never

save and reuse marinades without reheating it in a saucepan and bringing to a boil for at least 1 minute. Always marinate beef in the refrigerator, never at room temperature.

At the close of the meeting, they ate refreshments prepared by Wanda and had a good time of talking and fellowship.

Now is the time for membership to be paid. See Wanda by the Oct. 4 meeting to pay the dues. The election of officers will take place at the October meeting, which will be at Cards and Gifts by Wanda at 2 p.m.

## Menu

Menu subject to change

**Monday Oct. 11**  
Breakfast: Boiled egg, hash browns.  
Lunch: Chicken patty, buttered noodles/gravy, roll.

**Tuesday Oct. 12**  
Breakfast: Breakfast bites.  
Lunch: Pizza and dessert.

**Wednesday Oct. 13**  
Breakfast: Baked French toast.  
Lunch: Ham sandwich and potato triangle.

**Thursday Oct. 14**  
Breakfast: Biscuit and sausage link.  
Lunch: Roast Beef; mashed potatoes and roll.

**SHOWTIME: 7:30 p.m. 1 hr. 40 min.**

**SALT**  
PG-13 for intense sequences of violence and action.

**Oct. 8, 9 & 10**

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**October Calendar**

Dr. Rubinowitz	Oct. 5
Dr. Frankum	Oct. 6, 20
Dr. Saba	Oct. 15
Dr. Johnson	Oct. 18
Dr. Uyemura	Oct. 25, 27
Dr. Reeves	Oct. 27
Dr. Curtis	Oct. 28
Mammogram	Oct. 12
Dexascan	Oct. 13
Nuc Med	Oct. 19

For more information or to schedule an appointment call 785-332-2104