

OBITUARIES

Betty L. Erbsch

Oct. 29, 1919 - Jan. 19, 2010

Betty Louise Erbsch, age 90, of Harbor Beach Mich., died Jan. 19, at her home in Harbor Beach under hospice care.

She was born on Oct. 29, 1919 in Norton, to Seth and Silence (Rundle) Antrim.

She and Asa Reynard were united in marriage. He preceded her in death in 1979.

Betty and Nelson Erbsch were united in marriage on May 3, 1987 in Bad Axe, Mich.

Betty was a secretary for South West Public Service in Texas, until she retired.

Betty was a member of St. John Lutheran Church of Port Hope.

She enjoyed playing the organ and piano, and oil painting.

She is survived by her husband Nelson of Harbor Beach; her children, Dana Reynard, and his

wife Peggy of Mexico Mo., and Diane Guerrant and her husband Douglas of Devine TX.; sisters, Joanne Apple of Pensacola, Fla. and Mary Ellen Thomas of Paola and sister-in-law Ruby Antrim; step-children, Kathy Reinke and her husband Larry of Port Hope, and Ronald Erbsch of Lincoln Park; five grandchildren, three step grandchildren, eight great grandchildren, four step great grandchildren.

Betty was preceded in death by her parents, brothers, Seth Antrim and Richard Antrim.

Services for Betty were held on Jan. 23, 2010 at St. John Lutheran Church of Port Hope, with Rev. Greg Eilers officiating.

Cremation in Sunset Valley Crematory in Harbor Beach, Mich. followed.

Edward L. Adams

March 25, 1943 - Dec. 22, 2009

Edward Lynn Adams, formerly from Lenora, died at his home in Hempstead, Texas on Dec. 22 at the age of 66.

He was born in Bremerton, Wash. to Donald Eugene Adams and M. Darlene Shoemaker Adams Day.

Edward graduated from Lenora High School in 1961. He attended college at Kansas State University.

Edward enlisted in the United States Air Force and served from 1966 to 1970.

Edward married Elizabeth Taylor and later married Mary Ellan Stewart Adams. Ed was preceded in death by his father, Donald Eugene Adams, step-father Jesse Allen Day, brother Donald Jesse Day, and his grandparents Ed and Lena Shoemaker and Lynn and Kathryn Adams.

Survivors include his wife, Mary Ellan; daughter, Clair Marie El-Abed and husband Ziad; sons, Sonny Ray Pfeffer and wife Tammy Michelle, and Michael Wayne Adams; grandchildren, Tarek and Yasmine El-Abed, Scott and Ryan Pfeffer; his mother, M. Darlene Day; sisters, Donna Beneke and husband Alfred, Roberta Nech, Violet Krizek and husband Kenny, Betty Keener and husband Patrick; one brother, Robert and wife Kellie and a host of uncles, aunts, nephews, nieces, and cousins.

Memorial ceremony was at McWilliams Funeral Home in Hempstead, Texas on Jan. 21.

Edward was cremated and his ashes were interred in the Houston National Veteran's Cemetery following a military service.

Jay singers entertain at Soil Conservation meeting



The Norton Community High School Jay Singers entertained for the Soil Conservation's annual meeting. The Jays Singers performed several hits during the meeting on Jan. 23 at the

American Legion.

—Telegram photo by Erica Bradley

Super Bowl snacks can be healthy

It's almost here! One of the biggest snack food events of the year... the Super Bowl! From chips and salsa, to wings, to pizza, many foods are popular as snacks for the big game.

Food product designers continue to find ways to make snacks healthier. What defines a snack is changing also as many are considered small meals. But to be a healthy snack, it has to taste good.

Fried snacks now have more alternatives — such as baked. But the challenge is making baked snacks taste like fried because consumers don't want to lose that flavor. Product developers are

Home ed Tranda Watts, Extension specialist



using unique flavor ingredients to keep that fried flavor.

Snack seasonings are also stepping outside of the box. Flavors like dill pickle; blue cheese and apple; refried bean and three-cheese flavor with a kick of jalapeno and onion are some examples. Sweet heat is also emerging in

such combinations as raspberry-chipotle.

Other formulations are being altered to become low-sodium. The use of different salts can lower sodium content.

An example is flaked salt. It has a larger surface area and dissolves quickly in the mouth for a burst of salty flavor. This means less can be used but still provide that salty taste. It can be used on chips, crackers, bread sticks, salted nuts and seeds.

To boost nutrition, snacks are being formulated with more protein, fiber and vitamins. Chia seeds are starting to show up in some snacks. The seeds are

gluten-free and packed with fiber, protein, and omega-3 fatty acids. The seeds are ground into a powder for easy incorporation. Eggs and whey are also being used to add protein.

For nut lovers, ethnic-inspired flavors such as wasabi, chili, lime, soy sauce and other zingy flavors are being added. Popcorn is also going gourmet with flavors such as black truffle, curry or Parmesan cheese.

If you have questions related to snacks and foods, please feel free to contact your local K-State Research and Extension Office or e-mail Tranda Watts at twatts@ksu.edu.

FYI

DUPLICATE BRIDGE — Jan. 20, 3 tables, first place, Norman Walter and Claudia Bridges; second place, Bob Jones and Carla Latimer.

Jan. 27, three tables, first place, Norman Walter and Claudia Bridges; second place, Jerry Moritz and Myron Veh.

BIRTH

Weston Matthew Stevenson was born Dec. 15, 2009 to Matthew and Megan Stevenson.

He was born at the Norton County Hospital and weighed 7 pounds, 8 ounces.

His grandparents are Frank and Susan Hillebrand of Clayton. Alan and Vicki Stevenson and Cecil and LaVon Wright all of Ulysses.

His Great Grandparents are Red and Kay LeBeau of Norton and Ruth Moore and Shirley Stevenson both of Ulysses.



Weston Stevenson

Student news

Charli Lawson, daughter of Rob and Debbie Lawson, has been named to the Fort Hays State University Dean's Honor Roll for the fall of 2009.



Charli Lawson

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Norton Community High School Honor Roll for 2nd 9 weeks:

Highest 4.00

Seniors: Ashton Draper, Marcus Herman, Matthew Miller

Juniors: Melinda Becker, Maia Carlson

Honors I 3.50 - 3.99

Seniors: Cody Cook, Anna Cummings, Austine Dole, Kendra Engelbert, Tonielle Fiscus, Connor Pfannenstiel, Matthew Pollock, Amanda Ray, Jessica Reeves, Bethany Roy, Alyssa Thomson, Kaitlyn Wolf

Juniors: Jade Braun, Dakota Dreher, Crysina Fanders, Jana Kalendova, Diedre Kramer, Nicquel McVey, Zoey Meyers, David Mizell, Kaylen Rossi, Spencer Shirk, Dustyna Sprigg, Rebekah Streck

Sophomores: Eric Becker, Rhee Carlson, R.J. Ellis, Mariah Farber

Freshman: Lane Bigge, Sierra Black, Katherine Boteler, Jade Braun, Andrew Ellis, Samantha Gordon, Kami Jones, Katelyn Koch, Juliana Miller, Teslee Nickell, Regan Simpson, Rachel Slipke

Honors II 3.00 - 3.49

Seniors: Raven Brown, Shelby Jones, Emily Juenemann, Christopher Maddy, Miranda Mock,

Kelsey Nuzum, Zane Perez, Casey Robison, Ashlie Stewart

Juniors: Cole Archer, Troy Bainter, Morgan Baumann, Bill Broeckelman, Melissa Byler, Danelle Eagleburger, Kyra Fulton, Taylor Gordon, Jacob Mizell, Kelsie Morel, Kaitlyn Ross, Rachel Shepard

Sophomores: Abby Bainter, Brae Bigge, Haley Grady, Zach Hartwell, Alexis Henson, Dillon McConney, Taylor Meder, Mitchell Shelton, Brooklyn Winkel

Freshman: Lane Archer, Ryan Bainter, Jared Bohl, Eli Bozarth, Dustan Daniels, Cassius Dole, Cody Ellis, Chris Fisher, Jordan Hartwell, Brianna Karnopp, Ruth Kendell, Julia Kent, Shelbi McKenna, Alec Melvin, Dalton Miller, John Risewick, Joseph Schaefer, Emily Schulze, Dylan Sprigg, Wyatt Wentz

Norton Community High School Honor Roll 1st Semester

Highest 4.00

Seniors: Anna Cumings, Ashton Draper, Kendra Engelbert, Marcus Herman, Matthew Miller

Juniors: Melinda Becker, Maia Carlson

Sophomores: Rhee Carlson

Honors I 3.50 - 3.99

Seniors: Cody Cook, Austine

Dole, Tonielle Fiscus, Connor Pfannenstiel, Matthew Pollock, Amanda Ray, Bethany Roy, Alyssa Thomson, Kaitlyn Wolf

Juniors: Troy Bainter, Jade Braun, Dakota Dreher, Crysina Fanders, Jana Kalendova, Diedre Kramer, Nicquel McVey, Zoey Meyers, David Mizell, Kaylen Rossi, Spencer Shirk, Dustyna Sprigg, Rebekah Streck

Sophomores: Eric Becker, R.J. Ellis, Mariah Farber, Mitchell Shelton

Freshmen: Sierra Black, Katherine Boteler, Jade Braun, Andrew Ellis, Samantha Gordon, Kami Jones, Ruth Kendell, Katelyn Koch, Dalton Miller, Juliana Miller, Regan Simpson, Rachel Slipke

Honors II 3.00 - 3.49

Seniors: Raven Brown, Kirstie Gible, Shelby Jones, Emily Juenemann, Christopher Maddy, Grant McClymont, Miranda Mock, Kelsey Nuzum, Zane Perez, Jessica Reeves, Casey

Robison, Ashlie Stewart, Hannah Waggoner

Juniors: Cole Archer, Morgan Baumann, Bill Broeckelman, Melissa Byler, Danelle Eagleburger, Taylor Gordon, Justin Heikes, Jacob Mizell, Kelsie Morel, Kaitlyn Ross, Shelby Schaefer, Rachel Shepard

Sophomores: Abby Bainter, Brae Bigge, R.J. Ellis, Zach Hartwell, Alexis Henson, Dillon McConney, Taylor Meder, Mitchell Shelton, Brooklyn Winkel

Freshman: Lane Archer, Ryan Bainter, Rheanon Baker, Lane Bigge, Jared Bohl, Eli Bozarth, Dustan Daniels, Cassius Dole, Cody Ellis, Chris Fisher, Jordan Hartwell, Brianna Karnopp, Julia Kent, Carson McKenna, Shelbi McKenna, Alec Melvin, Teslee Nickell, Kayleigh Norwood, John Renner, Alex Riggins, John Risewick, Joseph Schaefer, Emily Schulze, Dylan Sprigg, Wyatt Wentz

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Sunday: 5:00 p.m.
Mon., Tues., Wed. 7 p.m.

The Tooth Fairy

1 Hr., 49 Minutes (PG)

All Passes Accepted for Sherlock Holmes/Only Premiere Passes Accepted for The Tooth Fairy

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Premiere Price: \$7.00 and \$6.00 for The Tooth Fairy - No Sunday Discount

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website: nortontheatre.com

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