

# OBITUARY

## Darla Diane Brown

Sept. 24, 1945 - Feb. 23, 2010

Darla Diane Brown, daughter of Jay and Phyllis (Bisbing) Brown, was born Sept. 24, 1945 in Auburn, Wash. and died on Feb. 23 at the age of 64.

She was raised in Kent, Wash., graduating from high school in 1964. For many years she ran a licensed day care in her home in Kent. Her mother died in 1987 and in 1989 she and her father moved to Lincoln to be near other family members. Together they owned a used furniture store until his death in 1991. She also worked at the Lincoln Grocery Store for several years. Darla later moved to Norton, where she worked at the Norton County Hospital until her retirement.

Survivors include her brother: Daniel Don Brown and sons, Jerry and Jimmy of Kent, Wash.; aunts: Toddy Richter of Maple Valley, Wash. and Gene Lamphear of Cle Elum, Wash.; cousins: Rus-

sell Lamphear, Misty Beck, and Maria Strickland; her cousin/sister: Sherry Ray and husband Sam of Kent and their daughter Johanna Birch and son Spencer; her dearest friends and companions Cathryn Hansen and her daughter Cecelia of Norton, and other relatives.

She was preceded in death by her parents, her paternal grandparents, Milton and Anna Brown, her maternal grandparents, Christopher and Eva Hare, as well as many aunts, uncles and cousins.

A memorial service will be held Monday, March 1 at 10 a.m. at Enfield Funeral Home in Norton. Darla will be buried in the Hillcrest Cemetery in Kent, Wash. Memorials may be made to The American Breast Cancer Society.

Arrangements are by Enfield Funeral Home, Norton.

## Club News

By JEAN WHITE

"Are you smarter than a fifth grader?" was the question to be answered by the members of Mid-Century GFWC when they met Feb. 11, at Eisenhower Elementary School. Hostesses for the evening were Mary Beth Boyd and Virginia Will. Special guest was Linda Burge, technology teacher. Mrs. Will welcomed everyone to her class room and had everyone sit at a student desk that was complete with a nice white computer. For her program she gave the "students" a Kansas Computer Practice Assessment Test in reading. The state requires that each year students third grade through eighth grade take the Kansas State Assessment Tests. She said that these tests are complicated and that the students must do extra studying in preparation for the testing.

Beverly Kindler opened the business meeting with the quote "As long as a man lives, he should study" by Robert Ingersoll. Beverly thanked the hostesses and Virginia for the interesting and information program. Thank you letters were read from Meals on Wheels for their Christmas gift and from Walta Russ for her gift certificate. An invitation was read from the Dane G. Hansen Museum to preview the 33rd Annual High School Art Exhibition, Feb. 14. Students from Norton will be entered in this exhibition.

Mid-Century received a letter from Rose Dito, international president of GFWC concerning their response to the Haitian Earthquake. GFWC has a significant history of generosity when natural or manmade disasters devastate communities. A "Haitian Disaster Relief" effort has been approved and money collected will be provided to GFWC International Partners, CARE, and UNICEF.

Bertie Leigh Compagn reported that due to conflicts, no student from Norton will be attending the GFWC Music Auditions.

The Mid-Century volunteer hours were reported. Members during the year 2009 volunteered 5,458 hours and donated \$1,794.65. Lynn Nelson will report next meeting the date for the annual pie sale. Beverly Kindler will be our delegate to the GFWC Annual Meeting April 9-10, in Topeka. She will need our pop tops for the Ronald McDonald House before that meeting.

Roll call was answered by 11 members and Linda Burge with "Where you went to grade school." Schools were in Kansas, North Dakota, Minnesota, etc. and were big schools and small one room schools. Greeting cards were signed for Vida Perrill and Cheryl Scott.

Geraldine Packer gave a report about GFWC beginnings. GFWC roots can be traced back to 1886 when Jane Cunningham Croly, a professional journalist, who wrote under the name Jennie June, attempted to attend a dinner at an all male press club honoring British novelist Charles Dickens. She was denied admittance based upon her gender and in response she formed a club for women. She chose the name Sorosis, a Greek word meaning an aggregation: a sweet flavor of many fruits. In 1890 she extended an invitation to Women's Clubs throughout the United States to attend a ratification convention in New York City, 63 attended and the General Federation of Women's Clubs was formed.

The next meeting will be March 11, at 7 p.m., Norton Community High School Art Room for the Annual Fine Arts Tea. Please bring your gifts for the "Help us learn-give us hope" project for the children of Iran and Afghanistan.

## Free lunch in the garage



A free lunch was served at Engel's Sales and Service yesterday to celebrate their filter and oil sale. Norton area residents, David Riemann and Caleb VanOver were happy

to make the lunch a success as they were served by Sandy Kincaid.

Telegram Photo by Harriett Gill

## Walk Through Kansas 2010 begins in March

If you haven't already done so, now is the time to get your team together to participate in 2010 Walk Kansas which begins March 7 this year. Registrations are due on March 5. However, if you have had challenges getting a team together, feel free to contact your local office or e-mail Tranda Watts at [twatts@ksu.edu](mailto:twatts@ksu.edu) for further help.

The eight week walk encourages increased exercise and improved health. Past participants frequently have commented to me about feeling much better because they were walking more and eating more fruits and vegetables.

For only \$7 per member (a team needs 6 members) you can participate along with five of your family, co-workers and/or friends and try to walk about 30 minutes most days of the week. This should enable most teams to combine together to walk the 423 miles across Kansas.

Act now to be a part of Walk Kansas for 2010.

## Home ed Tranda Watts, Extension specialist



### Is There a Catch to Eating Fish?

Along with benefits to the brain, nerves and eyes of getting enough omega 3 fats, did you know that omega 3 fats also decrease risk for heart disease, stroke, dementia and Alzheimer's? Read on to find out more about getting plenty of these healthful fats.

Humans cannot make omega 3 fats, so we must get them from food. All three types of omega 3 fats have long names: EPA (eicosapentaenoic acid), DHA (docosahexaenoic acid) and ALA (alpha-linolenic acid). The first two are found in fish, especially oily fish, while ALA is in certain

plant foods.

Listed below are some commonly-asked questions and answers that you can use to improve your family's health.

Why should I eat fish? Fish is a good source of protein and is low in saturated fat. Eating fish regularly helps you replace other foods that may be high in saturated fats, such as fatty meats or full-fat dairy products. Eating fried, salted or dried fish is not recommended.

Love your heart by eating at least two servings a week of a variety of boiled or baked fish, in order to get about 500 milligrams per day of EPA/DHA. Adults at risk for heart disease should strive to get twice that amount, or one gram of EPA/DHA per day.

How safe is it to eat fish twice a week or to take fish oil supplements? Levels of contaminants are generally highest in older, larger, predatory fish and marine mammals.

Taking fish oil supplements should only be considered after

talking it over with your doctor. Since mercury accumulates in the meat portion of a fish, fish oil supplements contain almost no mercury. However, high doses of omega 3 fats can have harmful effects, such as putting you at risk for excessive bleeding.

Are there differences in the omega 3 fat content between wild fish and farm-raised fish? Sometimes wild fish have higher levels of omega 3 fats than farmed fish, but sometimes it is the opposite. The omega 3 fat content of wild fish can vary by the temperature of their environment, while the omega 3 fat content of farmed fish can vary based on what the fish are fed. Try to eat fish at least twice a week regardless of whether it is wild or farmed.

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

## FYI

Norton Post Prom is hosting a roast beef or ham dinner for \$7.99 at Adventures in Eating on Sunday, March 7th from 11 a.m. to 2 p.m.

Duplicate Bridge was played on Feb. 24 with three tables. Bob Jones and Carla Latimer and Jim and Nancy Brown tied for first place. Joyce Sumner and Mary Ketch won second place.

The Regional Piano Festival was held in Hays on Feb. 6th. Bethany Roy, daughter of Cory and Gail Roy, Alexis Hensen, daughter of Chris and Jocelyn Henson, and Kamilla Jones, daughter of Jeff and Lynette Jones, students of Donna Severns, were Norton pianists attending. Kamilla, played Scherztno by Timothy Brown, and placed I. Alex and Kamilla were eligible to continue on to the State Piano Festival in Wichita on Feb. 20.

The 21st annual Kansas Voices statewide writing contest entries must be postmarked by March 15.

Both divisions have adult and youth categories (18 years and under), in poetry and prose (short story). All Kansas writers are encouraged to enter.

To be eligible, writers must live in Kansas. There is no requirement for subject matter and all entries are judged based on literary merit.

\$1,000 in prize money will be awarded: \$275 each for first prize poetry and short story in adult division, first prize for poetry and short story in the youth division is \$100 each, and \$250 total for Honorable Mention awards.

Winners will be honored and in-

vited to read their work at a special presentation at Winfield Arts and Humanities Council, 700 Gary, Winfield, on May 1, as part of the KANZA Days celebration. The full dinner menu will be served. Cost is \$9 per person (reservations required) by April 23.

Call 620-221-2161 Ext 10 or write to the Winfield Arts and Humanities Council, 700 Gary, Suite A and B, Winfield, KS. 67156 for guidelines, entry forms and or dinner reservations. The guidelines and entry form may also be downloaded from our web site: [www.winfieldarts.com](http://www.winfieldarts.com).

Entries must be unpublished stories or poems accompanied by an official entry form and a \$3 entry fee for each submission.

Remember, you are only known by a number to the judges. All winners are at the discretion of the judges and Winfield Arts and Humanities has no say in making the final decision. This contest is made possible by the generous support of its sponsors; Winfield Daily Courier, GE Engine Services, Winfield Consumer Products, CornerBank, Cowley College of Arkansas City and Bob and Nancy Love of Wichita.

Kansas Voices is also underwritten by Winfield Convention and Tourism.

Alive musical adaptation of the Brothers Grimm Story, "Little Red

Riding Hood," will be presented at 7:30 p.m. on Friday, March 5, at The Gateway in Oberlin by the Wichita Children's Theater Professional Touring Company.

The program had to be rescheduled due to bad weather in October. They will also perform at 10 a.m. at Cedar Living Center and at Decatur County Good Samaritan Center at 2:30 p.m. that day.

This retelling of the Brothers Grimm story introduces the audience to the endearing, yet capricious Little Red Riding Hood, her understanding mother, her doting, yet wise grandmother, the brave and kindly woodsman, and the silly, bumbling wolf who is more interested in Little Red Riding Hood's basket of goodies than he is of her. This show, writ-

ten by Kevin Reese, is written to educate as well as entertain the audience.

The Wichita Children's Theater Professional Touring Company performs from September through March in Kansas, Nebraska, Missouri, Arkansas, Oklahoma and Texas. The Company is professional in every facet, complete with storybook sets, costumes and props appropriate for each production, according to Mary Henzel.

This is an Oberlin Arts and Humanities Commission season ticket event or admission is \$10 for adults and \$5 for children at the door. For information, call Ella Betts, (785) 475-3557 or Mary Henzel (785) 470-0218.



Chelsea Cox and Sam Funk

## Couple to wed in July

Chelsea Cox of Norton and Sam Funk of Garden City announce their engagement. Chelsea is the daughter of Clark and Peggy Cox of Norton. Sam is the son of Boyd and Janine Funk of Garden City.

The bride-to-be is a student at Kansas State University, where she is working on her Master's degree in second language acquisition. Chelsea graduated in Dec. 2009 from Kansas State

University with a Bachelor's in Spanish.

The groom-to-be is attending Arizona College of Optometry at Midwestern University. Sam graduated from Kansas State University in May, 2008, with a Bachelor's in Biology.

The couple will marry on July 17, at United Methodist Church in Norton.



Feb 26- March 3

Showing at the

# NORTON THEATRE

## Edge of Darkness

2 Hours, 6 Minutes (R)

Friday and Saturday: 8:00 p.m.  
Sunday: 5:00 p.m.  
Mon., Tues., Wed. 7 p.m.

### Dear John

(Presented in Digital Surround Sound)  
1 Hour, 59 Minutes  
PG-13

Since both movies are non-premieres, all passes accepted

General Admission: \$6.00 and \$5.00 for Dear John, \$3.00/Ticket Sunday \$6.00 for Adults, No Children's Tickets for Edge of Darkness, \$3.00/Ticket Sunday

Dear John (PG-13); Valentine's Day (PG-13)  
Percy Jackson: Lightning Thief (PG-13)  
Visit our Website: [nortontheatre.com](http://nortontheatre.com)

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