

# OBITUARIES

## Don D. Ward

November 20, 1929 - March 27, 2010

Don D Ward, 80, of Shawnee died at home on March 27. Mr. Ward was born Nov. 20, 1929 to Roy and Lee (Griffith) Ward in Clayton.

He graduated from Norton Community High School in 1947 and from Kansas State University in 1951.

Don married Carolyn Bartley in Norton on July 8, 1952.

He was a veteran of the U.S. Army during the Korean Conflict and later served in the Army National Guard, where he rose to rank of Colonel before retiring. Don worked on the Norton Daily Telegram and The Hoisington Dispatch before starting his own weekly newspaper, the Mid-Kan Ruralist.

After retiring from the newspaper business, he and Carolyn relocated to be closer to their grandchildren, Nick, Ben, Ali and Casey. Don was an avid sports fan always cheering on his beloved K-State Wildcats, the KC Royals,

KC Chiefs and Washburn Lady Blues volleyball team. Don never lost his love for the newspaper and enjoyed receiving all the local and old hometown papers which he read front to back.

Preceding him in death were his parents, his wife Carolyn, son Craig, and brother Teddy.

Survivors include Bart and Sharol Ward of the home; Wade Ward and wife Estelle Toby Goldstein, San Diego, CA; sister Bee Nelson, Norcatar; four grandchildren and four great grand children.

A celebration of life will be held April 3rd at the home of his cousin Joy and Sam Chapman in Liberty, Mo. The family suggests memorials to Crossroads Hospice, 9237 Ward Parkway Suite 300, Kansas City, MO 64114 or Clayton Cemetery c/o John Gallentine 1352 2800th RD, Clayton, KS 67629. Interment will be at the Clayton Cemetery at a later date.

# Student News

More than 300 Kansas high school juniors were honored recently at Wichita State University's annual Presidential Scholars Days.

The top 10 percent of juniors from high schools across the state and other academically talented students were selected for this designation based on their scholastic achievements.

While on campus, students had the opportunity to hear about some of WSU's premier programs, including the Distinguished Scholarship Invitational, National Student Exchange and the Emory Lindquist Honors Program.

During the recognition ceremony, WSU President Don Beggs offered his congratulations.

Each student was presented with a certificate and a special gift on behalf of the university.

In addition, if attending students meet appropriate deadlines, they will be awarded a \$1,000 scholarship to attend Wichita State University.

The following students from this area were honored:

Rebekah Streck, Norton Community High School.

Alexandria Connors, daughter

of Paula Connors and granddaughter of Marsh and Donna Henderson. Almna, recently completed the United Nations Commission on the Statutes of Women in New York. Alexandria is a junior at Kansas State University, where she is majoring in architecture. She is also a member of Grace and Holy Trinity Cathedral in Kansas City, Mo. This is the second year the Episcopal Church has sent delegates to the meeting.

Connors planned to attend various committee meetings and was interested in sitting in on committee meetings with representatives from Latin America. She hopes to work with communities in Latin American after graduation. Connors returned to Kansas on March 6.

The Norton Teacher's Association will be giving a \$250 Scholarship to a Norton Community High School graduate who is a College Junior, Senior or Graduate Student in the field of education. Applications are available from Pam Menagh at 877-5113 Eisenhower Elementary or 877-3672. Applications must be returned by May 10 to Pam Menagh, 902 W. Holme, Norton, KS, 67654

# FYI

The Rock Christian Youth Center will hold its annual meeting on Monday, April 12 at 7 p.m. at The Rock.

Prairie Land Food will be taking orders for the April Prairie Pak food packages today through April 12. You can order at your local host site using cash, check, or EBT/Food stamps; order online at www.prairielandfood.com and

pay by bank draft or debit card; or contact Linda Hagan (800) 298-1989 to order by credit card. Food pickup date is April 24 at the Norton Recreation Center. Contact Carolyn Foskuhl at 871-7136 or Karen Van Skike at 877-5511 or 877-2871 in Norton, Maxine Mai 567-4538 in Lenora, Lacey Hansen 871-7656 in Almna. Prairie Land Food is a not-for-profit 501 (c)(3) Kansas organization.



## Celebrating their 50th

Derek and Shirley Kats, Phillipsburg, will celebrate their 50th wedding anniversary on April 10. Mr. and Mrs. Kats were married in 1960 in Norton. Children are Kathy and hus-

band, Tim Nimz, of Littleton, Colo.; Sherry; and husband, Alan Woodside, Prairie View; and Vicky and husband, Steve Allen, Fredericksburg, Va.

The couple has two grandchildren, Serena and Eric Woodside.

# Know what you eat, 'Read'

## Home ed Tranda Watts, Extension specialist



Nutrition Facts labels are intended to guide consumers in choosing and using food products but are often overlooked until after unnecessary calories, cholesterol, fat, sodium or sugar have been consumed.

Taking the time to read labels can pay off. When reading labels check the serving size and calorie content first.

Imagine, for example, a thirsty teen who downs a 20 ounce bottle of pop, the equivalent of two and a half 8 ounce servings, before reading the Nutrition Facts label on the bottle.

Drinking water to quench thirst and reserving smaller servings of more caloric beverages for special occasions could have been a healthier choice. Consumers should also check the fat, cholesterol and sodium content in a product and the percent of the total daily value (which is typically figured for an adult eating 2,000 calories a day) before buying.

Consumers will typically see saturated, unsaturated and trans fats identified on the Nutrition Facts label. A high-fat diet increases the risk of heart disease and other increased risks from obesity.

Choosing a fat-free or reduced-fat version of a product may not be a better overall choice, though.

To earn labeling as a fat-free product, a food product is required to have less than one-half of a gram of fat per serving.

To earn labeling as a reduced-fat product, a food product will have 25 percent less of the specified nutrient (in this case, fat) than a standard product. A reduced-fat chocolate chip cookie will, for example, contain 25 percent less fat than a regular chocolate chip cookie.

When a fat-free or reduced-fat product is formulated, sugar, salt and/or other ingredients often will be increased to compensate for the flavor from the missing fat.

In comparing regular creamy peanut butter and a reduced-fat version of the same brand, while the fat was reduced one half of one gram in the reduced-fat version, the sodium was increased to 250 milligrams (up from 150 mg in the regular product), sugar was increased to 4 grams (up from 3 g) and fiber reduced by 1 g per

serving. In comparing regular mayonnaise and a "light" version of the same brand, the sodium was increased and fiber decreased in the light version of the product.

Checking the sugar content in various products also is advisable, because some commercial spaghetti sauces contain more sugar than candy.

Nutrition Facts labels typically identify vitamins and minerals, yet consumers should pay attention to manufacturers' claims that often are prominently displayed on the product:

- If meat, poultry or seafood is marketed as "lean," a 3 ounce serving must have less than 10 grams of fat (and not more than 4-1/2 grams of saturated fat) and less than 95 mg of cholesterol.

- If labeled as a low-cholesterol product, a food product must contain less than 20 mg of cholesterol and 2 gm (or less) of saturated fat per serving.

- If billed as a "low sodium" food product, a product must contain less than 140 mg of sodium per serving.

- If a food product (such as whole grain cereal) is marketed as "high fiber," a serving must contain 5 or more grams of fiber per serving.

- If a product is identified as

a "good source of ...," a serving must contain at least 10 percent of the recommended daily value of the vitamin or nutrient.

- If a product is marketed as "light," the product must have 1/3 fewer calories or 1/2 the fat content of a standard product.

- If a product is labeled "healthy," it must qualify as low fat, low saturated fat, have less than 480 mg sodium, less than 95 mg cholesterol and at least 10 percent of the recommended daily value of vitamins A, C, iron, protein, calcium and fiber.

- If a product is labeled "calorie-free," the product must contain less than five calories per serving.

- If labeled "sugar-free," a product must contain less than 1/2 gram of sugar per serving.

In the U.S., food product nutrient content and health claims are governed by the strict guidelines set by the Food and Drug Administration.

Reading labels takes time, but doing so is important for consumers who want to make healthful food choices.

More information about shopping for health-promoting food is available at your local K-State Research and Extension Office or e-mail Tranda Watts at [twatts@ksu.edu](mailto:twatts@ksu.edu).

Send Club News to Harriett hgill@nwkansas.com

## Club news

By JEAN WHITE

Mid-Century GFWC met March 25 at Norton's Whispering Pines. Beverly Kindler welcomed members and guests. The theme for the evening was "Keys to Life's Pieces" and "A quilt bridges the generation gap by connecting people from the past with people yet to come". Mary Tatem. Special guests were Pansy Price, Betty Reid, Dorothy Tubbs, Phileder Nelson, La Verne Milner, Elva Lindeman, Cynthia Collins, Lula Hix, Alice Vogt, residents of Whispering Pines, also Helen Hager and Margaret Thomas. Hostesses were Eunice Neiltopp and Geraldine Packer, who served the group a smorgasbord of cookies.

Darlene McEwen read the book "The Keeping Quilt" by Patricia Polacco. This is the story of a family who came to the United States from their homeland, Russia. The little girl, Anna, soon outgrew her dress and her babushka, and they were the only things left from back home. Her mother could see how important these were to Anna, so she decided to use them to make a quilt. Down through the years this quilt was used for a tablecloth on the Sabbath, for the huppa at weddings, wrappings for new babies, and as a quilt for tired old knees. The story reached across six generations and an ocean of time.

Following Darlene's program Beverly conducted the business meeting. Leta Donovan, Corresponding Secretary, reported on the "Full Circle, and Aging Expo" to be held in Colby, April 23. She read a letter from Rudy Perez, principal of Norton Community High School, concerning our use of the school for the Annual Fine Arts Tea. A letter from Diane Stiles, Director, Norton City/County Economic Development, reported that Norton has been awarded \$90,000 from the Kansas State Historical Society for the restoration of the historic Dr. Lyon's house.

Eunice Neiltopp announced that the date for the Annual Pie

Sale is April 15, at the Norton Senior Center. The group will be in charge of the Plinko Game at the Norton County Fair in July.

Leta Donovan said that because of health reasons, she must resign her office of Corresponding Secretary. This resignation was accepted with regret.

Geraldine Packer reported from the Kansas GFWC Clubwoman that more than 100,000 members in affiliated clubs in every state and more than a dozen counties work in their own communities to support the arts, preserve natural resources, advance civic evolution, work toward world peace and understanding.

The report from the GFWC Clubwoman was given concerning the Habitat for Humanity project in Cheyenne, Wyo., which the club helps support.

Roll call was answered with "Bring a quilted item". There were queen sized quilts, little quilts around 10 inches in size, different materials, colors and types of construction. A very interesting display of "Keeping Quilts".

Plans were made for the annual Spring Dinner which will be April 22, at 6 p.m. at the Barbeau House in Lenora.

The next meeting will be April 8 at Lynn Nelson's. Dues will be due. Be sure you wear an apron.

## Senior Menu

**Monday, April 5** – Smothered steak, scalloped potatoes, carrots, bread, cook's choice fruit.

**Tuesday, April 6** – Ham, sweet potatoes, tossed salad, cornbread, pineapple

**Wednesday, April 7** – Hamburger, potato salad, cinnamon apple slices, bun, cookie

**Thursday, April 8** – Oven fried chicken, mashed potatoes w/gravy, peas, bread, gelatin w/ fruit

**Friday, April 9** – Taco salad, peaches, chips, bread pudding



April 1- April 7

Showing at the **NORTON THEATRE**

**How To Train Your Dragon**  
1 Hour, 48 Minutes (PG) Premiere  
Friday and Saturday: 7:00 and 9:10 p.m.  
Sunday: 5:00 p.m. and 7:10 p.m.  
Mon., Tues., Wed. 7:00 p.m.

**Clash of the Titans**  
2 Hours, 0 Minutes (PG-13) Premiere  
Presented in Digital Sound

Only premiere passes for How to Train Your Dragon; and Clash of the Titans

Premiere Price: \$7.00 and \$6.00 for To Save A Life, No Sunday Discount  
Premiere Price: \$7.00 and \$6.00 for Train Your Dragon, No Sunday Discount

**COMING TO NORTON-FRI., APRIL 9**  
Alice in Wonderland (PG)  
Visit our Website: [nortontheatre.com](http://nortontheatre.com)

This ad is brought to you by The Norton Telegram

**Oronoque Cemetery Board Meeting**  
Thursday, April 8, 2010  
10:00 A.M.  
City Hall Basement

**Rawlins County Health Center**  
CERTIFIED NURSES AIDE (CNA)  
Rawlins County Health Center offering full-time employment for **Certified Nurses Aide (CNA)**. Successful applicants will have good customer service skills, be a good team player and hold CNA Certificate. RCHC offers competitive wages, flexible time off, shift and week-end differential and a competitive benefits plan. Application deadline April 10, 2010 or until position filled. Pick up applications at 707 Grant, Atwood, Kan. 785-626-3211. EOE.

**Rawlins County Health Center**  
REGISTERED NURSED (RN)  
Rawlins County Health Center is looking for Registered Nurses (RN). Qualified candidates will be Kansas licensed, have rural hospital leadership experience, strong customer service and management skills as well as the ability to be a good team player. The candidate must be able to demonstrate good assessment skills for Emergency, Acute and Skilled patients, from pediatric to geriatric patients. Hold or be willing to obtain ACLS and TNCC certificate. Be in good physical and mental health. Application deadline April 10, 2010 or until position filled. Send resume or pick up an application to: Karla Heble, RN, DON, C/O RCHC, 707 Grant, Atwood, Kan. 67730. EOE.

**Get Out and Vote**  
Vote for the Candidate of Your Choice

**Ron Briery**  
Councilman, Ward 3  
Paid for by Ron Briery