

OBITUARIES

Larry Dee Smith

April 12, 1938 - Jan. 5, 2012

Larry Dee Smith was born April 12, 1938, in Edmond, to Lawrence and Vera (Brown) Smith. He passed away at his home in Norton, on Thursday, Jan. 5, 2012, at the age of 73.

Larry was raised and attended school in Edmond until his Junior year of high school. His family then moved to Hoxie, where he graduated from Hoxie High School in 1956. After high school, Larry worked for an area farmer and Southwestern Bell for several years before serving in the United States Army from 1961-1963.

On Oct. 3, 1964, Larry was united in marriage to Mary Ellen Schlageck at Sacred Heart Catholic Church in Selden. They lived in Colby for three years before making their home in Norton. Two sons and a daughter were born to their union, and they were also blessed with five grandsons.

After his military service, Larry returned to work for Southwestern Bell as an installer and repairman. He retired in 1999 after 42 years of service. He was a member of St. Francis of Assisi Catholic Church, Knights of Columbus, Norton American Legion Post #63, National Rifle Association, Pheasants Forever, and Ducks Unlimited.

Larry loved being a grandpa to his five grandsons and treasured time spent with his family. Over the years, he enjoyed camping with his family, fishing and hunting, gardening, animals, cooking, tinkering, sports and school activities. Larry was known as "Big Lar" by his family and friends.

Survivors include his three children and son-in-law, Douglas Smith, Robert Smith and Kathryn

and Brian Pfannenstiel, all of Norton; five grandsons: Brayden and Dawson Smith and Logan, Jarrett and Chase Pfannenstiel; four brothers, Dean Smith, of Great Bend, Don and Paula Smith, of Sun City, Ariz.; Gary and Cris Smith, of Hoxie, and Dale and Gail Smith, of Colona, Ill.; one sister, Karen and Darrell Allen, of Hoxie; an aunt, Velma Smith, of Logan; in addition to his nephews and nieces, other relatives and many friends.

Larry was preceded in death by his wife, Mary Ellen, on June 30, 2006; parents, Lawrence and Vera Smith; two sisters, Xyla and Delores Smith; and in-laws, Herman and Kathryn Schlageck.

Visitation will be on Tuesday, Jan. 10, from 8 a.m. to 4 p.m. at Pauls Funeral Home in Oberlin, then from 5 p.m. to 8 p.m. at St. Francis of Assisi Catholic Church in Norton, and on Wednesday from 8 a.m. until service time at the Parish Hall in Norton.

A vigil service will be held on Tuesday, Jan. 10, at 7 p.m. at St. Francis of Assisi Catholic Church.

A mass of Christian burial will be on Wednesday, Jan. 11, at 10:30 a.m. at St. Francis of Assisi Catholic Church with Rev. Benjamin Saw officiating. It will be followed by burial at Selden Cemetery in Selden, with Rev. Mark Berland officiating.

Military committal rites: Selden American Legion Post #321.

Memorials can be sent to Pauls Funeral Home in the name of Larry Smith.

Arrangements were made by Pauls Funeral Home in Oberlin.

'Vegging out' after the holidays

"Vegging out" after all those rich holiday feasts is definitely not recommended by the experts. In view of statistical evidence, ninety per cent of New Year's resolutions are to lose weight, so exercising more rather than less, seems wiser. Ah, but there is another kind of "vegging out" that might help in the pursuit of healthy living. Despite the commercials, there truly is no hidden valley where vegetables taste like candy; however, I combed the cookbooks for some tasty, inexpensive and reasonably low calorie vegetable recipes to start 2012 off on the right diet foot.

My first suggestion may seem counter productive to calorie counters but I am a firm believer in using real butter when cooking any vegetable. Even a small amount of butter adds a flavor that no other spread can duplicate. The few extra calories are worth the taste boost. Lemon or lime juices are great to perk up vegetable dishes, and so are the herb mixture salt replacements, but nothing beats the taste of real butter.

Buy from the fresh produce counter whenever possible, especially green beans. Frozen comes next or home-canned vegetables. Commercially canned vegetables are often too high in sodium as well as lacking in flavor and texture, particularly corn, peas and spinach. Fresh spinach is much, much better and so are other greens, such as chard and kale. Even canned tomatoes, however, beat those sorry, pink plastic winter tomatoes we find.

It ain't just your mama's iceberg lettuce salad anymore. There are so many varieties of lettuces available year around it would be a shame not to try them all. Fresh, crisp salads brighten winter meals and are

Cook's Corner

Liza Deines



worth the cost of Boston buttercup lettuce, radicchio, romaine hearts, bok choy or ruffly red or green leaf lettuce. Try them; you'll like them!

Yams, sweet potatoes and all varieties of winter squash are nutrient and antioxidant rich vegetables. All store well and require minimum preparation, simply boiled, mashed, scalloped or baked with just a little brown sugar and butter. Yes, the sugar adds a few extra calories, but just a tiny bit enhances the natural sweetness of these golden vegetables.

Daikon radish is one of my new favorites, discovered when Asian-fusion foods became popular. It looks like a long, white carrot, has a mild radish flavor and a crunchy texture that is very appealing, raw or cooked. We ate it first in Hong Kong at a café named the Blue Ocean Grotto. It was so good, several of us worked out the recipe with the help of an interpreter so we could make it at home.

BLUE GROTTTO'S DAIKON AND CARROT STIR FRY

One 19 tom 1 inch Daikon radish peeled and cut into coin disks

Eight carrots, peeled and cut into coin disks

One tablespoon shredded fresh ginger root

One stick butter

One teaspoon brown sugar

One tablespoon soy sauce

One teaspoon sesame oil

One tablespoon honey

Two tablespoons green onion tops, chopped fine

Quarter cup toasted sesame seeds

Toast sesame seeds in foil pie pan in oven about ten minutes. Set aside. Parboil carrot and radish disks to tender crisp, seven or eight minutes. Use as little water as possible. Mix soy sauce, sesame oil and honey together and have ready. In a wok or a ten-inch skillet melt the butter, stir in brown sugar, add shredded ginger, stir and cook a couple of minutes, toss in carrot and radish disks and green onion tops. Drizzle honey mixture over all while tossing in skillet until hot and coated with glaze. Sprinkle sesame seeds over top. Serve hot.

Cabbage is an inexpensive vegetable that is versatile, nutritious and low calorie. With today's exhaust fans in most kitchens, the smell is no longer a major issue. Try this very simple recipe for tender crisp red cabbage.

ROBB'S GLAZED RED CABBAGE

One head of red cabbage, chopped in one-inch square chunks

Two tablespoons butter
Four tablespoons red wine vinegar

A sprinkling of brown sugar
Use a wide, deep skillet with a snug lid. Melt butter to sizzling, stir in cabbage chunks to coat them, sprinkle on sugar and add vinegar. Put lid on pan, remove from heat and leave for ten minutes, covered. Serve at once.

Eat your veggies! You'll be better for it, I promise.

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Wedding Announcement

Lisa Marie Henderson and Brandon Lee Herman were married Oct. 1, 2011 at the Fox Pavilion, Hays, with Pastor Terrill Worthington, Norton, officiating.

The bride is the daughter of Larry and Vicki Henderson, Norton. The groom is the son of Danny and Jenna Herman, Hays, and Judy Herman, Ellis.

Grandparents of the groom are August and Sandra Herman, Ellis, and Agnes Waldschmidt, Ellis.

The bride was escorted by her father, Larry Henderson.

Maid of honor was Jenny Hildebrand, Norton, cousin of the bride. Bridesmaids were Diana Smith, Norton, friend of the bride, Amber Kelley, Greenfield, Wis., friend of the bride, Jodie Lemmert, Sutherland, Neb., friend of the bride, and Alyssa Herman, Hays, sister of the groom. The flower girl was Aryahn Boyce, Ellis, god-daughter of the groom and daughter of Emily Fischer, Ellis.

Best man was Brady Herman, Hays, brother of the groom. Groomsmen were Tim Herman, Hays, uncle of the groom, Galen Herman, Hays, uncle of the groom, Jack Carver, Ellis, friend of the couple, and Trey Herman, Hays, cousin of the groom. The ring bearer was Aaron Smith, grandson of Diana Smith and son of Kaci Smith, Altamonte



Springs, Fla.

Candle lighters were Layne Henderson and Ivy Henderson, both of Hays, nieces of the bride. Sheila Henderson, Phillipsburg, half-sister of the bride, attended the guest book. Elly Henderson, Phillipsburg, niece of the bride, distributed

programs.

Vocalist was Larry Henderson, father of the bride.

A dinner, reception and dance was held at the Fox Pavilion in Hays. After a honeymoon trip to Atlantis Paradise Island in the Bahamas, the couple is residing in Norton.

Soil fertility school to aid farmers

Agriculture crop production and the many new products that come out each year are constantly evolving and changing. Come hear the latest research findings on some of these products and sound soil fertility practices and recommendations.

Thomas County Extension and Rawlins County Extension are sponsoring a Soil Fertility School at the 4-H Building in Atwood on Tuesday, Jan. 24, 2012 to aid producers in making sound decisions about soil fertility. The program will start at 1:30 p.m. and adjourn at 4:00 p.m. Continuing Education Units and CCA credits have been applied for. This is a great

time to get a start on those credit hours to renew your license if needed.

Addressing these ever changing products and soil fertility practices will be K-State Specialist Dorivar Ruiz Diaz, Soil Fertility. Reservations are requested by Jan. 19 by calling the Thomas County Extension office (785-460-4582) or

the Rawlins County Extension Office (785-626-3192). If you have questions or need more information feel free to call either office. You can also email Clint Milliman, Thomas County Extension Agent at milliman@k-state.edu or Cynthia Dixon, Rawlins County Extension Agent at cdixon@k-state.edu for more information.

Jan. 6- Jan. 11

Showing at the

NORTON THEATRE

Jack and Jill

(PG) 1 Hour, 38 Minutes
(Presented in Digital Surround Sound)

Friday and Saturday: 8:00 p.m.
Sunday: 5:00 p.m.
Monday, Tuesday, Wednesday: 7:00 p.m.

Happy Feet 2

1 Hour, 53 Minutes
(PG)

Let's Go to the Movie

Since both movies are non-premieres, all passes are accepted

Jack and Jill is General Admission Price of \$6.00 and \$5.00-\$3.00 on Sunday
Happy Feet 2 is General Admission Price of \$6.00 and \$5.00 - \$3.00 on Sunday

COMING SOON

Visit our Website: nortontheatre.com

This ad is brought to you by The Norton Telegram

HANSEN MUSEUM

The Dane G. Hansen Memorial Museum presents "Gordon Parks: Crossroads" organized by: art2art Circulating Exhibitions. All of the photographs are courtesy of the Gordon Parks Foundation and the Howard Greenberg Gallery.

Parks was born in Fort Scott. In 1938, Parks purchased his first camera at a pawn shop. He pursued taking pictures with gusto and within months his probing portraits of African-American women were exhibited in the windows of the Eastman Kodak store in Minneapolis.

In 1949, Parks became the first black staff photographer at Life Magazine, where he would remain on the masthead for a quarter century. "The camera is not meant to just show misery," he explained. "You can show things you like about the universe, things you hate about the

universe."

While Parks was alive he continued to challenge stereotypes and break through society's -and his own- barriers. In the process of this exploration, Parks blossomed into one of the 20th century's true Renaissance men. He authored four volumes of poetry. He helped found Essence Magazine and served as its editorial director. In 1968 he became the first African-American to write, produce, direct, and score a major Hollywood film, The Learning Tree.

Our January Artist of the Month is Janice Kenney from Elm Creek, Neb. Janice has recycled old stuff, wreaths, tables and birdhouses.

Dance classes started last Sunday, Jan. 8, 2012. Everyone is welcome, from beginners to advanced.

Mapes & Miller
Certified Public Accountants
is pleased to announce that
Brian S. Thompson, CPA
has been named partner

OPEN HOUSE
Please join us for refreshments
to celebrate this achievement
Friday, January 13, 2012
from 2 to 4 p.m.
418 E. Holme
Norton, Kansas

Thanks!

To local organizations and individuals who supported our Christmas Basket project

SPECIAL THANKS TO:
Norton I.O.O.F.; The Thrift Shop; Bev and Chuck Kohfeld; Jamboree Foods; Lofgreen Farm, Inc.; Main Street IGA; Valley Hope Association; Norton Valley Hope; Elicia Wicker-Elleven; Mick and Collette Miller; Mary Ann Hager; Regina Beikman; Boy Scouts; Legion Riders; Gary Roberts; Jim and Sandi Winchell; Carl and Charolette Neff; Nex-Tech; USD 211; Norton Senior Center; Busy Jayhawkers 4-H Club; Busy Beavers 4-H Club; Cedar Ridge 4-H Club; PEO; North Dividers FCE Club; KQNK Radio; The Norton Telegram; United Methodist Women; Hays SRS Office; New Age Industries, Inc.; Norton Community High School Kay Club; Norton Correctional Facility; and the many individuals who donated their time, money and food to make this a successful community project.

Through your generosity, 70 area families had a more enjoyable and meaningful Christmas

The Norton Lions Club

- CHARTERED MARCH 30, 1930 -