

# A lot on the table



Kansas Representative Ward Cassidy, along with Senator Ralph Ostmeier, held a town hall meeting at the Town and Country Kitchen in Norton on Saturday morning with 29 citizens in attendance. Mr. Cassidy discussed many topics, including teacher evaluations, the education budget, the concealed carry bill, the government tax plan, the issue with home owned carnivals and drug testing for welfare recipients. Mr. Ostmeier touched on issues such as competency tests for elected positions, the re-do of Wildlife and Parks, use value of appraised land, the magistrate judge issue, home owned carnivals and big box stores selling liquor. The turnout was the largest of all the town hall meetings.

— Telegram photo by Dana Paxton

# A box of candy can be priceless

"Somehow," my friend Betty said to me, "Valentine's Day just isn't quite as much fun as it was back in grade school." We were strolling slowly home from school on a clear, crisp February day. She was wearing a beautiful new Borgana coat her parents had given her that morning as a Valentine's Day gift, snuggling her chin down into the soft furry collar as she spoke.

"Oh, I don't know about that," I replied. "You never got a coat like that in grade school!" And, I thought to myself, I no longer have to be the girl in the class that got all the Valentines with the elephant pictures or the skunk pictures or no Valentine at all from some of the kids. We were supposed to bring one for each person in our class but some only gave them to their favorite friends.

"But no Valentine boxes and no party," Betty countered. "I always loved those little hearts with the sayings and the balloons and pink-frosted cupcakes. Maybe I'll have a card from Phil, though."

Betty and I had double dated a couple of times with two farm boys, Phil and LeRoy. We'd met them just a few years back when the country grade school students enrolled in high school. Those kids from the country schools were smart, especially in math, my worst subject. I parlayed that little failing into an asset by asking for some help and thus became acquainted with LeRoy. I'm not as dumb as I look. Both Phil and LeRoy had gone off to Hays to college this year, however, leaving Betty and me waiting hopefully at the post office.

We stopped off at Betty's house just to see if her mom had

## The Rock 'n Roll Kid Liza Deines



are my little sugar lump." It was on the first Valentine she ever got from a boy and she never forgot it.

And there it was, on the dining room table -- the same flat square package, same blue paper, same ABC Rexall return label. I opened it to find my very own heart-shaped red satin candy box, with an absolutely splendid velvet rose on top. The card, signed in his elegant handwriting -- "LeRoy".

Of course, first thing I had to do was call Betty. Mama came out into the dining room while I was on the phone. "My land," she exclaimed, "that's at least a \$5.98 box of candy. That boy's more serious than you thought." And she giggled right along with Betty and me. You did know, didn't you, that in 1956 most boxes of chocolates cost \$1.98 at the very most?

Years later I learned just how many snowy driveways LeRoy scooped to buy that box of candy. There were many gifts to follow but no girl ever forgets the first gift from that special guy. That's what made that simple box of candy truly priceless to me.

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made cookies. No cookies, but there was a flat, square package addressed to Betty and bearing a return address sticker from the ABC Rexall Drug Store in Hays. Betty was so curious and excited she could hardly get it unwrapped. Boy oh boy, you should have seen her face when it fell open to reveal a baby blue satin heart-shaped box of Russell Stover chocolates. A little doll adorned the top and there was a card signed "Phil".

"I think," said Betty, awed, "that I may just drop dead with delight right here." We giggled and oohed and aahed over that beautiful box full of chocolates. She even offered me one, but I declined, which took a lot of will power, I can tell you.

Around the corner to 9th Street I headed on home, looking forward to a special evening. Mama always made holidays festive somehow so I anticipated her red chocolate cocoa cake served on the pink glass cake plate. I had a homemade Valentine for the folks with Mama's favorite little verse, "As sure as grass grows 'round a stump, you

The Norton County Road and Bridge Department Cordially Invites You to Attend a Retirement Farewell for **Brent "Topper" Cook** Wednesday, February 29, 2012 2:30 p.m. to 4:30 p.m. at the Norton County Courthouse Commissioners Room, 2nd Floor

Call Mike with all your social news. 877-3361 mstephens@nwkansas.com

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# Join Walk Kansas March 18-May 12

Walk Kansas registration packets are now at your local K-State Research and Extension Office. Go by the office to pick up your registration packet, or call the office and ask to have a packet sent to you.

All you need are five friends and yourself to form a team to participate this year. Team registrations are due back to the local office by Friday, March 16. Plan now to join us for some health fun. You may be asking, "Why should I get involved?" Here's why.

Walk Kansas is a team-based program that will help you and others lead a healthier life. Join this program and:

- be more active with friends and family,
- make better nutrition choices, and
- walk away your stress.

Walk Kansas offers partici-

## Homeed Tranda Watts, Extension specialist



pants more than a way to exercise. It can be the beginning of a healthy lifestyle.

Many work sites have adopted Walk Kansas as one of their work site wellness programs. It seems to be a good way to help improve the general health of company employees. If you are in a work place large enough to form a team of six, why not challenge your friends to participate in Walk Kansas too?

Here is one testimonial from a team member in 2011 which speaks well for a little friendly

company competition.

It was motivating in our workplace to come together toward a common goal of making ourselves healthier! I appreciate the opportunity to add ways to our jobs to incorporate physical fitness and health as there is a direct impact on performance and productivity!

There is a nominal fee for participation and Walk Kansas t-shirts may be purchased if desired.

Walk Kansas is based on the 2008 Physical Activity Guidelines for Americans. The name of the program implies walking but many forms of physical activity count toward Walk Kansas miles. For more information about Walk Kansas, contact your local Extension Office for program registration materials. You may also contact Tranda Watts at twwatts@ksu.edu.

# AG PRO Crop Insurance Welcomes Russ Frack



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The AgPro Team - (back) Jason T. Pfeifer and Manager Joni Jackson; (front) Tonya Dechant and Russ Frack

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