

OBITUARIES

Verbon "Buck" Arthur Baker

Dec. 23, 1942 - April 2, 2012

Verbon "Buck" Arthur Baker, 69, St. Cloud, Minn. died Monday, April 2, 2012 at Foley Nursing Home in Foley, Minn.

As per Buck's request, there will be no funeral service. Burial will be at Mount Hope Cemetery in Almena. Arrangements were made by Benson Funeral Home of St. Cloud, Minn.

Buck was born Dec. 23, 1942 in Norton to Arthur and Vera (Boland) Baker. He attended Norton Public Schools until the 5th grade and then Southfork country school. Buck graduated from Almena High School in Almena. During his school years he enjoyed cars, farming with his granddad and FFA. Early employment for Buck included the railroad, bridge construction and truck driving. In the early 1980s he worked at a sheet metal plant in Wichita and later became the Youth Director



at 7th Step Foundation. Buck moved to St. Cloud, Minn. in the early 1990s to be closer to his family and worked at Yellow Cab for many years. He enjoyed taking care of his cars and doing things for his sons and others.

Survivors include his sons, William "Bill" Baker of St. Cloud, Minn. and Boyd Baker of Rochester, Minn.; brothers, Donnie of Cambridge, Neb.; Arthur Jr. of Washington; sisters, Debbie of Hill City; Darla of Norton; Dena of Brookville; Donna of Salina; Rosemarie of Washington; Betty Jo of Washington; Lonnie of North Carolina; Bonnie of Georgia; Dorothy Ann of Washington; Arta of Washington; four grandchildren, Bryan of St. Cloud, Minn.; Carrington of Newton; Michelle of Fargo, N.D.; Brandon of Rochester, Minn.; two great grandchildren, Vincent and William of Fargo, N.D.; and special friend, Rachel.

He was preceded in death by his parents, paternal and maternal grandparents, son, Alan Lane Baker, sister, Diana Sue, and brother, Dennis.

A joyful noise



The Norton First of God choir performed an Easter Cantata last Thursday evening at Whispering Pines in Norton. The cantata featured a variety of Easter selections with recorded instrumental accompaniment, along with solo performances from some choir members. Pictured are (back, left to right) Scott Kentfield, Larry Hillman, Jane Burton, Terry Hillman, Ida Cochran, (front, left to right) Lajuan Gregerson, Mary Boller, Charlotte Kindall and Director Mary Luehrs.

—Telegram photo by Carleen Bell

Dressage and the quest for gold

By Ron Wilson
Huck Boyd Institute

Guadalajara, Mexico. The Pan American Games. It is time to announce the outcome of the equestrian competitions. The results are in: Winning a team gold medal and individual silver medal in dressage is a remarkable rider who is originally from rural Kansas. Thanks to Purina's Better Horses Network for this story idea for today's Kansas Profile.

Heather Blitz is a professional rider and horse trainer in dressage. Dressage is a French word meaning "training." It's the name of a competitive equestrian sport where a skilled rider puts a horse through a series of precision movements. Dressage is a high-class competition. Sometimes the riders will even wear top hat and tails.

The International Equestrian Federation describes dressage as "the highest expression of horse training." It has also been described as "horse ballet."

Heather Blitz grew up around horses. Her parents are Karen and David Anderson of Hutchinson. Heather's mom, Karen, had grown up riding hunters and jumpers. Karen wanted her children to enjoy horses, as well. When Heather was little, her folks bought a farm north of Hutchinson and west of the rural community of Medora, which has a population of perhaps 200 people. Now, that's rural.

In this rural setting, the Andersons' four children learned to ride horses. Heather's first pony was a Shetland, aptly named Rebel. When Heather was five, she insisted on saddling Rebel by herself. As Karen was watching out the kitchen window, Rebel threw Heather off his back. Karen hurried outside but before she could get to them, Heather ran after Rebel, jerked the reins, and got back on to try again. "Heather's career was launched," Karen said. That determination and love for riding would serve Heather well.

Heather joined 4-H and competed in lots of equestrian events. She got a degree in equine studies at Colorado State and while there, discovered the sport of dressage. Heather was fascinated by its precision movements and the connection of horse and rider. She took on the sport herself,

learning from clinicians and owning and showing several horses.

Heather became a manager of a dressage facility in Florida. She moved to Louisiana where she taught dressage before relocating to Florida after Hurricane Katrina. A visiting horse owner from Europe was so impressed by Heather's work with horses that he invited her to come train his horses in Denmark, which she did. This enabled her to show her horses in international competition all over Europe. When she went to Europe, Heather brought with her a young horse she had bought named Paragon.

Paragon had been born in Louisiana from very good breeding stock at a place where Heather was head trainer. "I've known Paragon since the day he was born," Heather wrote. "I actually helped him to stand for the first time on his long, baby legs that night." She bought the horse with the idea of training and selling him, but as he grew she became amazed with his abilities, temperament, and natural gait and decided to keep him.

In 2008, Heather and Paragon moved back to Florida, where she rides him in dressage events and teaches clinics all over the country and overseas. In October 2011, they won the gold and silver medals at the Pan Am Games in Guadalajara. In March 2012, they won the Grand Prix Freestyle at the Global Dressage Festival in Florida.

Heather has a goal of competing in dressage in the 2012 Olympics. It's an expensive task, but Heather and Paragon have now earned enough points to qualify for the Olympic selection trials to be held in New Jersey in June 2012. If she makes the team, Heather and Paragon will travel to London for the Olympics in August.

For more information or to support Heather, go to www.heatherblitz.info.

It's time to leave Guadalajara, where a rider from rural Kansas has just won gold and silver medals in dressage at the Pan Am Games. We commend Heather Blitz and her parents Karen and David Anderson for making a difference by building a career based on the beautiful equestrian sport of dressage. Good luck to Heather on her quest for Olympic gold.

Coping with aging parents

As we grow older and our parents do too, we often wonder what will happen next. Sometimes we are trying to help out with our parents but we still might have our own children we are trying to raise. It can get difficult to take on all the roles that need to be filled, especially if work outside the home is added into the scenario.

There are so many things we need to know and a lot of times it is too late when our parent or parents are fighting different diseases. If you have a parent that has been diagnosed with dementia it might start out being very mild, but can progress pretty rapidly. Even within a year things can change to a point that it is hard to get financial, insurance and other issues taken care of. Parents might not know who you are or might not be able to sign something because they know longer remember how to sign their own name. These are situations that really happen, so do not wait until it gets to this point. It could be too late to help them in any way.

Full Circle Aging Expo will address many issues that we might be facing or could be facing in the future. It is highly recommended that everyone attend this conference. When someone is going through these life changes, it is hard to find out everything that we need to know. It can be very overwhelming. Sometimes we just don't think ahead about the changes our parents will be going through and that we might need valuable information to help us through the process when it happens.

Home ed
Tranda
Watts,
Extension
specialist



There will be two different Full Circle tracks this year, one for the public and one offered for professionals needing to get CEU's.

Andy Crocker, main speaker for the public track, will present "Give Care, Take Care". Andy is a gerontology specialist for Texas AgriLife Extension Service. Caregivers often neglect themselves in providing care for someone else. This session will address how caregivers can give care to someone while taking care of themselves. Andy will also be the speaker during lunch for both tracks and will present, Lifestyle Choices and Your Health.

There will be other sessions offered during the expo as well. More information about both tracks is available online at www.northwest.ksu.edu/fullcircle (click on the public or professional track), and by calling the Northwest Area K-State Re-

search and Extension Office at 785-462-6281, Monday -Friday from 8 a.m.-5 p.m. The deadline for registration is April 20. Late registrations will be accepted if space is available for a different cost.

If you have questions, please feel free to contact your local Extension Office or you may contact Tranda Watts at: tw-watts@ksu.edu.



Happy 75th Birthday Celebration

for
Lena Laughlin

on
Saturday, April 21, 2012

at the
United Methodist Church
805 W. Wilberforce, Norton, KS
in the Fellowship Hall
from 2:00 - 4:00 p.m.
No Gifts Please -
Your Presence Desired - Card Shower



FOR THOSE TRAVELING WE HAVE TWO MOTELS:
BROOKS MOTEL - 785-877-3381 OR SLEEP INN - 785-874-5151

CLUB NEWS

Chapter AA, PEO met at the home of Joan Colip on March 20 with Elaine Johnson as co-hostess.

We were all encouraged to attend the public information meeting on April 17 regarding a new city swimming pool. This meeting will convene at 6 p.m.

at the East Campus.

The program entitled "Chocolate Personality" was presented by Jill Lively. She identified our personalities by the shape and centers we chose. It was a delicious program.

Our bi-annual turn to deliver Meals on Wheels will be the

end of April for one week.

PEO chapters from Norton, Oberlin, Phillipsburg, Stockton and Smith Center will meet for a brunch at Smith Center on April 21 at 9:30 a.m.

Sandy Worden won the trivia prize.

The next meeting will be

April 10 at the home of Deb McClymont.

PEO is a philanthropic, educational organization that promotes educational opportunities for women and continues to work through six projects of the international chapter.

Conservation program deadline extended

U.S. Department of Agriculture Farm Service Agency Administrator Bruce Nelson announced recently that the sign-up deadline for the Conservation Reserve Program has been extended to April 13.

"Due to strong interest in CRP, the decision was made to extend CRP sign-up 43 for an additional week. I encourage all eligible farmers and ranchers to take advantage of this opportunity to participate in CRP," said Nelson. "Whether new enrollees or re-enrolling existing CRP contracts, producers who sign up for CRP help to conserve land and improve our soil, water, air and wildlife habitat resources."

After the general sign-up ends on April 13, the agency will evaluate offers based on cost and the Environmental Benefits Index. The index takes into consideration variables such as wildlife habitat, water quality protection, soil erosion reduction, air quality protection and other enduring benefits. Accepted offers will become effective Oct. 1.

The program is a voluntary program available to agricultural producers to help them use environmentally sensitive land for conservation ben-

efits. Producers enrolled in the program plant long-term, resource-conserving covers to improve the quality of water, control soil erosion and develop wildlife habitat. In return, USDA provides participants with rental payments and cost-share assistance. Contract duration is between 10 and 15 years. Producers with expiring contracts and producers with environmentally sensitive land are encouraged to evaluate their options under CRP.

The program has a 25-year legacy of successfully protecting the nation's natural resources through voluntary participation, while providing significant economic and environmental benefits to rural communities across the United States. Currently, about 30 million acres are enrolled in the program.

The program continues to make major contributions to national efforts to improve water and air quality, prevent soil erosion by protecting the most sensitive areas including those prone to flash flooding and runoff. At the same time, the program has helped increase populations of pheasants, quail, ducks, and other rare species, like the sage grouse, the lesser prairie chicken, and others.

FYI

The 2012 Norton National Bridge Tournament has been postponed due to a lack of entries, according to Jake Durham, Tournament Director.

There is the possibility of rescheduling at a later date or possibly a one day Saturday tournament.

Duplicate Bridge

Myron Veh and Jerry Moritz took first place honors at Duplicate Bridge on Wednesday night played at Norton Manor.

The pairing of David Graham and Jake Durham took second place.

April 6-
April 11

Showing at the

NORTON THEATRE
The Hunger Games

(PG-13) 2 Hours, 29 Minutes

Friday and Saturday: 7:00 and 9:35 p.m.
Sunday: 5:00 and 7:35 p.m.

Monday, Tuesday, Wednesday: 7:00 p.m.

Mirror Mirror

1 Hour, 53 Minutes
(PG)



Let's Go
to the
Movie

Only premiere passes accepted for Mirror Mirror
Only premiere passes for The Hunger Games

Mirror Mirror is Premiere Admission Price of \$7.00 and \$6.00 - No Sunday Discount
The Hunger Games is Premiere Admission Price of \$7.00 and \$6.00 - No Sunday Discount

Visit our Website:
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