

OBITUARIES

Constance (Connie) Kent Taylor

Feb. 13, 1927 - June 23, 2012



America in their motorhomes, frequently stopping to be with friends or help out a medical community in need.

Connie never met a stranger and enjoyed gardening, entertaining, movies, long conversations over dinner, and many card games - most recently she'd taken up playing poker with her family and friends. She had a wonderful smile that could light up a room and her love of peo-

ple was undeniable.

Connie is preceded in death by her mothers, Verna and Plum Kent, fathers Glen and Rex Kent, and brother Bob Kent.

Connie is survived by her husband Tom of Georgetown, Texas and Olathe, her son David Kent Taylor of Topeka, daughter Danielle Halsel of Lenexa, son Tommy Taylor of Valley Falls, and granddaughter Rhys Taylor Shepard of Lenexa.

Memorial services will be held at St. Aidan's Episcopal Church, 14301 South Black Bob Road, Olathe, KS 66062 on Friday, June 29 at 10 a.m. with close family friend Reverend Julie Sifers officiating. A reception will follow at the Church at 11:30 a.m.

Memorial contributions are welcome and may be made to St. Aidan's Episcopal Church at 14301 Black Bob Road, Olathe, KS, 66062.

Condolences may be left in Connie's online guestbook at www.kccremation.com.

Constance (Connie) Kent Taylor, 85, of Georgetown, Texas and Olathe (and many ports in between), passed away on June 23, 2012 at her home in Olathe. She was active until the last days of her life, living, as she had for 85 years, enjoying her family and friends each and every day.

Connie was born in Denver, Colo. to Glen and Verna Kent on Feb. 13, 1927. After her mother's death, she was adopted by her father's brother, Rex A. Kent, and his wife, Clara Mae "Plum" Kent. Connie graduated from Norton Community High School and studied nursing at the University of Colorado.

She and Thomas F. Taylor married in 1948. While Tom was in medical school she worked as a surgical, family practice and gynecological nurse. They returned to the Norton-Phillipsburg area and stayed until 1968, when they moved to Salina. In the early 1980s, they became irresponsible transients and for the next 25 years traveled North

Barry Nolan Jones

Sept. 21, 1957 - June 18, 2012

Barry Nolan Jones was born on Sept. 21, 1957 in Detroit, Mich. to the late Ernest and Loretta (Robinson) Jones. He received his education in Imlay City, Mich., graduating from Imlay City High School in the Class of 1975. He later furthered his education, graduating in 1994 from North Central Bible College.

On June 19, 1993, Barry was united in marriage to Donna Joy Rudolph in Norton. This marriage was blessed with three sons: Nolan, Mitchell and Benjamin. In 1994, Barry became a youth pastor and in 2001, was the senior pastor at the Assembly of God Church in Jackson and then in 2006 became the youth pastor at the Assembly of God Church in Windom. Barry also worked at Toro in Windom until Nov. 12, 2010 when he was diagnosed with cancer. He fought the disease coura-

geously until passing away on Monday morning, June 18, 2012 at the Good Samaritan Society-The Village in Mt. Lake at the age of 54.

Barry is survived by his wife, Donna Jones of Windom; three sons, Nolan, Mitchell and Benjamin Jones all at home in Windom; five sisters and brothers, Floretta and Richard Suida; Sherry and Jerry Eldridge; Michael Jones; Tammy and David Sealey; and Leonard Jones all of Michigan; and several nieces and nephews.

Barry is preceded in death by his parents; three brothers, Leroy, Benny and Anthony Jones; and one sister, Kim Higgason.

Funeral services for Barry were held at La-Canne Family Funeral Service in Windom, Minn. on June 22.

Helping seniors with loss of appetite

Many times we see mature older adults who have "lost their appetites." These people may lose quite a bit of weight causing concern to family members and even health care providers.

First, it is very important that the individual's family doctor be involved. Malnutrition caused by a poor diet can lead to other health problems, including a weakened immune system, problems with wound healing and muscle weakness (which can lead to falls and fractures). In addition, unexplained weight loss often is due to underlying health issues caused by the use of certain medications. So, keeping health care professionals in the loop is essential.

Loss of appetite in seniors could have other causes, too. The individual might be lonely or depressed. They might be experiencing a reduced sense of taste or smell, which can affect appetite, or of sight, which could make it more difficult to prepare food. They might have dental problems that cause discomfort when eating. If an underlying problem can be identified, try to address it and you might find that appetite will return.

In the meantime, there are other things that can help. First, focus on protein, which is especially important to prevent malnutrition in the elderly. Canned salmon and tuna are versatile

Homeed
Tranda
Watts,
Extension
specialist



sources of protein that can be used in or added to a number of dishes. Add extra milk to mashed potatoes to increase protein. Or, ask the person's doctor if adding a high-protein supplement to soups, stews or other foods might be worthwhile.

Both the Academy of Nutrition and Dietetics and the Mayo Clinic offer other ideas, including:

- Encourage the individual to eat five or six small meals a day. This is especially helpful if the person fills up quickly during a meal.

- Keep nutritious, easy snack foods readily available, including nuts, peanut butter, cheese, crackers, milk, yogurt, fruit, raw vegetables and ice cream. Keep nonperishable items on the counter or otherwise out in the open as a visual reminder for

the person to have a snack.

- Add 2 percent milk, beans, vegetables, rice and pasta to stews, soups and other dishes.

- Try using new herbs and spices, especially if on a low salt diet.

- Drink milk, juice or even hot chocolate more often than coffee and tea, which provide few calories.

- When possible, make mealtime a social event. Eating with others often sparks the appetite.

If you have questions, please feel free to contact your local doctor, your local K-State Research and Extension Office or you may contact Tranda Watts, Multi-County Extension Specialist, Food, Nutrition, Health and Safety at twatts@ksu.edu.

We all scream for ice cream



An ice cream social was held Tuesday evening at the Norton Community Center (Senior Center). Proceeds from the event are intended to raise money to help pay for a new roof for the community center building. Pictured, Jean Williams (front) serves ice cream to Allen Apuan while Shawna Engelsman and Korla Griffey wait for patrons to arrive.

-Telegram photo by Carleen Bell

SENIOR CENTER MENU

Monday, July 2- Beef and noodles, mashed potatoes, mixed vegetables, bread and peaches.

Tuesday, July 3- Pasta salad w/ham, cantaloupe, breadsticks and brownies.

Wednesday, July 4- CLOSED.

Thursday, July 5- Chicken patty sandwich, tater tots, coleslaw w/carrots, bun and cook's choice fruit.

Friday, July 6- Swiss steak, parsley potatoes, corn, bread and gelatin w/fruit.

Monday, July 9- Pork cutlet, au gratin potatoes, seasoned carrots, bread and pears.

Tuesday, July 10- Spanish rice w/hamburger, cheesy broccoli, apricots, bread and cookie.

Wednesday, July 11- Tuna salad, German cucumbers, Mandarin oranges, bread and cake.

Thursday, July 12- Oven baked chicken, mashed potatoes w/gravy, green beans, bread and watermelon.

Friday, July 13- Pioneer Girl Goulash, spinach cheese salad, bread and cook's choice fruit.

Monday, July 16- Meat loaf, mashed potatoes w/gravy, country style tomatoes, bread and mixed fruit.

Tuesday, July 17- BBQ pork sandwich, tater triangles, macaroni salad w/vegetables, bun and cantaloupe.

Wednesday, July 18- Lasagna, corn, gelatin w/carrots and crushed pineapple, garlic bread and pudding.

Thursday, July 19- Hamburger steak w/mushroom gravy, winter mix vegetables, peaches, bread and birthday cake.

Friday, July 20- Chef salad, citrus slices, cafe crackers and cook's choice complement.

Monday, July 23- Steak fingers, mashed potatoes w/gravy, mixed vegetables, bread and apricots,

Tuesday, July 24- Chicken fajita pasta salad, strawberries and bananas, bread sticks and bar cookie.

Wednesday, July 25- Roast beef, mashed potatoes w/gravy, green beans, bread and watermelon.

Thursday, July 26- Cook's

choice entree, broccoli salad, applesauce gelatin, bread and cookie.

Friday, July 27- Ham, scalloped potatoes, peas and carrots, bread and rosy pears.

Monday, July 30- Fish sandwich, macaroni and cheese, cook's choice vegetable, bun and 5 Cup Salad.

Tuesday, July 31- Turkey, mashed potatoes w/gravy, seasoned carrots, bread and peaches.

For help with your advertising needs please give Dana a call 877-3361
email: dpaxton@nwkansas.com

BIRTH

Chris and Kerrie Browne of Tulsa, Okla. announce the birth of their daughter, Grace-Lyn Raeya, on April 6, 2012. She weighed five pounds and was eighteen inches long.

Grandparents are David and Norma Browne of Norton and Tom and Julie Cheney of Wichita.

65TH ANNIVERSARY CARD SHOWER

for...
Joy and Gladys Glenn

Cards can be sent to:
P.O. Box 452
Norton, KS 67654

Family gathering at a later date

JULY 5, 1947

NOTICE
Discharge of Fireworks has been BANNED in the City of Norcatur
REFER TO ORDER AND PENALTIES IN LEGAL SECTION OF THIS ISSUE

703 N. First, Norton

Open House
703 N. First Norton, Kansas
Sat., June 30 9 a.m.-noon

4 Bedroom, One Bath Home. Newly Updated Kitchen, New Wiring and New Furnace. Two-Car Detached Garage, Fenced Back Yard with Storage Shed

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June 22- July 2

Showing at the
NORTON THEATRE
Brave

(PG) 1 Hour, 43 Minutes (Presented in Digital Surround Sound)
Friday and Saturday: 7:00 and 9:20 p.m.
Sunday: 2:00 and 5:00 p.m.
Monday, Tuesday, Wednesday: 7:00 p.m.

Snow White and the Huntsman
2 Hours, 17 Minutes (PG-13)

Brave is premiere passes only; Snow White all passes accepted

Brave is Premiere Admission Price of \$7.00 and \$6.00 - No Sunday Discount
Snow White is General Admission Price of \$6.00 and \$5.00 - \$3.00 on Sunday
Premiering in Norton, Tuesday, July 3
The Amazing Spiderman (PG-13)
Visit our Website: nortontheatre.com

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