

OBITUARIES

Verlyn Joseph Herman

Sept. 17, 2012



Verlyn Joseph Herman died Monday, Sept. 17, 2012 at age 76 of kidney failure. Verlyn was a builder and he never missed an opportunity to put in hard work. He started his first job at the age of 13, digging post-holes and putting up fence around a farm in New Almelo. Two years later, he began a 61-year career with Sharp Construction LLC, overseeing the construction of countless buildings across the country and quickly gaining ownership of the company. He remained President of Sharp Construction until his death. There was only one commitment more important to Verlyn than his work, and that was to his wife and family. They met in 1953 in Lenora, when, as Grandma says, "I saw this handsome young-man at the filling station." Verlyn married Patricia Tyrrell on May 20, 1957. They spent 75 years together, raising two daughters, three sons, and spoiling 16 grandchildren. Above all he was a loving, patient, hard-working man who set an example for all his descendants and gave them the opportunity to make their lives as successful as his own. He died peacefully, surrounded by those who loved him, with a smile on his face. Verlyn served as a member of the Knights of Columbus, American General Contractors of Kansas, the Metal Building Institute, and the Metal Building Contractors and Erectors Association. He was preceded in death by

his parents, Joseph A. Herman and Rinildis M. Stramel Herman; and brothers, Arlyn and John.

He is survived by his wife, Patricia; children, Joe (Claire) Herman of Norton, Julie (Alan) Seigman of Wichita, Mary Jane Herman of Chanute, James Herman of Fort Worth, Texas, Todd (Leeanna) Herman of Wichita; sister, Jane (Roger) May of Ardmore, Okla.; brother, Michael J. Herman of Ardmore, Okla.; 16 grandchildren; and loved by lots of nieces and nephews.

A funeral mass will be at 10 a.m. Friday, Sept. 21. Rosary will be at 7 p.m. Thursday, Sept. 20, both at St. Francis of Assisi Catholic Church of Wichita.

Memorials have been established with Harry Hynes Memorial Hospice, 313 S. Market, Wichita, KS 67202; St. Francis of Assisi Catholic Church, 861 N. Socora St., Wichita, KS 67212 and Downing & Lahey Mortuary West.

Tributes may be sent to the family at www.dlwichita.com.

Restoring cars from Model A to Z28

By Ron Wilson
Huck Boyd Institute

Look down the street. Here comes a 1952 Chevy four-door in robin's egg blue. What a beautiful car. This car has been restored to its fabulous condition by an automotive craftsman from rural Kansas.

Alan Siebert is the auto specialist who redid this car. Fittingly, his business is called CARS which stands for Classic Automotive Restoration Specialists.

Alan was born in Great Bend. His father ran the body shop for a local auto dealership named Spruills which is now Marmie Ford. When Alan's father wanted to start a business of his own, he opened a body shop in the Stafford County community of St. John, a town of 1,215 people. That's rural - but there's more.

Alan helped out in his dad's body shop as a kid and moved into the business himself after graduation, working for his father and learning from him first hand. "He was my vo-tech teacher," Alan said with a smile.

Now Alan has more than 30 years experience in the business. Of course, he's a rookie compared to his father, who began in 1949 and was still coming to the shop regularly until he got sick in 2012. That would give Alan's dad 63 years of experience in the auto repair business. Wow - Alan has a long way to go.

In 2007, Alan's wife Janet transferred to a job in Arkansas City. Eventually Alan transitioned to a new business and new shop in the Arkansas City area as well. They live in the nearby community of Parkerfield, population 342 people. Now, that's rural. Alan also broadened his business from auto repair to auto restoration, which is one of his specialties.

The new business, as noted before, is called CARS: Classic Automotive Restoration Specialists. There is a lot of interest in classic cars around Arkansas City.

"Ark City has a big classic car show each year," Alan said. "It's called the Last Run. Last year was the 40th annual, and they had more than 600 en-

tries."

Alan's business can handle the full gamut of auto restoration and repair from A to Z - or as his business card says, "From Model A's to Z28's." He has literally worked on everything from Model A's to the most modern automobiles. Of course, lots of restorations involve muscle cars from the 1960s and '70s.

"I've worked on Mustangs and Camaros and Corvettes from that period," Alan said. Now those were real cars! Alan worked on a gold 1970 Plymouth Duster and a 1968 Barracuda which was banana yellow. "It sounds crazy, but we added a black stripe and it looked really cool," he said.

One time Alan went to look at a used car in the Dodge City area but it wasn't suitable. "What else do you have?" Alan asked. The man showed him a 1962 Austin Healy which the man wanted to gut and turn into a salad bar in a restaurant. Alan bought and restored the car, saving it from a fate of lettuce and ranch dressing spills.

Then there was Carol, who came to Alan to ask about a 1952 Chevy four-door. It had been Carol's family car which she had driven to high school. Her grandmother ended up with the car, which had deteriorated and then sat for 25 years. The car was in terrible condition.

"I could see the ground through the floorboards," Alan said. And talk about bucket seats - the front seat was literally a big bucket turned upside down.

But Carol's 45th high school reunion was approaching and she wanted that old car restored. After hours and hours of work, including Janet and their daughters, Alan restored that car to pristine condition and painted it the original color.

Look down the street. There goes a 1952 Chevy four-door in robin's egg blue. The driver is Carol, with a big smile on her face as she goes to her 45th high school reunion in style. We commend Alan Siebert, a classic automotive restoration specialist, for making a difference with his craftsmanship and workmanship. In my opinion, building such a business in rural Kansas is the way it "auto" be.

CLUB NEWS

By Jerris McMullen

The Heritage Quilt Club met on Monday, Sept. 10 in the basement at Prairie Land for the first meeting of the year. For our summer challenge this year, each member drew from a sack, a bag with two color crayons. During the summer they were to make a project using fabrics of these colors. This did present a challenge for several members as it took some of them out of their comfort zone with the colors they had to use. It was interesting to see all the projects they made, from pot holders to table runners and quilts.

The Northwest Kansas Shop Hop will be held Sept. 15-22. Twenty of the challenge projects will be displayed at Stitch Up A Storm during the Shop Hop and through the month of October.

Ruth Haarberg from Wagner Quilt and Conversations of Arapahoe, Neb. was the guest speaker. "Fibers Of Our Lives" was the title of her presentation. She told the stories of many quilts she had collected over the years. Many were family quilts

and she had documented their beginnings. Some were quilts she had rescued at thrift shops and flea markets. Some were as she found them and some she had added new bindings and added a few other touches.

Four baby quilts were turned

in for the hospital to give to newborn babies.

The next meeting will be Oct. 1 for a soup and dessert meal and trunk show by Clara Sebelius.

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

Colby Community College
Adult Education Classes
Enrolling Now:
Official GED Prep and Academic Success Classes in Norton
Classes and Materials are FREE!
Classes will meet every Wednesday beginning October 3. Enrollment will be October 1 at the campus building - 711 North Norton.
Questions: Call Nance Munderloh at (785) 460-4663 or Dian Organ at (785) 460-5486.
1255 South Range • Colby, KS 67701
www.colbycc.edu

Wedding Announcement



Vallene Berry and Nathan Martin have announced their wedding to be held at Buffalo Grove Presbyterian Church in Lexington, Neb. on Oct. 20, 2012.

Parents of the bride are Mike and Laurie Cliff of Norton and LeAnn Johnson of Longmont, Colo.

Parents of the groom are Gayle and Joanna Martin of Alma.

Nathan is employed by H.J. Farms in Lexington, Neb.

Vallene is employed by Lexington Regional Health Center in Lexington, Neb.

Good news if trying to lose weight

If you've been finding it harder and harder to lose weight there is some good news.

A recent study of postmenopausal women and weight loss shows specific eating behaviors that are linked with successful weight loss (short and long term). Researchers looked at individual strategies women used for weight loss at six months and then after four years. Some were in a lifestyle/weight loss education program and some were in the control group. Following are the strategies they studied and how they worked.. (One word of caution: please contact your family doctor before starting on a weight loss program to make certain it is in the best interest of your health.)

8 Habits of Successful and Healthy Weight Loss

1. Eat Dessert Half as Often. At six months the biggest losers (those who lost at least 22 pounds, cut their desserts from about 15 to five servings per month. At four years those who lost the most weight were eating, on average, about seven desserts per month.
2. Get the Sugary Beverages Out. At both six months and four years, cutting sweetened beverages

Home ed
Tranda
Watts,
Extension
specialist



the big losers were eating fewer meats and cheeses (about 1/2 ounce less per day) than at the beginning of the study.

6. Enjoy Fish More Often. On average, the most successful losers increased their fish, on average, from about four servings per month to about five to six servings per month. Substituting fish for higher fat meats means fewer calories and an added heart health benefit.

7. Start by Eating at Home. One of the first steps toward losing weight may be to eat at home more often. At six months, eating at restaurants less often linked with more weight loss. However, at four years, how often women dined out didn't seem to matter. The hypothesis is that women who have lost the most weight and kept it off were using the other seven strategies even when eating at restaurants.

8. Increase Your Physical Activity.

If you have questions, please feel free to contact 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.

Plans being made to re-surface U.S. 183

On approximately Wednesday, Sept. 26, a job to repave a section of U.S. 183 in Phillips County is scheduled to begin.

The job will begin at the Rooks/Phillips county line and continue north to the east U.S. 36 Junction.

The scope includes first milling 2.5 inches of existing pavement and then inlaying a 2.5-inch lift of asphalt. After this is completed, an additional 1.5-inch lift of asphalt will be laid to complete the paving operation. The curb and gutter sections in Phillipsburg and Glade will receive a two-inch mill and inlay to maintain the existing elevation.

Center line rumble strips will also be added to this 13 mile stretch of roadway as part of the construction project. In 2007, the department implemented a policy to install center-line rumble strips in conjunction with new construction projects on many rural, two-lane highways that have at least a three-foot paved shoulder. The strips

are intended to warn drivers that their vehicles are drifting across the centerline onto oncoming traffic, avoiding potential collisions.

Flagger and a pilot car operation will guide one-lane traffic through the work zone during

daylight hours. Delays of 15 minutes or less should be expected through the construction time frame. The public should plan their travels accordingly.

Weather permitting, this construction job will be complete by mid-November.

Applications are being taken for Norton Animal Health Center
Oct. Low Cost Spay and Neutering
Pick up your applications at
801 W. Holme, Norton, KS
and return by **September 26.**
On October 1, chosen applicants will be notified.
equals 420,000 cats
equals 50,000 dogs
PHONE: (785) 877-2411
Aaron White, DVM • Sarah Ketterl White, DVM

Sept. 21-Sept. 26
Showing at the
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Sunday - 5:00 p.m.
Mon., Tues., Wed., 7:00 p.m.
The Campaign
1 Hour, 47 Minutes, (R)
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All passes accepted for The Campaign
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