

OBITUARIES

Lona Margarite Powers Houghton

March 28, 1913 - Dec. 25, 2012

Lona Margarite Powers Houghton, 99, of Spearfish, S.D., died Dec. 25, 2012.

A memorial service will be held at 10 a.m. on Jan. 2, 2013 at Fidler-Isburg Funeral Chapels, Spearfish, S.D.

Memorials can be made to: Legion Auxiliary, P.O. Box 1, Norton, KS 67654.

Graveside services will be held at 9 a.m. on Jan. 4, 2013 at the Norton Cemetery in Norton.

Lona was born March 28, 1913 in Norton to Michael E. and Louie Garrison Powers. She was the youngest of seven children. Later in life she fondly remembered her life on the family homestead south of Norton, and was pleased that through so many years the windmill on the home place remained standing.

Lona enjoyed life but she was not a stranger to sadness. An older sister, Nellie, was killed in a car/pedestrian accident when she was a young woman starting a career in the big city. Lona was herself the victim of a tragic car/train accident in 1921. The accident, which occurred in Norton on Christmas Eve, claimed the life of Lona's sister Blanche, Blanche's husband and their young child, as well as the family's hired hand. Lona spent weeks in the hospital, and bore physical scars from the wreck for the rest of her life. Her children, however, enjoyed Christmases throughout their childhood without being aware the accident had happened on Christmas Eve. Whatever sorrow she felt during that season did not show.

In 1934, Lona and Sidney C. Houghton eloped to Smith Center. Their secret was quickly discovered, as Sid was not of age and the judge called his mother for her okay. The two had a long and adventurous marriage. Their first son, Jan Charles, was born in Smith Center, where they had moved, to work in a grocery store. Their travels also took them to the Black Hills of South Dakota, where they operated a pool hall and then the Halfway House, a steak house located 'halfway' between Spearfish and Deadwood.

Three more children, Thomas A Edward, Patricia Ann and Donald Jay, were born in Deadwood. Jan remains a resident of Spearfish, and all three of his siblings always considered the Black Hills

their real home.

Circumstance took the family, except for Jan, to Minnesota, then Iowa. In LeMars, Iowa, Lona worked at the cafeteria at (then named) Westmar College, as assistant manager. She also enjoyed participating in Sweet Adelines. She experimented with cake decoration and enlarged her amazing collection of recipes - many written on any scrap of paper she could find as she listened to local radio programs.

In 1971, Lona and Sid retired to Tucson, Ariz., where they enjoyed operating a booth selling knives at the local swap meets.

Sid passed away in 1983. After a time without him, Lona decided to adopt 'Don't Worry, Be Happy' in her new life. She purchased a home in her beloved Norton, and moved back there. She rejoiced in renovating her home, and renewing old friendships as well as making new ones. As her mobility decreased, she was helped by caring friends and neighbors. Her son, Tom, lived with her for several years, making it possible for Lona to stay in her own home. After Tom's death in 2008 she sold her house and moved to Spearfish where she could be close to Jan, his wife Callie, and some of her grandchildren including granddaughters Christina and Kelly, all of whom helped make her comfortable and welcome.

Lona was a delightful person, a caring person, and as many would attest, very strong. She was made of cast iron, forged in a furnace fired by tragedy and the great depression.

Lona was preceded in death by her parents, her sisters Nellie Powers, Blanche Johnson and Lenora Smith, brothers George, Manuel, and Sylvester Powers, and her son Tom Houghton.

Survivors include two sons, Jan Houghton of Spearfish, S.D.; Don Houghton of Tucson, Ariz.; a daughter, Patricia Wallace of Amarillo, Texas; 10 grandchildren, 11 great-grandchildren and three great-great-grandchildren.

Arrangements are in the care of Fidler-Isburg Funeral Chapels & Crematory Services, Spearfish, S.D.

Online condolences may be written to www.fidler-isburgfuneralchapels.com.

Nex-Tech employees recognized



(Left) Amber Taylor reached 10 years of service with Nex-Tech on Dec. 23, 2012. She is a Network Services Representative at the Phillipsburg office.



(Right) Lisa Wagoner reached 25 years of service with Nex-Tech on Nov. 2, 2012. She is the Executive Assistant at the Lenora office.

Let it snow, let it snow, let it snow

We awoke to swirling snowflakes with windows plastered white. Outside the evergreens are swaying in a winter's day ballet, their branches draped with white lace and adorned with red birds. Ol' Man Winter, aroused, is raging throughout the Midwest. Blessed moisture, which has been in short supply here, is welcomed by winter wheat farmers, by travelers not so much. One of the major joys of retirement is being able to stay indoors and love the snow while enfolded in an afghan, behind double-paned windows, comforted by an efficient heating system. If I had a kitchen I'd make chili and bake cookies and be perfectly content.

Snow brings so many memories. Dad headed out to ride the snowplow, Mom lighting the oven to help warm the house, carrying hot baked potatoes in my pockets to warm mittened hands on the cold trot to school, candlelight service on Christmas Eve. "White Christmas" playing on the radio while Dan pressed his young nose against the window and grumbled, "Whoever wrote that song didn't have David and Joan driving home from college for Christmas.," Virginia Lang at the Norton Coast-to-Coast, happily declaring, "A little snow puts people in a shopping mood." I remember, too, a snowy day when I sat alone at my kitchen table, writing Christmas letters to let far away friends know of LeRoy's passing, as I watched his

Pieces of life's puzzle
Liza Deines



beloved cardinals flutter to and from his bird feeders, to shelter in the tall blue spruce tree he raised from a tiny seedling.

Perhaps some of you remember how LeRoy loved a good snow storm. He invariably went out to walk the quarter section, garbed in five-buckle galoshes to his knees, his huge sheepskin lined coat and cap (with earflaps down), sheepskin mittens big as bear paws, a thick scarf wound around his face, leaving only his eyes visible. It's almost certain he was responsible for those sightings of the Abominable Snowman in Norton County some years ago.

Here at The Carlyle we have been eagerly awaiting the first snow of the winter, happy that we no longer must scrape a cold car and drive to work or go out to shovel the walks, or for mail or groceries. We all applauded when our snow-covered servers and cooks made it in to work on time. Hot coffee and steaming oatmeal started everyone reminiscing about how much more snow there was when we were kids, how deep it was, how schools never closed and how hard it was to keep a house warm in the days before insulation and

central heating. Sledding tales, complete with broken bones or close calls, ice skating parties with taffy pulls and hot cocoa afterward; to hear us tell it we all lived in a Grandma Moses' painting of winter at the farm.

No one ever considered closing school just because it was cold or snowing. Mom rode a saddle horse to the one-room schoolhouse where she taught, brought in coal and kindling from the shed and got the potbellied stove going before her students arrived. At recess everyone went out to stomp out a circle in the virgin snow of a nearby field to play Fox'n Geese. My sister recalls Dad hitching up the horses and taking her to school on the sledge, sliding right over the fence rows on drifts. Even in the 1940's when I was in grade school, there were no snow days that closed schools or cancelled recess. We built snowmen and snow forts AND engaged in fierce snowball battles. Mean boys washed faces with snow and although we girls squealed in protest, everyone returned to class laughing and rosy-cheeked.

The sun has come out and the snow, as well as Christmas, may be gone before you read this column; it may be a white Christmas, or maybe not. Oh yes, and the world is supposed to end tomorrow so these memories may never see print. Whatever befalls, God Bless You, One and All!

Watch sugar intake over the holidays

It's a good idea to eat less sugar -- added sugar, that is. It's estimated that Americans consume 16 percent of total calories from added sugar -- the kind of sugar that's added to foods during processing or preparation, as opposed to the type naturally found in fruit and other whole foods.

That 16 percent is equal to 320 calories a day on a 2,000 calorie-a-day diet -- far more than recommended. The American Heart Association suggests that women consume no more than 100 calories a day from added sugars, and men no more than 150 calories a day.

The nutrition community agrees that cutting back on sugar would be a very good thing. Some experts even go so far as to call added sugars "toxic" and advocate regulating them like alcohol. Others are more moderate, saying that added sugars are just a source of needless empty calories and cutting back would help people with their weight and triglyceride levels, which increase when you eat too much sugar.

Homeed
Tranda Watts,
Extension
specialist



In either case, you should know that overdoing it on added sugars -- or other carbohydrates, including white rice, bread and other refined grains, could cause your blood sugar to spike and then drop, possibly suddenly -- and that variation in blood sugar could trigger more sugar cravings.

Be aware that avoiding added sugars can be a challenge. They're not only in cake, cookies, pie, candy and ice cream, but they're also in many processed foods, including barbecue sauce, salad dressing, canned soup, pasta sauce, granola bars, breakfast cereal, instant oatmeal, flavored yogurt, frozen dinners and many other foods. The largest contributor of added sugars in the diet is high-

calorie soft drinks.

Looking at the "sugar" line on the Nutrition Facts label doesn't always help, because it lumps naturally occurring sugar together with added sugars. So you need to look at the ingredients listing to determine if the product has added sugar. Look for words like cane crystals, corn sweetener, evaporated cane juice or syrup, fructose, dextrose, glucose, sucrose, fruit juice concentrates, agave nectar (or other types of nectar), high-fructose corn syrup, honey, malt syrup, or molasses.

Or more simply: Eat fewer processed foods and more fresh produce; use fresh ingredients when cooking; and drink more water and milk. And limit yourself to just one or two of those cookies at a time.

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.

New administrative offices for Options

Domestic violence and sexual assault service provider, Options, has moved its administrative offices to 2716 Plaza Ave., in Hays. The new location allows Options to provide critical services in a more sensitive and professional setting, while increasing the amount of private meeting space and staff work areas.

Charlotte Linsner, Options Executive Director stated, "The decision to make this move reflects Options dedication to continue providing life-serving advocacy services and, also the continued commitment to address the needs of violence victims throughout northwest Kansas. It is an exciting step for us and we are forever grateful to all who were involved in making the move possible."

Options invites the public to stop by 2716 Plaza Ave. in Hays, and tour the facility, especially the children's dedicated room.

The building was previously owned by the Farm Bureau of Hays and had been unoccupied since 2010. When approached

by Options, the Farm Bureau Board was very supportive and agreed to reduce the price of the building. With the sale of the building, the use of reserve funds, and a modest loan, Options was able to purchase the building.

Kenton Olliff, Options' Board President, states, "This move would not have been possible without the support of the community members and organizations involved. The decision to purchase this property was not made lightly. We are hopeful the community we serve will support this move, both in spirit and when considering their opportunities to donate."

"Options provides often overlooked, yet critical services, for many communities in northwest Kansas," said Christie Brungardt of Jana's Campaign. "Though Options' staff works tirelessly to reduce partner violence, we must all assume some responsibility in helping them eliminate this societal issue."

Options provides free and confidential services to any in-

dividual who has experienced domestic, sexual, interpersonal or stalking violence in northwest Kansas. Services include a 24-hour crisis hotline, personal support, safe shelter, community referrals, individual counseling, support groups, community awareness and prevention programs. Options serves the 18 counties of northwest Kansas with two offices; main office in Hays and an outreach office in Colby. Learn more at www.help4abuse.org. Options is a United Way of Ellis County participating agency.

CLUB NEWS

Members of GFWC Mid-Century were greeted by a winter holiday setting as they gathered in Fellowship Hall at the First United Methodist Church for their December meeting. The tables, set for the Tasting Party, featured poinsettia designs, candles and nativity sets. In the background a DVD showed scenes of Christmas backed with piano arrangements of favorite carols. It was truly "Home For The Holidays."

Members brought a favorite holiday treat for the Tasting Table. The hostesses, Mary Beth Boyd, Cheryl Scott and Judy Davis, served beverages.

Virginia Will, president, presided for a short business meeting.

For the holiday program, Mary Beth shared the meanings of peace from various countries.

A favor for each member was a white dove, a symbol of peace. To conclude the program Virginia Will sang a solo, "Let There

Be Peace On Earth."

For the January meeting, members will meet at the Andbe Home on January 24.

Flu Shots Still Available



The Influenza vaccine is recommended for anyone 4 years and older who wants to reduce their risk of becoming ill with the flu, or reduce their risk of spreading the flu to others.

While it's best to get the flu shot in the fall, this illness peaks in January or February so it's not too late to get vaccinated. **THE FLU VACCINE IS STILL AVAILABLE** at the Norton Medical Clinic and the Norton County Hospital.



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

James E. Reeves
DPM, P.A.
Norton Hospital Specialty Clinic
Tuesday, Jan. 8, 2012
1:00 - 4:00 p.m.
Call to schedule an appointment
PHONE: 785-877-3351

Dec. 25-Jan. 2

Showing at the **NORTON THEATRE**

The Hobbit: An Unexpected Journey
3D (PG-13) - 2 Hours, 59 Minutes
Friday and Saturday: 7:00 p.m. ONLY
Sunday: 2:00 and 5:00 p.m.
Monday, Dec. 31 (New Year's Eve): 7:00 p.m. ONLY
Tuesday, January 1 (New Year's Day): 7:00 p.m. ONLY
Wednesday, January 2: 7:00 p.m.

Parental Guidance
(PG) - 1 Hour, 55 Minutes
Friday and Saturday: 7:00 p.m. and 9:15 p.m.
Sunday: 2:00 and 5:00 p.m.
Monday, Dec. 31 (New Year's Eve): 7:00 and 9:15 p.m.
Tuesday, January 1 (New Year's Day): 7:00 and 9:15 p.m.
Wednesday, January 2: 7:00 p.m.

Let's Go to the Movie

The Hobbit and Parental Guidance are premiere movies. NO Sunday discount.

The Hobbit: An Unexpected Journey is Premiere Price of \$7 and \$6 - No Sunday Discount
Parental Guidance is Premiere Price of \$7 and \$6 - No Sunday Discount

COMING SOON

Visit our Website: nortontheatre.com

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