

# OBITUARIES

## Gary D. Henderson Jan. 17, 1942 - Jan. 27, 2013



der, deacon, board chairman, treasurer and financial secretary. He was a Mason, Scottish Rite KCCH and a member of Isis Shrine.

Gary started his career with

Southwestern Bell as a lineman and retired as management center foreman after 25 years of service.

Gary was an avid reader, enjoyed coin collecting, fishing, music, computers and was a loyal Kansas State Wildcats fan. He will be remembered for his fellowship and sense of humor.

Funeral services were held on Thursday, Jan. 31, at Belmont Boulevard Christian Church, with the Reverend Tara Thompson officiating. Burial followed at Walnut Grove Cemetery in rural Saline County, with Masonic burial rites conducted.

Memorials can be made to Belmont Boulevard Christian Church, Hospice of Salina or Walnut Grove Cemetery.

Gary D. Henderson, of Salina, died Sunday, Jan. 27, 2013 at the age of 71. Gary was born on Jan. 17, 1942, in Smith Center to Iyce and Alice (Anderson) Henderson.

He is survived by his wife of 47 years, Susie; son, Todd (Christie) Henderson of Leawood; daughter, Sara (Jeremy) Praytor, of Salina; and his four grandchildren, Britton and Addison Praytor and Kate and Reed Henderson. He is also survived by his brother, Larry (Vicki) Henderson, of Norton.

Gary was preceded in death by his parents.

A longtime resident of Salina, Gary was an active member of Belmont Boulevard Christian Church where he served as el-

## Miriam Evadna Marsh Webb Nov. 7, 1916 - Jan. 18, 2013



courses through the University of Colorado at Boulder. They married two years later and lived in the Denver area. After

Miriam Evadna Marsh Webb, 96, a former teacher at Decatur Community High School, died Friday, Jan. 18, 2013, at Sunny Acres Retirement Home in Thornton, Colo.

She was born Nov. 7, 1916, in Smith County, the daughter of Bart and Mary Marsh. The family moved from Smith Center to Almena, where she attended elementary school. She worked to put herself through college, then taught in rural schools for several years. After earning a bachelor's degree, she taught in larger schools, including Oberlin, for over 20 years.

She met Eddy Webb in 1951 while taking advanced teaching

her husband died, she took over his role as a director at North Valley Bank for many years. She was active in Delta Kappa Gamma and PEO.

Survivors include a son, Greg, and a daughter, Marsha, both of the Denver area, and a brother, Harlan Dean.

She was also preceded in death by her parents; a sister, Vera; and two brothers, Enos and Harlan Dean.

A memorial service will be held at 11 a.m. Saturday at the United Presbyterian Church in Westminster, Colo.

Condolences may be left at HoranCares.com.

## Humanities council announces Poet Laureate

The Kansas Humanities Council (KHC) has announced plans for the Poet Laureate of Kansas. A new program for KHC, the position of Poet Laureate will help promote the humanities as a public resource for all Kansans. More information is available at [www.kansashumanities.org](http://www.kansashumanities.org).

"The Poet Laureate of Kansas program is a strong addition to the humanities programming supported by the Kansas Humanities Council," said Gene Merry, chair of the KHC Board of Directors. "Through public events and outreach, the Poet Laureate of Kansas brings Kansans together to share insights and engage in meaningful conversations through poetry."

KHC invites Kansas poets with a strong interest in public engagement to apply to serve as the 2013-2015 Poet Laureate of Kansas. Applications are due by 5:00 p.m. on Friday, February 22, 2013. Complete eligibility requirements and application instructions are available at [www.kansashumanities.org](http://www.kansashumanities.org). The announcement of the new Poet Laureate of Kansas is planned for April to coincide with National Poetry Month.

The Poet Laureate of Kansas program is made possible with a gift from Lon Frahm, Colby. A current member of KHC's board of directors, Frahm is a lifelong supporter of the humanities and arts in Kansas.

"Admittedly, I am not a student of poetry,"

shared Frahm. "However, I very much support our state having a poet laureate. The concept really appeals to me. Certainly, it will benefit the entire cultural life of Kansas. And, as a sixth generation Kansan, I think that's important."

"The Kansas Humanities Council is fortunate to have dedicated and generous Council members, like Lon Frahm, who help make it possible for us to provide wonderful programs for the people of Kansas," said Deborah Divine, chair of the fund-raising committee of KHC's board of directors. "KHC appreciates Lon's generosity in funding the Poet Laureate of Kansas program as well as the contributions of all of our donors."

Those interested in donating to the Kansas Humanities Council in support of the Poet Laureate of Kansas program should visit [www.kansashumanities.org](http://www.kansashumanities.org) or contact the Kansas Humanities Council at (785) 357-0359.

The Kansas Humanities Council is a nonprofit organization that supports community-based cultural programs, serves as a financial resource through an active grant-making program, and encourages Kansans to engage in the civic and cultural life of their communities.

More information about the Poet Laureate of Kansas call for applications is available at [www.kansashumanities.org](http://www.kansashumanities.org) or by calling (785) 357-0359.

## SENIOR CENTER MENU

Friday, Feb. 1  
Chicken pasta salad, Mandarin oranges, breadstick and pudding.

Monday, Feb. 4  
Harvest Turkey Soup, Watergate Salad, crackers and no bake cookie.

Tuesday, Feb. 5  
Hamburger patty, onions, tomatoes, pickles, potato salad, bun and blueberry crisp.

Wednesday, Feb. 6  
Oven fried chicken, mashed potatoes, gravy, corn, bread and rosy pears.

Thursday, Feb. 7  
Liver and onions, green bean casserole, citrus slices, bread and cook's choice complement.

Friday, Feb. 8  
Meatloaf, parsley potatoes, mixed vegetables, bread and peaches.

Monday, Feb. 11  
Ground beef stroganoff over noodles, winter mix vegetables, bread and plums.

Tuesday, Feb. 12  
Ham and beans, 5-cup salad, cornbread and cookie.

Wednesday, Feb. 13  
Baked fish, macaroni and cheese, peas and carrots, bread, strawberries and bananas.

Thursday, Feb. 14  
Waikiki Meat Balls over rice, broccoli, bread and mixed fruit.

Friday, Feb. 15  
Chef salad with meat on the side, tropical fruit, bread stick and brownie.

Monday, Feb. 18  
Ground beef stew, cook's choice fruit, crackers and bar cookie.

Tuesday, Feb. 19  
Lasagna, corn, spinach salad, garlic bread and blueberry cobbler.

Wednesday, Feb. 20  
Chicken fried steak, mashed potatoes, gravy, California blend vegetables, bread and apricots.

Thursday, Feb. 21  
BBQ chicken, au gratin potatoes, ambrosia fruit salad, bread and birthday cake.

Friday, Feb. 22  
Tuna and noodles, peas, stewed tomatoes, bread and pears.

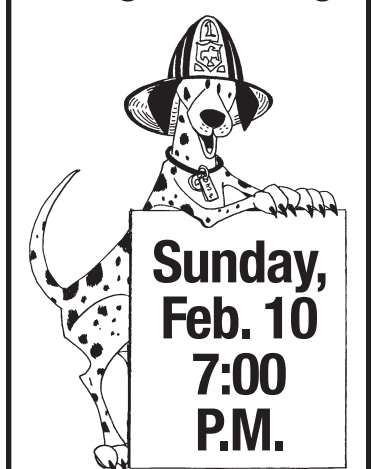
Monday, Feb. 25  
Chicken dressing casserole, mashed potatoes and gravy, seasoned carrots, bread and mixed fruit.

Tuesday, Feb. 26  
Chili, cottage cheese w/pine-apple, crackers and cinnamon

roll.  
Wednesday, Feb. 27  
Salisbury steak, scalloped potatoes, peas, bread and peaches.

Thursday, Feb. 28  
Cook's choice entree, hash brown casserole, hot cinnamon apple slices, bread and pudding.

**PUBLIC NOTICE**  
**Norton Rural Fire District #2 Budget Meeting**



## Small changes support weight loss

Losing weight, choosing foods that contribute to health, and making time for family meals are familiar New Year's resolutions. And, while good intentions can be plentiful this time of year, focus on a reasonable goal. Resolving to lose 20, 30 or 40 pounds can be overwhelming. With an average holiday season weight gain estimated at four pounds, focus on newly-added pounds first, rather than a larger goal of pounds that accumulated over the years.

-Losing four pounds sounds doable and after losing those four, continue to try to lose weight using gradual changes over time that lead to weight loss and improved health.

-Planning is an important part of the process. Choose menus, making a grocery list before shopping, and ensuring that the list includes healthy choices, such as fresh or dried fruit for snacks.

-Make breakfast, which provides the calories needed for morning activities, a priority. People who skip breakfast to save calories usually consume more calories during the day. A breakfast that includes three food groups, such as whole grain cereal, low-fat milk and fruit is recommended. If time is short, set out breakfast dishes and non-perishable foods the night before.

-In planning breakfast, noon and evening meals, and snacks try these ideas:

### Home ed Tranda Watts, Extension specialist



\* Read food labels. Become familiar with nutritional content and portion (or serving) sizes.

\* Make it easy on yourself by focusing on food preparation when time is available and incorporating leftovers into mid-day and evening meals..

\* Plan to eat at home, by preparing a recipe that can be completed in less time than it would take to drive to a restaurant. Eating at home can save money, allow control over the size of portions and choice of ingredients, and create time for family members to share responsibilities for meal preparation.

\* Reserve restaurant meals for special occasions.

\* Use home cooking as an opportunity to introduce the family to new foods.

\* View mealtime as a time to connect with family and friends. Enjoy a meal without watching television, texting, or talking on the phone.

\* Take a break for a planned snack, instead of snacking while completing another task.

\* Chew food slowly. Stop eating when no longer hungry, rather than eating until you are

too full.

\* Set a good example for children by eating a variety of health-promoting foods and appropriate portions at regular meals and snacks..

\* Make time for adequate rest to bolster the immune system and keep metabolism operating on an even keel. Current recommendations for adults are seven to nine hours of sleep nightly.

\* Get 30 minutes of moderate physical activity five or more days. Increase physical activity gradually. As the weather improves, start walking around the block, walk on a short errand, or walk on work breaks.

Small changes can make a big difference. Writing down what you eat, and how much, can help people see where they need to pay attention to control their calories.

Trimming as few as 125 calories a day can result in losing a pound a month or 12 pounds a year.

Combining increased physical activity with purposeful eating can turn a resolution into a success story for the new year.

More information about food, nutrition and health, and safety is available at 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](mailto:twatts@ksu.edu).

## Agriculture marketing workshops available

For anyone who finds crop insurance confusing and marketing their grain overwhelming, K-State Research and Extension has a workshop for you.

Three Risk-Assessed Marketing (RAM) Workshops during February will address these issues - two of which will present basic information and one that is more advanced. Two of the workshops will be in Hays and one in Hillsboro. The registration deadline for the Hays locations has been extended to Feb. 4. The deadline for the Hillsboro workshop is Feb. 15.

These workshops use a case study, with participants managing a typical grain farm, said Stacy Campbell, extension agriculture and natural resources agent in Ellis County. Participants will have the opportunity to select type and level of crop insurance, decide on Farm Service Agency program participation, and then work through a typical grain marketing year.

## CLUB NEWS

Chapter AA, PEO, met at the home of Julie Baughman on Jan. 15, 2013. Beverly Kindler served as her co-hostess.

Members brought food or money for God's Pantry; a continuing project for our chapter.

Kim Chambers and Julie Baughman passed around sign up sheets for food donations and volunteers to work at the Baked Potato Bar to be held at Norton Community High School on Tuesday, February 5 during the basketball games. Serving begins at 4:30 p.m.

Deb McClymont highlighted a few articles in the latest issue of the PEO magazine, The Record. One of special interest included a new chapter formed in Searcy, Ark., with the help of Amanda Lane who lived and taught school here in Norton. Her sister is Ruth Durham of Norton. Former First Lady Bess Truman was the subject of an article about how she formed a new chapter in Washington, D.C. during the time of her husband's presidency. She hosted

several meetings in the White House.

Following the meeting Beverly Kindler presented a fascinating and informative program about quilting. She included a detailed handout, beautiful samples of many patterns and unique variations of the craft. She also served delicious (and decorative) hand made chocolates with tea.

The February meeting will be on the 12th. Members are to

meet at Twice Sold Treasures at 6:30 p.m. for a program, and then on to Jean Williams for the meeting and refreshments.



**SNOWBALL SPECIALS**  
TANNING PACKAGES:  
Starting January 7 through February 8, 2013  
25 TANS FOR \$25.00;  
Mystic Spray Tan: Feb. 4-Feb. 8, 2013  
\$15.00 Per Spray Tan (Reg. Price \$20)

**BELLA SOLE**  
212 S. STATE, NORTON, KANSAS  
CALL 785-874-4014 TO MAKE APPOINTMENTS

HAIR-DO SPECIALS - CHECK US OUT!!  
OR TALK TO RICKLE GREEN FOR  
HIGH SCHOOL GIRLS GOING TO SNOWBALL  
UP-DO'S - Long Hair: \$20.00 - Short Hair: \$15.00  
Come with your hair washed and dried. If possible bring a picture of the hair-do you like, and any hair accessories you want in your hair

Feb. 1 - Feb. 6

Showing at the  
**NORTON THEATRE**  
**Mama**  
(PG-13) - 1 Hour, 50 Minutes  
Friday and Saturday: 8:00 p.m.  
Sunday: 2:00 p.m.  
Monday, Tuesday, Wednesday: 7:00 p.m.

**Les Miserables**  
(PG-13)  
2 Hours, 47 Minutes

Mama and Les Miserables are both non-premiere movies-\$3/tx on Sunday  
Mama is a non-premiere movie \$7.00 and \$6.00. \$3.00/tx on Sunday  
Les Miserables is a non-premiere movie - \$7.00 and \$6.00. \$3.00/tx on Sunday

**Visit our Website:**  
[nortontheatre.com](http://nortontheatre.com)

**COMING SOON**

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