

OBITUARIES

Doral Duane Allen March 28, 1929 - April 4, 2013

Doral Duane Allen, 84, Ozawkie, passed away April 4, 2013, at his home. Doral was born on March 28, 1929, in rural Norton County, Kansas, the son of Clarence and Bessie (Byers) Allen.

He graduated from Lenora High School in 1947. Doral married Rosalie Angela Mindrup on Nov. 5, 1952. Doral worked for Ideal Trucking Company as a truck driver and later worked for New Age Aluminum Company where he retired in 1992.

Doral loved spending time with his family and grandchildren, dancing, working in the garden and working with his hands. Doral was also known as a master story-teller and always was ready to share his stories with anyone who would listen.

Surviving are: his wife, Rosalie, of the home; son, Jerry Allen, Bagram, Afghanistan; son, John Allen, Logan; daughter, Pam and Brad Wauflle, Hillsdale, Wyo.; son, James and Shauna Allen,

Ozawkie; sister, Alene Hickert; six grandchildren: Chad Allen, Kristen Tripe, Blake Wauflle, Hannah Allen, Heath Allen, and Hayden Allen; three great-grandchildren, Tyler Wauflle, Calloway Allen, and James Allen.

He was preceded in death by three brothers and five sisters.

A rosary service will be held on Tuesday, April 9 at St. Joseph Auditorium in New Almelo, at 7 p.m.

A Mass of the Christian Burial will be held on Wednesday, April 10 at St. Joseph Catholic Church in New Almelo, at 10:30 a.m. Burial will follow at St. Joseph Cemetery.

Contributions may be made to the Doral Allen Memorial Fund.

Arrangements are by Enfield Funeral Home.

Treats for those who live alone

If you should hear sirens while reading this column it's probably the Facebook police are coming to take me away. These recipes have all been on that popular electronic communication board lately but I am aware that many older folks have no access to nor expertise on computers so I've stolen them for those of us who live alone. The clever ideas here make just one serving of yummy desserts, which is good for singles both economically and nutritionally. You don't waste money tossing out stale cake or hard cookies and you're not tempted to eat too much just because it's there in the cookie jar or refrigerator.

CHOCOLATE MUG CAKE
Four tablespoons plain flour
Four tablespoons sugar
Two tablespoons baking co-

coa
One egg
Three tablespoons milk
Two tablespoons oil
Three tablespoons chocolate chips
Snort of vanilla

One LARGE coffee mug
Place dry ingredients in mug and mix well, add egg and mix well. Pour in milk and oil and mix well. Mix in chips and vanilla. Place mug in microwave and cook three minutes at 1000 watts. It will poof up high but will sink when allowed to cool a few minutes, leaving a nice hollow for a dip of ice cream. Try Peanut Butter Panic or Cherries Garcia! Delicious but dangerous since you are always only five minutes away from warm chocolate cake!

THREE-TWO-ONE CAKE

Cook's Corner Liza Deines



One angel food one-step cake mix and one regular cake mix (any flavor) combined dry in a one-gallon, heavy duty resealable plastic bag. Place three tablespoons of this mixture in a small microwave dish and stir in two tablespoons water. Microwave on high for one minute. Top with fresh fruit, a bit of ice cream or a dab of yogurt. Canned frosting may be kept in the refrigerator and used a spoonful at a time to frost this little cake if you must have icing. Store remaining mix in freezer; it will make a lot of little cakes whenever you want one.

My testing gourmets tell me good combos with the required angel food mix are lemon cake topped with fresh strawberries or spice cake topped with a dab of caramel ice cream sauce. Get creative and make up your own favorites. And do let me know what you find best.

APPLE UNCOBBLER

Slice one large cooking apple into a small microwave-safe, resealable plastic bag. Add one or two tablespoons dark brown sugar, one teaspoon cinnamon, a clove, a few chopped walnuts and one tablespoon water. Seal bag and shake to coat apple slices. Microwave one minute on high or until apples are soft to touch. Can also be done in a microwave dish sealed tightly

with clear plastic wrap. If you like, add a few raisins or one chopped date to the mix. Great over ice cream if you can afford a few more calories. Discard the clove.

A COOKIE

Melt one tablespoon real butter in a microwave safe dish. Add one tablespoon white sugar, one tablespoon brown sugar and three drops of vanilla. Beat one egg yolk and stir it in with a quarter cup of flour and a pinch of salt. Stir in two tablespoons chocolate or butterscotch chips. Microwave one minute on high. Allow to cool a minute, slide out onto a saucer and cool to snarfing temperature.

And now two lazy daisy treats that are not singles but will disappear quickly anyhow. Easy and fast.

BROOKIES

Mix up one small brownie mix as directed. Mix up one small chocolate chip cookie mix as directed. Line muffin cups with cupcake liners. Place one scoop brownie mix in each and smooch down, add a small scoop cookie mix on top. Bake 20-25 minutes at 350 F. Pretty and freeze well. Makes a dozen.

LAZY LEMON BARS

Blend a one-step angel food cake mix with one can lemon pie filling. Spread in 9x13 pan, bake 30 minutes at 350 F. Roll in powdered sugar as they're cut.

Liza Deines
1098 NE Independence Ave. #230
Lee's Summit, MO 64086
childofthe40s@gmail.com
816-554-0398

Aging conference to be held on April 26

All of us are aging and many of us are taking care of aging family members as well. Meeting the challenges of those inevitable changes often brings questions and opportunities. Focusing on making the most of this new life stage, with its theme "The Best is Yet to Be," Full Circle...An Aging Expo for 2013 offers a full day designed to aid you in this new direction.

The Gateway Fellowship Church and Impact Center in Oakley is the site for this year's conference on Friday, April 26 and offers a comfortable venue for the event.

Several notable speakers will be present: Karen Ridder, of the Kansas Humanities Council, will speak on "Bucket Lists and Looking Back;" Dr Debra Sellers, K-State Research and Extension Aging Specialist, will focus on "Adapting to Life's Challenges, and Michael Irvin from Kansas Farm Bureau, will speak on Legal Issues and

Farm Succession. There are many other breakout sessions for participants to choose from including sessions on intimacy and aging and getting financially prepared for a disaster. There is both a professional track which offers CEU's for continuing education and a public track which offers slightly different options.

Cost for the general public to attend the event is \$25 for a single and \$40 for two family members. To register or for more information, please go to www.northwest.ksu.edu or call Diann Gerstner, K-State Research and Extension Family and Consumer Science Agent in Colby at 785-460-4582.

Full Circle...An Aging Expo is sponsored by K-State Research and Extension Districts and Counties in Northwest Kansas, the Northwest Area Agency on Aging, Fort Hays State University, and the Kansas Humanities Council.

HANSEN MUSEUM

Delta Kappa Gamma has a \$300 scholarship available to juniors and seniors in college planning to major in education, and go into the teaching profession.

Students may pick up an application from Nancy Sebelius or

Shane Miller at Norton Community High School, or from Staci Montgomery or Steve Tyler at Northern Valley High School. Applications with resumes and two letters of recommendation are due May 1, 2013 to Nancy Sebelius or Staci Montgomery.

CORRECTION

Due to reporter error in the April 5 issue of the Telegram in the General Election results story it stated that in the election for the Twin Creeks Extension board that David Donovan was the incumbent and that he won 488 to Stuart Brooks 337 votes. This was incorrect. Both men were running unopposed for the two open seats and will retain their positions.

The Norton Telegram will correct or clarify any mistake or misunderstanding in a news story. Please call our office at 877-3361 to report errors.

We believe that news stories should be fair and factual and appreciate your calling to our attention any failure to live up to this standard.

Business in the Spotlight

Each month a Norton County business is featured for their valuable contribution to our economy.

This month's article was submitted by economic development board member Curtis Eveleigh.

Doug's Alignment

Owner: Doug Strayer
209 W. Lincoln, Norton
785-877-5531

Auto Repair

After graduating from Denver Automotive and Diesel College in 1975, Doug returned to Norton and got a job washing cars at Scheetz Motor. Scheetz already had four mechanics so he didn't see much hope of spinning wrenches in the near future.

After a brief visit with Lyman Rowh, Doug had a mechanic job at Rowh Motor beginning in February, 1976. After three years at Rowh Motor Doug was offered a job at A & T Implement, a Case and Massey Ferguson dealership. A & T Implement had recently been purchased by Phil Rule, Dean Husted, and Duane Brand. Doug started

in March, 1979, working four years at the dealership.

Doug's motorcycle racing buddy, Jerry Jones, told him Lyle Stamey wanted to sell his equipment and slow down. Lyle ran the alignment shop in Bennett Motors, and after contemplating this new venture, Doug decided to go for it. Rob Smiley of First Security Bank agreed to make the loan and in April, 1983 Doug's Alignment was born.

"Thirty years ago computer controls, fuel injection, and front wheel drive were big changes in automotive design. Keeping up with the ever changing technology and finding enough hours in the day has always been a challenge," Doug said.

"Speaking of changes," Doug said, "when I was in high school there were 15 service stations, six new and used car dealers, two tractor dealers, one motorcycle dealer, two parts stores, and one auto salvage yard in Norton. Although we've lost a lot of businesses, Norton is still blessed with many auto and farm related services."

While finding needed information and keeping up with technology is a constant challenge for Doug, having friends in every shop, used car dealerships, body shops, and parts stores means help is just a step or phone call away. He gives a great big THANK YOU to all his comrades in the industry.

Doug feels most of the greatest people in the world live in and around Norton, and says it's been a pleasure to serve them, especially those he went to school with. He also thanks his family and wife, Sherry, for all their support over the years.

When asked what his greatest success has been he said, "it's just being in business for 30 years in Norton...and here's to another 30 years if my mind and knees hold up!"

To anyone thinking of starting a business in Norton, Doug's advice is GO FOR IT! He sends thanks to Norton and all the surrounding communities for making the last 30 years so memorable.

Research shows kids like healthy options

The U.S. Department of Agriculture works every day to improve childhood nutrition and combat obesity in order to raise a healthier generation of Americans.

In recent days, we have had some positive developments in this work. USDA released a promising new report on the impacts of providing our children with healthy snacks. We also took new steps to provide families with better information to combat obesity.

The new report examined the results of USDA's Fresh Fruit and Vegetable Program, which provides fruits and vegetables at no cost to students in more than 7,100 schools in low income areas.

We found that as students are introduced to fresh fruits and vegetables, they try them - and in most cases, they enjoy these snacks. Students participating in the program ate 15 percent more fruits and vegetables than their peers. In fact, when these fruits and vegetables were offered in schools, almost every student tried one.

For those who chose a fruit, more than 85 percent ate most or all of their snack. For students who tried a vegetable, more than 60 percent ate most of it, or finished the whole serving.

Research by USDA's Economic Research Service has also found that these healthy foods are often no more expensive than less-nutritious foods. Still, there are millions of American families who lack access to healthy foods due to economic or

geographical barriers.

USDA recently announced a measure that will improve nutrition education for low-income families, ultimately helping them to access more nutritious foods.

The new policy aims to give more flexibility for states to provide targeted education to recipients of the SNAP program, with a special goal of increasing healthy eating habits and reducing obesity. The new measure will help expand farmers markets and community gardens that help expand access to healthy foods. It will provide assistance for parents to access nutrition information. And it will help retailers provide healthier foods to participants in SNAP.

These efforts to increase availability, affordability and information regarding healthy foods are more important than ever today. One-third of kids today are overweight or obese, putting them at risk for preventable illness in the decades to come. Along with malnutrition, this threatens our nation's security and economic well-being in the decades to come.

By improving access to healthy foods for our young people and their families, we can help create generational change to reduce childhood obesity and child malnutrition. Together, we can give today's young people the tools they need to grow up healthy, strong and ready to succeed.

Second chance signup for Hoop Houses

A second signup cutoff date for the 2013 Seasonal High Tunnel (Hoop House) and Organic conservation initiatives has been set for April 19. Both initiatives offer technical and financial assistance through the Natural Resources Conservation Service's (NRCS) website www.nrcs.usda.gov/wps/portal/nrcs/main/national/programs/financial/equip. Environmental Quality Incentives Program:

NRCS accepts applications for financial assistance on a continuous basis throughout the year. However, signup cutoff dates are used to periodically rank and fund applications. At the end of a signup period, NRCS ranks all submitted proposals for funding consideration. NRCS will notify all applicants of the results of the rankings and begin developing contracts with selected applicants.

Initiative Overviews:
Seasonal High Tunnel Pilot Initiative: NRCS helps produc-

ers plan and implement High Tunnels, which are steel-framed, polyethylene-covered structures. These are also known commonly as Hoop Houses. The benefits of High Tunnels include better plant/soil quality and extended spring and fall growing seasons for cool weather crops.

Organic Initiative: NRCS helps certified organic grow-

ers and producers working to achieve organic certification install conservation practices for organic production.

Visit www.nrcs.usda.gov/wps/portal/nrcs/main/national/home NRCS National Web site for more information on how to apply for these initiatives and connect with an NRCS office near you.

Annual "Just Desserts"

Tuesday, April 16th, 2013

- Performances by the NV Forensic students start at 6 PM (1800 Hrs)
- Desserts during intermission around 7PM
- High School Auditorium

Admission will be
Adults - \$3.00
Students - \$2.00
Pre - school and under - free

Annual Spring Fashion Soiree

Save 25% off Spring Merchandise + Food + Friends = Fun

Friday, April 12 at 5:30 p.m.

The Dresser

The Dresser
Downtown Oberlin

THANK YOU

to all who came to my retirement reception from Midwest Energy. And, also for all the cards and calls. Thank you for the past 37 years.

Curt Luehrs

April 5- April 10

Showing at the

NORTON THEATRE

Jurassic Park-3D
2 Hours, 17 Minutes (PG-13)
Friday and Saturday: 8:00 p.m.
Sunday: 5:00 p.m.
Mon., Tues., Wed.: 7:00 p.m.

GI Joe: Retaliation-in 3D
2 Hours, 1 Minutes (PG-13)

GI Joe: Retaliation-3D is a Premiere movie - \$7.00 and \$6.00. NO SUNDAY DISCOUNT
Jurassic Park-3D is a Premiere movie - \$7.00 and \$6.00. NO SUNDAY DISCOUNT

Visit our Website: nortontheatre.com

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