

OBITUARIES

Ethel Marie Murphy

Oct. 13, 1930 - May 18, 2013

Ethel Marie Murphy, daughter of Benjamin and Zola (Smith) Henry, was born Oct. 13, 1930, in Woodruff, Kansas, and passed away at the Good Samaritan Hospital in Kearney, Neb., on May 18, 2013, at the age of 82.

She grew up in Alma and attended the local schools. On July 25, 1958, Marie and Keith Murphy were married in Norton. They made their home in Alma, and Fort Bliss, Texas, before returning to Norton. Her husband, Keith, passed away

Jan. 3, 2011. Following his death, she moved to Whispering Pines in Norton.

Marie was a member of the Norton Christian Church and was active in veterans activities. She worked at LuJon's, Inc., Eisenhower Elementary School, and Jack's Sporting Goods. She loved spending time with her grandchildren and great-grandchildren and enjoyed reading, sewing, and visiting with her friends.

Survivors include: one daughter,

Vicki, and husband, Warren; two sons, Randy Murphy and Ricky Murphy; six grandchildren; 11 great-grandchildren; other relatives and friends.

Funeral services were held on Thursday, May 23 at Enfield Funeral Home in Norton, with Pastor Larry Lyle officiating.

Burial followed at the Norton Cemetery.

Memorial contributions may be given to the Marie Murphy Memorial Fund.

Edward L. Desbien

March 8, 1946 - May 19, 2013

Edward L. Desbien, age 67, passed away on Sunday, May 19, 2013 at the Phillips County Hospital in Phillipsburg, Kansas. He was born on March 8, 1946 in Hays, the son of Adrian Leo and Ruby Marie Radden Desbien. A resident of Phillipsburg, moving from Western Kansas, he was a scrap metal dealer.

Survivors include: two sons, Robert Desbien of McCook,

Neb. and Jon Kennedy of Jacksonville, N.C.; two brothers, Jim Desbien of Riverside, Calif. and Bob Desbien of Roswell, N.M.; one sister, Adrian Stout of Greer, S.C. and three grandchildren.

He was preceded in death by his parents and one daughter, Heather Sizemore.

Graveside services were at Greeley County Cemetery in

Tribune, Kansas on Thursday, May 23, with Rev. Mark Randolph officiating.

Burial followed at Greeley County Cemetery in Tribune.

Memorials can be made to the Edward Desbien Memorial Fund, c/o Price & Sons Funeral Home.

E-Condolences may be given at www.priceandsons.com or mail to: pricefh@wbsnet.org.

Cost-cutting tips to save on groceries

While some express concern about rising food prices, others are unaware of how much they spend on food. Either way, there is room to save. Here are cost-cutting ideas to help families eat well for less.

Keep receipts for grocery purchases and restaurant meals for one month to assess actual food costs.

Carry a note pad or card in a purse or wallet to jot down the cost of foods purchased from occasional sources. A vending machine at work, coffee shop and event concession stand are examples. Spending as little as \$5 a week on such purchases can add up to more than \$250 a year. People often are surprised to learn how much they are spending.

Making a decision to spend less on food can yield a savings and lead to better health, more time with family and friends, and pleasurable meals.

Eat more meals at home, because eating at home is typically less expensive than eating out, where others are paid to prepare your food.

Eating at home will save time as well as money. Doing so also can be healthier. Restaurant meals can be higher in calories, saturated fat, and sodium that can contribute to heart disease, stroke, diabetes, some cancers, osteo-arthritis and other diseases.

At home, you'll know what you are eating, how food has

Homeed

Tranda
Watts,
Extension
specialist



been prepared, and you'll be more in control of portion sizes that will contribute to good health.

To begin the transition to eating healthier at home, reserve restaurant meals for special occasions, and transfer the expense to an entertainment, rather than food, budget.

Brush up on cooking skills with family and friends. A simple meal can be satisfying and take less time (to prepare) than it takes to drive to a restaurant.

If not in the habit of cooking, focus on gradual change and skill-building recipes. In the process, fine-tune shopping skills, and use the following time- and money-saving ideas:

* Plan weekly or monthly menus, and rotate them.

* Plan snacks (not necessarily pre-packaged snack foods) to provide the energy needed between meals. Health-promoting foods, including fruits, vegetables, unsalted nuts, whole grain crackers and popcorn can work well as snacks.

* Plan to cook when time is available; double or triple a recipe to wrap and freeze for

future meals when less time is available. In doing so, cool and refrigerate (if to be used in a day or two) or label, date and freeze the extras for future meals.

* Cook once, and eat two or three times with planned overs. For example: Choose a beef pot roast on Sunday that also will provide enough cooked beef to freeze for a hearty vegetable soup or stew later, and use what is left for quick sandwiches for a meal after a busy work day.

Roasting a whole chicken or turkey can be a favorite with families, yet also provide planned overs for subsequent meals that might include chicken salad, a hot turkey sandwich, or chicken or turkey casserole. Just be sure to refrigerate it promptly and use it within three days or less, or to freeze it for use in future meals.

* Tight on time, with an hour or less between work and a scheduled family activity? Take advantage of leftovers, planned overs, or choose a meal featuring cold sandwiches or an easy breakfast menu, such as a glass of low-fat milk with scrambled eggs, carrot sticks, whole grain toast and fruit salad.

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

HANSEN MUSEUM

The Dane G. Hansen Memorial Museum presents "American Legacy: Our National Parks," April 12-June 16. In this exhibit, 38 members and guests of the Plein-Air Painters of America set up their easels in national sites across the country. The artists are among the country's most respected plein-air painters. The adjective plein-air refers to the philosophical belief that creating art on-location, challenging as it may be, is crucial to successfully documenting a visual and emotional point in time and place.

Each artist selected a favor-

ite park to document. The more than 50 paintings depict sites from coast to coast, border to border, and from the earliest park designation to one of the most recent. The exhibition is a "field journal" experience that draws viewers into seasonal and daily experiences of color and light rendered in pigment on paper or canvas. In some instances, the field studies were used to create larger, studio paintings.

Our Artist for the Month of May is Theresa Eschliman from Indianola, Neb. She has a display of crocheted hats and crocheted spiders. Perfect for kids

of all ages.

It is time to get registered for our June 1 and 2, Joy of Painting Class. The class starts at 9 a.m. and runs until 3 p.m. There will be an hour taken for lunch. Saturday, June 1, the painting will be "John Deere at Home" and Sunday, June 2, the painting will be "Moonlight Camp." If interested call 785.689.4846 or visit www.hansenmuseum.org and get the information.

Water Aerobics will be starting Tuesday, June 4. Shari Buss, Logan, will be the instructor. If interested call in or go to our website for information.

p.m. Guests are welcome.

Nyla Stuewe was a special guest member, now residing in Arizona.

The program was group participation; each member told a cute joke or personal funny story. We enjoyed some side splitting jokes and a few hilarious experiences.

Our next soiree will be a morning brunch, 10 a.m., on June 11 at the home of Bev

Kohfeld. Nancy Sebelius and Trudy Stockham will serve as co-hostesses. Since June is typically the wedding month members are asked to adorn something they've worn to a wedding, perhaps their own.

PEO is a philanthropic, educational organization that promotes educational opportunities for women and continues to work through six projects of the international chapter.

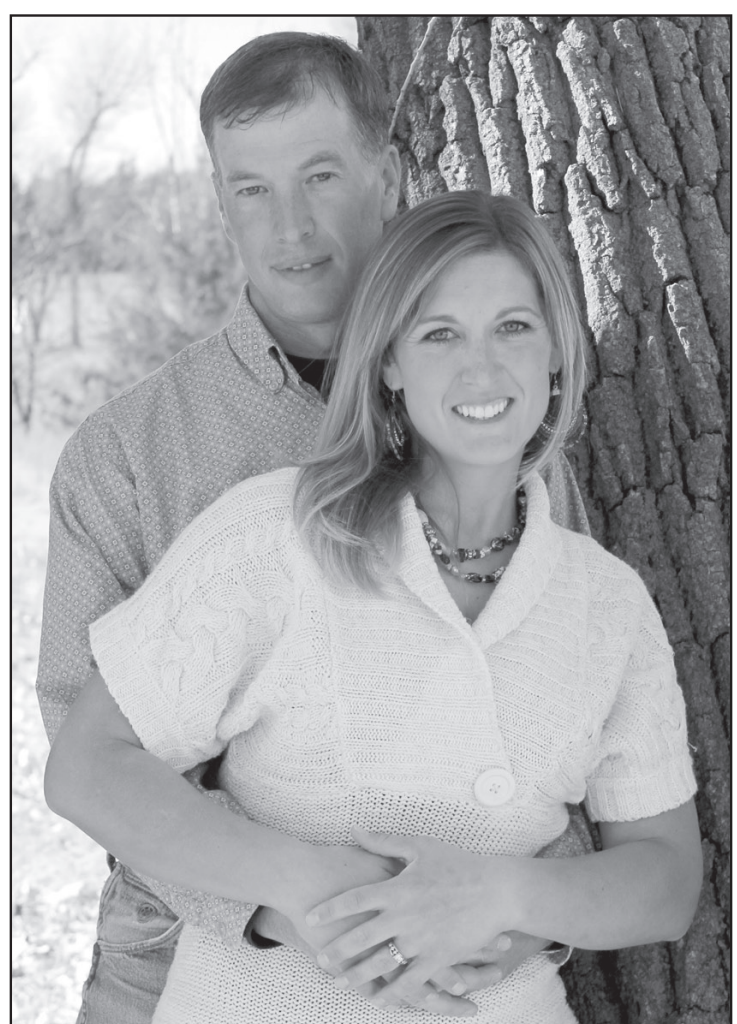
Engagement

Elaine Brunow of Pisgah, Iowa would like to announce the engagement and approaching marriage of her daughter, Ashlee Brunow, to Kent Tien, son of Ann and the late Henry Tien of Prairie View.

The bride to be is a graduate of Woodbine High School (Woodbine, Iowa) and Lamar Community College with a degree in Horse Training and Management. She trains performance quarter horses in Prairie View.

The future groom is a graduate of Logan High School (Logan, KS) and Fort Hays State University with a degree in Wildlife Biology. He is a farmer/rancher in Prairie View.

They will be married on June 1, 2013. The wedding will be held at the Luctor Christian Reformed Church near Prairie View.



An extra sharp cheese business

By Ron Wilson
Huck Boyd Institute

Sharp. Extra sharp. Those terms might describe a pencil or a razor, but in this case, they describe flavors of cheese. Today we'll learn about an innovative dairyman who is adding value to his milk by making artisan cheese on his own farm.

Jason and Sheri Wiebe are owners of Jason Wiebe Dairy near Durham, Kan. Jason is the third generation of his family on this place. His grandparents moved here in the late 1920s and started milking cows, meaning that cows have been milked on this place for more than 80 years.

Jason started milking his own cows at age 17 and eventually moved into ownership of the family farm. By 1999, he was looking to add value to the dairy enterprise.

"We started making cheese in our kitchen," he said. Friends and family liked the cheese, so the Wiebes expanded. They converted a small building near the dairy barn into their cheese production facility. Jason now commutes to this facility daily - it's a 20-second walk from his house.

In later years, the Wiebes called on Kevin Herbel of K-State's Kansas Farm Management Association who provided financial advice for the farm.

In February 2003, the Wiebes got their inspections, gained their permit and became a licensed cheese production plant. Kevin's son Aaron Herbel happened to join the business as assistant cheese maker.

The Wiebes now milk 120 cows twice daily. They specialize in natural, artisan cheese produced from their own milk production. Excess milk is marketed to a company in Arkansas.

"All the cheese we make here is from our own milk," Jason

said. Cheese is produced at least two times a week. "If we start by 8:30 in the morning, we can have it in the press by 4:00 that afternoon," Jason said. "It's a block of cheese the next morning." The cheese is refrigerated and some is aged. After aging for nine months, cheeses are considered sharp. After they age for 15 months, cheeses are considered extra sharp.

The Wiebes produce cheese made from both pasteurized milk and raw milk. Jason has found there is growing consumer interest in the raw milk cheese, which some see as a health food.

"My aunt can't eat pasteurized cheese, but she can eat the raw milk cheese," said Aaron Herbel.

They market their natural cheese in several flavors: raw milk cheddar, Colby, jalapeño, hot habanero, Cajun, south-west chipotle, dill weed, garlic & herb, and white cheddar with garden vegetable. Yum. They also produce and sell cheese curds.

The Wiebe farm is located where the historic Santa Fe Trail crossed the Cottonwood River in central Kansas. In fact, Wiebe dairy cows literally walk across the ruts left by countless wagon trains more than a century ago.

In October 2010, with help from an international cheese consultant based in St. Louis, the Wiebes launched a new line

of product called Cottonwood River Cheddar. Jason is excited about the positive response to this new cheese.

Today, cheese from the Jason Wiebe Dairy is marketed through grocery stores in central Kansas and a 28-store grocery chain in Kansas City, along with sales over the Internet. The Wiebes are literally selling the raw milk cheese coast to coast, from Oregon to Florida. That's a remarkable achievement for a family-owned dairy near the rural community of Durham, population 114 people. Now, that's rural.

In 2006, Jason submitted his jalapeno cheddar cheese to a competition at the World Dairy Expo and finished in the top two. That same cheese scored in the top five at the U.S. championships in Wisconsin.

"Our goal is to make the best cheese you have ever eaten," said the Wiebes' website. For more information, go to www.jasonwiebedairy.com.

Sharp. Extra sharp. Those terms might apply to razors or pencils, but they also describe flavors of cheese. We commend Jason and Shari Wiebe, Aaron Herbel, and all those involved with Jason Wiebe Dairy for making a difference with their innovation, commitment to quality, and growth in value-added agriculture. In my opinion, when it comes to the cheese business, Jason is sharp. Extra sharp.



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COMING SOON

This ad is brought to you by The Norton Telegram

CLUB NEWS

Chapter AA, PEO met at the home of Ruth Durham on May 7. Janiece Walter served as her co-hostess.

Chaplain SueAnn Stutheit read Psalm 32 as the devotions.

During announcements for the good of the chapter, Roberta Ryan demonstrated and explained proper care and pampering of our hands.

Casual coffees will continue twice a month, at 10 a.m., and 4