

OBITUARIES

Mabel Ethel Clark

April 23, 1921 - Feb. 11, 2014



Former Burlington, Colo. resident, Mabel Ethel (Esslinger) Clark, 92, passed away in her sleep Feb. 11, 2014 at Fairacres Manor in Greeley, Colo. Mabel was born in Clifton, Kan. on April 23, 1921, to Nicholas and Agnus (Hamel) Esslinger. She was the fourth of six children, two sisters and three brothers. Stella (Esslinger) Ciboski, Melvin Esslinger, Buford Esslinger, Lorene Hessenflow, and Richard Esslinger. Mabel was baptized, received her first communion, married and raised her family in the Catholic faith. Mabel was still a member of the St. Catherine Catholic Church in Burlington, Colo. Mabel grew up on the family farm and attended a country school through the eighth grade.

She married her childhood sweetheart, Myron Leroy Clark, on Jan. 2, 1939. To this union three sons and two daughters were born. They raised their children on a farm east of Norton after Leroy came home from the war and later moved to Burlington in May 1958. They divorced in 1969 and Mabel moved to Denver, Colo. and later to Greeley. Mabel was a

homemaker all of her life and her biggest joy was being with her children and grandchildren. Some of her favorite past times were doing embroidery, sewing, quilting, cooking, writing letters and cards to all her extended family and talking on the phone. Mabel enjoyed traveling and visiting with everyone she met - she knew everyone by their first name and there wasn't anyone she met that didn't love her. She will be sadly missed by all who knew her as she could always brighten your day with a smile. Spring was her favorite time of the year because of all the new

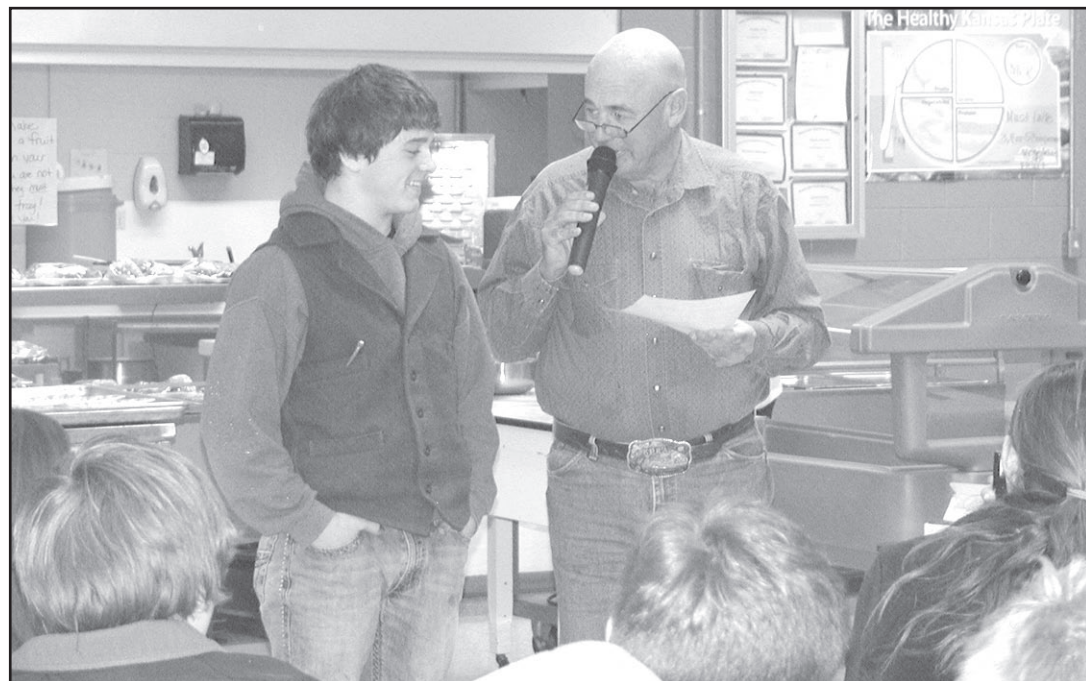
life that was emerging. Mabel was preceded in death by her parents, former husband, one sister, three brothers, a son and granddaughter in-law.

Left to celebrate her life and passing is her sister, Lorene Wertemberger Hessenflow of Hays. Mabel's daughters, Joyce (Vernon) Jacobsen of Burlington, Colo., and Jeannine Schlichenmayer of Evans, Colo. Mabel's son, Marion Clark of Las Vegas, Nev. and Roger Clark of Burlington, Colo., also eight grandchildren, Leland Jacobsen (Alison), Kimberly Jacobsen and Kristine Jacobsen Weaver, Wade Schlichenmayer, Tamara Schlichenmayer and Bradley Schlichenmayer, Sondra Clark and Jimmy Clark and 16 great-grandchildren and three great-granddaughters. Also, a host of nieces, nephews and friends.

Mabel had a mild stroke in August 2013, and had been recovering extremely well. Everyone at Fairacres Manor called her the 'Miracle Lady'.

Graveside memorial services will be held in Norton, next to the family plot. You will be forever in our hearts! We Love You! GOD BLESS YOU!

Hog roast and work auction!



The Future Farmers of America Hog Roast and Work Auction was held on Monday at the Norton Community High School cafeteria. After the meal, six freshmen, 13 sophomores, six juniors and 12 seniors participated in the auction. (Pictured) Sophomore Micheal Kasson has a laugh with auctioneer Monte Jessup, Phillips County.

-Telegram photo by Mike Stephens

Heart health recommendations

A healthy diet and lifestyle are your best weapons to fight cardiovascular disease. It's not as hard as you may think! Remember, it's the overall pattern of your choices that counts. Make the simple steps below recommended by the American Heart Association a part of your life for long-term benefits to your health and your heart.

Use up at least as many calories as you take in. Start by knowing how many calories you should be eating and drinking to maintain your weight. Don't eat more calories than you know you can burn up every day. Increase the amount and intensity of your physical activity to match the number of calories you take in. Aim for at least 30 minutes of moderate physical activity on most days of the week or - best of all - at least 30 minutes every day. Regular physical activity can help you maintain your weight, keep off weight that you lose and help you reach physical and cardiovascular fitness. If you can't do at least 30 minutes at one time, you can add up 10-minute sessions throughout the day. Eat a variety of nutritious foods from all the food groups.

You may be eating plenty of food, but your body may not be getting the nutrients it needs to be healthy. Nutrient-rich foods have vitamins, minerals, fiber and other nutrients but are lower in calories. To get the nutrients you need, choose foods like vegetables, fruits, whole-grain products and fat-free or low-fat dairy products most often. Vegetables and fruits are high in vitamins, minerals and fiber, and they're low in calories. Eating a variety of fruits and vegetables may help you control your weight and your blood pressure. Unrefined whole-grain foods contain fiber that can help lower your blood cholesterol and help you feel full, which may help

Home ed
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Watts,
Extension
specialist



you manage your weight.

Eat fish at least twice a week. Recent research shows that eating oily fish containing omega-3 fatty acids (for example, salmon, trout, and herring) may help lower your risk of death from coronary artery disease.

Eat less of the nutrient-poor foods. The right number of calories to eat each day is based on your age and physical activity level and whether you're trying to gain, lose or maintain your weight. You could use your daily allotment of calories on a few high-calorie foods and beverages, but you probably wouldn't get the nutrients your body needs to be healthy. Limit foods and beverages high in calories but low in nutrients, and limit how much saturated fat, trans fat, cholesterol and sodium. Read labels carefully. The Nutrition Facts panel will tell you how much of those nutrients each food or beverage contains.

As you make daily food

choices, base your eating pattern on these recommendations: Choose lean meats and poultry without skin and prepare them without added saturated and trans fat. Select fat-free, 1 percent fat, and low-fat dairy products. Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet. Cut back on foods high in dietary cholesterol. Aim to eat less than 300 milligrams of cholesterol each day. Cut back on beverages and foods with added sugars. Choose and prepare foods with little or no salt. Aim to eat less than 1,500 milligrams of sodium per day. If you drink alcohol, drink in moderation. That means one drink per day if you're a woman and two drinks per day if you're a man. Follow the American Heart Association recommendations when you eat out, and keep an eye on your portion size. Also don't smoke or be around second hand smoke.

If you have questions about healthy eating, please feel free to contact the American Heart Association or your local K-State Research and Extension Office. You may also call Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at twatts@ksu.edu or call 785-443-3663.

The demand to rent land is strong

Farm profits remained strong in 2013, keeping the demand for land leases steady, according to Farmers National Company, the nation's leading farm and ranch real estate company in the country. Despite lower commodity prices and decreased gross incomes, farm profitability remains good due in part to a 30 percent drop in fertilizer prices since 2012 and carryover grain sales from the previous crop year.

"Demand for high quality property is keeping both land values and rental rates strong," said David Englund, AFM, executive vice president of farm and ranch management of Farmers National Company. "Overall, lease rates are higher on quality land if the land was rented below market in 2013, but rates across the board are mostly level. Fertilizer costs are expected to drop further in 2014, which will help farmers remain profitable."

The desire of farm owners to expand existing operations

is leading to highly aggressive sales activity and keeping the demand for farmland strong. In addition, there has been a trend of young people coming back to family farm operations prompting additional demand for land.

"As a result of these factors, lease rates for land should remain steady and strong throughout the year," said Englund.

Farm profitability is prompting a widespread movement from traditional cash rent arrangements to Cash Rent-Plus (flex rent) leases. This rental arrangement provides landowners with a negotiated base cash rent supplemented by a potential additional payment, based on operation profitability.

"Many local operators and landowners are finding this option provides the best scenario for achieving results for each party," said Englund.

While leasing activity is fairly consistent nationwide, there are a few regional trends, according to Englund. Crop yields in northern Iowa and southern

Minnesota were negatively impacted by delayed planting caused by wet ground. However, risk management tools, including crop insurance, have allowed farms in this area to curb losses and hold lease terms steady.

Ranch properties in the Sandhills of Nebraska and in Texas have experienced strong demand for pasture land boosting rental rates. Rental rates in the Mid South are fairly stable with some areas seeing slightly lower levels with drops of nearly 10 percent. Many multi-year leases being re-negotiated are seeing rates jump 50 to 60 percent as a result of appreciation in recent years and previously undervalued rates. New client with existing leases often are below the market as much as \$100 an acre.

"Overall, lease rates were stable throughout 2013 following a record farm income year. Cash Rent-Plus leases should continue to be popular in the current market," said Englund.

Livestock disaster programs to be expedited

Recently, U.S. Senator Jerry Moran (R-Kan.) announced that the U.S. Department of Agriculture (USDA) will provide additional assistance to help farmers, ranchers and residents affected by severe drought thanks to livestock disaster programs reauthorized in the 2014 Farm Bill. On the heels of a request made by Sen. Moran and a bipartisan group of senators to Agriculture Secretary Tom Vilsack, the Department of Agriculture will expedite implementation of the 2014 Farm Bill livestock disaster assistance programs and plans to have the programs available for sign up by April 15, 2014.

"I am pleased Secretary Vilsack responded to our appeals for assistance so quickly and will now expedite implementation of the livestock disaster programs reauthorized in the 2014 Farm Bill," Sen. Moran said. "During a time when producers are still grappling with the devastating effects of drought, the passage of the Farm Bill made certain long-awaited disaster

assistance will continue to be available for producers in need. These programs will aid farmers and ranchers in the affected counties, and enable agricultural operations to continue across our state."

In a letter to Sec. Vilsack on Feb. 5, 2014, Sen. Moran, along with Senators John Thune (R-S.D.), Heidi Heitkamp (D-N.D.) and a bipartisan group of senators, wrote: "In 2012, U.S. grazing livestock producers experienced the most devastating loss of pasture, rangeland and forage in decades due to the widespread drought, which resulted in more than 80 percent of all U.S. counties determined as 'abnormally' to 'exceptionally' dry by the U.S. Drought Monitor. By August 2012, you had designated more than 1,400 counties in 33 states as disaster counties due to drought. Due to the magnitude of pasture, forage and livestock losses and the urgent need for financial assistance these losses have created, we strongly urge you to place implementation of 2014 Farm

Bill livestock disaster programs as a top priority."

As the Department begins implementing disaster assistance programs, producers should record all pertinent information of natural disaster consequences, including:

Documentation of the number and kind of livestock that have died, supplemented if possible by photographs or video records of ownership and losses;

Dates of death supported by birth recordings or purchase receipts;

Costs of transporting livestock to safer grounds or to move animals to new pastures;

Feed purchases if supplies or grazing pastures are destroyed;

Crop records, including seed and fertilizer purchases, planting and production records;

Pictures of on-farm storage facilities that were destroyed by wind or flood waters; and

Evidence of damaged farm land.

For more information visit www.usda.gov/drought.



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In Celebration of John and Verena Wetter's 60th Wedding Anniversary



We want to thank our wonderful children, their spouses, and our grandchildren and great-grandchildren, nieces and nephews for the special family luncheon celebration.

We appreciate our many and wonderful friends who helped us commemorate the occasion with a card shower. We are blessed and thankful to all.



The Norton County Museum Board would like to thank the Norton Polyanna Club for all of the volunteer time they spend helping staff the museum; and also for their kind donation of the Beverly Posson Memorial Fund they gave to the museum for capital improvements. Your consideration of us is greatly appreciated!

MEALS ON WHEELS

The schedule for Meals on Wheels for March 3 through May 11, is as follows:

March 3-9
Community volunteers
Contact: Alice Hawks (877-3351)
March 10-16
Norton Lions Club
Contact: Jon Boxler (877-

5128)
March 17-23
Busy Beavers 4-H Club
Contact: Joy Johnson (877-3221)
March 24-30
Norton Correctional Facility
Contact: Kelly Gill (877-6667)
March 31-April 6

Church of God
Contact: Terry Hillman (877-2265)
April 7-13
Mid Century Federated Club
Contact: Margaret Thomas (877-4303)
April 14-20
Norton PEO
Contact: Deb McClymont

(877-5441)
April 21-27
American Legion Auxiliary
Contact: Marcia Wiltfong (877-2459)
April 28-May
United Methodist Women
Contact: Lila Fisher (874-4095)

Feb. 21- Feb. 26 Showing at the **NORTON THEATRE**
August: Osage County
2 Hours, 21 Minutes (R)
Friday and Saturday: 8:00 p.m.
Sunday: 5:00 p.m.
Mon., Tues., Wed.: 7:00 p.m.
The Lego Movie
1 Hour, 50 Minutes In 3D (PG)
August: Osage County is \$7.00 for ADULTS ONLY. \$3/tx on Sunday The Lego Movie is \$7.00 for adults and \$6.00 for children. NO Sunday discount
FRIDAY, FEBRUARY 28
Son of God (PG-13)
FRIDAY, FEBRUARY 28
The Monument's Men (PG-13)
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