Creta Arlene Mapes May 14, 1917 - March 12, 2014

Creta Arlene Mapes, daughter of Jerome and Laura (Folley) Van Winkle, was born May 14, 1917, in Almena, Kan., and passed away at Via Christi Village in Hays, on March 12, 2014, at the age of 96.

Creta attended the Almena Grade and Rural High Schools and Fort Hays State College. On July 15, 1941, she married Arby Oscar Bennett in Almena. They made their home farming in southeast Norton County until 1951, when they moved to Norton. Creta and Arby had celebrated their 50th wedding anniversary just prior to Arby's death on Nov. 4, 1992. On March 20, 1993, Creta married Loyal R. Mapes in Norton. They made their home in Norton and spent 20 years together and truly enjoyed this time. They had recently moved to Via Christi Village in Hays, due to their health. She broke her leg in January 2014, and was bed fast since that time.

Creta was an elementary school teacher and taught schools in rural Almena, Calvert, and Norton. Her last years of teaching were spent at the 2nd grade level at the Eisenhower Elementary School. She attended the Full Gospel Community Church with her first husband for 51 years and later attended the First Church of God with her husband, Loyal, after their marriage.

Survivors include: her husband, Loyal Mapes, Via Christi Village, Hays; one stepson and his wife, Eldon and Phyllis Mapes, Baldwin City, Kan.; one stepdaughter and her husband, Leta and Larry Rice, La Feria, Texas; four step-grandchildren, Daveda, and husband, Kent Leppke, Bonner Springs, Kan.; Evan Mapes, Houston, Texas; Melissa, and husband, Travis

Russell, Wichita, Kan.; Brant, and wife, DeLynn Rice, Hays; seven step-great-grandchildren, Brandon and Danae Leppke, Landry Rice, Cooper Russell, Kelby Rice, Bryler Russell, and Chloe Rice; other relatives and friends.

Creta was preceded in death by her parents, her first husband, Arby Bennett, and one brother, Warren Van Winkle.

A funeral service was held on Friday, March 14 at Via Christi Village in Hays. Burial followed at the Norton Cemetery in Norton.

Memorial contributions are suggested to the Creta Mapes Memorial Fund.

Condolences may be sent to www.enfieldfh.com.

Arrangements were by Enfield Funeral Home, 215 W. Main, Norton, KS.

Quilting Day!



Worldwide Quilting Day was Saturday and to celebrate the Heritage Quilt Club and Stitch Up A Storm held a bed turning of modern and traditional quilts. (Left to right) Regina Stark, co-owner of Stitch Up A Storm, described the guilting techniques used and the trends in guilting. Elizabeth Maughan and Rita Speer helped with turning the quilts. About 20 people attended the event.

-Telegram photo by Mike Stephens

Roy Lee Cope Aug. 2, 1925 - March 7, 2014

Roy Lee Cope, son of Lewis and Anna (Horesky) Cope, was born Aug. 2, 1925 in Norton County, and passed away at his home in Modesto, Calif., on March 7, 2014, at the age of 88.

He served in the U.S. Navy and worked for the Quenzer store in Norton. He was associated with propane delivery ser-

vices for many years.

Roy married Faye Van Der Wege on May 31, 1947. They lived in Norton for many years, then moved to Oregon, and then to California where he retired.

He is survived by his wife, Faye of the home, one son, Roger and one daughter, Robin (Matt), both of California, one

granddaughter, Kristen of California one niece, Anita (Bob) Montgomery of Oberlin, one nephew, Don Cope of Arkansas, and other relatives and friends.

Roy was preceded in death by his parents, one brother, Ray Cope, two sisters, Faye Webber and Eva Cuthbertson, and one nephew, Darrell Webber.

Grants available for business bootcamp

Norton County's NetWork Kansas E-Community is offering a limited number of grants for Jon Schallert's Destination Business Bootcamp sessions to be held in Longmont, Colo. on May 13-15, or Oct. 7-9, 2014. Businesses eligible to apply for these grants include retail or service based businesses in Norton County. The grants will cover the bootcamp registration fee of \$1,395. Expenses for travel, lodging and meals will be the responsibility of the grantee.

"The Destination Business Bootcamp is a great opportu- any new business owner to parnity for our business owners to learn specific strategies to make their businesses stronger and more profitable. Entrepreneurs planning to start a business, or those individuals planning to purchase an existing business can also learn from an expert. We're excited to be able to offer these grants again this year," said Scott Sproul, Executive Director of Norton City/County Economic Development and Administrator of the NetWork Kansas E-Community program in Norton County.

In 2013, four local business owners attended the Bootcamp: Joslyn Henson, owner Jamie Wentz, owners of Stitch Up A Storm, and Kris Knapp, owner of Studio One11 @ Here's Your Sign. All four attendees were impressed with the amount of in-depth information

"The thing I still use to this day is the importance of prioritizing. As a business owner I can get distracted, starting multiple projects and getting none of them done. Now I start most of my days making a list of the three things I have to get done that day. I would recommend ticipate in this experience," said Joslyn Henson

"Destination BootCamp provides you with a fresh look at your business, how you can improve what you have in place already and how you can take your business to the next level. An aha! moment for us was when Jon talked about the importance of the first five feet into your store and we realized that we actually had two entries into our store – one from Main Street and one on the inside from Destination Kitchen," said Regina Stark and Jamie Wentz

"I would definitely recommend going to this boot camp. The boot camp throws lots of information at you at once, and it's sometimes hard to implement them all at once, but little by little I have transformed my business to where it is today. I now have tons of out-of-town customers that will drive here and make a day of shopping in Norton so they can get shirts from me. I learned a lot," said Kris Knapp

Grant applications are available at the Norton City/County Economic Development office at 205 S. State Street in Norton. They may be picked up in person, requested by calling 785-874-4816, or by email: nortoned2@ruraltel.net. Applicants may select either the May or October session. Questions may be directed to the Norton City/ County Economic Development office.

The deadline for grant applications is March 27, 2014. After review by the E-Community Leadership Team, applicants will be notified in early April of the team's decision. These scholarship funds were made available through a partnership with NetWork Kansas.

More information about the bootcamp is available on the following website, www.destinationbootcamp.com.

10 steps to slow cooking success

It's almost like coming home and thinking someone else cooked for you while you were away - that aroma from a meal that's been cooking all day in a slow cooker.

Slow cookers can simplify meal preparation, and following a few steps can ensure that the meal is cooked properly and safely. Plus, using a slow cooker can lower electricity use and keep the house cooler than using the stove top or oven during warm weather. (We will have warm weather again some day).

Slow cookers are a great way to prepare a delicious hot meal on a more flexible preparation schedule, which works well for many working families. If you fit this category, here are 10 tips to keep in mind while using slow cookers.

- Keep perishable foods refrigerated until preparation
- 2. Make sure hands, utensils and work surfaces are clean.

Home ed Tranda Watts, **Extension** specialist



3. Thaw meat completely before adding it to the slow cooker. It's okay to cook large cuts of meat and poultry, as long as it is thawed. Check the slow cooker instruction book for suggested maximum sizes of meat and poultry to cook in the cooker.

4. Preheat the cooker (be sure it is plugged in and turned on).

- 5. Fill the cooker 1/2 to 2/3full. Liquid should almost cover any meat or poultry that is used. Start with hot liquids if
- 6. If possible, turn the cooker on the highest setting for the first hour of cooking time and then to low if desired. Don't

use the "keep warm" setting for cooking - only for keeping food

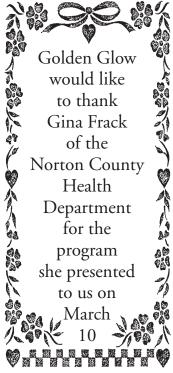
7. Keep the lid in place as much as possible while cooking to keep the heat and steam trapped in the cooker. 8. Before eating, use a food

thermometer to ensure the products have reached a safe tem-9. Put leftovers in the refrig-

erator in a shallow container. They will cool faster than if you put the crock itself in the refrig-

10. Don't use a slow cooker to reheat leftovers.

If you have questions about food safety, 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 twwatts@ksu.edu or phone 785-443-3663.



of elleven; Regina Stark and Ragtime pianist to perform at The Gateway

Richard Egan, Ragtime pianist, will perform at The Gateway in Oberlin at 7:30 p.m. on Saturday, March 22, and will bring forth the beauty of the classic and folk ragtime form, performing the music of Scott Joplin, Oberlin's Brun Campbell and other Midwestern composers, past and present.

He began his ragtime career playing piano aboard the Goldenrod Showboat on the St. Louis levee in the mid-1980's. He helped open the Scott Joplin House in 1991, instituted the monthly Ragtime Rendezvous in 1997, and organized the erecting of a monument on the grave of ragtime patriarch Tom Turpin in 1999.

He is a member of two bands and travels around Missouri and Illinois playing for groups in these bands and has also three solo compact discs. He will also play at the Last Indian Raid Museum on Friday evening, playing saloon-style ragtime. The Saturday night event will be a

more refined form of the genre. The Saturday evening program is sponsored by Oberlin Arts and Humanities Commission and is a season ticket event or \$12 for adults, and \$5 for students grades 1-12 at the door. For information, call Ella Betts (785) 475-3557 or Mary Henzel (785) 470-0218.

Foundation gives grant to Our Place

Developmental Services of Northwest Kansas secured a grant for \$1,500 from the Frontier Community Foundation to cover the costs of constructing an accessible ramp for the main entrance of the "Our Place" group home in Norton. Our Place is a replacement group home located at 1113 Eisenhower in Norton for six individuals served by Developmental Services of Northwest Kansas. This home will be fully accessible, will be a single family residential location and is designed to blend into the fabric of the neighborhood. Developmental Services of Northwest Kansas would like to thank the Frontier Community Foundation for its support and generosity.

Call Mike with all your social news. 877-3361



Over the next 3-6 weeks, the Norton County Hospital and Medical Clinic will be changing to a new computer system.

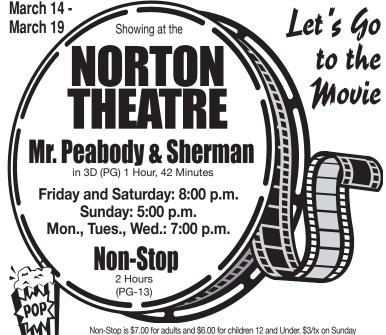
It is essential that we update your current contact details -this includes your home, work and cell phone numbers as well as a current mailing address. If possible, please arrive at least 10 minutes in advance of

your appointment time so staff can have time to verify your information.

We also ask that you bring your current insurance card with you when you come to the Hospital or Clinic for an appointment. You will also be asked to pay for any co-pay due at the time of service.

The Norton County Hospital remains committed to providing the quality health care services you and your family have come to know and trust.

We appreciate your patience during this transition time to our new computer system.



Non-Stop is \$7.00 for adults and \$6.00 for children 12 and Under. \$3/tx on Sunday

Visit our Website: nortontheatre.com

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