

OBITUARY

Mary Katherine Severns

March 17, 1915 - Nov. 16, 2011

Mary Katherine Severns, daughter of Henry and Sadie (Reed) Hoppes, was born March 17, 1915, in Devizes and passed away at the Andbe Home in Norton on Nov. 16, 2011, at the age of 96.

Katherine attended the Devizes school and later the Rose Hill school when her family moved to Lyle. She attended two years of high school but due to her mother's death, she left school to help her father care for her siblings. She later worked in cafes until her marriage. On Feb.

7, 1948, Katherine and Dale Severns were united in marriage in Phillipsburg. They made their home on the farm northeast of Norton until 1980, when they moved into Norton. They had spent the last few years together in the Andbe Home.

Survivors include her husband, Dale Severns, of the Andbe Home in Norton; several nieces and nephews, other relatives and friends.

Katherine was preceded in death by her parents, four brothers, two sisters, and several

nieces and nephews.

A funeral service will be held Saturday, Nov. 19 at 2 p.m. at the Enfield Funeral Home. Interment will be at the Norton Cemetery. Memorials may be sent to the Andbe Home and Almena Congregational Church. Friends may call at the Enfield Funeral Home on Friday, Nov. 18, from 3 p.m. until 8 p.m. Condolences can be made at www.enfieldfh.com. Arrangements made by Enfield Funeral Home of Norton.

Norton native graduates from Marines

Private Ryan Blecha, 19, of Norton, graduated from the United States Marine Corps boot camp at Marine Corps Recruit Depot, San Diego, Calif. on Nov. 4, 2011. Pvt. Blecha successfully completed 13 weeks of intensive basic training as one of 87 recruits in Training Platoon 1016. While in basic training, Private Blecha was the fire team leader as well as the Catholic prayer group leader. Following ten days home on leave, he will report to Camp Pendleton for one month



of military combat training then Military Occupation Specialty school for military police at

Fort Leonardwood, Mo. Private Blecha is the son of Robert and Charlotte Stephenson, of Norton, Robert W. Blecha, of Garland, grandson of Phillip and Valerie Babcock, of Norton, Robert E. Blecha, of Hays, and the late Marilyn Blecha, of Kansas City, Mo. Private Blecha is also the great-grandson of the late Dale and Evelyn Babcock of Beaver City, Neb., Leo and Rose Uhrich of Norton, Charlie and Leona Blecha, of Narka, and Floyd and Edna Johnson of Scandia.

State raises healthcare awareness

Coping with a serious or life-limiting illness is not easy. In fact, it might be the hardest work you'll ever do. Working with doctors and hospitals, navigating the maze of care needs, figuring out insurance coverage, all in addition to taking care of your family can be overwhelming.

November is National Hospice and Palliative Care Month and the Kansas Department of Health and Environment would like to make sure people understand what valuable resources are available in Kansas.

"Hospice care providers and physicians, including palliative care specialists, take the time to talk with you and help you understand your illness and what care options might be available. They make your wishes a priority and make sure you get the care you want and deserve," said Robert Moser, Secretary and State

Health Officer. "We appreciate these specialists for providing quality care during one of life's most challenging times." Hospice care provides expert pain management, symptom control, psycho-social support and spiritual care to patients and families when a cure is not possible. All the necessary medicines and equipment needed to keep a patient comfortable can be brought right to the home, which is where most Americans would like to be if at all possible. Hospice makes this happen.

Palliative care brings these same skilled services earlier in the course of an illness and can be provided along with other treatments a patient may want to pursue. Hospices are the largest providers of palliative care services in the U.S.

More than 1.5 million people with a life-limiting illness get help from the nation's

hospice and palliative care providers every single year.

"It's about quality of life. With the help of hospice and palliative care, patients and families can focus on what's most important, living as fully as possible in spite of illness," Moser said.

"There's an inaccurate perception among the American public that hospice means you've given up," said J. Donald Schumacher, president and Chief Executive Officer of the National Hospice and Palliative Care Organization. "Those of us who have worked in the field have seen firsthand how hospice and palliative care can improve the quality of life. And there's a growing body of research showing that hospice and palliative care may prolong the lives of some people who receive care."

Grant to help Kansas veterans get rural jobs

While some veterans returning home have jobs waiting for them, many do not and are returning to rural areas where jobs can be scarce. The United States Department of Agriculture Risk Management Agency has awarded Kansas Farmers Union, the Center for Rural Affairs and eight additional partner organizations with funding intended to introduce new veteran farmers and ranchers to various areas of agriculture, and thereby find solutions to the employment and economic challenges facing so many rural veterans.

Rural America's small cities and towns are, however, less prepared to absorb returning veterans than many urban centers. The Iraq and Afghan Veterans of America have noted that veterans returning to rural communities were having the hardest time reintegrating into civilian life as these communities lacked both viable employment opportunities and access to needed veteran

services.

The project will allow veterans to learn strategies and implement plans for farm/ranch start-up, including financing, land access, and business development. Veterans will also learn to access the resources available to them for technical assistance, production and marketing information, and mentoring.

In 2012, Kansas Farmers Union will hold two educational workshops, two farm tours and assist Kansas Veterans with financial planning.

According to the grant application, veterans can build on their discipline and sense of service and use farming or ranching to reintegrate into society gracefully and fruitfully. They can also repopulate and re-energize rural communities. Some assistance to launch a new generation of veteran farmers and ranchers can help ensure their successful entry into farming and ranching.

50th wedding anniversary



A card shower is requested for Roger and Karen Shearer to celebrate their 50th wedding anniversary. Roger and Karen (Troutner) were married on Nov. 25, 1961 at the Christian Church in Norton. Their children and grandchildren are Belinda Turman and son, Caleb; Deb and Bob Kaus and children, Alyssa, Ben and Courtney; Mike and Shelly Shearer and sons, Ryan and Scott; Lisa Shearer and sons, Dalton and Keegan Smith. Cards may be sent to P.O. Box 12, Long Island, KS 67647.

Kansans turn in nearly two tons of drugs

Kansans turned in 3,809 pounds of unused prescription drugs during the National Prescription Drug Take-Back Day on Oct. 29, Kansas Attorney General Derek Schmidt announced recently. This was the highest total amount of medications collected in Kansas since the program began last year.

"Unused medications lingering in medicine cabinets have the potential to be misused," Schmidt said. "Kansans took this opportunity to properly dispose of these medications to make our homes safer."

Local law enforcement officials collected the unused

medications at 60 locations throughout the state. The program was sponsored nationwide by the Drug Enforcement Administration, which collects and safely destroys the medications. This was the second collection day scheduled this year.

Medicines that languish in home cabinets are highly susceptible to diversion, misuse and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high, as

are the number of accidental poisonings and overdoses due to these drugs. Studies show a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. In addition, Americans are now advised that traditional methods for disposing of unused medicines - flushing them down the toilet or throwing them in the trash - pose potential safety and health hazards and should be avoided.

Cooking tips can simplify your holiday meals

To begin, if buying a whole bird, it's best to allow about one pound per person. If choosing a boneless turkey breast, allow one-half pound per person.

Should you choose a hen, or a tom? Simply put, a hen is a female and typically smaller in size; a tom is a male and typically large. The choice depends largely on the guest list. For a small crowd, choose a hen; for a larger crowd, a tom. The flavor will be the same.

Fresh or frozen? A fresh turkey will be chilled, but at a temperature no lower than 26 degrees (the temperature at which poultry begins to freeze). If a fresh turkey is preferred, order it in advance and pick it up a day or two before the meal.

Purchasing a frozen turkey in advance allows consumers to take advantage of sale prices. Frozen turkeys must be stored at 0 degrees or below. Examine the packaging to make sure the turkey is frozen "rock hard."

With a frozen turkey, consumers are reminded to allow plenty of time to thaw it. Place a frozen turkey (breast side up, and in its original wrap) on a pan with a lip in the refrigerator to thaw. Allow 24 hours of thawing time for each 4 to 5 lbs.

Forget to thaw the turkey? To quick thaw a frozen turkey, place the turkey (in its store wrap) in a deep sink or tub of clean cold water. Allow about 30 minutes per pound for thawing using this method. Check progress and change the cold water every 30 minutes.

A smaller turkey or turkey breast can be thawed in a microwave oven. Check manufacturer's instructions. Thawing a fro-

Home ed Tranda Watts, Extension specialist



zen turkey in a microwave oven begins the cooking process, and that will need to be continued immediately.

A frozen turkey can be roasted from a frozen state, but will require significantly more roasting time. The extended cooking time can dry out tender poultry.

Why you need a meat thermometer? To estimate roasting time, plan on 20 minutes per pound plus 20 minutes of resting time to allow juices to congeal, rather than escape, and 10

minutes for carving.

Test doneness "an internal temperature of 165 degrees F" with a meat thermometer. Don't rely on the pop-up timers inserted in a turkey breast and packaged with many commercially available turkeys.

The heat triggers the pop-up timer, but the probe only measures one spot on the turkey. Insert a meat thermometer into the breast and thigh areas (not touching the bone) for an accurate reading.

Meat thermometers are available in supermarkets, kitchen and discount department or hardware stores. More information on grocery shopping, food preparation and safety is available at your local K-State Research and Extension office or by e-mailing Tranda Watts at twatts@ksu.edu.

Duplicate Bridge

There were three tables for Duplicate Bridge on Wednesday night. First place honors went to Jack Graham and Mary Jane Wahlmeier. There was a tie for second place between Norman Walter and Jake Durham, and Bob Jones and Carla Latimer.

Norton Auto Supply's ad was left out of the Veterans Day Special so let it be known that they did participate.

Nov. 18-19
Nov. 22

Showing at the
NORTON THEATRE

The Twilight Saga:
Breaking Dawn - Part 1 (PG-13) 1 Hour, 58 Minutes
Presented in Digital Surround Sound
SPECIAL MIDNIGHT PREMIERE:
12:01 AM Late Thursday/Early Friday
Friday and Saturday: 8:00 p.m.; Sunday: 5:00 p.m.
Monday, Tuesday and Wednesday: 7:00 p.m.

Dolphin Tale
2 Hours, 4 Minutes (PG)

Only Premiere passes accepted for Breaking Dawn; All passes accepted for Dolphin Tale

Breaking Dawn is Premiere Price: \$7.00 and \$6.00 (No Sunday Discount)
Dolphin Tale is General Admission: \$6.00 and \$5.00 (\$3.00 on Sunday)

Premiering Wednesday, November 23 - The Muppets (PG)
VISIT OUR WEBSITE:
nortontheatre.com

COMING SOON

This ad is brought to you by The Norton Telegram

FHSU Kansas Small Business Development Center (KSBDc) in partnership with Norton City/County Economic Development is offering the following FREE classes:

- Get Going: From Idea to Successful Business-Business Start-up 101
Monday, December 5 - 6:30 - 7:30 p.m.
- Business Plan Essentials
Monday, December 5 - 7:45 - 8:45 .m.
- Social Media: Reaching In
Tuesday, December 6 - 6:30 - 7:30 p.m.
- How May I Help You? Customer Service Workshop
Tuesday, December 6 - 7:45 - 8:45 p.m.

All classes will be held in the Norton Public Library Community Room. **Space is limited, advanced registration is required. Register online at <http://ksbdc.ecentdirect.com/>. Registration deadline is December 2.** Questions may be directed to Megan Horinek, email mlhorinek@fhsu.edu or (785) 734-2592.

Computers are not required but feel free to bring your laptop.
ADDITIONAL INFORMATION ABOUT THE CLASSES IS AVAILABLE ON THE discovernorton.com WEBSITE

Our Veterans Have Served Us Well When We Needed Them

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