

# Family

## Community Calendar

### SUNDAY, MARCH 17

Sunday Morning Alcoholics Anonymous, Ramada Inn, 9 a.m.  
 Writing Women, Prairie Museum of Art and History, 2 p.m.  
 Wings Upon the Prairie drop-in center, 1980 W. 4th, 2-8 p.m.  
 WPAA, Hieberts Dulcimers Etc., Quinter High School auditorium, 3 p.m.  
 Family History Support Group, Jean Wagoner, 3:30-5 p.m.  
 Higher Ground, High School Youth Group, Berean Church, 6 p.m.  
 New Hope Narcotics Anonymous, City Hall Basement, 8 p.m.

### MONDAY, MARCH 18

AARP income tax help, Pioneer Memorial Library, 1-3 p.m. (thru April 15)  
 Duplicate Bridge, airport, 1 p.m.  
 Quit smoking support group, 775 E. College Drive, 1 p.m.  
 Monday Afternoon Bridge, Meadowlark Manor, 1 p.m.  
 Cemetery Board, courthouse, 2 p.m.  
 USDA Commodities, RSVP, 3-5 p.m.  
 Take Off Pounds Sensibly, United Methodist Church, 7 p.m.; weigh-in, 6-6:30 p.m.  
 Eastern Star, 7:30 p.m.  
 Pride of the Prairie Orchestra practice, Colby Community College Band Room, Cultural Arts Center, 7:30-9 p.m.  
 Downtown Alcoholics Anonymous, (smoking), City Hall Basement, 8:30 p.m.  
 Al Anon, (nonsmoking), 1275 W. 6th, 8:30 p.m.

# Local volunteer honored by Heartland SHARE

Margene 'Gene' Griffin of Colby, SHARE volunteer, is the winner of a monthly recipe contest conducted by SHARE District Supervisor Linda Hagan of Topeka. Each month, Hagan has a contest for a recipe prepared with one of the items that participants get in their SHARE package. In February Griffin won the contest with her recipe for *Hamburger Stew*. The recipe was one she used when her older children were in 4-H.

after retiring when she wanted to do something where she could be around people.

A SHARE costs \$16.50 and two hours of volunteer service. "Volunteering doesn't mean you need to be active in clubs, organizations or church, although that is volunteering. Volunteering is also helping your neighbor fix his/her car, give someone a ride to get their hair done, go to the grocery store, doctors appointments, baby sit for a friend, youth groups, 4-H or Scouts. Giving of your time and talents and not receiving payment for them — that is volunteering," said Hagan.



Gene Griffin

"Log on to www.heartlandshare.com and find out more about Gene and view her recipe," said Hagan.

Griffin is a retired registered nurse, having worked 45 years in hospitals in Colby. She and her husband Jay have eight grown children, 24 grandchildren and 15 great grandchildren. She has been coordinator of the Heartland SHARE site in Colby for seven years.

Griffin enjoys working with people and "loves" being around her grandchildren. Her hobbies are embroidery work, quilting and camping. She became involved in Heartland SHARE

SHARE was organized by Carl Shelton, a successful businessman from San Diego, in February, 1983. He had spent many months with Mother Teresa in India, eventually returning to California with a vision of starting a food program that would be non-charity, no government involvement, and self sustaining, with the emphasis on "people helping people."

The first SHARE distribution was 7,642 units and was distributed at the Jack Murphy Stadium parking lot in San Diego.

SHARE is based on the belief that all people have something valuable to contribute. SHARE begins by offering a food program that is accessible and inclusive, said Hagan. "SHARE does not place its focus on changing people nor does it attempt to win people over or reject them if they don't fit in," she said.

In 1991, SHARE was brought to the attention of Let's Help in Topeka which was under the direction of Marge Roberts. The first distribution was in November of 1991 with 1,500 share units.

In December of 1999 Heartland SHARE had 19,200 share units, 1,400 meat only packages, and 6,400 Christmas specials, which was distributed to

over 375 SHARE sites in Kansas, Nebraska, Missouri and Oklahoma.

Topeka and close communities pick up at the Topeka warehouse, but the outer lying areas have 26 semi-trucks bringing the food to closer distribution sites.

For more information on HEARTLAND SHARE contact Gene Griffin, 462-3579; Anna Fyfe, 462-3579; State Farm Insurance, 462-7525. In Rexford contact Delores Dible, 687-4861 or Marla Rogers, 386-4349 in Selden.

### Hamburger Stew

- 1 pound hamburger
- 5 cups water
- 1 (16 oz.) can tomatoes, cut up
- 2 medium onions, chopped
- 2 medium carrots, sliced
- 2 stalks celery, sliced
- 1/3 cup pearl barley
- 1/4 cup catsup
- 1 tsp. instant beef bouillon
- 1 tsp. dried basil, crushed
- 1 bay leaf
- salt and pepper to taste

Brown hamburger, drain off excess fat. Add ingredients together. Bring to boil. Reduce heat and simmer covered for 1 hour or until all vegetables are tender. Remove bay leaf. This can also be frozen.

## Death

### Myron L. Fleckenstein

Myron L. Fleckenstein, 81, died Wednesday, Feb. 27, 2002, at Prairie Senior Living Complex, Colby.

Visitation was Monday afternoon, March 4, at Kersenbrock Funeral Chapel in Colby, with burial Tuesday morning, March 5, in Emmanuel Cemetery in Herndon with Masonic and military honors. The Rev. Fran Harwerth officiated.

Survivors include his wife Bonita of Colby; son Randall C. of Hafnarfjordur, Iceland, and Dale M. of Aurora, Ill.; daughter Paula L. Provost of Coatsville, Pa.; six grandchildren; and one great-grandchild.

He was preceded in death by his parents, brothers Charles, Loren, Lee, Harold, Marvin in infancy, August and Donald; and one sister, Dorothy Sutton.

Mr. Fleckenstein was born July 6, 1920, in McCook, Neb. to Dr. August and Lenora Fleckenstein. He grew up in Herndon, graduating from high school in 1937.

He helped his brother Loren in the

Standard Oil Station and they wired a few houses on the area on the side. In the spring of 1942 he joined the US Marine Corp. and serve in the South Pacific Theater during World War II, receiving an honorable discharge in the spring of 1946.

He then attended the University of Nebraska School of Architectural Engineering, graduating in June of 1950 with a degree in structural engineering. Upon graduation, he worked for Lincoln Steel from 1950-1954, married Bonita L. Baker on July 29, 1951, in Lincoln, Neb. In mid-1954, he started work for Ceco Steel Corp. in Omaha. He obtained his professional engineer's license in 1955 and worked the company's various offices, retiring late in 1986 as chief engineer of Joist-Truss plant in Lewisburg, Pa.

Retirement did not come easily and he worked another two years for Can Am Steel in Washington, Mo., and a short time for Washington Architectural and Engineering Office.

Mr. Fleckenstein was very upbeat and respected in office surroundings

and professional meetings he attended and remembered almost every joke he was ever told. His hobbies were photography, golf, music, reading US history and love of family.

## Hospital

### CITIZENS MEDICAL CENTER

Wednesday, March 13, 2002

#### Admissions

Amanda Sowers and infant male, Healy

Donna Gierhart, Colby

Manuel Aguilar, Goodland

#### Dismissals

Marie Brenn, Colby

Gary Parker, Colby

Shirley Plantz, Colby

## Markets

Quotes as of close of previous business day

### Hi-Plains Co-op

Wheat	\$2.61
Corn	\$1.90
Milo	\$3.00
Soybeans	\$4.02

# Youthful mind can be cultivated by use

A youthful mind is alert to the rich inner and outer sensations of life. An aged mind is dull and oblivious. You can create a youthful, exuberant mind by broadening your state of sensory awareness. Begin by paying attention to your environment. Listen to beautiful music... listen to the sounds of nature... dig your hands into the earth... stroke your pet... reach out and touch someone! (Continued next week.) *How To Stay Young*, by Deepak Chopra, M.D., and David Simon, M.D.



Lois Myers

### Senior Savvy

The following activities have been scheduled at the Senior Progress Center for the week of March 18-22. All area residents, 60 or older are invited to participate.

- Monday - Paint class at 9 a.m.
- Shuffleboard at 10 a.m. Cards at 1 p.m.
- Tuesday - Low impact exercise class

at 9:30 a.m. Shuffleboard at 10 a.m. Monthly senior board meeting at 1 p.m. Cards at 1 p.m. Wednesday - Line dance class at 10 a.m. Cards at 1 p.m. Thursday - Low impact exercise class at 9:30 a.m. Shuffleboard at 10 a.m. Senior bridge at 1 p.m. Friday - Share-a-Memory/Coffee Time at 9:30 a.m. Share a memorable experience with others. Shuffleboard at 10 a.m.

Indoor walking, snooker, pool, puzzles and cards are available whenever the center is open... and the coffee pot is always on!

Planning a get-together? You do not

need to be a senior to rent the center. Call Deb at 462-2901 for further information.

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Homestead Nutrition March 18-22. Monday - Wiener w/sauerkraut, bun or bread, mashed potatoes, cranberry juice, plums. Tuesday - Roast pork, sweet potatoes, pineapple-cranberry salad, roll, applesauce cake. Wednesday - Hot turkey sandwich, mashed potatoes w/gravy, carrots, bread, ambrosia fruit salad. Thursday - Taco salad, chips, tropical fruit salad, birthday cake. Friday - Tuna-noodle casserole, California mixed vegetables, roll, rosy pears, bread pudding w/raisins.

Meal reservations need to be made before noon, 24 hours in advance at 462-2901. Cancellations should be called in as soon as possible. Menus are subject to change.

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