

# OBITUARIES

## James R. Shick

June 17, 1929 - February 28, 2011

James Robert "Bob" Shick, Sr., son of Preston and Cora (New) Shick, was born June 17, 1929, in Norcatour and died at the Andbe Home in Norton on Feb. 28, at the age of 81.

Bob grew up in the Norcatour area and attended the local schools. On Nov. 26, 1964, he married Bernadine Walz. They made their home in Norcatour where he was involved in numerous business ventures. In 1972, they moved to Norton, where he worked at the Norton State Hospital and they ran the half-way house for the mentally retarded. In 1990, they retired to Ocala, Fla. and returned to Norton in February 2008. His wife, Bernadine, passed away May 7, 2008.

Bob attended the St. Francis of Assisi Catholic Church in Norton, and was a member of the the Eagles Lodge.

Survivors include: six children, Carla, and husband, Steve Hawks, Almena; Eric Fouts of Fla.; Teresa and husband, Glenn Typer, and James Robert "Jim" Shick, Jr., all of Chiloquin, Ore.; Roberta Price, Pierce, Neb.; Vickie and husband, Michael Lusch, Huntington, Ind.; 18 grandchildren; 52 great-grandchildren and great-great-grandchildren; other relatives and friends.

Bob was preceded in death by his parents, his wife, one son, John, one brother, Carl, and two sisters, Pearl and Elta.

Funeral services will be held on Saturday, at 1 p.m. at Enfield Funeral Home, 215 W. Main, Norton. Inurnment will be in the Norcatour Cemetery, Norcatour. Memorial is to Bob Shick Memorial Fund.

Arrangements are by Enfield Funeral Home of Norton.

## Michael Ward

May 10, 1988 - February 24, 2011

Michael Ross Ward, Norton, died on Feb. 24 at Via Christi St. Francis Hospital in Wichita at the age of 22. Michael was born May 10, 1988 to Allen and Susan (Bauer) Ward in Hays.

Michael was raised in Norton and graduated from Norton Community High School in 2007. He attended Northwest Kansas Technical College in Goodland and was employed at Garrett Plumbing and Heating in Norton. Michael enjoyed hunting, fishing and music. He was a member of Pheasants Forever.

He was preceded in death by his paternal grandmother, Mary Ward and maternal grandfather,

Harold Bauer.

Survivors include his parents, Allen and Susan Ward, Norton; Girlfriend, Cassie Walker, Norton; sister, Sarah Johnson, Norton; Grandfather, Gwynn (Judy) Ward, Loveland, Colo.; Grandmother, Amy Bauer, Larned; two nephews, Dominic and Jiah Johnson.

Funeral services were held today at the Christian Church in Norton with The Pastor Jerry Cummings officiating. Burial was in the Clayton Cemetery, Clayton. Memorials may be made to Michael Ross Ward Memorial Fund.

Arrangements were by Pauls Funeral Home of Oberlin.

## Last song of the day!



The Mid-Continent Elementary League music festival on Feb. 23 ended with the Norton Junior High Choir performing the last song of the day which was a rousing rendition of "Joshua fit the battle of Jericho". Nine schools participated in the annual event.

-Telegram photo by Harriett Gill

# Nutrition can go green with food

March is almost here, spring is coming, and St. Patrick's Day brings out the green in all of us.

With nutrition as a focus in March, why not think about "green" nutrition?

The USDA Food and Nutrition Information Center has many ideas to go green and be nutritious at the same time.

To go green when purchasing food involves buying locally grown foods, buying less processed foods, and making sustainable food choices.

The benefits will include: Bet-

**Home ed  
Tranda  
Watts,  
Extension  
specialist**



ter diet quality; a potential weight loss; supporting your local farms; reduced pesticide use and lowering the nutritional carbon footprint

Learn to save some green with

green grocery shopping.

This can lead to a more environmentally friendly household. Here are some tips:

If you buy multiple boxes of the same food, look for larger sizes to reduce packaging waste.

Use reusable shopping bags for groceries and in other stores. If you have a lot of plastic shopping bags, recycle them. Many grocery stores have recycle bins.

Plan ahead for groceries and make a list. This saves gas and time with multiple shopping trips.

Reduce, reuse, and recycle.

With food leftovers, reduce portion sizes; reuse leftovers in the next one to two days or freeze them for a quick lunch later; and recycle leftovers into other meals such as casseroles or soup.

Practice first in, first out to use up oldest food first and reduce waste.

If you have questions about "green" nutrition or green food preparation, please feel free to contact your local K-State Research and Extension Office or you may e-mail <mailto:twwatts@ksu.edu>

## Club News

Heritage Quilt Club met at Prairie Land Electric's meeting room Feb. 7. President Kay Strevey called the meeting to order with a Crazy Quilter's poem. The hostesses served Red Velvet cake.

It was announced that we need more baby quilts for the hospital. Freda Weyand and Lynn Tacha showed the next two blocks for the block of the month. Roll call was answered with show and tell. Table runners, wall hangings, baby blankets, and blocks of the month were shown. It was announced that March 19, is National Quilt Day. Kristie Hawkins will give a workshop on Saturday, March 5, at Prairie Land Electric meeting

## FYI

There were three tables at Duplicate Bridge on Wednesday. First place: Bob Jones and Karla Latimer; second place, Jack Graham and David Graham.

★★★★★  
The Norton County Commissioners wish to clarify the article that ran in the Feb. 15 news article

room starting at 10:00 a.m.

The program for the evening was a Round Robin presented by Regina Stark showing us how to make a hot dog pillowcase; Cheryl Roberts, a Cathedral Window; and Freda Weyand, a Tossed Nine Patch. All of the demonstrations were very informative. Each one handed out instructions for the projects.

The next meeting will be March 7, at Prairie Land at 6:30 p.m. Everyone is to bring a salad for our salad supper. Oberlin Quilt Guild will be our guests and a Trunk Show will be given by Pauline Poage.

printed by the Norton Telegram. "To eliminate any confusion regarding the trucks and/or trailers we will be disposing of, please note that all equipment will be sold as is and may not meet Kansas Department of Transportation requirements."

## Retirements announced

Adam A. Zerr, Equipment Operator Senior, will officially retire from his position with the Kansas Department of Transportation on April 1, with more than 33 years of state service to his credit.

Zerr started working for the department in 1978 as an Automotive Service Worker in the Norton District Shop. He will retire from his position on the Norton Sub-Area crew.

Adam's last day of work will be Friday, March 18. He plans to do reading and traveling when he retires.

Gregory L. Arehart, Equipment Operator Senior, will officially retire from his position with the Kansas Department of Transportation on April 1, with more than 31 years of state service to his credit.

Arehart started working for the department in 1979 as an Equipment Operator I on one of the Norton District Crews. He retires from his position on the Norton Sub-Area crew.

Greg's last day of work will be Friday, March 18. His retirement plans will include hunting and fishing.

## Senior Menu

**March 7:** Tater Tot Casserole, seasoned carrots, bread, mixed fruit.

**March 8:** Meat balls, creamed potatoes, corn, bread, mandarin oranges.

**March 9:** Tuna and Noodles, peas, stewed tomatoes, bread, peaches.

**March 10:** Oven fried chicken, mashed potatoes, gravy, mixed

vegetables, bread, apricots.

**March 11:** Cook's choice entree, spinach cheese salad, apple-sauce, bread, bar cookie.

Requested contribution: \$3 per meal. Guests under 60 must pay full cost of the meal, which is \$5.25 at the site and \$5.75 for home delivery. Checks payable to Homestead Nutrition Project.

## Plan ahead and start to prepare your garden

**Kay Melia**  
kvmelia@yahoo.com  
Those of us who have received a few fresh vegetables from a friend or neighbor during one summer or another know how welcome they were. And be assured that those who gave away the home grown produce were elated as well. The giving and receiving of garden goodies is a time-honored tradition. Not only is it a treat to receive the fresh food, but the giver is happy to find someone who appreciates the results of their labors.

Let me encourage those of you who are classified as receivers to consider becoming givers.

This is the time of the year to make up your mind to plant a vegetable garden. Spring is almost here, but you still have plenty of time to prepare a small plot somewhere in your yard and raise a little of your own fresh, healthy food. It doesn't have to be

a plot that encompasses half the neighborhood. A small area about eight by eight feet can produce some delightful family eating this summer! If you've not gardened before, it's a lot better to start small than trying to plant the South Forty and then lose interest when the thermometer hits 95 degrees in July. Start small, and enjoy what you're doing.

So, you might ask, how do I prepare that small plot in order to get started? Glad you asked. Just get yourself a shovel and turn the soil over as deeply as possible. Or maybe the kid next door or a friend can help you do that. For a larger plot, there are those who own rototillers whom you can hire to do the job for you. If you do it yourself, smooth the spaded soil thoroughly and scatter a little slow-release fertilizer on top. Rake it in and water thoroughly. When it dries enough, hoe the soil as deeply as you can and you'll be

surprised how nice it looks.

You're ready to plant a few seeds. Choose your favorites.... maybe a half packet of radishes and perhaps a short row of lettuce and spinach. Or even 3 or 4 zucchini seeds (no more than that) and a hill of cucumbers. Save room for a couple of tomato plants and for a plant or two of your favorite peppers. Watch for weeds that are

sure to rear their ugly heads, apply water when needed, and harvest the goodness on a timely basis.

See? That wasn't so difficult. Anybody, at just about any age, can do it. Don't sell yourself short. Begin your planning now. Don't hesitate to ask a friend, a neighbor, a Master Gardener, or a newspaper columnist for any advice you may need.

## Correction

The FYI information on Military identification cards in the March 1 edition of *The Norton Telegram* printed an incorrect telephone number for appointments. The correct number is 785-877-5103. The mistake was a reporter error.

*The Norton Telegram* will correct or clarify any mistake or misunderstanding in a news story. Please call our office at 877-3361 to report errors. We believe that news stories should be fair and factual, and appreciate your calling to our attention any failure to live up to this standard.

**Lois Dietz**  
will be celebrating her 97th Birthday on March 4  
Cards may be sent to:  
Andbe Home,  
201 W. Crane, Norton

**We Have Moved!**  
**Insurance Central**  
Is Now Located at  
**408 N. Second Norton, Kansas**  
**785-874-5122**  
or  
**785-874-8500**

YOU ARE INVITED BY THE  
**Logan Chamber of Commerce**  
TO ATTEND THE  
**Saint Patrick's Day DANCE**  
at the Logan City Building  
**Saturday, March 12**  
7:00 to 11:00 p.m.  
"The Three Jacks"  
Musical Duo will be Providing the Entertainment

After 62+ years of service  
**Norton Dry Cleaners and Laundry**  
will be closing its doors.  
We would like to thank our patrons, present and past  
We will no longer be accepting cleaning, alterations, or press only.  
**OUR FINAL DAY WILL BE MARCH 17**

March 4- March 9  
Showing at the  
**NORTON THEATRE**  
**Rango**  
1 Hour, 52 Minutes (PG) Premiere  
Presented in Digital Surround Sound  
**Friday and Saturday: 8:00 p.m.**  
**Sunday: 5:00 p.m.**  
**Monday, Tuesday, Wednesday: 7:00 p.m.**  
**The King's Speech**  
(Academy Award Winner Best Picture)  
Playing For 1 Week Only  
1 Hour, 57 Minutes (R)  
All passes accepted for The King's Speech, only premiere passes accepted for Rango  
Rango is Premiere Admission \$7.00 & \$6.00 - No Sunday Discount  
The King's Speech is General Admission \$6.00 & \$5.00 - Sunday Tickets \$3  
**Friday, March 11**  
**Just Go With It (PG-13)**  
This ad is brought to you by The Norton Telegram