

OBITUARIES

Ruby M. Strayer

August 29, 1918 - March 9, 2011

Ruby Marie Strayer, daughter of Arthur Leslie and Mary Adeline (Warner) Chambers, was born Aug. 29, 1918, in Lyle and died at the Andbe Home in Norton on March 9, at the age of 92.

She attended the country school at Lyle and her freshman year at Norcat High School. Her remaining years of high school were spent at Decatur County High School in Oberlin, where she graduated in May of 1935. She also attended one year of Normal Training. Following her education she taught in numerous schools including Hill Top, Highland District #74, Spring Branch, and Star.

On June 1, 1941, Ruby and Guy William Strayer were united in marriage at her family's home, and to this union five children were born. They made their home with Guy's mother on the farm north of Reager before moving to Colville, Wash., where Guy worked on a dairy farm and the logging industry for a short time. They returned to Kansas and made their home on the Strayer family farm until Guy's death, Nov. 14, 1958. In 1965, Ruby went to work at the Andbe Home and was employed there for 29 years. She remained on the farm until 1969, when she moved into Norton, and her son, Norman, and his family moved to the farm.

Ruby was a member of the Maple Grove Church of the Brethren and the Cozy Club. She loved her family and friends, especially visiting with them, and enjoyed flowers and gardening, cooking, embroidering, playing the piano, and chocolate.

Survivors include: her children, Norman, and wife, Paula Strayer, Virginia, and husband Durant Harvey, Mary Ann, and husband, Pat Taylor, Doug, and wife, Sherry Strayer, all of Norton; 11 grandchildren; 20 great-grandchildren; one sister, Inez Diedrich, Carlsbad, Calif.; three sisters-in-law, Verla Chambers, Norton; Evelyn Strayer, Atwood; Gladys Taylor, Salina; other relatives and friends.

Ruby was preceded in death by her parents, her husband, one daughter, Linda, and her fiancé, Dick Sterrett, and eight siblings, Silver, Lester, Isabelle, Keith, Dwight, Clyde, Ferris, and Carol.

Funeral services will be held tomorrow, Saturday, March 12, at 2 p.m. at the Norton Christian Church. Burial will be in the Norton Cemetery. Memorial is to the Andbe Home of Norton. Friends may call today from 4 p.m. to 8 p.m. at the Enfield Funeral Home, 215 W. Main, Norton.

Arrangements are by Enfield Funeral Home of Norton.

Violet Volgamore

August 24, 1911 - March 8, 2011

Violet Volgamore, daughter of Fred Arthur and Josie (Linnell) Payne, was born August 24, 1911, in rural Almena and died at the Andbe Home in Norton, on March 8, at the age of 99.

Violet grew up in the Almena area and attended the rural schools in the area. She also received her General Education Diploma. On Aug. 17, 1929, she married Harold Volgamore in Phillipsburg. They made their home in Precept and later moved to Norton. Violet was a farm wife and had worked in the sale barn office and at the Hillcrest Motel in Norton. Her husband, Harold, passed away on April 10, 1999.

Violet was a member of the Norton Christian Church and the

Eagles Auxiliary.

Survivors include: five grandchildren, Mike, and wife, Jan Volgamore, Phillip Volgamore, and Diana, and husband, Tom Montoia, all of Norton; Meryl, and husband, Todd Brown, Manhattan; Cheryl, and husband, Wale Baker, Wichita; eight great-grandchildren; other relatives and friends.

Violet was preceded in death by her parents, her husband, and two sons, Dale and Elden.

Funeral services were held today at the Enfield Funeral Home in Norton. Burial was in the Norton Cemetery. Memorial is to the Norton City Parks Flower Fund.

Arrangements were by Enfield Funeral Home of Norton.

Sylva E. Whitney

November 30, 1911 - March 7, 2011

Sylva Evelyn Whitney, daughter of Ora and Roberta (Huckel) Wicker, was born Nov. 30, 1911, in Norton and died at the Andbe Home in Norton, on March 7, at the age of 99. Her parents divorced early in her life and her mother later married Earl "Slim" Foland whom she remembered as her father.

Sylva attended school at Almena, Bethel, and Kinderhook, before graduating from the Almena Rural High School with the class of 1930.

She married Arthur L. Whitney on Dec. 2, 1931, in Oberlin. They made their home in Norton County five miles north of the state tuberculosis hospital until 1945, at which time the family moved to the "Blackwood" place 4 miles northwest of Almena. Art and Sylva lived there for 48 years before moving into Norton in Dec. 1993, which is an ancestral house of Art's family. Her husband, Arthur, passed away in 1999, at the age of 91.

In addition to being a farmer's wife, Sylva enjoyed working as a nurse's aide at the Norton County Hospital. Together, Art and Sylva opened the first Coast-to-Coast store in Norton on her birthday, November 30, 1960, and then sold it in 1968. She later worked as an employee in the store for Tom Grover and Lester Lang until 1986. Art and Sylva celebrated their 50th wedding anniversary with a reception hosted by their

children at the Almena Community Center, and their 60th anniversary with a trip to Branson, Mo., with their daughter and son-in-law, Beth and Del Lee.

Sylva was baptized in the Norton Christian Church on March 15, 1964. She regularly enjoyed watching televised Atlanta Braves baseball and Kansas University basketball games, playing Chinese checkers, and putting together jigsaw puzzles. In her youth and early life she enjoyed quilting and she was always a summer gardener.

Survivors include: two daughters and their husbands, Beth and Delma Lee, Norton; Joyce and James Trumbo, Almena; five grandchildren, Tracy (Lee) Schemper, Arthur Lee, Timothy, Richard, and Steven Trumbo; 14 great-grandchildren; two great-great-grandchildren; one sister-in-law, Mable Malcolm; one brother-in-law and his wife, Ed and Joan Whitney, Norton; other relatives and friends.

Sylva was preceded in death by her parents, her step-father, her husband, one brother and his wife, Earl "Bud" and Margie Wicker.

Funeral services were held today at Enfield Funeral Home in Norton. Burial was in Mt. Hope Cemetery, Almena. The memorial is to Almena Rural High/Northern Valley High School Alumni Memorial Fund.

Arrangements were by Enfield Funeral Home of Norton.

Walk Kansas 2011 starts Sunday

Celebrating its 10th year, a fitness challenge program that encourages health-promoting physical activity seems to be a winner, even for couch potatoes. Or, should we say "former couch potatoes?"

The low-cost program idea was developed to encourage an increasingly sedentary population to get up and move toward a more healthful lifestyle.

As a fitness challenge, Walk Kansas invites friends, neighbors, family and co-workers to form teams of six to cover the equivalent of the 423-mile distance from Kansas' east to west borders during the eight-week program.

The goal is to encourage at least 30 minutes of aerobic heart-healthy physical activity five or more days a week (150 minutes per week).

Home ed Tranda Watts, Extension specialist



In reviewing 1,950 surveys from the more than 18,000 Walk Kansas, 2010 participants, 98 percent of program participants completing the survey met their goal.

Seventy-three percent of program participants completing the survey reported feeling confident that they would continue 150 minutes of aerobic exercise weekly; 40 percent reported adding strength training exercises to their routine, and, with thanks to

encouragement from the program, 80 percent reported eating more health-promoting fruits and vegetables than prior to enrolling in the fitness challenge.

Survey results from participants also indicated:

- * 65 percent of the participants reported increased energy;
- * 49 percent reported a better (or more optimistic) attitude;
- * 41 percent reported improved sleep;
- * 41 percent also reported weight loss;
- * 40 percent reported increased muscle strength;
- * 30 percent reported increased flexibility;
- * 30 percent reported being better able to handle stress;
- * 14 percent reported lowering blood pressure;
- * 8 percent reported lower levels

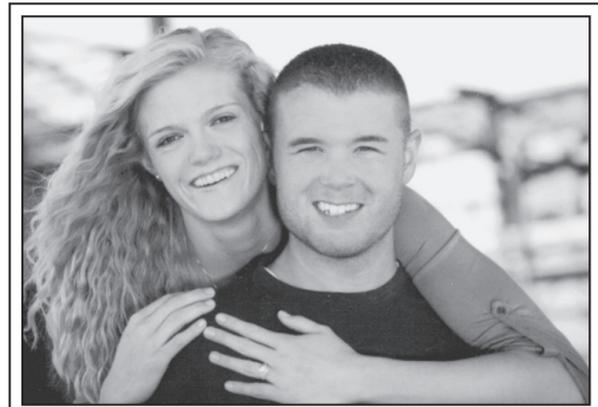
of blood cholesterol and * 6 percent reported being more able to manage diabetes.

Although initially developed to encourage walking, the program has been gradually expanded to include a variety of health-promoting exercise. Swimming, bicycling, playing tennis, pushing a lawnmower and hiking are examples.

Walk Kansas, 2011 is scheduled March 13-May 7; costs for the fitness program are \$7.00 per person plus \$6.00 for an optional t-shirt.

If you haven't signed up yet for Walk Kansas, why not? It's not too late. Just stop by the Extension Office and get involved in Walk Kansas 2011.

Questions? Contact your local K-State Research and Extension Office or e-mail <mailto:twatts@ksu.edu>twatts@ksu.edu.



Jordan Wilberger and Jonathan Saver

May wedding planned

Jordan Wilberger and Jonathan Saver are pleased to announce their engagement. The couple is planning a May 21 wedding in Lincoln, Neb.

Parents of the couple are Rich and Renee (Cox) Wilberger, Scottsbluff, Neb.; Deb Saver,

Scottsbluff, Neb and Steve Saver, Gering, Neb.

Grandparents are Conrad and Roxanne Cox, Long Island; Betty Wilberger, Nebraska City, Neb.; Chester and Linda Smith, Greenville, S.C.

Club News

The Norton After-5 Club would like to invite all area women to attend the March dinner and meeting on Thursday, March 17, at 6:30 p.m. at the Town and Country Kitchen on East US-36. The cost for the dinner and meeting is \$8 per person. Reservations should be made by Tuesday, March 15, by calling Mary Jane Hadley (877-5897).

"Light Up Your Life" is the theme for the evening. The special music feature for the evening is "On A Lighter Note", presented by talented Norton Community

High School vocalist, Johnnye Ruder.

The Norton After-5 Club is proud to welcome as its speaker for the evening, Cynthia Leibrock, Livermore, Colo. Ms. Leibrock speaks on finding purpose in your life in "An Illuminating Idea". Cynthia is an author and was awarded the Polsky Prize for literature twice.

The Norton After-5 Club is non-denominational and represents clubs throughout the United States and Kansas. All area women are invited to attend.

Senior menu

March 14: Baked spaghetti, green beans, tropical fruit, garlic bread, cook's choice complement.

March 15: Turkey, sweet potatoes, coleslaw, bread, pineapple.

March 16: Ham and beans, strawberries,

cornbread, brownies.

March 17: Roast beef, mashed potatoes, gravy, lime gelatin with pears, bread, cake.

March 18: Salmon patty, macaroni and cheese, California blend vegetables, bread, plums.

General Public Transportation Bus

Call 785-877-5352

WE COVER ALL OF NORTON COUNTY

Bus is Available to the General Public and is Not Limited to Senior Citizens

First Come, First Serve — Wheelchair Accessible

THIS PROJECT FUNDED IN PART BY THE KDOT PUBLIC TRANSPORTATION PROGRAM

BENEFIT DINNER

for Karla Reed

Saturday, March 12

4:00-8:00 p.m. - Eagles Dining Room

In support of lifelong Norton resident and former Chamber Director -- join us for a benefit dinner to help Karla with medical expenses incurred in her battle with cancer.

Free will donation at the door or your donation may be sent to Carol at

First State Bank, PO Box 560, Norton, KS 67654

DINNER WILL BE PULLED PORK, POTATO SALAD, BAKED BEANS, CHIPS AND DESSERT

FYI

The Norton Senior Center announces the distribution of government surplus food for low income persons of all ages in Norton County.

Food distribution: Canned beef, tomato soup, green beans, mixed fruit, vegetable soup, orange juice, dried cherries, cherry/apple juice, canned milk.

Free childhood screenings

Eisenhower Elementary will be conducting a free Early Childhood Screen on Thursday, March 24, in the afternoon and all day Friday, March 25.

If you have a concern in any of the following developmental areas; vision, hearing, speech, motor, behavior and/or reasoning, please call to schedule your child for this screening.

Those eligible are children ages 3 through 5. The appointments are approximately 45 minutes in length.

To schedule an appointment, please call Eisenhower Elementary at 877-5113 by March 23, and ask for Joan Hale.

Distribution times and places: March 16, 2 p.m.-4 p.m. Senior Center, Norton; March 18, 2 p.m.-4 p.m., Senior Center, Lenora; March 18, 9 a.m.-11 a.m., Senior Center, Almena; March 19, 2 p.m.-3 p.m. Library, Clayton.

Call Ramona at the Norton Senior Center 877-5352 for more information.

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

The Heritage Quilt Club is Observing National Quilting Day March 19

with Displays and Demonstrations

JOIN US AT

Stitch Up A Storm, Norton

Saturday, March 19, 10 a.m.-4 p.m.

Leo's Sharpening

(620) 629-5499 - leos.sharpening@yahoo.com

"LOOK FOR THE RED CABOOSE"

LENORA - March 16 - 9 a.m.-2 p.m.

NORTON - March 17 & 18 - 9-5 p.m., Sat., March 19 - 9 a.m.-2 p.m.

Next to Love's on W. Hwy. 36, Norton, KS

Sharpening Planer Blades, Carbides, Chain Saws and Don't Forget Your Garden Tools!!!

March 11-16

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.

Just Go With It

(PG-13)

All passes accepted for Just Go With It, only premiere passes accepted for Rango

Rango is Premiere Admission \$7.00 & \$6.00 - No Sunday Discount Just Go With It is General Admission \$6.00 & \$5.00 - Sunday Tickets \$3

Visit our Website: nortontheatre.com

COMING SOON

This ad is brought to you by The Norton Telegram

We care about your news call 877-3361