

OBITUARIES

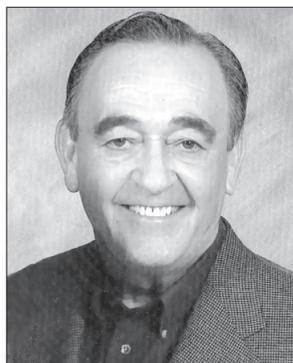
Robert Dixon Nix

Aug. 8, 2013

Bob Nix, 74, St. Joseph, Mo., passed away on Thursday, Aug. 8, 2013 at Heartland Regional Medical Center.

Bob was born in Malvern, Ark. to Edgar R. and Sara Dixon Nix. He was a 1957 graduate of Pryor Oklahoma and earned a bachelor's degree at Northeast Oklahoma State University. He served in the U.S. Air Force from 1962-1969.

Bob was employed at Texaco Inc. in Wichita and Salina, Kansas, as a sales representative. He then was self-employed at Hi-Plains Oil Co. as a Texaco Distributor in Norton. Bob moved to Harrison, Ark. to become a salesman for E.A. Martin Machinery Company. He retired after 30 years working with Dean Machinery in St. Joseph, Mo.



He was preceded in death by his parents and daughter, Janell Holt.

Bob was a member of Wesley United Methodist Church and was a 32nd degree mason.

He married Jeanie Dougherty on Dec. 14, 1962. She survives

of the home; also survived by son, Jay W. Nix and wife Carmen, Kansas City, Mo., daughter Lori J. Nix and Kathleen Gerber of Brooklyn, N.Y., and son-in-law, Bruce E. Holt, Springfield, Mo.; and grandchildren Avery and Eli Nix, Kansas City, Mo., and Hudson and Harrison Holt, Springfield, Mo.

Mr. Nix has been cremated under the direction of Heaton-Bowman-Smith & Sidenfaden Chapel.

A Celebration of Life will be held at 6 p.m. Friday, August 23, 2013 at Wesley United Methodist Church, St. Joseph, Mo.

The family suggests memorials to Wesley United Methodist Church.

Marvin B. Harbers

Jan. 25, 1929 - Aug. 7, 2013

Marvin B. Harbers, 84, of Apache Junction, Ariz., passed away on Aug. 7, 2013. Marvin was born on Jan. 25, 1929 in Prairie View, Kansas and lived most of his life there. He was drafted into the U.S. Army during the Korean War era and proudly drove officers around Paris, France during his military service.

He married June Knuebel on

Aug. 5, 1950. She preceded him in death. They ran the family farm for most of their lives and adopted three children.

He is survived by his daughters, Rose Howe of Phoenix, Ariz., and Peggy Parrish of Flagstaff, Ariz., and his son, Gary Harbers of Hays, brother Stanley Harbers and sister Donna Millan both of Norton.

Marvin lived in Arizona for

the last decade. Ethleen Haak was the special person who added much joy and laughter to his life. There will be no funeral or burial services. In his long tradition of helping anyone in need, he decided to be a tissue donor to help burn victims. His cremated remains will be placed at the National Memorial Cemetery of Arizona.

Anna P. Vahling

July 3, 1920 - Aug. 13, 2013

Anna P. Vahling, Salina (formerly of New Almelo), died Tuesday, Aug. 13, 2013 at the age of 93.

The daughter of John G. and Frances A. (Swingler) Vahling, was born July 3, 1920 in Angelus, Kan., and was raised on the family farm near New Almelo. She lived in New Almelo and Salina, worked as a caregiver, and was a member of St. Mary's Catholic Church in Salina.

She was preceded in death by

her parents, John G. and Frances (Swingler) Vahling and six siblings, John A., Joseph, Louis, Mary Ann Vahling, Frances Osthoff and Agnes Marx.

Anna is survived by two sisters, Elizabeth Wessel of Oakley and Josephine Werth of Hays, as well as nieces and nephews.

Funeral services will be held on Saturday, Aug. 17 at 11 a.m. at St. Joseph Catholic Church, New Almelo, with the Rev. Vincent Thu Laing officiating.

Burial will follow at St. Joseph Cemetery.

Visitation will be Saturday from 8 a.m. until service time at the parish hall in New Almelo.

In lieu of flowers, the family suggests contributions to St. Mary's Catholic Church in Salina.

Pauls Funeral Home of Oberlin is in charge of arrangements.

www.paulsfh.com.

Healthful fast food tips that don't cost much

Some days, it seems that we hardly meet ourselves coming and going. That is when a quick and easy dinner menu is needed that won't get you off track from healthful eating nor cost much.

Be ready whenever those days happen by keeping versatile foods in your cupboard. Here are some examples for each of the main food groups: Fruits (try many kinds canned in juice; and dried, such as raisins, cranberries, or cherries). Vegetables (try many kinds, if possible canned without salt or eaten fresh). Whole Grains (such as rolled oats, instant brown rice, whole grain pastas or even air popped pop corn). Protein (such as lentils, many kinds of canned beans, tuna, mackerel, chicken, lean beef and pork, peanut butter). Dairy (such as instant non-fat dry milk, evaporated milk, grated Parmesan cheese). Spices and Herbs (keep a few favorites

Home ed

Tranda
Watts,
Extension
specialist



on hand for variety, along with flavored dry bouillon cubes). Here is a "heat and serve" tasty menu idea using only a few cupboard-stored foods:

Italian Tuna Pasta (makes 2 servings, each about 2 cups)

2 cups cooked and drained spaghetti or macaroni, preferably wholewheat

5 to 7 ounces canned mackerel or tuna, rinsed and drained if desired, then shredded

A 14.5 ounce can of diced or stewed tomatoes

1 teaspoon each: dried oregano, onion powder and garlic

powder (or more if desired)

Nutrition Facts per serving: 340 calories, 5g fat, 1.5g saturated fat, 0g trans fat, 55mg cholesterol, 750 mg sodium, 48g carbohydrate, 10g dietary fiber and 26g protein. Daily Values: 25 percent vitamin A, 35 percent vitamin C, 25 percent calcium, 25 percent iron.

Meal suggestion: Serve hot Italian Tuna Pasta with Parmesan cheese sprinkled on top, along with 1 cup of pineapple hunks canned in juice and a glass of fresh milk.

If you have questions related to food and nutrition, 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 call 785-443-3663.

PUBLIC RECORD

District Court

These transactions were taken from the records of filings in the offices of the District Court clerk at the Norton County Courthouse.

Traffic and Wildlife and Parks cases are given to the paper when the fines are paid.

Aug. 8

Royce G. Jennings, Seneca, Neb.; Charge: Speeding 74 in 65; Found: Guilty; Fine: \$198.

Royce G. Jennings, Seneca, Neb.; Charge: Improper tires; Found: Guilty; Fine: \$0.

May 30-Paula S. Lashley-Matson, Ponca City, Okla.; Charge: Speeding 78 in 65; Found: Guilty; Fine: \$159.

July 8-Kaid S. McKenna, Norton; Charge: Speeding 77 in

65; Found: Guilty; Fine: \$153.

May 30-Anna Leslie Parise, Port Richey, Fla.; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

July 10-Carl Joe Robinson, Clayton; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

July 7-Clay M. Vanover, Norton; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

July 7-Jerrold J. Wilson, Clayton; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

July 6-Corey W. Rutherford; Charge: Failure to purchase park permit; Found: Guilty; Fine: \$0.

Nov. 24, 2010-Brian P. Spoon-

er; Charge: Fish and Game enforcement; licenses; Found: Guilty; Fine: \$596.

Nov. 24, 2010-Brian P. Spooner; Charge: Big game permits; Found: Guilty; Fine: \$500.

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4th annual Battle of the Badges

The Battle of the Badges is a community wide blood drive where law enforcement competes with the fire department and EMS to see who can bring in the most blood donors.

This is a fun event for everyone in the community. The idea is to increase the amount of blood donated during the summer months, traditionally a time of year when blood donations are seriously low. This helps the American Red Cross maintain a steady blood supply for people who need it. Anyone can participate, and vote for their favorite civil servant.

The Battle is on Wednesday, Aug. 28 from noon to 6 p.m. at the Norton County 4-H Building.

The Red Cross hopes to collect 104 pints of whole blood. The ALYX machine will be available for those wanting to

donate two pints and have a blood type of O+, O-, A- or B-.

The winner gets bragging rights for a year and a big trophy. But it doesn't matter who wins, law, fire, or EMS because hospital patients throughout Kansas are the real winners.

This is the fourth year for Battle of the Badges in the Norton community. The fire department won in 2012 and 2011, and law enforcement won in 2010, but this year, who knows? Maybe EMS will rally back to win!

People can donate at the Norton County 4-H Building, 126 E. Park St., on Wednesday, Aug. 28 from noon to 6 p.m. It is best to schedule an appointment, but walk-ins are always welcome. Visit redcrossblood.org or call 1-800-RED-CROSS (1-800-7333-2767) to make an appointment.

It is very important for the

Red Cross to continually gain new donors to make sure blood is available when people need it. Because only 38 percent of people in this country are able to donate blood, but approximately only about five percent give blood. You never know when it might be you, your family member or friend, who needs that life-saving blood.

Your one donation may help save up to three lives. And the best part is you can donate every two months. This adds up saving up to 18 lives each year.

A person has to feel good on the day of donation, be age 17, age 16 with parental consent, and meet certain weight requirements. If you have questions about donating blood or would like to make an appointment, call 1-800-RED-CROSS (1-800-733-2767) or go to www.redcrossblood.org.

Engagement

Melinda "M.J." Dempewolf and Keith Ward of Norcatour plan to be married in an outdoor wedding on Saturday, Sept. 7, 2013.

Parents of the couple are Doug Dempewolf, Norcatour, and Chris Dempewolf, Oberlin; and Les and Lynn Ward, Norton.

The bride-elect is a 2006 graduate of Decatur Community High School and earned a licensed practical nursing degree from Colby Community College. She works at Craig Home Care in Norton.

Her fiancé graduated from Norton Community High School in 2004 and is a farmer/rancher in Norcatour.



Social Security celebrates 78th anniversary

On the eve of the 78th anniversary of the creation of Social Security, which provides an average annual retirement benefit of \$15,400 to 362,172 Kansans, AARP Executive Vice President Nancy LeaMond issued the following statement:

"In the years since President Franklin D. Roosevelt signed the legislation creating Social Security, it has become the foundation of retirement security in America, lifting tens of millions of seniors, as well as widows, children and people with disabilities, out of poverty. Declining pensions, inadequate savings, shrinking home values, and a difficult job market mean that the promise of Social Security will become increasingly important as today's workers approach retirement.

"Yet, some in Washington want to cut this invaluable program to reduce the deficit. Social Security is a self-financed program, not a piggy bank for deficit reduction. That's why AARP is fighting to stop Congress and the President from cutting Social Security benefits using the 'chained CPI,' a change that would hurt seniors already in retirement as well as veterans, women, children and disabled Americans. Just last week, AARP volunteers delivered to Congress more than 1.5 million signed petitions opposing the chained CPI.

"Social Security is too important to rush changes like the

chained CPI, or increasing the eligibility age, into a budget deal. As we look to address Social Security's long-term financial challenges, we must think of the current and future beneficiaries who have earned their benefits and rely on them. Any adjustments to Social Security will affect individuals, families, businesses and our economy as a whole. That's why AARP is calling for a separate debate about responsible solutions that will ensure Social Security's

strength for current and future generations.

"For 78 years, Americans have found peace of mind and a measure of financial stability in the modest but critical benefits provided by Social Security. As we reflect on its remarkable success, AARP looks forward to engaging with elected officials, business and non-profit leaders, and the American people in an open, honest conversation about how to strengthen Social Security for the future."

Come join us for some refreshments in honor of

Pat VanDiest's
retirement

from

the bank 314 W. HOLME
NORTON, KS

Wed., August 21
2:00 p.m. - 4:00 p.m.

Aug. 16-
Aug. 21

Showing at the

NORTON THEATRE

Disney's Planes
In 3D - 1 Hour, 42 Minutes, (PG)

Fri. and Sat.: 7:00 and 9:30 p.m.
Sunday: 5:00 and 7:30 p.m.
Mon., Tues., Wed.: 7:00 p.m.

Wolverine
2 Hours, 17 Minutes
(PG-13)

Disney's Planes is a Premiere movie - \$7.00 and \$6.00. No Sunday Discount
Wolverine is a Non-Premiere movie - \$7.00 and \$6.00. \$3 on Sunday

Let's Go to the Movie

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