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EDITOR

Wendy Nugent

**FEATURES,
PHOTOGRAPHY**Adam Strunk
Mike Mendez
Wendy Nugent**SALES**

Bruce Behymer

CREATIVEShelley Plett
Elizabeth Hingst**PUBLISHED BY**Kansas Publishing Ventures LLC
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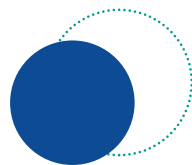
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From the Editor



Wendy Nugent, Editor

This is my favorite time of year, where pumpkins are ripe for picking, the air turns crisp and I get to wear boots and sweaters. This also is the time of year for football, and we have a couple of football stories in this quarter's Harvey County Now.

The cover story is about Neff Family Farm.com out of rural Sedgwick, that sells herb plants at area farmers markets. One thing I didn't know is they make pottery with scriptures and/or herbs impressed into them. I had the chance to drive out there one muggy morning after a rain to do the interview and meet one of Kay Neff's sons and two granddaughters. It was worth the drive to find out about the farming operation that uses chickens to eat their weeds.

Other articles in this issue include two more I wrote, about Terra Scott of Newton, who teaches yoga and raps, and another about the Ronda and Tony Baker home in Newton. The Terra Scott story is in the center spread and talks about her being a modern-day Renaissance woman. The Baker home was built in the 1800s and is a monument to comfort and Victorian architecture.

Adam Strunk wrote an article about El Cerrito, a Mexican restaurant in Hesston. Seems like the next day after Adam ate there, he wanted to go back for more tasty food. He also penned an article about Hutchinson and the features it beholds, such as the salt museum and Fox Theatre.

Mike Mendez also had his share of articles. He wrote those football stories I previously mentioned and one about Harold Reid, a Newton resident who's spent a lifetime golfing. I hope you enjoy this issue!

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ON THE COVER: Kay Neff with Neff Family Farm.com talks to granddaughter Shaley Brim about herbs as Shaley sniffs one of them. Wendy Nugent/HarveyCountyNOW

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Article and photos
Wendy Nugent

green thyme

Neff family
works herb,
veggie farm

Just like the 1960s song by Simon and Garfunkel, Kay and Dave Neff's family herb farming operation contains parsley, sage, rosemary and thyme. And just as the lyrics to "Scarborough Fair" date back to at least the late 1600s, these herbs probably have been around at least that long, too. "Scarborough Fair" actually is a traditional English ballad.

Not only does Neff Family Farm.com's land have those herbs, it has at least 80 more at the rural Sedgwick location, as well as varieties of those herbs.

There's Creeping Thyme, English Thyme, German Winter Thyme, Lemon Twist Thyme, Lime Thyme, Orange Blossom Thyme and Summer Thyme, as well as Russian Sage, Extracta Sage, Trailing Rosemary, Gorizia Rosemary, Hills Hardy Rosemary, Italian Flat Leaf Parsley and Triple Curled Parsley.

Neff's interest in gardening and herbs stems from her dad and where she was raised.

"I'm a sixth-generation farmer and a fourth-generation potter," she said, adding the business also makes pottery and produce, which are sold at farmers markets. "The art and farming marries pretty well."

Neff said they make scripture bowls and herb bowls with herbs in the glaze.

"My dad was a chemist who came from the farm, and I've always just had a love of growing things," Neff said.

When she and Dave first were married, her parents visited them in Bailey, N.C., as Dave was in the Marine Corps. They visited the Country Doctor Museum, and when they walked out the back, they saw an herb garden in a wagon wheel.

"I fell in love with it," Neff said. "So it's always been kind of a connection to my family heritage, and herbs you can eat 'em."

The business sells its wares at a variety of farmers markets in the area, including Wichita and Hutchinson, as well as occasionally Newton. They also go to big events, like three herb fairs in Oklahoma, and they like to sell in Wichita because it's a big market.

When the Neffs moved to the area in 1982, Neff's mom gave her a wagon wheel.

Abe Neff loads tomatoes into a bucket at Neff Family Farm.com on a Friday in August. The farm is in rural Sedgwick.



cover story



.....
LEFT: Julia Brim loads cucumbers that were just picked at Neff Family Farm.com in rural Sedgwick. **ABOVE:** This is one of the bowls that's made at Neff Family Farm.com.

"She knew how much I loved that wagon-wheel garden," Neff said.

They go to the Hutchinson market early in the season for about six weeks, Neff said.

The herb farmer said they sell live herb plants along with produce and pottery, and they've been going to farmers markets since 1991.

A big part of their business is to educate, and that's at least one reason they don't have business cards but hand out pamphlets containing the business name and contact information, information about different kinds of herbs, a conversation chart for cooking with herbs (1 teaspoon dried equals 1 tablespoon fresh), varieties of tomato plants, recipes and the locations where they will sell during the year.

"We try to educate the customers at the same time," Neff said in a makeshift interview

“
 The words my family hates most in life are, ‘Honey, I have a little idea...’
 ”

area at the farm.

"Yes, we like to make money, but not at the expense of the customer." She had covered a stool and chair with a couple of blankets since the dew, humidity, rain, or all three made everything moist, including the roads to their farm.

The air also hung heavy in one of their high tunnels, which contained growing produce and chickens in a fenced area eating weeds and produce.

"The chickens are really liking the cucumber," Neff said. "Anything that's not sellable, the chickens get to eat it."

The farm received a grant to do research for rotating chickens through planting areas and high tunnels, Neff said, so the chickens eat the weeds and fertilize and aerate the soil. On Friday, several chickens were in a fenced-in area, munching away at weeds and whatever unwanted produce was tossed their way. At one of the fenced areas was a portable

chicken house, which Neff and husband Dave built. When the chickens are moved to another area, so is the chicken house, which is lined up to an end of a high tunnel, giving the chickens easy access.

"Once they get this all cleared," Neff said about the weeds, "they'll start digging at the topsoil. So they're worker bees, and they lay eggs."

High tunnels are similar to green houses, although they're not heated and are higher, maintaining their own temperatures.

Tomatoes are grown on raised beds, and Neff's son, Abe, and granddaughters, Shaley and Julia Brim, were busy picking some of those tomatoes, as well as peppers and cucumbers, on this day.

Neff said they use a drip irrigation system in the high tunnels, and everything is natural.

"No pesticides, no herbicides," Neff said, walking around the farm. "We're completely chemical free."

She said they also recycle pots and trays.

They grow plants tightly with the idea there won't be much weeding, Neff said.

"Everything went up," she said, meaning plants grew up instead of out.

The farm also has a homemade brooder when they have chicks. The chicks heat the brooder, and the brooder heats the chicks.

"This greenhouse never froze last year, because it had chickens in it," Neff said.



Neff also places the plants on brooders that need the most heat, and they have almost four greenhouses that will be filled with herbs and veggies.

At one location of the farm are what Neff called "mother plants," because they'll provide the cuttings for most of her plants for next year. They start propagating plants in October and November, start seeding in January and selling transplants in April.

With all of this farming comes work, and Neff said all of their family who's in the States help.

"Not only is it a family farm, it's an ever-extended family farm," Neff said, adding even one of her daughters-in-law's parents helped during Herb Day the first Saturday in May.

All of their children, their spouses and their kids reside in the area except for their son, Marine Corps Capt. Ben Neff, who lives in Japan with wife Bethany and their son Xander. Jacob and Dorothy Neff reside in Newton, and Abe and Sunset Neff live in Valley Center.


"The words my family hates most in life are, 'Honey, I have a little idea,' because they know it means work," Neff joked, adding the kids don't like to hear "You know what we should do?" which means there will be work that'll take more than one person to do. "Which is most things," Neff added.

In regard to working at the farm, Neff had a question for one of her granddaughters, Shaley.

"If we work at the farm and make money, where do we get to go?" Neff asked.

With much glee, Shaley answered, "Disney World!"

Neff said they take trips with their granddaughters.

"That's a little added incentive to get them to work," Neff said. 

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lifestyle

Article and photos
by Wendy Nugent

Stepping through Time



One year, Ronda Baker's parents asked her what her husband, Tony Baker, wanted for his birthday.

"He needs a chandelier for the dining room," Ronda told them.

So he got a pretty chandelier, which now lights up their formal dining room.

It seems Ronda wanted the chandelier more than Tony did, because he jokingly said he's waiting for Ronda's parents to give her a shotgun, which would be for him.

Their home, located in the northwest part of Newton, was built in either late 1886 or early 1887. They're not sure which.

The structure is comprised of an unfinished basement, first floor, second floor and attic. The first and second floors each have 1,660 square feet, and the first floor has a formal dining room, living room, parlor,

kitchen, bath and laundry room. The second floor holds four bedrooms, a craft room and bathroom. Their large attic is used mostly for storage, while the basement serves as a storm shelter.

The attic is one of the reasons the Bakers bought the house.

"It just looks like a place where you could find grand treasure," Ronda said.

Years ago, a fire started in the attic, and today there's charred places on the roof inside that are evidence to that.

When the house was built, wood used to build the attic came from Newton Carriage Works, since that business name is printed on at least one board. Ronda thought the wood came from shipping crates.

When their four kids were young, they used to play in the attic. A little sign made by

one of the kids is still up there.

Moving down to the second floor, the master bedroom is graced with a four-poster bed, and the Bakers hope to turn the craft



OPPOSITE: Tony and Ronda Baker stand on their home's grand staircase in Newton. ABOVE: This is one of four bedrooms in the Baker home in Newton. INSET: Tony and Ronda hold a photo taken after their home was constructed in the 1800s. In the background is their home as it is today.

room into a master bath, since it attaches to the bedroom. Two other bedrooms are fairly large, and the fourth one is smaller with what appears to be a lower grade of wood on the floor. The Bakers think this was the maid's room back in the day, and it still has a transom and closet. The stairs to the attic lead from this room.

One thing the Bakers appreciate about the house is that each bedroom has a closet. Ronda said that around the time the house was built, houses were taxed by rooms, and closets were considered rooms.

"That's why they had armoires," Ronda said, leading a tour of the house.

In the upstairs hallway is a homey display, complete with three hand-made quilts. Ronda's mom made one of them in 1966, and it features Ronda as Sunbonnet Sues doing various activities. Tony's mom made one of the other quilts for their wedding.

After the Bakers moved into the house in 1991, they let the kids have input on how to decorate their rooms. For instance, the girls wanted clouds on the ceiling, so they got that; those clouds still are there, along with glow-in-the-dark stars.

The Bakers' children are all grown now, and a house wouldn't be a home without people. Tony said their kids and they all have an "odd commonality"—all the wives are older than their husbands, including Tony and Ronda. In addition, all of their children who are married wed their high-school sweethearts. Their children are Gillian, 34, and Tyler Giles, who reside in Germany; Zachary, 32, and Elaine Baker, who reside in the suburbs of Detroit; Whitney, 30, and Anthony Adams of Newton; and Veronica Baker, 28.

When they moved into the home, which was a rental



before that, Veronica was 3 years old.

"We got it in February, so it was very, very cold," Tony said, sitting comfortably on a couch in his home.

In order to get the home loan, they were required to paint part of the home exterior. They had a two- to three-day stretch of good weather, however, so they didn't have to do that in frigid temperatures.

"God saw fit to give us some good weather," Tony said.

At the time, the house had white siding. Now, it's a pretty blue with cream and purple accents.

After they bought the house, the Bakers found some pleasant surprises. Carpet graced the floors, so they didn't know they had great hardwood floors, which they found out while redoing the kitchen the first time.

The kitchen had 12-inch tiles on the floor.

"It was a mess," Ronda said. "It was a terrible floor."

And then at Christmastime one year,

they discovered something about their one and only fireplace, which is in the living room.

"I went to, like, do tacks in it like for stockings and found out it was cast iron," Tony said, adding they light the fireplace in the winter, and it just radiates.

"We've got very good utility bills," he said.

The fireplace could fool anyone, because it really looks like it's made of wood.

Also when they moved in, the kitchen had dark cabinets, so they painted them a country white and added new knobs. In 2010, they completely revamped the kitchen and changed the layout. An Amish man from Yoder built their current custom-made cabinets.

"Even though we are updating things, we still like to make it have the appearance of it being older," Ronda said, to reflect the home's heritage.

In addition to an industrial stove and oven, the kitchen boasts a wood-burning cookstove, which is not original to the


house but it's true to the period of the house. Ronda uses it in the winter.

"It's way too hot to cook with that in the summer," Ronda said.

Tony said he got Ronda everything she wanted for the kitchen.

"And I love it," she said.

Another feature of the home is a laundry shoot on the second floor that doubles as a seat for putting one's shoes on. When the Bakers moved in, they had plans to strip all of the painted wood upstairs, but they only got as far as the laundry shoot and chair. They were busy with other matters like raising their family. So they repainted the wood. The laundry shoot goes all the way down to the basement, but the Bakers have a board that stops the laundry on the first floor, where there's a laundry cupboard, if you will, where they can retrieve dirty clothes.

The Bakers' plans include redoing the bathrooms. For example, they want to put a pedestal sink and a claw-foot tub in the upstairs bath. 

LEFT: The Bakers had their kitchen remodeled, combining new appliances with vintage-style cabinets.



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sports

BACK TO WORK



Article and photos
Mike Mendez

Swathers try to recapture lost throne

Since the inception of the Central Kansas League in 2010, it has been utter dominance by the Hesston High School football team. Going into last season, the Swathers won four out of a possible five league titles. But last season, Hesston was upended by Harvey County rival Halstead 18-6 in Week 2, and the Dragons took the league championship away on the way to a second-straight semifinal run through the playoffs.

"I don't want to say that a loss was a bad thing," Hesston head coach Clint Rider said. "But we hadn't lost in the past two years. So that game for us was one that was obviously circled on our schedule, and I'm sure circled on theirs and meant a lot to their program, too, but just losing to your rivals is tough. But at the same time I think that is was a wakeup call to our team. We saw a lot of focus come out of that game. And in the locker room afterward, there were no excuses."

With an entire summer leading up to a fall season, there is a fine line coaches and athletes have to juggle. While coaching staffs want kids to have a break and enjoy their summers, with access to players extending, finding the balance between having a break and remaining competitive is tricky. If a coach is within the rules working with the team during the summer, you can bet the best teams in the state are working.

For Rider and the Swathers, summer programs are not mandatory. But he wants a culture of accountability that has the players wanting to volunteer. Hesston's 8-2 record in 2015 would be the envy of a lot of schools. But the two losses stung. The first came to Halstead. The second was a 22-21 loss in overtime to open the playoffs against a Garden Plain team that has been the postseason bane of the Swathers for years.

In 2016, Hesston opens with a trip to Garden Plain in Week 1, followed by a league clash with Halstead in Week 2. Two opportunities to avenge bitter losses to open the season have provided their own motivation to get kids working out in the summer and provided a new hunger to get back a league title they once owned.

"This has probably been the most excitement that I have felt from our team in the last four years," Rider said. "Kids are



texting me, 'Coach, I can't wait. I can't wait.' Or they are putting stuff on Twitter that they are ready. Kids are excited. It is not an obligation, or they are not dreading it. I'm sure they are dreading some of the physical pain, but just to feel that excitement is something that I feel like is maybe in the last two years kind of turned that culture a little bit too where it's not necessarily we just like football. They have a really positive association for it, and that is something that is really gratifying."

Though summer workouts and camps are not mandatory, Rider had his team turn out voluntarily to the tune of a 90-percent attendance rate. With the team needing to rely heavily on sophomores, it will take that extra effort to have another competitive season in the league.


There will not be a lot of time for the young players to learn the ropes, either, with two games against the two teams that beat them last year to open the season. And the culture within the program during the summer has been one of accountability to each other as much as it is to the coaching staff, as they build power through unity.

There also is accountability to the history of the program itself.

"There is that little bit of understanding that this is what the

expectation has been for 17 years of winning seasons," Rider said. "It doesn't happen very often. We have been very blessed. But to be able to put on our uniform and to walk down that burm on Friday night and get to represent the community of Hesston, there is definitely a sense of pride and a sense of obligation to carry that on."

The Swathers will be coming into the rare season without a Central Kansas League title to defend. It will be a big motivator to get it back when they face off against Halstead in Week 2. But there is one huge lawn the Mean Machine hasn't been able to mow. And though September will be ferocious, it is not the month the team is looking for improvement in.

"Although we have started no worse than 8-1 in any of the last three years, we have still only won one playoff game," Rider said. "That is where our focus is at. Whether we drop a few early on due to a tough schedule and that kind of thing, we just want to make sure we are ready when November comes around. That is where, as a program, we feel like we need to improve." 



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OPPOSITE: Hesston receiver Zach Vogt hauls in a touchdown pass and rolls to the ground during a 7-on-7 practice against Newton. Vogt is part of a senior class that will be looking for a third league title in four years. ABOVE: Hesston head coach Clint Rider looks over the plays during a 7-on-7 practice with Newton High School over the summer.

EMBRACING & FEEDING the COMMUNITY

Article and photos
Adam Strunk

Hesston's a long way from Guajuato, Mexico, where Juan Gomez once called home. But now for him and his family, Hesston's not only the location of their successful business, but also their community.

Gomez, his wife Maria, his brother-in-law Juan Ramirez, his three children, nephews, all work to run El Cerrito, a Mexican restaurant in the America's Best Value Inn at 606 E. Lincoln Blvd.

They've been running it for about nine years now and, during that time, Juan said the town and its people have grown on him.

"I really like the small town," he said. "It's like where I was from. You know your neighbors here. Everybody knows everybody."

On a Wednesday afternoon, the restaurant was a wide mixing pot of people. Servers ran around with baskets of tortilla

chips, salsa, steaming cast-iron skillet filled with fajitas. A family of Holdeman Mennonites ate next to a group of men in Excel Inc. shirts. On the other side sat a family staying in the hotel. In another place there were two men wearing shirts from Hesston College.

It's bustling, and people were happily digging into their food.

Gomez said the community has been very supportive of his restaurant during the years.

"Here, you help the people, and they help you," he said.

Gomez and his wife, Maria, have come a long way since coming to the United States.

Gomez said he left his home looking for a good place to raise a family.

His wife had brothers in the United States, and he came here, working his way up as a handyman before moving to South Carolina and working on carpentry for

boats.

A few years following that, he came to Hesston after another brother-in-law, who had a restaurant in Emporia, found a restaurant location for him in Hesston.

Gomez had no experience running a restaurant. He just had his family to rely on and community to try to win over.

"We started here with nothing," he said.

"And then a few people came. And then in a few months more came and more came every year."

He said the restaurant's good location helps since it's near manufacturing, a college and a highway.

Gomez said it's no secret on how he and his family have made the restaurant work—long hours, fresh food and reasonable prices. He said now he has about 15 employees, and only a few are not related.

"The cooks come in at 9 a.m. to make everything," he said of the sauces and the



Juan Gomez, his wife Maria Lucia Ramirez and their daughter stand by the register at El Cerrito Mexican Restaurant in Hesston. The restaurant is a family affair for the group and is a local hotspot.

salsas and most of the food. "Nothing is pre-made."

He said he also has kept prices as low as he can.

A steak fajita dish for lunch is less than \$8, for example.

Finally, he said there's one more ingredient to make it work:

tion from one of the servers, who happened to be Juan's nephew, we went with the steak fajitas.

Normally, I'm iffy with fajitas because they often come out a bit burnt in a lot of places for my taste. These were not. The steak was well seasoned and had a bit

helping out in the community.

Early on, Gomez said he started noticing Sundays were a bit sparse.

So he had an idea: donate.

He now gives 10 percent of what the restaurant makes each Sunday to different churches in the area.

Since then, he said business jumped up. Giving for him was the best sort of advertising and a good way to get Hesston's support. Gomez said the community has been very supportive of his restaurant during the years.


"We try to work together with the community," he said. "I like them. It's really, really good here."

After taking a recommenda-

tion of pink in the middle, which was a nice surprise. The peppers with it were soft as were the onions. The steak came with fresh tortillas, homemade refried beans and rice.

It was good food, filling and for the price, well worth the money.

Also of note was the salsa, which tasted freshly made even before Juan informed us it was made every day. It had a decent amount of kick.

Juan recommended the carne asada, the carnitas, as well as the pollo a la gormme. Also since beginning the article, multiple people have recommended trying the guacamole, though we haven't yet tasted it. 



The Steak Fajita dish at El Cerrito came with tender meat and fresh, well-cooked ingredients.

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Profile

W

Humid July heat was like a warm blanket, wrapping Terra Scott's yoga students in caring arms when they met for class in the shade of Athletic Park's band shelter one particular Saturday morning, as they listened to her directions, stretching and breathing at a relaxed pace.

Scott had her cup of ice water off to the side so she could take sips.

There's an advantage to doing yoga in the heat, as it loosens the muscles, Scott said.

The Newton resident is a Renaissance woman of sorts, as she has talents in a variety of areas. In addition to teaching yoga, Scott is an artist who paints and does photography, writes poetry and rap songs, sings and makes face scrub, which she sells.

"I have many facets of self, and each part needs to express and interact so

Renaissance Woman

I can make sense of this world instead of my immense amount of passion imploding within," Scott said. "I am a singer and consider myself a rapper and hold this part of myself very close, so I have not yet, but aspire to someday, perform and/or put out an album. I love the hip-hop culture. It is a ginormous platform for change and expression."

For example, she said everyone knows popular social-change rapper Macklemore, who marked history with "Same Love" in 2012.

"I wish people wouldn't write hip-hop off because of some rappers choosing shallow topics," Scott said. "You have to recognize that, first of all, not all rappers are shallow, and that secondly, talking shallow and having ego is part of the culture. You will not be heard unless you mention your status. It is a way to gain respect and command attention. Life is dirty; I'm not going to pretend to be totally unaffected by that. To hear some of my verses, put me on the spot, ask, but be prepared for this MC to alarm you."

The fact that she does yoga and teaches it in Newton won't alarm people, however. Her interest in yoga started when she was a kid, even before she knew what yoga was.

"I was always into body awareness,

stretching and being able to balance, get upside-down, play," Scott said. "Children are natural-born yogis. When I was 12, I discovered a name for what I was doing, as well as more challenges to add to what I had already been doing."

Then one summer, one of her friends' moms had a yoga tape, so they did that for fun.

"It became more than just playing and poses, and I started to discover the deeper mind, body, spirit benefits," Scott said.

As an example, she said because of anxiety, insomnia and restless leg syndrome, growing up, she would have trouble sleeping at night, so she started doing yoga nightly in either a pitch-dark room or by candlelight, playing whatever music she wanted to. Scott didn't rigidly stick to any principles, just doing what came intuitively.

"Listening to my body and allowing myself to explore the realms of yoga from the inside," she said about yoga. "In this way, I learned yoga organically and intuitively. My body taught me many of the things I ended up learning at yoga school, which is what led me to have a deeper understanding of yoga, a kind of X-ray vision for bodies, minds and souls and what they may need for growth, healing, and to recovering injury and

limitations."

Scott said she happily teaches out of her car, where she keeps the equipment for class, and the classes are in various outdoors locations, like tennis courts and the band shell. She also teaches at Harmonious You in Halstead.

"It's like hot yoga by nature," she said. "I will be in a studio when the day shortens and the chill arrives."

After she attended yoga school at White Lotus Foundation in Santa Barbara, Calif., Scott decided to stick around for a while, staying with her aunt, who bathed with salt every day and had discovered its healing powers. On her second day there, while "pondering salt at Trader Joe's," as she put it, she purchased a scrub made of lavender, oils and salt, thinking she needed something to wash with anyway.

"My life was forever enhanced," she said about that scrub. "I could not find good scrubs here [in Kansas] anywhere, and I had begun learning about many other ingredients, such as apple cider vinegar, honey, flower essences and other oils, and their endless healing benefits, so I decided to craft my own."

She spent three years perfecting her product. Initially, Scott made it for friends and

LEFT: Terra Scott of Newton pours pink salt into a container to make her face scrub. BACKGROUND: Scott strikes a yoga pose.



family, as well as for herself, and folks kept telling her how amazing it was and that she should sell it to the public.

"So at the beginning of the year, Terra Sol Apothecary was born," Scott said.

She started selling it at some of her favorite businesses, including Mojo's Coffee, Kauffman Museum, Super Collider Computers, 3 Wizards Game Tavern, Laymans Antique Store, Harmonious You and 42 Below. Scott also plans to have an online

store and to sell the scrub at Prairie Harvest in Newton.

Another of Scott's talents is art, which she also has been doing since she was a youngster.

"I've been doing art since I was little," Scott said. "I really like painting and putting together symbols that have personal meaning for me in a way that makes my spirit tangible. Painting is very spiritual as my paintings reflect a part of my psyche. I usually will come

up with a symbol to start off with, something simple, and kind of let the painting paint itself, and it ends up teaching me things I didn't even know I didn't know. Art is full of good mistakes."

Scott said with photography, she can capture beauty as she sees it, and she loves the idea of others seeing through her lens.

"Making a beautiful photograph is so fulfilling for me," she said. "I love photographing people the most. I do it

ABOVE: Terra Scott, right, teaches yoga on a sweltering summer morning at the band shell in Athletic Park in Newton.



“Evoking emotion is important in all that I do.”



professionally in a traditional sense, making portraits. I love doing weddings, engagements, individuals, pregnancy, you name it, and I also really enjoy the non-traditional photos of humans, abstract images that reveal spirit or evoke deep emotion.”

Scott has an art philosophy.

“Evoking emotion is important in all that I do,” Scott said. “We have to remember that we are human, imperfect, ever changing, flowing in and out, up and down, and all


around. We want to travel in a straightforward line, but as Albert Einstein said, “Creativity is the residue of time wasted.”

She believes people need to feel their emotions, which can teach people and allow us to move on, she said.

“Otherwise, things just get shoved under and reappear in more painful and confusing ways, often in the form of tension, which eventually becomes illness,” Scott said. “If we are able to trust ourselves and our emotions

and the unexpected or uncomfortable shifts and turns, we can start to become infinitely curious and in awe of our experience.

Emotion, I believe, is where true creativity is born, for emotion gracefully expressed is the ultimate creativity.”

For more information, visit terrasolyoga.wix.com/breathe and facebook.com/terrasolyoga. 

ABOVE RIGHT: Terra Scott strikes a yoga pose on a rainy summer night at her home.



As Scott City quarterback Trey O'Neil was running for his life, receiver Chantz Yager used the extra time to find some space. O'Neil found Yager in the end zone for a miraculous overtime touchdown to give the Beavers a 20-14 win. It was a gut-wrenching loss for Halstead in the 2014 state semifinals.

The Dragons came within six points of the state championship game. But the disappointment didn't last long. Halstead wasn't anyone's pick to be in the state semifinals, let alone take state powerhouse Scott City into overtime. But when the season came to an end, one weekend before Thanksgiving, the message was sent loud and clear. The Dragons are a statewide force to be reckoned with under new head coach Jason Grider.

"We played our tails off," Grider said. "I was disappointed that we didn't win the game for our kids, but I certainly was not disappointed in our kids' effort. I was very proud of how they came together and proud of the effort they put in. I think going in, they all understood that at that point you are going to be playing the best teams. We felt like we were one of the best teams and that we belonged. We knew that nobody else gave us a chance. That's fine."

The journey didn't get off to the hottest start in Grider's first

season. With a lot of anticipation leading up to the annual showdown with Harvey County rival Hesston, the Swathers won big once again 42-14 in Week 2. But rather than let it get them down, the Dragons took it as a learning experience to move forward.

And with the confidence of one of the best runs through the playoffs in the state, in 2015 the Dragons removed a gorilla from their backs with an 18-6 win over the Swathers. The win set the table for a big season led by two Shrine Bowl players with running back Blake Beckett and quarterback Eli McKee. With an already immensely supportive community behind the program, getting the first win over Hesston in years didn't hurt the football fever in town, either.

"With the communities so close together, there is a rivalry there," Grider said. "But like I said the last two years, it's not going to be a rivalry until we start winning some of these things. We were able to get the win, and it was a great game. We love playing them, and I know Coach Rider does, too. We love playing them early in the season because I think it is a great gauge for both teams. Were they better after that game? Absolutely. Hesston got better because they played us. And we got better because we played them. That was the key for us, is getting better after that game."

Halstead quarterback Eli McKee hands the ball off to running back Layke Heimerman last year. McKee led the Dragons to the state semifinals in 2015 and earned a roster spot in the Shrine Bowl. *Courtesy photo*



Halstead used the win to put an undefeated regular season together and dominated its district by a combined score of 102-42. And for the second year in a row, the Dragons made it to the state semifinals. In 2015, Halstead dominated in the playoffs, outscoring opponents 138-15 on the way to the semifinals against Wichita Collegiate. The Spartans ended the Dragons' run with a 21-0 win. Collegiate lost to Rossville by a point, 20-19 in the state championship game, leaving Halstead right near the very top with the states' elite yet again.


And while graduating two Shrine Bowl players won't be an easy adjustment, the Dragons have no plans on slowing down and are bent on continuing the tradition as the next group of players gets a chance to shine under the lights.

"We have had maybe the best summer I have had as a coach," Grider said. "As good as we had the year before, these kids have a hunger now. The foundation is there now. We have got a lot of good kids with a lot of playoff experience coming back. And maybe not starting experience, but these seniors coming in are playing an extra season already, making the two long runs in the playoffs that we have made, which is huge. That is where we want to get to. We hope that

we are at that point. I will tell everybody who will listen, our middle school program, with Coach [Ward]

Willis, does an outstanding job, him and his coaches. Our seventh and eighth grade lost one game combined last year."

With an ever-increasing level of competition in the Central Kansas League, it is imperative for the younger players to take ownership in defending the league title. But with the amount of hard-working talent on the field, the Dragons aren't giving up the crown without a fight.

"The buy-in to our weight lifting program, our power-lifting team, has been really big," Grider said. "It has really developed a lot of our guys that I didn't think would ever have a chance to see the field, that will probably be starting this year and will play a vital role and be really good for us. We are excited to see what some of these younger guys are going to do." 

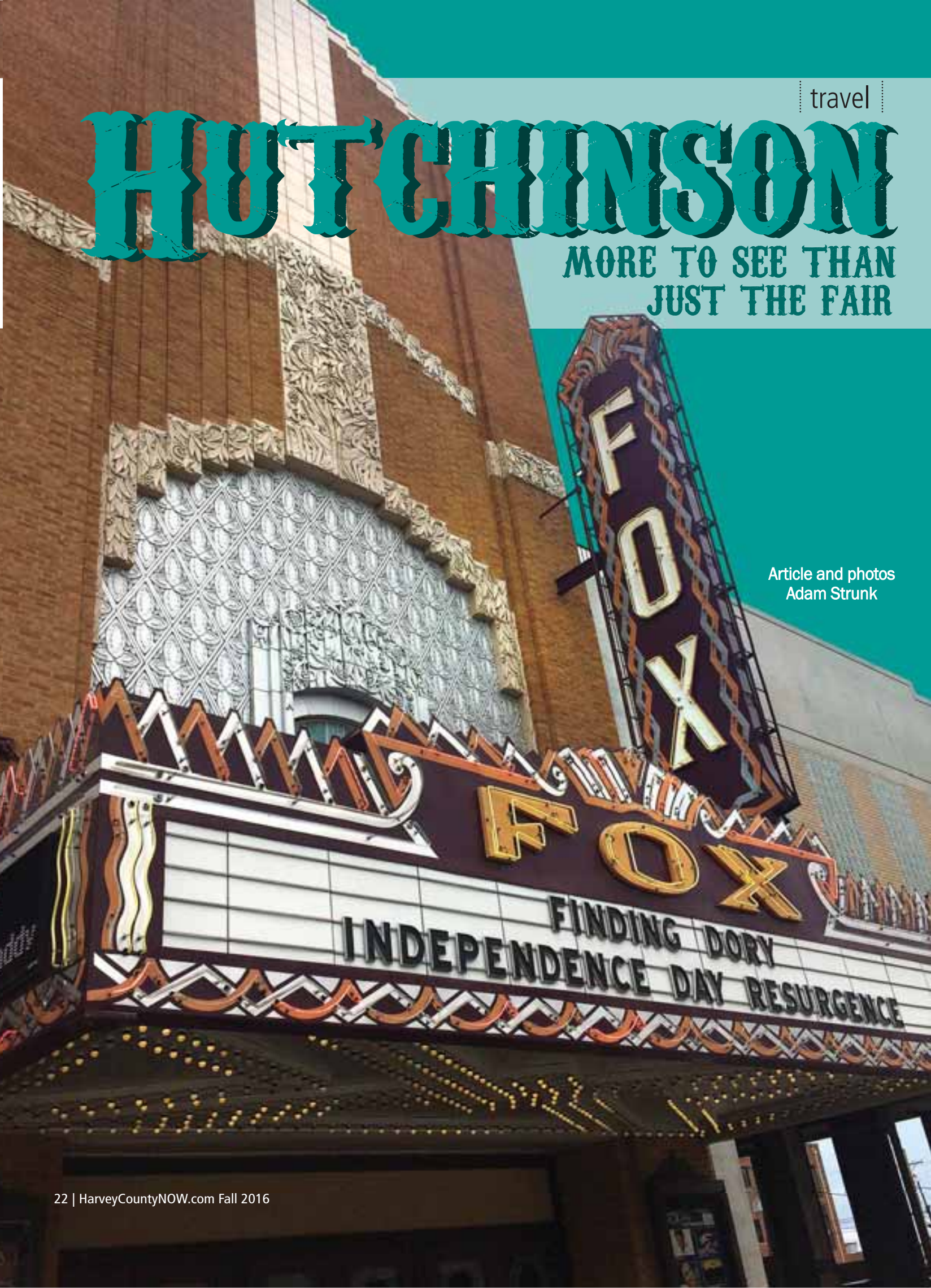
INSET: Layke Heimerman. Courtesy photo

travel

HUTCHINSON

MORE TO SEE THAN
JUST THE FAIR

Article and photos
Adam Strunk





Hutchinson, Kansas: home of the state fair. The two-week state fair kicks off Sept. 9 and will draw thousands to the city. To many Kansans, the state fair is about the only glimpse they get of Hutchinson. And depending upon the route they take into town, it's sometimes not a great one.

Hutch can get a bad rap from some of the people who don't about it, and to be honest, I was one of them. Actually, most of our office here had the same opinion.

My memories of the city usually include driving by it on the south or driving into town via Fourth Street to get to the state fair.

I'd see closed gas stations, junk yards and empty businesses on the side of the road and make up my mind it didn't appear a very pleasant place to be. Usually I was fine to hightail it out of the town once our trip to the fair was over.

Joey Young, who owns this publication, would always argue with me about Hutchinson, however, as he had spent a majority of his life living in the city.

So when the idea of writing a travel piece came up, I told Joey to put his money where his mouth is and show off what makes Hutch, Hutch.

And as much as I hate to say it, he was

right. The city has a lot to make it worth visiting besides the fair. Here are some of the highlights of the Salt City.

Bogey's

I rolled into town about noon and Joey informed me we were getting lunch, and we were going to Bogey's, 1718 N. Plum. My stomach growled. I had heard of Bogey's for many years from a college friend and Hutchinson native, Graham Ray. I knew from the stories it was supposed to be some transcendent experience of grease and ice cream.

So as we pulled up, I was fully expecting a hometown greasy spoon, where you kind of slide on the tile floor when you walk in.

Instead, the building was clean, newly remodeled and filled to the brim with people.

I asked the high school girl working the counter for the most popular or iconic burger they served.

After a short wait, we found a spot, and I was served the Blue Dragon Burger, named for the Hutchinson Community College Blue Dragons.

If the burger didn't light a fire in your mouth when you started, it would three hours later with the heartburn that

followed.

I thankfully just got a single, so it came with one patty, slathered in what I believe was barbecue sauce and ranch dressing, along with fired onions and jalapeño poppers.

It was tasty but not near the high praise I had heard heaped on the restaurant.

It was after we had finished our burgers that Joey introduced me to what put the restaurant on the map: a wall of malt and shake flavors numbering more than 100.

You can combine all these, making an infinite number of shake permutations you can pick. I stared at the wall, thoroughly intimidated, trying to make up my mind on the shakes.

Joey ordered a Key Lime Vanilla Wafer shake.

Again I couldn't decide, so I asked the employees and was then told to try a chocolate, chocolate chip cookie dough malt. I did so, ordering the small. It takes two people to eat a large.

The malt was the thick kind that you can turn sideways and it doesn't fall out. It was creamy, chocolaty and had the perfect amount of cookie dough.

I was in love.

So, yeah, if you go to Bogey's, get a shake. The food's good. The shake's better.

LEFT: The Historic Fox Theatre in Hutchinson shows movies and stands as a marker to the city's downtown resurgence. ABOVE: The iconic Bogey's sign and restaurant.



Dillon Nature Center, 3002 E. 30th St.

Part Botanica, part Exploration Place and part park, the Dillon Nature Center might be perhaps Hutchinson's most overlooked attraction.

The 100-acre center includes a spring-fed stocked fishing pond, an education center highlighting local Kansas animals, plenty of trails for hiking, playground equipment and hundreds of species of plants and animals to be enjoyed and observed.

On a Sunday afternoon, the center was filled with families fishing, walking or just enjoying the nice weather.

The area is designated as a national urban wildlife sanctuary, but honestly, stepping into the park seems like you're stepping out of the city.

Young said from personal experience, it's also good for dates and engagement photos.

Underground Salt Museum:

Strataca, 3650 E. Ave. G

Hutchinson is the town that salt built, and to really appreciate the salt city, home of the Hutchinson High School Salt Hawks, one's

got to go down. Way down—650 feet below the Earth's surface.

Parts of the salt mines, encompassing 980 acres below the city, are open for tours.

The event begins with a short ride down to the bottom in a double-decker elevator, and then you are in the mine. The mine sports tours where excavation methods are explained and tourists can see the leftover machines and mining equipment left down there by the Carey Salt Co., which began the mine in 1923.

Strataca is unique in the sense that it is the only salt mine in the U.S. accessible to tourists.

It's also one of two of the eight wonders of Kansas named by the Kansas Sampler that are in Hutchinson, with the other being the Cosmosphere.

Kansas Cosmosphere, 1100 N. Plum

Everyone and their dog, it seems, has been to the Cosmosphere on at least one field trip. But it's become such a regular destination that it's easy to take the Smithsonian Institution for granted.

We swung by the museum but didn't go

in as both of us had made numerous journeys growing up.

It holds the largest amount of Russian space artifacts outside of Moscow, as well as the largest collection of U.S. air and space artifacts outside of the National Air and Space Museum.

The museum sports the obvious features—the moon lander, the SR71 Blackbird, the Liberty Bell 7—but also a collection of German World War II rocketry and a Cold War exhibit featuring a piece of the Berlin Wall. It also holds a replica of Glamorous Glennis, which was flown by Chuck Yeager as the first plane to break the speed of sound.

The building also holds the Carey Digital Dome Theatre, home of countless IMAX films, as well as an extensive air and space museum.

The Cosmosphere was listed by the Kansas Sampler as one of the eight wonders of Kansas, and if you're into history and science, it's easy to see why.

Rusty Needle, 1808 N. Plum

After a long day in town, we were a bit

ABOVE: The Kansas Cosmosphere has one of the largest space collections in the United States.



exhausted, and I asked Joey about the bar scene in Hutch. He said he usually frequents Oliver's Beef and Brew or Carl's, but we were driving by the fairgrounds, and the Rusty Needle came into view.

I told Joey we needed to stop at the "Needle."

"It's a good place to get a beer," Young said. "Don't let the name throw you off. It took three years to get my mom to go in here, and when she did, she said, 'It's a pretty good bar.'"

The location got its name from formerly being a tattoo parlor. It's one of those local bars where you can just get a beer and be left in peace.

The location has around eight taps, many of them Kansas brews, a good number of TVs and a quiet atmosphere. It also has some pretty cheap specials like dollar Miller High Life.

There's not too much light that makes it into the building, and instead during the day, it was just a good place to drink a few and have a conversation.

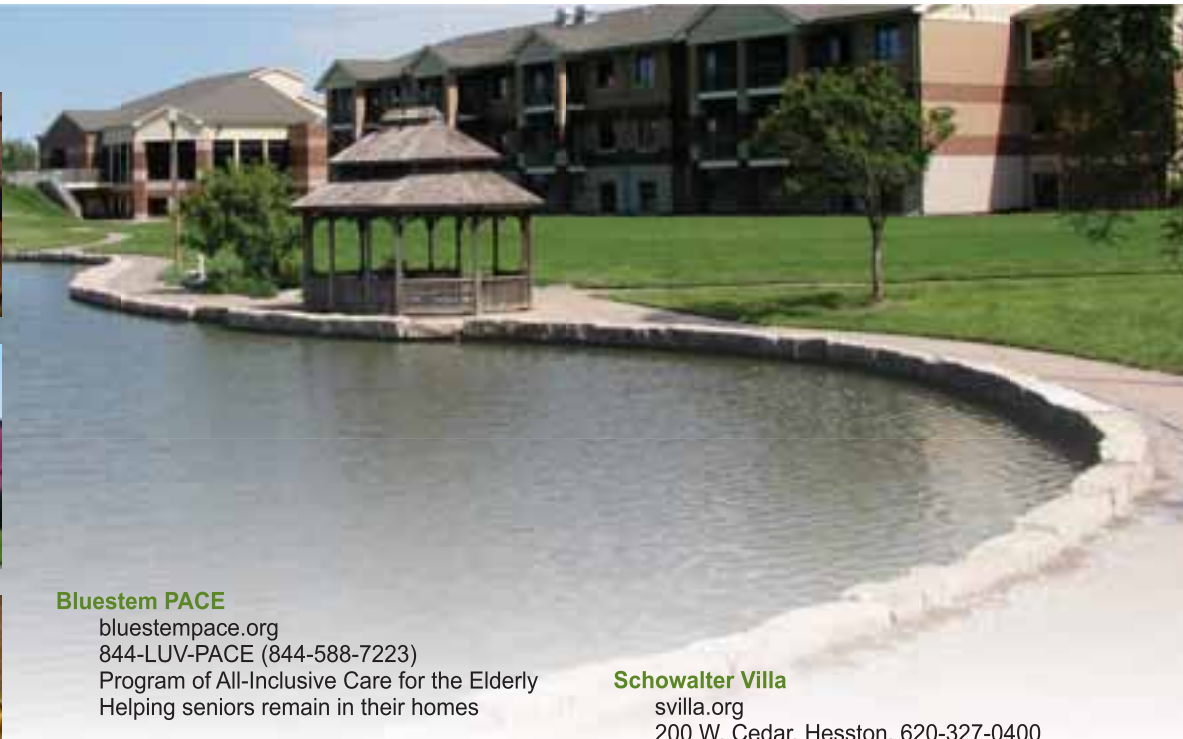
The locals and bartender we ran into were friendly, and we took turns between rooting for the Royals on TV or discussing the Rio Olympics which were on at the time.

A plus is it's directly across from the fairgrounds if you find yourself tired from a hot September afternoon.

Driving home from Hutch with a full stomach following a busy day, I made the determination, begrudgingly, that Joey had, in fact, been right. I may make the trip down U.S. Highway 50 to the west a tiny bit more often now. 🍷

ABOVE: A tasty craft brew sits waiting to be enjoyed at the Rusty Needle. Despite the off-putting name, the bar is a pretty decent place to spend a Sunday afternoon. **BELOW:** Families fish at the spring-fed pond at Dillon Nature Center. The center has about 100 acres for people to roam and enjoy the numerous species of plants and animals the center houses.





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Article by Mike Mendez
Photos by Wendy Nugent

When Harold G. Reid was 11 years old, he got a gift from his mother that gave him a lifetime of enjoyment. When his hometown of Edmond, Kan., built a golf course on pasture donated by farmers in the area, he took his mother's clubs and hit the course.

That was in 1932. At the age of 95, Reid no longer plays the game, having macular degeneration hinder his sight. But for 79 years, golf played a big role in his life.

"It was just there, and when I started, I just loved it," Reid said. "It seemed like I just worked right into it. I didn't have any trouble. I took my mother's clubs, and away I went."

Hitting the golf course without any lessons, Reid taught himself. By watching people play in tournaments, and reading a book written by a pro, he absorbed every bit of knowledge he could. And though he was using his mother's clubs, he played with his father as a young man in northwest Kansas.

"Dad and I [played]," Reid said. "We went to tournaments every once in a while. Mom, she didn't play anymore. Well, maybe once or twice, but she didn't play much. We went to the little old towns. Clayton was one of them. There must have been two or three more that they go to. We had one in Edmond. It cost us a dollar. Back in 1932, that was a big deal, to pay a dollar and go out and play a round of golf."

Having grown up playing the game as a boy, it wasn't until 1976 when he started to work for real. Reid moved to Wichita to work for Boeing in 1941. He took a break from the factory to join the Army in 1944 before coming back to work for Boeing for two more years. After leaving the factory for good, Reid worked for the postal service. But after he retired at 55, he still needed some more Social Security points to qualify for Medicare.

Needing to find a job, some friends suggested he go talk to Dean Atkinson at

Harold Reid has spent a lifetime golfing. OPPOSITE: Harold Reid grasps a putter.

A lifetime on the golf course

the Hesston Golf Course and see if he could get hired. Atkinson took him on, and a personal and professional friendship was built.

"I started working up there in 1976," Reid said. "I was the assistant pro. I ran the inside from Monday through Friday. Dean worked over the weekend, and I ran the course from 1 o'clock to closing time the rest of the days. [Atkinson] was a fine gentleman. He taught me a lot about playing golf. He and I got along just fine. There is a lot to golf, besides just swinging the club. It's attitude. You have to learn to play this way and that way. It is one of those things where you get out and learn it."

While on the course, learning golf can be a lesson in life disguised as a game. While learning the game with Atkinson and taking the game up full time, Reid learned that in life, as well as golf, you have to keep your focus on the future and keep moving forward.

"One of the things I learned as much as anything is that if you have a bad shot or something like that, it's gone," Reid said. "You can't worry about this. It is already past. All you have got is from there on. And I think that is probably one of the biggest things. Anything you do, after you have done it, forget it."

There is also a lot you can learn about a person during a round of golf with them. Some people are even keel and don't let a lot bother them. Some see challenges on the course as exciting opportunities to be enjoyed and approached head on.

Other people, not so much.

"Oh, yes, all kinds of things," Reid said. "From temper, oh, I've seen a lot of them with tempers,

throw clubs, swear, everything else."

After six years of working at the course, Reid went into retirement full force, spending his days playing the course for the next year.


In the first year of playing the course in retirement, Reid made a lot of golf buddies. But while he was retired and wanting to spend his days on the course, most of the people he played with worked during the day at Hesston Corporation or at Excel during the day.

And so in 1985, he took his things to North Newton and started playing Newton Public. There, he played until his eyesight didn't allow him to in 2011.

Golf is a tricky game. And even after playing for 79 years, a player never really masters the game. In the countless number of rounds in nearly eight decades Reid spent on the course, he only hit three holes-in-one. In aces, he found a lot of luck in the number seven.

"I had three," Reid said. "No. 7 at Hesston, No. 7 at North Newton, and No. 1 at North Newton. Some people never get a hole-in-one. Others never come close."

But the unending challenge is what has made the game enjoyable for so many years.

"Golf is always a challenge, because you may be playing against the other guys, but you are playing against par," Reid said. "That is what you are playing against. So you play, whatever they are doing, either way you don't pay much attention to that because you are playing against par. It is like life. That is what you are playing against, and you either win it or you lose it." 



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