



## Mary Helen Anthon

February 22, 1912 - August 24, 2009

On the morning of August 24, 2009, surrounded by her family, Helen slipped her earthly ties and joined her husband, Ted, who preceded her in death in 2001. She was the youngest daughter of Robert and Harriett Sterling, born February 22, 1912, in Spanish Fork, UT. She married her childhood sweetheart, Edward "Ted" Anthon on July 3, 1939, in the Manti Temple, Manti, UT. Helen taught fourth and fifth grade for over 40 years, in the Wenatchee Valley. She touched the lives of many children, who remember her still. She was active in her church, serving those she loved well. She was an exceptional cook and could make an apple dumpling that would melt in your mouth. Helen is survived by one daughter, Judy (Rick) Anderson of Farmington, UT; five grandchildren; and 15 great-grandchildren. The family wishes to express gratitude to the Rocky Mountain Hospice team, especially her doctors, Brett Newman and Karin Lee-Hughes, for their skill and compassion; her nurses, Allyson, Sharon and DeAnne, for their tenderness; her aides, Jeanne and Kelly, who allowed her great dignity to the very end; and gratitude to Sherlene and Joyce, who guided us spiritually. To the nursing staff at SDCH, Amanda, Joan, Cindy and Jonell, you became our family. Helen will be laid to rest beside Ted in the Wenatchee City Cemetery, on Monday, August 31, 2009, at 10:30 a.m. There will be a Graveside Service for all who would like to attend. The family requests no flowers please. Instead, hug your children and help them with their homework.