

OBITUARIES

Rita K. Boltz

Aug. 23, 1927 - May 31, 2004

Rita K. Boltz, 76, Norton, died Monday at the Norton County Hospital.

Mrs. Boltz was born Aug. 23, 1927, in Jennings to Raymond Lewis and Regina Ann (Austerman) Slipke.

She attended Glen Valley Grade School and graduated from Jennings High School.

On June 4, 1948, she married William Boltz. After their marriage, they moved to Denver. She was a homemaker. Several years ago she moved to Norton. She was a member of the St. Francis of Assisi Catholic Church in Norton. She was preceded in death by

her husband; a son, Kenneth Boltz; and a sister, Erma Travis.

Survivors include: a daughter, Iris Boltz, Denver; a brother, Edwin and Miriam Slipke, New Almelo; and a sister, Mary and Marvin Wudtke, Norton.

Funeral services were held today at St. Joseph Catholic Church in New Almelo with the Rev. Vincent Thu Laing officiating. Burial was in the St. Joseph Cemetery.

The family requests that, in lieu of flowers, contributions be made to Hospice Services, Box 116, Phillipsburg, 67661.

Corky Darylo Conard

Nov. 10, 1949 - June 1, 2004

Corky Darylo Conard, 54, died Tuesday at the Norton County Hospital.

Mr. Conard was born Nov. 10, 1949, in Norton, the son of Corky Darrell and Wava Earlene (Archer) Conard.

He grew up in the Los Angeles area and attended Garden Grove schools. He had lived in Las Vegas, Nev., and Garden Grove, Calif., before returning to Norton, where he had lived for the past 15 years.

He was a member of the Norton County Genealogical Society.

He was preceded in death by his paternal grandparents, a brother,

Mert Conard and an aunt, Kare Jakubowski.

Survivors include his parents, Norton; two daughters, Jacqueline Ann Bagley and Melissa Wava Earlene Santa Cruz, both of Las Vegas; a brother, Terry Conard, Norton; and three grandchildren.

Memorial services will be held at 11 a.m. Monday at Enfield Funeral Home with Wilmer Severns officiating.

The Corky Conard Memorial Fund has been established in his name. Contributions may be sent in care of the funeral home at 215 W. Main, Norton, Kan., 67654.

Thelma DuBois

March 20, 1909 - May 30, 2004

Thelma DuBois, 95, Great Bend, died May 30 at Hospice House, Hutchinson.

Mrs. DuBois was born March 20, 1909, in LaCrosse, the daughter of Leonard and Blanche (Plunkett) Krause.

She married Clinton DuBois on March 17, 1925, in Great Bend. He died January 17, 1966.

She had lived in Great Bend since 1925, coming from Coffeyville.

Mrs. DuBois was a homemaker. She was a member of First United Methodist Church, Eastern Star, Central Kansas Medical Center Auxiliary and American Association of Retired Persons, all in Great Bend.

She was preceded in death by a daughter, Linda Stringer; a sister, Carol Powers; and a granddaugh-

ter, Jeana Marie Schuster.

Survivors include: two sons, Don and Mayme DuBois, Almena; and Gene and Betty DuBois, Satanta; a son-in-law, Tom Stringer, Hutchinson; nine grandchildren; 15 great-grandchildren; and three great-great-grandchildren.

Funeral services were held Wednesday at Bryant Funeral Home, Great Bend, with the Rev. Gary Brooks officiating. Burial was in Hillcrest Memorial Park, Great Bend.

A memorial fund has been established to Hospice House or First United Methodist Church. Memorial contributions may be sent to the funeral home, 1425 Patton Road, Great Bend, Kan., 67530.

Little 'miss' chosen as finalist in Iowa pageant

Katelyn Renee Wilson, 5, has been chosen as an Iowa state finalist in the National American Miss Pageant to be held July 2-3 at the Marriott Hotel in Des Moines.

Miss Wilson is the daughter of Matt and Kim Wilson, former Norton residents.

Grandparents are Linda Scheetz, Norton, Don Scheetz, Clyde and Royce and JeanAnn Wilson, Almena.

The winner of the pageant will receive a \$1,000 cash award, the office crown and banner, a bouquet of roses and air transportation to compete in the national pageant at Disneyland in California.



Katelyn Wilson

Nibble on a nut for healthy, fast snack

Need a quick snack? Nibble on a nut. A handful a day can help keep you healthy.

Though nuts are a higher-fat food, it is mostly heart-healthy unsaturated fat and may help lower low-density lipoproteins or "bad" cholesterol. As long as you control total calories, eating a handful of nuts daily may help prevent weight gain and possibly promote weight loss.

The fat, protein and fiber in nuts help you feel full longer, so you may eat less during the day. By helping induce a feeling of satiety, nuts may help people feel less deprived and not like they're dieting.

Just limit your portion to a

Home ed
Tranda Watts,
Extension
specialist



healthy handful.

How many nuts are in a handful? It differs for each type of nut, and here is what you consider as a handful:

Almonds, 20-24; Brazil nuts, 6-8; cashews, 16-18; hazelnuts, 18-20; macadamias, 10-12; peanuts, 28; pecans, 18-20 halves; pine nuts, 150-157; pistachios, 45-47; and walnuts, 14 halves. For these results, all of the nuts should be unsalted and un-roasted or dry roasted.

It's easy to nibble on nuts. Here are some ideas you may want to consider:

Store shelled or unshelled nuts in an airtight container in your refrigerator for up to six months or for a year in your freezer for best quality.

You don't have to fire up the stove or get out your cookbook to enjoy nuts. Your handful of nuts may be enjoyed out of hand.

Divide a container of nuts into small snack bags for easy snacking at home, office or on the road. Simply count or grab a handful of nuts and store in individual snack bags. Keep in the refrigerator until you're ready to enjoy. A handful of nuts may help you resist that gooey sweet roll in the break room at work.

Just sprinkle a few nuts into these foods: salads, yogurt, cereal, pasta, cooked vegetables, muffins and/or pancakes (toss a handful or two into your batter).

Kathleen Dreiling-Rogers

April 17, 1963 - June 2, 2004

Kathleen Marie Dreiling-Rogers, 41, of Norton, died June 2 in an automobile accident south of Norton.

Ms. Dreiling-Rogers was born April 17, 1963, in Hays to Anthony "Frank" and Lillian (Sander) Dreiling.

She attended Hays High School and North Central Kansas Technical College. In 1979, she married Bruce Romey. He died Dec. 3, 1983.

Ms. Dreiling-Rogers was a manager at the Norton McDonald's.

She was preceded in death by her father, Frank Dreiling.

Survivors include: her mother,

Lillian Dreiling of Hays; three daughters, Sarah Kriley, Shawnee; Melanie Romey and Jennifer Katz, Norton; two brothers, David Dreiling, Hays; and Russell Dreiling, Ellis; two sisters, Anne Price, Rose Hill; Laurie Fleenor, Hays; and one grandson.

Memorial services will be at 1 p.m., Saturday at the Hays Memorial Chapel Funeral Home. Inurnment will be in the St. Joseph Cemetery, Hays.

A memorial fund has been established for an education fund for her family. Memorial contributions may be sent in care of the Hays Memorial Chapel, 20th and Pine, Hays, Kan., 67601.

Ward B. Masden

Nov. 22, 1913 - May 19, 2004

Ward B. Masden, 90, Phoenix, Ariz., formerly of Lenora, died May 19.

He was born Nov. 22, 1913, in Lenora, the son of Chlo and Rose (Knox) Masden.

He attended Kansas State University and graduated from the U.S. Naval Aviation Flying School, Bell Helicopter School and the U.S. Army Helicopter Instrument Flying School.

Mr. Masden was retired from the Federal Aviation Administra-

tion, Department of Transportation. He was a life member of Veterans of Foreign Wars, National Aviation Club, American Helicopter Society, Quiet Birdmen, Sons of the American Revolution, Masonic Order, Shrine and Elks.

Mr. Masden is survived by his wife, Elizabeth; son Capt. Ward B., USN (ret.) and Jeanne Masden; a daughter, Bettye J and Raymond Rivero; a sister, Mildred Overton of Phoenix; four grandchildren; and three great-grandchildren.

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.

Limited Action

May 12 — Endzone Sports and Office Supplies versus Tony LaGree, \$360.84 plus costs and fees for indebtedness to plaintiff.

May 18 — Conine Best/Riley Best Rev. Trust versus Lenora Mercantile Assoc., \$3,747.00 plus costs and fees for failure to redeem shares.

May 19 — Moffet Drug versus Lisa A. Hirst, \$34.40 plus costs and fees for bad check.

Ambulance

May 27 — Responded to medical emergency in Norton.

May 29 — Responded to medical emergency in rural Norton.

May 30 — Responded to medical emergency in rural Norton.

May 30 — Responded to meet Air Care at airport.

May 30 — Responded to trauma emergency in rural Norton.

May 30 — Responded to trauma emergency in rural Norton.

May 30 — Responded to trauma emergency in rural Norton.

May 31 — Transported a trauma patient to Hays.

May 31 — Transported a medical patient to Salina.

June 1 — Responded to medical emergency in Norton.

June 2 — Responded to medical emergency in Lenora.

June 2 — Responded to trauma emergency in rural Norton.

June 2 — Responded to trauma emergency in rural Norton.

June 2 — Responded to medical emergency in Lenora.

June 3 — Responded to trauma emergency in Norton.

June 3 — Responded to medical emergency in Norton.

June 3 — Responded to trauma emergency in rural Norton.

June 3 — Responded to meet Eagle Med at airport.

MARKETS

At close of business June 3	
Wheat	\$3.48
Milo	\$4.81
Corn	\$3.02

The Norton Telegram...
News you need!

Larry N. Donahey, Kristine Kay Fahrenbruch and Rebecca S. Hopson, all of Norton, graduated from Friends University, Wichita with the class of 2004. Mr. Donahey was an honors candidate.

"YOUTH DAY CAMP"

Tuesday, June 15

Enrollment Due in Extension Office Friday, June 11

REGISTRATION \$3.00

FOR AGES 6 THROUGH 8

YOUTH'S NAME _____

MAILING ADDRESS _____

PHONE _____

AGE _____

BOY _____ GIRL _____

Does your child have any health problems or allergies we should be aware of? _____ If so, what are they? _____

I give permission for _____ to attend Youth Day Camp on the above date.

I understand that the youth will be closely supervised and that if a serious illness develops medical and/or hospital care will be given; however, the 4-H staff is not responsible in case of accidental injury or illness. I further understand that in case of medical emergency, I will be notified. In the event I cannot be reached, I hereby give permission to the attending physician to hospitalize, secure proper treatment for and to order injections, anesthesia, or surgery for my child, as named above.

Emergency telephone number, if different from home phone: _____

SIGNATURE OF PARENT OR GUARDIAN _____

DATE _____

Sponsored by Norton County 4-H & K-State Research & Extension Council

WANTED 3 HOMES THAT NEED PAINTING Norton or Oberlin

Three homeowners in Norton or Oberlin area will be given the opportunity to have the new Heartland maintenance free siding, or new replacement windows applied to their home, both, at a very low cost. These amazing new products have captured the interest of homeowners throughout the United States, who are fed up with constant painting and other maintenance costs. They will last a lifetime, and provide great insulation both summer and winter. This product comes in 10 beautiful colors and is now going to be introduced to the Norton or Oberlin market. What a great way to upgrade the value of your property! Your home can be a showplace in your own neighborhood, and we will make it worth your while if we can use your home.

1-800-673-1240
Call Toll-Free or write in.
Heritage Better Homes
5936 S. Walden CT.
Aurora, CO 80016

THE CITY OF NORTON



would like to remind citizens that all flowers at the cemetery must be picked up by 8:00 a.m. **Thursday, June 10**

READERS

Elizabeth Jane Conn received a bachelor of arts degree from Duke University on May 9. In addition to graduating cum laude, Miss Conn received the Julia Harper Day award for excellence in documentary sciences and for contributions to the Center of Documentary Studies programs. Miss Conn is the daughter of Mary Conn, Lawrence, and Les Conn, Cheshire, Conn. She is the granddaughter of Celia Stoltz of Almena.

— **Buffet dinner Saturday, June 5, 6-9 p.m. Norton American Legion. Open to Legion members and guests.** 6/4

Brad Williams started a full-time job with Rural Telephone on March 1 as a construction assistant. Mr. Williams lives in Hill City with his wife, Mandy, and two children, Jaden and Kylar.

Christopher McKenna and Ben Rhodes, Jennings, sophomores at Fort Hays State University, received \$500 Creta Lois Sproul Scholarships at the Business and Leadership's Award ceremony April 29.

The Duplicate Bridge Club met Wednesday evening at the Norton Manor for its weekly session with three tables present. Winners were: first, Mary Jane Wahlmeier and Mary Lou Archibald; tied for second, Dewaine Stapp and Leone Purton and Claudia Bridges and Norman Walter.

Trent Gottschalk, Logan, a senior at Fort Hays State University, was awarded the \$225 Leonard

and Ethel Thompson Scholarship during the university's Business and Leadership's award ceremony, April 20.

Brent Lindenman began March 1 as a construction assistant in Lenora for Rural Telephone. He was trained at the Northwest Kansas Technical College and has served as a Rural Telephone intern in addition to farming. Mr. Lindenman lives in Morland.

Regan Fessenden, a 2004 graduate of Northern Valley High School, received the Wanda May Vinson Scholarship. Miss Fessenden, the daughter of Charles and Jennifer Fessenden, Almena, plans to attend Fort Hays State University and major in information broadcasting.

March 29, Richard Porter began working in vehicle maintenance in Lenora for Rural Telephone. Mr. Porter earned a bachelor of industrial science from Fort Hays State University and was the shop teacher at Lenora High School for 30 years. He lives in Lenora with his wife, Janet. They have two adult children.

Stefanie Sloan, Norton, recently graduated from Hutchinson Community College. Miss Sloan is the daughter of Jon and Wendy Sloan.

Robert Reinert began working as a combination technician in the Osborne area for Rural Telephone starting on March 1. He trained at the Northwest Kansas Technical College and worked for Nortel