

READERS

—Almena PRIDE sponsoring an ice cream social, 5-7 p.m., Sat., June 26 in Community Building. Donations to fund PRIDE projects. 6/22

Gary Aufdemberge accepted the job of business technology manager with Nex-Tech, a subsidiary of Rural Telephone. He has served as a manager with the company since August 1997. He attended Fort Hays State University and earned a bachelor of science in agribusiness, as well as a masters degree in business administration. He lives in Hays with his wife, Karen, and their three children.

—Steak and seafood night, Thursday 6-9 p.m. American

Legion. Members and guests. 6/22

Jason Green, son of Jim and Connie Green, Norton, was notified that he had placed fourth in Kansas in the National Chemistry Olympiad. Jason took the 4 1/2 hour exam at Kapaun Mt. Carmel Catholic High School in Wichita. Jason will be a senior at Norton Community High School.

Max Wagoner began his full-time position in Palco as a Central Office Technician with Rural Telephone May 3. Mr. Wagoner was trained at the Northwest Kansas Technical College and formerly worked for Nortel Networks and Tekelec. He will be relocating to

the Palco area with his wife, Vicki and two-year-old son, Kevin.

Mike Bailey, Jennings, plans to compete, for his second time, at the International Auctioneer Championship competition on July 16 in Madison, Wisc. Mr. Bailey is the 2002 Kansas State Champion Auctioneer.

Priscilla Van Der Weele, who just finished her freshman year at Northwestern College in Orange City, Iowa, made the Academic Dean's List for the spring 2004 semester. Her parents are the Rev. Jeff and Linda Van Der Weele of Prairie View. Miss Van Der Weele plans to attend Kansas Wesleyan University in Salina this fall.



J. Trogdon and S. Pomes

Couple sets July ceremony

Sarah Jane Pomes and Joshua Steven Trogdon will be married July 10, in Suffield, Ohio.

Miss Pomes is the daughter of Gregg Pfannenstiel and granddaughter of Edwin Trueblood, both of Norton.

The bride-to-be graduated from Johnson County Community College in Overland Park with an associate of arts degree in para-legal. She will be attending Kent State University in Ohio in the fall to pursue a bachelors degree in the same field.

Mr. Trogdon is the son of Dennis and Judy Trogdon of Wadsworth, Ohio. The prospective groom graduated from Waterloo High School and Maplewood Vocational School, both in Ohio.

Local group plans trip

New Chapter, a group of widows from the Norton area, is planning a trip to McCook on Saturday.

Any widow wanting to go should be at the Methodist Church parking lot at 10:30 a.m. There will be drivers to car pool. Each passenger is asked to contribute \$1 for gas.

The group plans to spend some time shopping and then they will eat lunch as a group.

For more details, call Dee Wolfe, 877-2503.

Watch out for shadowy silhouettes

Since the discovery of fire, human beings have had a fascination with shadows.

Through ancient cave drawings, portrayals of Indian war dances, sorcery and now in art forms such as poetry, paintings and music we see the romance of the shadow against flickering flames or bright sunlight.

Who could forget Robert Louis Stevenson's, "I Have A Little Shadow" or how about that hit song from the 1950s, "Two Silhouettes on the Shade"? And surely you listened to "Only the Shadow Knows" on the radio?

In the days before electricity and its attendant electronic marvels graced our homes, many a winter evening was pleasantly occupied with making shadow pictures in the parlor.

I recall sitting at a round table in the warm golden glow cast by a kerosene lamp. The wall nearby served as a stage where my dad and my uncles took turns creating fantastic shadow creatures with their fingers silhouetted against the light.

We children learned to make a rabbit face with an eye and two perky ears, a squirrel with a bushy tail and various other simple critters, but Dad and my uncles could concoct a veritable zoo. My favorite was the elephant with a swinging trunk but I hid my eyes when they did the scary old witch complete with hooked nose and pointed hat.

Dad and Uncle Jim could even create a galloping horse by using all four of their hands in some mysterious way I never understood. Those silhouettes couldn't be collected but those memories will never fade away.

There are other types of silhouettes, however, that are more enduring and are very attractive to collectors.

Painting of shadow figures on glass was quite stylish during the 1800s.

Artistic young ladies were limited to certain acceptable activities to occupy their time, one of which was painting. These painted silhouettes were done in black on the reverse of a glass plate which was then used to frame a simple landscape, often an original watercolor by the same artist.

Lords and ladies in fancy dress against garden scenes, many-masted sailing ships over seascapes or elegant carriages rolling

Collector Chat
Liza Deines



into sketches of country homes were most common. Children rolling hoops or swinging are especially charming.

The hand painted pictures were so popular they were eventually produced commercially and sold through furniture stores in the 1940s, almost always in sets of two or four. These featured curved glass and many were as small as 3-inches square, designed to be hung in groups down hallways or stairwells. At auction this type of silhouette sells for \$50-75 each and if you locate an original pair, the bid jumps substantially.

Round frames go much higher and ovals are the crown jewels of a silhouetter's collection. Lampshades with silhouette cut-outs are also highly sought after and seldom found.

Even more treasured and difficult to find are the black paper cut-outs of children's profiles that were done as promotional gimmicks at the better department stores 50 years back.

It was a very special day when you took your toddler to Walker's in Wichita to have his cutout done. And if, while a talented scissors artist snipped out curls and curving cheeks, cowlicks and pug-nacious noses, Mom got a chance to spend a little money in the shoe and dress departments — well, what are promotions for anyhow?

How I wish they'd been doing those silhouettes when my children were little. They truly captured the beauty of childish innocence.

A mixed group of silhouettes makes a great conversation piece and it is well worth the hunt to accumulate a nice selection.

But remember, shadows are expensive, elusive and difficult to capture, so be on the alert as you search.

BOKAYS & BRICKBATS: Bouquets (literally) to Norton's flower committee who spend so much time, money and effort to beautify our town with blossoms. Brickbats to those inconsiderate hicks who stub out their cigarettes or dump litter in the planter boxes and barrels.

Breads, pastas can have low carbohydrates if made right

A food considered as low-carb", is the total carbohydrate amount minus fiber, resistant starch, and sugar alcohols.

Resistant starch functions like dietary fiber passes through the small intestine. Then it gets digested in the large intestine by microorganisms. Sugar alcohols are artificial sweeteners such as sorbitol. Since these three categories of ingredients are not absorbed into the small intestine, they are not considered digestible.

For low carbohydrate breads, bakers should reduce the digestible carbohydrate (those that affect blood glucose).

They must be replaced with other ingredients such as fiber, protein, fat or resistant starch.

Home ed
Tranda Watts,
Extension
specialist



Some companies are waiting to see what works or not before they enter the low carbohydrate movement.

Some pasta makers are making whole wheat pasta using durum wheat.

One brand of low carbohydrate pasta does not contain wheat ingredients. The wheat is replaced with soy concentrate, soy flour, brown rice flour, vital wheat gluten and guar gum.

Some pasta manufacturers use some durum wheat along with a replacement blend of ingredients. Because of the unusual pasta ingredients, unique processing methods are used which adds to the final cost.

Students represent Norton business

Kelli Johnson and Michael Sprigg, Norton, represented Norton County Farm Bureau at Kansas Farm Bureau's Leadership America 2004 held June 1-4 at Barton County Community College in Great Bend.

Co-sponsor for Miss Johnson was Norton's Mid-Century Federated Club.

Their parents are Bill and Joy Johnson and Dave and Charla Sprigg, all of Norton.

Miss Johnson and Mr. Sprigg were among nearly 100 Kansas

youths, who attended sessions on leadership, motivation and teamwork.

Bill Cordes motivated the young people with his presentation, "The Incredible Teen", Federal Magistrate Tom Webb spoke on the importance of valuing others and Kansas Farm Bureau Safety Specialist Marieta Hauser presented Fatal Vision, an educational training tool used to demonstrate the dangers of impaired driving.

Attendees also completed the

Adventure Based Leadership Education Course at Camp Aldrich.

One hour of college credit was available to participants.

Over 8,000 Kansas youth have participated since Farm Bureau began the leadership seminar in 1962, county Farm Bureau associations select and sponsor the attendees.

BIRTH

Carter Ray Kaus

Michael and Jaime Kaus, Manhattan, are the parents of a son, Carter Ray, born June 8 at Mercy Regional Hospital, Manhattan. He weighed 8 pounds 7 ounces and

was 22 inches long.

Grandparents are Jim and Jeanne Ray and John and Brenda Kaus, all of Norton.

Great-grandparents are Leonard and Helen Rogers, Long Island and Verl and Noreen Crabill, Norton.

Leadership class is getting ready for another year

Leadership Norton County is accepting applications for its upcoming 2004-'05 class.

The goal is to establish a network of leaders and to give upcoming leaders an opportunity for growth and experience.

The 2004-'05 class is scheduled to meet eight times, beginning with an introductory session on Thursday, Aug. 26, and concluding with a graduation banquet on March 10. In between, class members will participate in six fast-paced, full-day sessions which will deal with local government,

health care, education, agriculture, economic development and a state government field trip to Topeka.

The driving force behind program is the Economic Program Development Co. of the Norton County Extension Council.

Norton County Extension Director Keith VanSkeik said he is excited about the program and the benefits it will offer participants.

"Our rural areas are facing many challenges; population decline, tax base erosion, school financing issues and medical care funding, among others. Leadership Norton

County can play a vital role in identifying, training and motivating potential community leaders from throughout Norton County."

For information contact Mr. VanSkeik at (785) 877-5755. Brochures and nomination forms are available at the Norton County Extension Office, the Norton Area

Chamber of Commerce, the Almena State Bank, Lenora City Office and Norcatur Grain.

Nominations for class members are due Monday, Aug. 2, applications are due Monday, Aug. 16, and the class member selections will be announced Wednesday, Aug. 18.

CORRECTION

A court item in the June 18 edition of The Norton Telegram said that Felton Ace Building Center sued Mike Coffey for an insufficient fund check. The correct complaint was for non-payment of goods and services.

☆☆☆☆

The Norton Telegram will correct or clarify anything that is wrong in a news story. Call our office at 877-3361 to report errors. We believe news stories should be fair and factual, and want you to tell us about any failure to live up to this standard.

HANSEN MUSEUM

A Sunday afternoon visitor was delighted to see the Hansen Museum because he is a distant cousin of the Hansens.

He is Guy Vincent Ferry of Sunnyvale, Calif., and is the son of the late George and Nathalie (Hays) Ferry. His grandmother was Amy Ferry, a cousin to Mrs. Peter (Alpha) Hansen. Mr. Ferry remembered that when the girls were young children, each lived with the other periodically. Another youthful recollection was of Dane Hansen giving him a dollar and sending a box of chocolates home with his mother on their rare visits to Logan.

Other recent visitors signing the guest register are: Sue Jackson, Betty Baird, Orvina Tidball, Leah Prater, and Carol Stanton, Logan; Hilda Weems, Kirwin; Bob Holle, Phillipsburg; Zelma Hoover and

Patricia Earl, Glade; Henry Gardiner, Ashland; Jessica Adams and Dave Hutson, Kensington; Terry Nelson, Long Island; Harold Johnson, Lenora; Bob Stutterheim and Wanda Schemper, Prairie View; Betty Cadoret, Stockton; and Joyce Davis, Dodge City.

Stop by to see the "West by Southwest" exhibit and the ever-so-popular primitive wood furniture now on display by LaVerne Burtis, Oberlin, the honored "Artist of the Month".

MARKETS

At close of business June 22
Wheat \$3.42
Milo \$4.20
Corn \$2.73
Soybeans N/A

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String Crossing Scrap Quilt Class
Sat., June 26
9:00 a.m.-3:00 p.m.
Registration Call 877-3821
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