

# OBITUARY

# Field day is planned for Nov. 30

## Raymond V. Bennett

Aug. 1, 1913 - Nov. 6, 2004

Raymond Vance Bennett, 91, died Nov. 6, at the Andbe Home in Norton.

Mr. Bennett was born Aug. 1, 1913, in Merrillan, Wis., the son of Charles and Maud (Tennant) Bennett.

He attended the Alma Center school in Wisconsin until the seventh grade.

He married Lela Kinsell who died on May 7, 1965.

On Jan. 14, 1966, he married Maxine Schulze in Denver. They made their home in Lakewood, Colo., and LaSalle, Ill., before re-

turning to the Denver and Elizabeth, Colo., areas. In 1986, they moved to Norton.

He was a member of the First United Methodist Church in Norton.

He was preceded in death by his parents and his wives, Lela and Maxine.

Funeral services were to be held today at the First United Methodist Church in Norton with Pastor Lew Van Der Wege officiating. Burial was to be in the Norton Cemetery.

A memorial in his name has been established. Contributions may be sent to the Raymond Bennett Memorial Fund in care of Enfield Funeral Home, 215 W. Main, Norton, Kan. 67654.



R. Bennett

## About ag

Brian Olson, K-State agronomist



stock specialist with Kansas State University Research and Extension.

"A good range and forage management plan should be able to adjust to years of lower rainfall without totally disrupting the operation. If your forage program had some weak spots exposed the last few years, you will benefit from attending this conference," Ms. Johnson said. "The goal of this program is to help producers evaluate their total forage program and if needed, increase their ability to adapt, regardless of the rain-

fall."

A highlight of the program will be Bruce Anderson, Extension forage specialist with the University of Nebraska. He will talk about planning a year-round forage program. Other topics presented by speakers from Kansas State University, University of Nebraska, Natural Resource Conservation Service, and private industry include alfalfa production, trace mineral nutrition, tips for improving silage production, brow midrib forages, improving and maintaining range health, supplemental forages, irrigated pastures, land lease issues, storing forages in bags and bales, testing forage quality, weed control in forages and Roundup Ready alfalfa and total maximum daily loads.

Farmers and livestock raisers will be able to select from these sessions during the day, and there

will be one continuing education credit for CCAs available for appropriate sessions.

The registration fee is \$18 if postmarked before Tuesday, Nov. 23, or \$35 if after that date. The fee includes meals and a copy of the proceedings. The program begins at 8 a.m. and will be held regardless of weather.

Send checks payable to KSU to Northwest Research and Extension Center, Attn. Brian Olson, Box 786, Colby, Kan., 67701. Please include the attendee's name, address and telephone number.

To view a schedule, please go to [www.oznet.ksu.edu/agronomy-block2/](http://www.oznet.ksu.edu/agronomy-block2/). Please e-mail me at [bolson@oznet.ksu.edu](mailto:bolson@oznet.ksu.edu) or call (785) 443-1264 if you have any questions or would like to see a newspaper article on a specific crop production topic.

# DEATH NOTICES

## Mabel Coomes

Mabel Coomes, 97, died Thursday at the Norton County Hospital. Services will be held at 2 p.m.,

Tuesday at the Church of God, Norton. Enfield Funeral Home, Norton, is in charge of the arrangements.

## Amy L. Kincaid

Amy L. Kincaid, 99, died Thursday in Oberlin. Funeral services are pending

with Pauls Funeral Home, Oberlin.

## Merle Shearer

Merle Shearer, 94, died Thursday at the Norton County Hospital. Funeral services will be held at

1:30 p.m., Monday at Enfield Funeral Home, Norton. Burial will be at Mt. Hope Cemetery, Alma.

# READERS

Mindy Gardner, Great Bend, began her job as a customer service assistant for Nex-Tech in Great Bend, Aug. 30.

— **Buffet dinner Saturday, Nov. 13, 6-9 p.m. Norton American Legion. Open to Legion members and guests. 11/12**

William Wilhite began work Aug. 23 at Rural Telephone as a sales support specialist in the di-

rectory department in Lenora. Mr. Wilhite earned a bachelors degree in history from Fort Hays State University. He lives in Norton with his wife, Norma Jean, and two children, Skye and William.

Flagman Terry Goscha of Selden and Mike Hughes of Smith Center were hosts for racing party at Pooches Bar and Grill in Smith Center, Nov. 7, to celebrate 50 years in the racing industry.

# Older people need to watch calories

Home ed **Tranda Watts, Extension specialist**



Metabolism slows with aging, and the need for calories declines with each decade. The need for health-promoting nutrients may increase, so seniors need to read labels, and plan meals and snacks to include a variety of foods.

Look for health-promoting ingredients. Try to avoid processed foods that are high in calories, saturated fats, trans fats, hydrogenated fats and oils, added sweeteners, or sodium. Here some additional tips:

- Eat recommended rather than over-sized portions.
- Choose whole grain breads and cereals. As complex carbohydrates, they are digested slowly and provide lasting energy.
- Choose low-fat dairy products and calcium-fortified foods. Older adults are encouraged to include 1,200-1,400 mg of calcium and 600 international units of vitamin D a day. The combination is recommended because limited exposure to sunlight and use of sunscreen reduces formation of vitamin D, which is produced naturally when skin is exposed to the sun.

• Replace fluids needed for such bodily functions as digestion,

cooling (perspiration), and cushioning bones, joints and organs. Drinking eight cups of fluid a day is recommended, but some fluids can come from other sources, such as fruits and vegetables that have high water content.

Caffeine and alcohol are naturally dehydrating and should be used in moderation.

Red wine may offer some health benefits to people about age 50 and older, but, it can be dehydrating. Nutrition and health professionals recommend limiting alcoholic beverages.

- Take a vitamin and mineral supplement.
- Add 30 or more minutes of weight-bearing exercise (such as walking) five or more days a week. Regular moderate exercise also can help with weight management and reduce stress.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Decatur, Gove, Norton, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail [twatts@oznet.ksu.edu](mailto:twatts@oznet.ksu.edu).

# MARKETS

At close of business Nov. 11	
Wheat .....	\$3.22
White Wheat .....	\$3.20
Milo .....	\$2.82
Corn .....	\$1.70
Soybeans .....	\$4.62

As winter arrives, farmers and livestock raisers have several chances to learn about new techniques, methods, technology and management practices to improve their operations.

I hope everyone will seriously consider attending the Feed, Forage and Pasture Conference at the Trego County Fairgrounds on Tuesday, Nov. 30, from 8 a.m.-7 p.m.

Dry conditions in northwest Kansas the past several years have challenged the flexibility of livestock producers' forage programs, but this conference will help them come up with some solutions.

Moisture conditions are better than they have been, however, pastures will take several years to recover depending on their condition going into the dry years and the degree of use during the drought, said Sandy Johnson, live-

# PUBLIC RECORD

## Jail Log

Nov. 10 — Vernon Lee Watson, Norton, holding for North Carolina.

Due to staff changes at the paper, *The Telegram* has gotten behind in reporting district court news. Over the next couple of weeks we will catch up with the backlog.

## 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 cases are given to the paper when the fines are paid. Limited action and small claims cases are reported only after the defendant is served.

## Traffic

June 24, 2003 — William D. Gawith, Jennings, improper farm equipment on road, fine \$30, court costs \$59.

June 30 — Gene Wesley Eidson, White City, poorly secured load on a vehicle, fine \$120, court costs \$60.

Oct. 13 — Terry D. Crow, Norton, speeding 84 in a 65 mph zone, fine \$84, court costs \$60.

Oct. 20 — Nathan L. Overlease, Norton, failure to yield at a stop or yield sign, fine \$20, court costs \$60.

Oct. 22 — Chris E. Milner, Englewood, Colo., speeding 77 in a 65 mph zone, fine \$42, court costs \$60.

Oct. 22 — Larry J. Ben, Flagstaff, Ariz., speeding, fine \$48, court costs \$60.

Oct. 23 — Sherri L. Unrein, Norton, speeding 82 in the 65 mph zone, fine \$72, court costs \$60.

Oct. 23 — Donald E. Albers, Grinnell, speeding, fine \$42, court costs \$60.

Oct. 24 — Stephen D. Horney, Norton, speeding 76 in a 65 mph zone, fine \$36, court costs \$60.

Oct. 24 — Richard L. Stringfellow, Gibson, Iowa, speeding 80 in a 65 mph zone, fine \$60, court costs \$60.

## Limited Action

Aug. 23 — Norton County Hos-

pital versus Norma Meyers, Norcarut, medical services, \$167.10 plus costs and fees.

Aug. 30 — Lanning Center, Grand Island, Neb., versus Eric A. Park, Norton, medical services, \$179.07 plus costs and fees.

Aug. 30 — Moffet Drug, Norton, versus Julie Laurin, Alma, check, \$60.04 plus costs and fees.

Aug. 31 — All Creatures Veterinary Clinic, Alma, Amanda and Randy Willmes, Norton, \$101.60 plus costs and fees.

Aug. 31 — All Creatures Veterinary Clinic, Alma, Tim and Tonya Saunders, Norton, \$247.50 plus costs and fees. Case dismissed.

Aug. 31 — All Creatures Veterinary Clinic, Alma, Mark Weiser, Norton, \$128.06 plus costs and fees. Case dismissed.

Sept. 1 — First State Bank, Norton, Frank Harding III and Jennifer Harding, Las Vegas, Nev., promissory note, \$464.60 plus costs and fees.

Sept. 1 — Jamboree Foods, Norton, versus Kandra Boteler, Beaver City, Neb., check, \$89.79 plus costs and fees up to \$690.16.

Sept. 1 — Pizza Management, Norton, versus Kandra Boteler, Beaver City, Neb., check, \$25.56 plus costs and fees up to \$436.56.

Sept. 1 — B&B Retail Liquor, Norton, versus Marion L. Barrett, Jr., Trenton, Neb., check, \$26.10 plus costs and fees up to \$437.10.

Sept. 1 — Pizza Management, Norton, versus Wade R. Brown, Russell, check, \$12.93 plus costs and fees up to \$423.93.

Sept. 1 — Pizza Management, WaKeeney, versus Doug Ward, WaKeeney, check, \$13.28 plus costs and fees up to \$424.28.

Sept. 1 — B&B Retail Liquor, Norton, versus Mary A. Fisher, Norton, check, \$7.77 plus costs and fees up to \$418.77.

Sept. 2 — Jan Keiswetter, Norton, versus Tammy Danner, Norton, reimbursement of \$2,500 on loan for TJ's Bar and Steakhouse.

Sept. 7 — Uptown Pizza, Norton, versus Tyler Graham, Norton, check, \$31.13 plus costs and fees.

Sept. 7 — Norton Dairy Queen

versus Tyler Graham, Norton, check, \$1.58 plus costs and fees up to \$317.58.

Sept. 17 — China Garden Restaurant, Norton, versus Lisa Lucero, Norton, check \$9.06 plus costs and fees.

Sept. 23 — Countryside Veterinary Clinic, Norton and Oberlin, versus Kevin Field, Norton, goods and services, \$202.30 plus costs and fees.

Sept. 23 — Walter Motor Co., Norton, versus Francis M. Ritter, Dresden, goods and services, \$2,572.86 plus costs and fees.

Sept. 27 — Norton County Hospital versus Amanda Coombs, Norton, medical services, \$263 plus costs and fees.

Sept. 29 — China Garden Restaurant, Norton, versus Jeff Rummel, Ludell, check, \$21.78 plus costs and fees up to \$187.93.

Oct. 1 — Shepler's versus Cynthia R. White aka Cynthia R. Zimmerman, Norton, check, \$104.25 plus costs and fees up to \$653.

Oct. 1 — Norton Dairy Queen versus Cynthia R. White, Norton, check \$7.22 plus costs and fees up to \$323.22.

Oct. 1 — Uptown Pizza, Norton, versus Coni J. Park, Norton, check, \$15.59 plus costs and fees up to \$331.59.

Oct. 1 — Norton Dairy Queen versus Karla Reed, Norton, check, \$20.81 plus costs and fees up to \$336.81.

Oct. 5 — Norton County Hospital versus Kathy Runnion, Norton, medical services, \$332.99 plus costs and fees.

Oct. 5 — Norton County Hospital versus Christina Page, Norton, medical services, \$4,656.45 plus costs and fees.

Oct. 5 — Norton County Hospital versus Rick and Victoria Robison, Norton, medical services, \$573.26 plus costs and fees.

Oct. 5 — Norton County Hospital versus Cynthia and Rogert Britz, Norton, medical services, \$248.82 plus costs and fees.

Oct. 5 — Norton County Hos-

pital versus Chris and Kim Jakubowski, Norton, medical services, \$246 plus costs and fees.

Oct. 5 — Norton County Hospital versus Gregory and Jolene Plumb, Norton, medical services, \$439.67 plus costs and fees.

Oct. 5 — Norton County Hospital versus Linda L. Scheetz, Norton, medical services, \$197.50 plus costs and fees.

Oct. 5 — Norton County Hospital versus Calvin and Sylvia Wright, Norton, medical services, \$163.89 plus costs and fees.

Oct. 5 — Norton County Hospital versus Michael and Eve's Kolar, Oberlin, medical services, \$292.14 plus costs and fees.

Oct. 5 — Norton County Hospital versus Curtis and Theresa Mockry, McCook, medical services, \$763.76 plus costs and fees.

Oct. 5 — Jamboree Foods, Norton, versus Lynette Shewey, Norton/Cumberland, Va., check, \$10 plus costs and fees up to \$421.

Oct. 5 — Russ' Jewelry and Repair, Norton, versus Lynette Shewey, Norton/Cumberland, Va., check, \$76.55 plus costs and fees up to \$637.20.

Oct. 5 — B&B Retail Liquor, Norton, versus Lynette Shewey, Norton/Cumberland, Va., check, \$23.12 plus costs and fees up to \$434.12.

Oct. 5 — Pizza Management, Norton, versus Lynette Shewey, Norton/Cumberland, Va., check, \$25 plus costs and fees up to \$436.

Oct. 5 — Pizza Management, Norton, versus Chad Brogan, Norton/Cumberland, Va., check, \$57.40 plus costs and fees up to \$620.40.

Oct. 5 — Jamboree Foods, Norton, versus Chad Brogan, Norton/Cumberland, Va., check, \$28.51 plus costs and fees up to \$439.51.

Oct. 5 — Jackrabbit Service & Towing, versus Chad Brogan, Norton/Cumberland, Va., check, \$20.70 plus costs and fees up to \$431.70.

Oct. 5 — Jackrabbit Service & Towing, versus Chad Brogan, Norton/Cumberland, Va., check, \$20.70 plus costs and fees up to \$431.70.

Oct. 5 — Norton County Hos-

# Five Night Parish Mission "Here I Am, Lord"

## Everyone Welcome

### November 14-18, 2004 St. Francis of Assisi Norton, Kansas

"God Calls Us Constantly to Himself: God in Search of My Love"

- Fr. Wade C.J. Menezes, CPM, Fathers of Mercy
- TITLES OF MISSION CONFERENCES FOR EACH OF THE NIGHTS:**
1. "The Dignity of the Human Person Made in the Image and Likeness of God"
  2. "The Necessity of the Spiritual Life"
  3. "God Calls Us Constantly to Himself/God in Search of My Love: Overcoming Certain Issues, Dependencies and Addictions"
  4. "The Communion of Saints: In the Company of Sinners/Striving to Become Saints"
  5. "Fear of the Lord and Forgiveness of Injuries: Giving All to God" Each Day of the Mission: 5:45-6:45 p.m. Confessions; 7:00-8:00 p.m.: Exposition of the Most Blessed Sacrament with Mission Conference and Benediction; 8:15 p.m. to Completion-Confessions

Thursday evening there will be a social time in the Parish Hall following the conference with religious articles for sale

### Openings for select House Parents

The Omaha Home for Boys offers a unique opportunity for married couples to care for boys, average age 12-16.

- Nationally recognized training
- Beautiful, modern facility
- \$36,000 starting salary
- Excellent benefits
- Free housing & meals

**The Omaha Home For Boys**  
4343 N. 52nd St., Omaha, NE 68104 • [www.omahahomeforboys.org](http://www.omahahomeforboys.org)  
Call 1-800-408-4663, Monday-Friday

## ANDBE HOME BAKE SALE

### SATURDAY, NOVEMBER 13

10 a.m.-2 p.m., Front Door Entrance

All proceeds go towards residents' big screen TV fund.

Please join us before or after the city-wide craft fair in Norton