

OBITUARY

Velma F. Ryn

July 23, 1909 - Dec. 7, 2005

Velma F. Ryn, 96, Wichita, formerly of Norton, died Wednesday in Wichita.

Mrs. Ryn was born July 23, 1909, in Red Willow County, Neb., the daughter of Clarence and Gertrude (Duling) Applegate.

She had been a homemaker. She was preceded in death by her husband, Gilbert Pete Ryn; four brothers, Forest, Carl, Mervin and Clifford Applegate; and a sister, Fern.

Survivors include three sons, Paul and Louise Ryn, Wichita, David and Elsie Ryn, Fort Collins, Colo., and Otto Ryn, Las Vegas, Nev.; a daughter, Doris and Darrill Carlile, Woodland, Wash.; a brother, Ivan Applegate, Parker, Colo.; two sisters, Opal Hickman Dunn, Loveland, Colo., and Betty

Callahan, Truth or Consequences, N.M.; eight grandchildren; 23 great-grandchildren; and two great-great-grandchildren.

Funeral services will be held at 1:30 p.m., Saturday at First Church of God, Norton. Pastor Terry Worthington will conduct the services. Burial will be in Norton Cemetery.

Memorials have been established with Hospice Care of Kansas, 750 N. Socora, S-400, Wichita, Kan. 67212 and First Church of God, 1010 Churchill Dr., Norton, Kan. 67654.

Downing and Lahey Mortuaries were in charge of the arrangements.

Tributes and on-line condolences may be sent via www.downingandlahey.com



Marlene and Donald Skipton

Couple to celebrate anniversary

Donald and Marlene Skipton, Norton, will celebrate their 50th wedding anniversary Dec. 17.

Donald Skipton and Marlene Cross were married Dec. 17, 1955, in Haddam.

Friends and relatives of the couple are invited to mark the occasion by sending cards to them at 911 Kennedy, Norton, Kan. 67654.

Their children are Don and Ann Skipton, Tomball, Texas; Marlin Skipton, Edmonds, Wash.; and David Skipton, Smith Center. A daughter, Danna, died in 1975. They have three grandchildren.

CORRECTION

There will not be a meeting of Heritage Quilters Monday night as was listed in the Monday edition of the Telegram Extra. This was a reporter's error.

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

Municipal Court

These transactions were taken from the records of filings in the offices of the Norton Municipal Court. The traffic and criminal cases were given to the paper with the date of the hearings.

Traffic

Dec. 1 — Christopher Archer, Densmore, transporting an open container, fine \$150, court cost \$60.

Dec. 1 — Grant Babcock, Phillipsburg, speeding 45 in a 35 mph construction zone, fine \$60, court cost \$60.

Dec. 1 — Wesley Gerrans, Norton, speeding 52 in a 35 mph construction zone, fine \$144, court cost \$60.

Criminal

Dec. 1 — Dustin Rowe, Norton, criminal trespass on top of buildings, to serve 48 hours in jail, fine \$500, court cost \$60.

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, criminal and wildlife parks cases are given to the paper when the fines are paid. Limited action and small claim cases are reported only after the defendant is served.

Traffic

Nov. 23 — Timothy A. Myers, Beaver City, Neb., liability insurance coverage required, dismissed.

Nov. 23 — Gary Santimaw, Lenora, failure to comply with traffic citation, dismissed.

Dec. 1 — Amanda D. Lowry, Hays, improper tires, fine \$30, court cost \$60.

Dec. 1 — Gary D. Kennedy, Munroe Falls, Ohio, speeding 78 in a 65 mph zone, fine \$48, court cost \$60.

Dec. 1 — Tammy Kachel, Norton, speeding 84 in a 65 mph zone and driving under the influence of alcohol or drugs, fine \$584, fees \$410, and court cost \$60.

Dec. 2 — Woody L. Mellott, Prairie View, speeding 77 in a 65 mph zone, fine \$42, court cost \$60.

Dec. 2 — Bryan P. Peck, Palmdale, Calif., speeding 77 in a 65 mph zone, fine \$42, court cost \$60.

Dec. 2 — Henry C. Dietz, Fort Lupton, Colo., speeding 80 in a 65 mph zone, fine \$60, court cost \$60.

Dec. 5 — Charles J. Thomas, Erie, Colo., speeding 71 in a 55 mph construction zone and failure to wear seatbelt, fine \$132, court cost \$60.

Dec. 5 — Barbara C. Wilderman, Golden, Colo., speeding 76 in a 65 mph zone, fine \$36, court cost \$60.

Dec. 7 — Monica M. Bach, Phillipsburg, driving while license canceled, suspended, or revoked, dismissed.

Dec. 7 — Brian K. Runsick, Breckenridge, Colo., speeding 74 in a 55 mph construction zone, fine \$168, court cost \$60.

Dec. 8 — Gerrit Bruins, Daehart, Texas, speeding 80 mph in a 65 mph zone, fine \$60, court cost \$60.

Limited Action

Nov. 14 — Great Seneca Financial Corp. versus Scott Bohl, Norton, unpaid debt of \$4,492.01, plus court cost and fees.

Nov. 28 — Jamboree Foods versus Darwin McReynolds, Long Island, check for \$300.38, plus court cost and fees.

Nov. 28 — Almerna Market versus Darwin McReynolds, Long Island, check for \$46.67, plus court cost and fees.

Nov. 28 — Cindy McMullen dba Town & Country Kitchen versus Donald and Kathy Wayman, Prairie View, check for \$52.12, plus court cost and fees.

Nov. 29 — Ag Valley Coop versus Jennifer Glennemeier, Norton, check for \$16, plus court cost and fees.

Dec. 1 — Norton Dairy Queen, versus Janice Ebner, Norton, check for \$12.85, plus court cost fees.

Dec. 1 — Girl Scouts of Sunflower Council, versus Blain Nelson, Norton, check for \$30, plus court cost and fees.

Dec. 1 — Norton Dairy Queen, versus Crystal R. Readle, Norton, check for \$10.62, plus court cost and fees.

Small Claims

Nov. 9 — Hi-Plains Cooperative versus Ryan Bollig, Edmond, unpaid debt of \$221.60, plus court cost and fees.

Nov. 22 — Norton Home Store versus Sandra Horesky, Norton, unpaid debt of \$559.86, plus court cost and fees.

Nov. 22 — Norton Home Store versus Steve Horney, Norton, unpaid debt of \$491.02, plus court cost and fees.

Holiday class gives tips on food, health, stress

Are you ready to celebrate the holidays?

Need ideas for activities, food, or crafts?

Please join us at "Home for the Holidays," a fun event hosted by Gove, Sheridan and Trego County Extension Offices, at 6 p.m., Thursday in the Western Cooperative Electric meeting room in WaKeeney.

You will have the opportunity to:

- Learn how to handle the stress of the holidays
• Taste and take home nutritious holiday recipes
• Make fun and easy holiday crafts
• Learn how to stay fit during the holidays
• Learn tips to celebrate with

your pets

Come hungry, as supper will be served.

Please RSVP to the Trego County Extension Office no later than Monday, at 785-743-6361.

A minimum of 10 participants is required to hold the event.

If you register and the meeting has to be cancelled, you will be notified. A registration fee of \$5 will be collected to cover the cost of food and craft supplies.

Hope to see you there.

If you have questions, please contact Amy M. Taylor, Trego County Extension Director at 785-743-6361 or e-mail: twwatts@k-state.edu.

Precautions can reduce risk of flu

People die from the flu unnecessarily. The U.S. Department of Health cites the influenza virus, commonly called "the flu," as the sixth-leading cause of death in our country, and reports 20,000-40,000 Americans die from it each year.

The virus is highly contagious.

It spreads through inhalation of droplets of respiratory secretions when persons who have the flu cough or sneeze. The virus also can be spread by personal contact, either shaking hands, or touching a doorknob, telephone or other surface that someone who has the flu just touched.

Here are some suggestions for ways to avoid catching the flu:

- Ask your doctor about getting a flu shot. The shots can boost immunity 70-90 percent and are most effective when given two to three weeks before flu season, which typically lasts from December to March.

- Strive for a healthy lifestyle — eat a variety of foods, including fruits and vegetables, drink plenty of fluids including water, and get lots of rest.

- Wash your hands frequently and avoid touching your nose, eyes and mouth.

- Try to avoid those who you know are ill during the flu season. Do grocery shopping early or late, or on a weekday when stores are less crowded. If you're sitting in a theater and someone in the row behind you starts coughing, move to another seat.

Adults who have the flu typically are contagious for five to seven days from the onset of fever. Children may be contagious for 7-10 days or longer, especially to those who may have an immune system comprised by a chronic illness such as asthma or diabetes. Certain environments may increase risk as well. Examples

Home ed Tranda Watts, Extension specialist



would be children in a day-care or older adults living in a nursing home.

Incubation period for the flu is 1-4 days. This is one reason why the illness can spread through a school, workplace or community quickly. Common symptoms include headaches, muscle aches, and joint pain; fatigue; sore throat; a dry, hacking cough that progresses to a wet cough, producing mucous; fever, with or without chills; nasal congestion, watery eyes, runny nose; and vomiting and diarrhea. The flu is a viral illness that may subside with adequate rest, increasing fluid intake and targeting symptoms, such as taking cold medicine for a runny nose.

Complications from the flu in-

clude pneumonia, an earache or fluid in the ears, persistent fever or return of a fever that has previously subsided, wheezy cough, rapid or irregular heartbeat, or chronic illness such as asthma that worsens and signals the need to follow up with a health care professional.

Avian influenza—or bird flu—is a viral respiratory infection in birds. Scientists are studying the illness infecting small flocks of birds primarily in southeast Asia. While it has not yet been reported in birds or humans in the United States, there is concern, as this strain is a more severe form of bird flu than viruses reported previously.

Most forms of virus that infect poultry do not infect humans.

So far, the 126 people to date who have been diagnosed with the disease have been people working directly with infected flocks.

There is no reason to pass up chicken or turkey on the menu, though. Heat from normal cooking will destroy the virus.

Gift Ideas from Pure Prairie. OMEGA STAINLESS JUICER With Free Juicing Book. Suggested Retail-\$239.00; Now Just-\$219.00. AROMATHERAPY BURNERS AND OILS Choose from Several Fragrances. ORGANIC COFFEE AND TEAS. GIFT BASKETS Any Value Stocked Full of Great Natural Food Goodies! Organic Apples, Oranges, Dates, Jams, Pure Prairie Breads. KENSINGTON LOCKER AWARD WINNING HAMS AND SMOKED TURKEY. Homemade Organic Pumpkin Pies—\$7.50 Each. Pure Prairie Natural Foods 108 E. Washington, Norton, Kansas — 785-877-3610. ORDERS 1-800-545-7232

READERS

— Almerna State Bank will close at noon, Friday, Dec. 23.

Winners of the Norton Area Chamber of Commerce 12 Days of Christmas drawing were Nov. 28, Ruth Durham, \$50, Don's Floor Covering, and Beth VanRoekel, \$50, Nex-Tech; Nov. 30, Gloria Cole, \$50, Amy's Fashions, and Amy Vacura, \$50, Norton Shop and Save; Dec. 2, Darren McMullen, \$50, Kansasland Tire, and Marlene Sumner, \$50, Dr. Craig Krizek's Office; Monday, Jill Lively, \$50, Pamida, and Teresa Bingham, \$50, Town and Country Kitchen; and Wednesday, Joann Wolf, \$50, Amy's Fashions, and Jim Ninemire, \$50, Russ' Jewelry.

— Now showing at Norton Theatre, Premiering, "Yours, Mine and Ours" and "Chronicles of Narnia, The Lion, the Witch and the Wardrobe". Call 785-877-2075 or www.nortontheatre.com. 12/9

— Russ' Jewelry, in downtown Norton, invites you to enjoy big city selections at small town prices. Thursday, Dec. 15 from 1 p.m. to 8 p.m., we will present De Nicole Designers, one of the nation's leading jewelry manufacturers. They will bring their entire selection of over 700 truly unique, heirloom-quality pieces. Back by POPULAR DEMAND, this will be the last De Nicole showing this year at Russ' Jewelry.

DOWNLOAD 3 Free Holiday Ring Tones. Stop by Kellie's for information!! 107 E. MAIN NORTON, KS 67654. Kellie's alltel wireless authorized agent. 785-874-4718 — TOLL FREE 866-944-5225. Limited time offer at participating locations. Requires service agreement, credit approval and approved handset. \$200 early termination fee applies. Activation fees may apply. Other restrictions apply. Terms and conditions are available at Authorized Agent locations or www.alltel.com

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MARKETS

Table with 2 columns: Commodity and Price. Wheat \$3.30, Milo \$1.45, Corn \$1.68, Soybeans \$5.00.

RECLINERS for Christmas. Lanes Barcaloungers. Shop and Compare Wednesday thru Saturday—10 a.m.-5 p.m. or by Appointment 785-877-2818. NORTON FURNITURE Rt. 3, Box 12 — Norton, Kansas