OBITUARIES

Glenn Alexander Dec. 14, 1906 - Sept. 4, 2006

Norcatur, died Sept. 4, at Goshen grandson Craig Locy in 1996. General Hospital, Goshen, Ind.

14, 1906, the son of Joseph Harve cuse, Ind., and Marilyn and Jay and Mae (Taylor) Alexander. He Locy, Kearney, Neb.; six grandwas raised in the Norcatur and children; and 17 great-grandchil-Lyle areas.

Mr. Alexander attended the Spring Branch Grade School and Norcatur High School. He farmed north of Norcatur after high school.

He was a member of the Norcatur Methodist Church. Mr. Alexander married Pearl

Elaine Bowser on Aug. 26, 1931 in Norcatur.

He was preceded in death by his wife in 2003, his parents, sisters Norcatur, Kan. 67653.

Glenn Alexander, 99, a native of Ivah and Pearl Alexander, and a

Surviving are daughters He was born in Norcatur on Dec. Beverly and Barry Lintz, Syradren

> Norcatur Cemetery at 10 a.m. on Saturday, Sept. 9. The Rev. Ray Gilstrap will preside. Burial will be in the Norctur Cemetery.

Visitation at Pauls Funeral Home, Oberlin, will be from 3 to 8 p.m. on Friday.

A memorial fund has been established for the Norcatur Methodist Church, General Delivery,

Mildred Hazlett Maham March 9, 1905 - Aug. 29, 2006

Mildred Hazlett Maham, 101, two step-grandchildren; and four died Aug. 29 at her home in Darien, Ill.

March 9, 1905 and raised in Edmond.

Harry Maham and the late Clarence Klein, and a sister to the late Merle Hazlett, Hubert Hazlett and Eldred Webster.

She is survived by her stepdaughter, Doris and Frank Neitzel; Park, Sun City, Ariz.

step-greatgrandchildren. Mrs. Maham was the aunt of The daughter of the late Charles Ivalee Hazlett, Logan, Joan

and Leah Hazlett, she was born Hazlett, Edmond, Sherry and Jim Showers, Edmond, Judy and Leo weighed Jenson, Manhattan, and Shirley pounds, 3 ounces and was 19 She was the wife of the late and the late Glen Weems,

McPherson. She was great-aunt to Michelle Wiltfong, Devra Dobbins and James Showers.

Burial was at Sunland Memorial

HANSEN MUSEUM

By SHIRLEY HENDRICKSON

The 30th Annual Labor Day Celebration was held Sunday. We had a beautiful fall day, good food, great entertainment, colorful fireworks and a big crowd. We are now looking ahead to our 33rd Annual Hansen Arts and Crafts Fair and 1st Annual Antique Show on Saturday, September 16.

Stop by the museum during the day and view "No Guts, No Glorv" of Museum Presentation Associates. This is an exhibit of 50 black and white rodeo photographs taken by Louise Serpa from Tucson, Ariz. Ms. Serpa was the first woman photographer to be allowed to enter the rodeo arena.

In conjunction with this exhibit is Bill Foster's "Horse Gear". Mr. Foster is a local cowboy who went on many cattle drives in his youth, mostly out of Texas to Mead through the Oklahoma Panhandle. The drives were complete with a chuck wagon and all the gear. He has some of his "Horse Gear" on display.

The September Artist of the Month is Joyce Underwood from Everest. She has a variety of stained glass items on display.

Please check out the museum's website. The address is: hansenmuseum.org. If you have any questions please send e-mail dividuals, particularly girls and to: hansenmuseum@ruraltel.net. women. They include anorexia

Tuesday, September 5, 2006

BIRTHS

Olivia Grace Ray

Jason and Richelle Ray, Silver Lake, are

the parents of a daughter, Olivia Grace. She was born

Aug. 23 at Stormont-Vail Olivia Ray Health Care in Topeka.

A service will be held at the Isaac Alexander Clayton Hargett

Kirk and Rhonna Hargett of Manhattan are the parents of a son, Ronald and Vera Williams of Man-Isaac Alexander Clayton Hargett. He was born Aug. 30 at Mercy Medical Center in Manhattan. He weighed 9 pounds, 9 ounces and was 21 inches long. Mr. and Mrs. Hargett have another son, Joseph Dean Atticus Hargett, three years old.

Koy Alan Smith

Kirby and Joni Smith of Park

City are the parents of a son, Koy Alan, born Aug. 15, at Wesley Medi-

cal Center in Wichita. He Koy Smith 7

Bouts, Selden.

Quilters ready to begin new year of projects

resume monthly meetings on Monday, Sept. 11. The meeting will be held in the basement at Prairie Land Electric. Members are reminded to note change of meeting time, 6:30 p.m.

The program feature will be is invited to attend. "Show and Tell" of the UFO's (unfinished projects) mem- for this meeting.

The Heritage Quilt Club will bers completed during the summer for this year's chal-

> Regina Stark, president, will mon items around the house as helpful quilting tools.

lenge.

also share ideas for using com-

She weighed 9 pounds 1

Grandparents are Jim and

Great-grandparents are

Leonard and Helen Rogers,

His grandparents are Pastors

hattan and Ron and Orva Hargett

Isaac will be shortened to "Ike"

His middle name is after his

grandfather Williams' hometown

inches long. He has a big brother,

Grandparents are John and

Luanne Smith, Brookville, and

Kenny and Rhonda Wildeman,

Great-grandparents are Tom

and Esther Likes, Salina; Virginia

Wildeman, Rainfield, and Frank

after his great-great-uncle, Ed-

Jeanne Ray, Norton and Pam

ounce and measured 21 1/4

inches in length.

Risley, Manhattan.

Long Island.

of Newton.

of Clayton.

Jennings.

ward Ike Brooks.

Kacen, 20 months.

Anyone interested in joining

Officers will be hostesses

Eating disorders threaten lives of all age groups dealing with a difficult transi- jittery. They also are habit-form-

tion, shock or loss. ing. Once they wear off, you be-

Girls often experiment with come hungry and want to eat, so different ways to lose as much you reach for another pill to conweight as possible or to keep trol your appetite.

their weight down. Here are • Serious over-exercising is some examples of unsafe meth- another unhealthy way some people control their weight. Exercising for long periods of time when it is not part of a program (like school athletics) is not smart. Over-exercising will make you feel tried and increase your chance of injuries. If you have further questions other serious problems to your about eating disorders, contact your local family doctor or K-State Research and Extension Ofor e-mail: twwatts@oznet.ksu.edu. Tranda Watts is Kansas State your neck glands. Because your University extension specialist in food isn't being digested right, food, nutrition, health and safety for Norton, Decatur, Gove, Sheridan, and Trego counties. rhea. Also, repeated vomiting Call her at 785-443-3663 or ecan ruin your teeth and cause mail twatts@oznet.ksu.edu.For more information, contact the • Diet pills can cause your county extension office, 877-

Library was a place of wonder

Together we walk down the dusty road, Mama stepping carefully so she won't damage her shoe toes, me scuffing along and kicking small rocks. "Now, Liza Beth," she says, "don't do that. You won't get new shoes until next fall." I obey but my eyes roam longingly to a really good "kickin, rock," potato shaped and just the right size. Still, come fall, I will go to kindergarten and I don't want to have to wear shabby shoes.

We go by the park and Mama lets me swing for a few minutes and run around the green stone gazebo. Hill City's civic buildings. including the schools and the library, which is our destination this sunny summer morning, are all built of unique green stone blocks from a local quarry. The fire station is on the south side of the library. Mama lifts me up for a peek through the window at the big red fire truck. Ed is polishing the brass lamps and he waves at me and grins when I wave back.

room full of enchantment. I am allowed to sit at a little round table on a chair just my size and read all the books I want while Mama browses around and chooses her selections. Best of all, I get to choose four books to take home and keep all week. Two can be thick chapter stories for Mama to read to me at bedtime each night. The others are big, flat picture books with words I can read by myself. One of the chapter books Ipick is about Billy Goat Whiskers with a picture of a goat eating a cactus on it from my grandma who shoe on the front. Why would you eat a shoe? I choose a book about a brown puppy, another with kittens in bows, and best of all one that has pictures of pixies and lots of chapters.

Volumes selected I look at the new magazines, "Jack and Jill" and "Up in Polly's Attic" are my favorites. There's a Boy Scout magazine and one called "Highlights" that has lots of puzzles and never lonely when you have a games and pictures of how to make

Liza Deines things from spools and string and

Surely there can be no more wonderful place in the whole world than a library. Wouldn't it be nice to be like Miss May and get to stay all day? Mama says I have to get an education first. I wonder what that is and where to get one? Maybe at the drug store? Miss May has greenish glasses and big fluffy hair that always has a pencil poked in it behind her ear. I wonder if that's an education and I want to ask her, but I have to be very quiet in the library.

Mama gets our cards filled out at the desk and visits a bit with Miss May about a new book, "Shepherd of the Hills" and what The library is, to me, a huge a wonderful story it is. Sometimes she reads a special good part of her own books to me. I hope this is one I'll get to hear.

> We start off for home, stopping by at the post office to get the mail from our little box. Somehow I can't get any of those boxes to open but everyone else seems to know just how to turn the knob and they pop right open. I bet if I had an education I could do it, too. Where am I going to find one? There is a letter from Aunt Frona in Arizona and a postcard with lives with Aunt Frona.

> What a happy day. The park and the firetruck and new books to read and a postcard, too, for my scrapbook. Mama says we can have tomato sandwiches for lunch if I hurry along, so homeward we go. Now, if I just could find an education along the way life would be perfect.

> MY MAMA SAID: You're book.

the 40s buttons and such.





Mathew Shepard, Lenora, and by Prairie Land Electric to be representatives at the Coopera- cepted tive Youth Leadership Camp \$1,200 Miller held July 15-21 in Steamboat Black Springs, Colo.

- Steak and seafood night, and a \$500 Thursday and Saturday, 6-9 p.m., American Legion. Mem- cellence in inbers and guests. 9/5

Charlie Kofeld, a 2004 graduate of Norton Community High School, is recovering from brain surgery and would enjoy hearing from friends. Mail can reach him at Charlie Kofeld, Room NC 11, Neurological Critical Care, Via Christi Medical Center, 929 N. Emporia, Wichita, Kan. 67214.

Megan Brumbaugh recently accepted an \$800 Hays City Sil-

ver Academic Award and a \$500 Award of Excellence in health and human performance from Fort Hays State University. She is the



M. Brumbaugh

daughter of Craig and Barb Brumbaugh, Logan. She is a 2006 graduate of Logan High School.



At close of business Sept. 5	
Wheat	\$4.24
Milo	\$2.05
Corn	\$2.15
Soybeans	\$4.71

Kaitlyn Noone, the daughter do major damage to their bodies. Lisa Jones, Norton were chosen of Robert and Janell Noone, Lo-

gan, has acand Gold Academic Award Award of Exformation net-K. Noone

working and telecommunications. A 2006 graduate of Logan High School, Miss Noone plans to major in information networking and telecommunications.

The paper you read for the news you need!

THE NORTON ELEGRAM

Showing at the

HEATRE

NORTON

World Trade Center

(PG-13) 1:29 Minutes (Non-Premiere)

Show Times: Friday and Saturday: 8 p.m.

Sunday: 5 p.m.; Mon., Tues., Wed.: 7 p.m

Step Up

Premier Tickets

12 and Under-\$6.00

Adult-\$7.00

(PG-13) 1:30 Minutes DHL

Adult-\$6.00; Child-\$5.00

nervosa, bulimia nervosa, and binge eating. Eating disorders are dangerous behaviors that result in big health problems.

Eating disorders are extreme

expressions of food and weight

issues experienced by many in-

Girls with eating disorders can Restricting what you eat can make you sick — like feeling nauseous, tired, dizzy, or irritable. If this behavior goes on too long, it can alter your menstrual cycle, dry out your hair and skin, and might even cause early osteoporosis. The physical consequences can become life threatening.

But the physical problems are only half the story. The emotional problems can be serious, too. An unhealthy attitude about food and body image is the main problem. Some girls use food to make themselves feel better; others stop eating to feel like they are "in control" of their life. Both behaviors leave people feeling bad about what they are eating. And worst of all, the more people begin to obsess over what they are eating (or not eating), the less they care about other things — like school,

Let's go to the

Movie

Extension specialist

Home ed

Tranda Watts,

friends, or other activities. **How Do People Get Eating Disorders**?

Experts don't know exactly how people develop eating disorders, but it is likely the result of many factors. Many people who suffer from eating disorders have low self-esteem. Most people with eating disorders share certain traits such as a fear of becoming fat, feelings of not measuring up to other people's expectations, or feeling helpless. Some people with eating disorders feel they have to be perfect in every way - having a perfect body, getting perfect grades, and being an excellent athlete. People who suffer from eating disorders may be depressed or feel they lack control over their lives. Sometimes, they feel like they don't fit in or don't belong. Often, the problems begin when a person is

LENORA

CHURCH OF GOD

Invites You to

Attend Their

Rededication

Service on

Sunday, Sept. 10

2:30-3:00 p.m. Rededication

Service in the Sanctuary

3:00-4:30 p.m. Open House,

Come and Go Fellowship

Main and Iowa Streets

LENORA, KANSAS

ods used to control their weight:

• Diuretics (or water pills) make your body lose water but also important nutrients. In extreme cases, this can cause heart problems.

• Laxatives can cause stomachaches and cramps as well as digestive system. Laxatives can become habit-forming.

• Self-induced vomiting, even fice once in a while, can pop blood vessels in your face and swell up you may suffer stomachaches, constipation, heartburn, or diarcavities.

heart to beat faster and make you 5755.



