

OBITUARIES

Glenn Alexander

Dec. 14, 1906 - Sept. 4, 2006

Glenn Alexander, 99, a native of Norcat, died Sept. 4, at Goshen General Hospital, Goshen, Ind. He was born in Norcat on Dec. 14, 1906, the son of Joseph Harve and Mae (Taylor) Alexander. He was raised in the Norcat and Lyle areas. Mr. Alexander attended the Spring Branch Grade School and Norcat High School. He farmed north of Norcat after high school. He was a member of the Norcat Methodist Church. Mr. Alexander married Pearl Elaine Bowser on Aug. 26, 1931 in Norcat. He was preceded in death by his wife in 2003, his parents, sisters

Ivah and Pearl Alexander, and a grandson Craig Locy in 1996. Surviving are daughters Beverly and Barry Lintz, Syracuse, Ind., and Marilyn and Jay Locy, Kearney, Neb.; six grandchildren; and 17 great-grandchildren. A service will be held at the Norcat Cemetery at 10 a.m. on Saturday, Sept. 9. The Rev. Ray Gilstrap will preside. Burial will be in the Norcat 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 Norcat Methodist Church, General Delivery, Norcat, Kan. 67653.

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 Health Care in Topeka.



Olivia Ray

She weighed 9 pounds 1 ounce and measured 21 1/4 inches in length. Grandparents are Jim and Jeanne Ray, Norton and Pam Risley, Manhattan. Great-grandparents are Leonard and Helen Rogers, Long Island.

Isaac Alexander Clayton Hargett

Kirk and Rhonna Hargett of Manhattan are the parents of a son, 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.

His grandparents are Pastors Ronald and Vera Williams of Manhattan and Ron and Orva Hargett of Newton. Isaac will be shortened to "Ike" after his great-great-uncle, Edward Ike Brooks. His middle name is after his grandfather Williams' hometown of Clayton.

Mildred Hazlett Maham

March 9, 1905 - Aug. 29, 2006

Mildred Hazlett Maham, 101, died Aug. 29 at her home in Darien, Ill. The daughter of the late Charles and Leah Hazlett, she was born March 9, 1905 and raised in Edmond. She was the wife of the late 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 step-daughter, Doris and Frank Neitzel;

two step-grandchildren; and four step-great-grandchildren. Mrs. Maham was the aunt of Ivallee Hazlett, Logan, Joan Hazlett, Edmond, Sherry and Jim Showers, Edmond, Judy and Leo Jensen, Manhattan, and Shirley and the late Glen Weems, McPherson. She was great-aunt to Michelle Wiltfong, Devra Dobbins and James Showers. Burial was at Sunland Memorial Park, Sun City, Ariz.

Koy Alan Smith

Kirby and Joni Smith of Park City are the parents of a son, Koy Alan, born Aug. 15, at Wesley Medical Center in Wichita. He weighed 7 pounds, 3 ounces and was 19



Koy Smith

inches long. He has a big brother, Kacen, 20 months. Grandparents are John and Luanne Smith, Brookville, and Kenny and Rhonda Wildeman, Jennings. Great-grandparents are Tom and Esther Likes, Salina; Virginia Wildeman, Rainfield, and Frank Bouts, Selden.

Quilters ready to begin new year of projects

The Heritage Quilt Club will 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 "Show and Tell" of the UFO's (unfinished projects) mem-

bers completed during the summer for this year's challenge. Regina Stark, president, will also share ideas for using common items around the house as helpful quilting tools. Anyone interested in joining is invited to attend. Officers will be hostesses for this meeting.

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 Glory" 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 to: hansenmuseum@ruraltel.net.

Eating disorders threaten lives of all age groups

Eating disorders are extreme expressions of food and weight issues experienced by many individuals, particularly girls and women. They include anorexia nervosa, bulimia nervosa, and binge eating. Eating disorders are dangerous behaviors that result in big health problems.

Home ed **Tranda Watts, Extension specialist**



Girls with eating disorders can do major damage to their bodies. 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,

dealing with a difficult transition, shock or loss. Girls often experiment with different ways to lose as much weight as possible or to keep their weight down. Here are some examples of unsafe methods 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 other serious problems to your digestive system. Laxatives can become habit-forming. • Self-induced vomiting, even once in a while, can pop blood vessels in your face and swell up your neck glands. Because your food isn't being digested right, you may suffer stomachaches, constipation, heartburn, or diarrhea. Also, repeated vomiting can ruin your teeth and cause cavities. • Diet pills can cause your heart to beat faster and make you

jittery. They also are habit-forming. Once they wear off, you become hungry and want to eat, so you reach for another pill to control your appetite. • Serious over-exercising is 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 tired and increase your chance of injuries. If you have further questions about eating disorders, contact your local family doctor or K-State Research and Extension Office or e-mail: twatts@oznet.ksu.edu. Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Norton, Decatur, Gove, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail twatts@oznet.ksu.edu. For more information, contact the county extension office, 877-5755.

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READERS

Mathew Shepard, Lenora, and Lisa Jones, Norton were chosen by Prairie Land Electric to be representatives at the Cooperative Youth Leadership Camp held July 15-21 in Steamboat Springs, Colo.

Kaitlyn Noone, the daughter of Robert and Janell Noone, Logan, has accepted a \$1,200 Miller Black and Gold Academic Award and a \$500 Award of Excellence in information networking and telecommunications. A 2006 graduate of Logan High School, Miss Noone plans to major in information networking and telecommunications.



K. Noone

— **Steak and seafood night, Thursday and Saturday, 6-9 p.m., American Legion. Members 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 Silver Academic Award and a \$500 Award of Excellence in health and human performance from Fort Hays State University. She is the daughter of Craig and Barb Brumbaugh, Logan. She is a 2006 graduate of Logan High School.



M. Brumbaugh

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THE NORTON TELEGRAM

MARKETS

At close of business Sept. 5

Wheat	\$4.24
Milo	\$2.05
Corn	\$2.15
Soybeans	\$4.71

Showing at the **NORTON THEATRE** 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 (PG-13) 1:30 Minutes DHL Adult-\$6.00; Child-\$5.00 (12 and Under)
Premier Tickets 12 and Under-\$6.00 Adult-\$7.00

Let's go to the **Movie**

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**

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