

# OBITUARIES

## James O. Arnold July 24, 1950 - Jan. 6, 2008

James O. "Jim" Arnold, 57, rural Norton, died Jan. 6 at the University of Nebraska Medical Center, Omaha.

The son of Frances O. and Olive (Rule) Arnold, he was born July 24, 1950, in Norton.

He grew up in Colorado and graduated from high school there.

On Aug. 17, 1985, he and Teresa Moody were married in West Memphis, Ark.

They made their home in Colorado before moving to Norton in 1994. Mr. Arnold was an auto mechanic by trade and was an avid racing fan.

He was preceded in death by his father and one brother.

Survivors include: his wife, Teresa, Norton; his mother, Olive Arnold, Colorado Springs, Colo.; four children, Kalynn Arnold, Norton, Kevin and Jennifer Arnold, Mississippi, James Arnold and Michelle Higgins both of Colorado; three sisters; and nine grandchildren.

Friends may call until 8:30 p.m. this evening at Enfield Funeral Home.

Funeral services will be held at 2 p.m. Wednesday at Enfield's. Burial will be in the Clayton Cemetery.

Memorials are suggested to The Leukemia and Lymphoma Society, Donor Services, P.O. Box 4072, Pittsfield, MA 01202.

## Dorman E. Hill Feb. 26, 1921 - Jan. 4, 2008

Dorman E. Hill, 86, died Friday, Jan. 4 at the Andbe Home in Norton.

Mr. Hill was born Feb. 26, 1921, in Sheridan County, the youngest child of Frank and Edith (Montieth) Hill.

He was a lifelong farmer in both Sheridan and Thomas County. He was reared on the family farm in Bloomfield Township. He attended a rural grade school and graduated from Selden Rural High School in 1938.

On May 15, 1951, he married Carol Carman.

They made their home in the Selden community and raised their family there.

He was a member of the Selden United Methodist Church and Masonic Lodge.

He was preceded in death by his parents; two brothers, John Hill and Gerald Hill; one sister, Vesta Shea; and a grandson, Brian Walker.

Survivors include his wife Carol

of Selden; four children and their spouses, Gloria and Ellis Walker, Selden, Mark and Suanne Hill, Hoxie, Jeff and Jill Hill of Littleton, Colo., and Lynn and Darrell Weick, Manhattan; 11 grandchildren; and one great-grandson.

Funeral services were held yesterday at the Selden United Methodist Church with the Rev. Glenn Patterson officiating.

Stephanie Ritter provided organ music and accompanied Brittany Ritter as she sang, "Wind Beneath My Wings" and "How Great Thou Art".

Casket bearers were Reid Rogers, Larry Hill, Jerry Hill, Jerry Schiltz, Bernard Koerperich and Michael Schiltz.

Burial was in the Selden Cemetery.

Memorials are suggested to either the Masonic Lodge or the Norton Andbe Home. Contributions may be sent in care of Pauls Funeral Home, 121 N. Penn Ave., Oberlin, Kan. 67749.

## Family band at After-5

Norton After-5 Club invites all area women and guests to attend the January dinner and meeting at 6:30 p.m. on Thursday, Jan. 17 at the Town and Country Kitchen, E. US-36. The cost for the dinner meeting is \$8 per person. Please note the new price. Free babysitting is available. For reservations and cancellations, contact Joan Knoll, 877-3042, by Jan. 15.

"All In the Family" is the theme for the evening. "Family Melodies", is the special music for the evening. The Luke-Ham-Sandwich Family Band plays Bluegrass, Country, and Gospel music. Be sure not to miss this performance!

The Norton After-5 Club welcomes as their special speaker for the evening, Jean Bell, Fort Collins, Colo. Ms. Bell shares her thoughts on hope and love in "Homeward Bound". She travels with her eight grandchildren who make up the Luke-Ham-Sandwich Band.

The Norton After-5 Club is non-denominational and open to all area women. Part of Stonecroft Ministries. After-5 Clubs are located throughout the United States and Canada.

## READERS

— Norton Rotary Soup Supper, 5 to 7 p.m., Friday, Jan. 11 at Norton Community High School Cafeteria. Benefit for Rotary Scholarship Fund. Before Norton vs Trego Basketball Game. Adult, \$4.50; Child under 12, \$2.50. All you can eat.

Wayne Wiltfong is a patient at Good Samaritan Hospital, Kearney. Cards and get-well wishes may be sent to Mr. Wiltfong at P.O. Box 199, 10th E. 31st., Room 6210, Kearney, Neb. 68848.

— STEAK and seafood night, Thursday, 6-9 p.m. American Legion. Members and guests.

## Northern Valley honor roll

Northern Valley Schools have released the honor roll for the first nine week period of the school year. Students listed on the honor roll include:

**Highest:** Sophomore, Samuel Field; Junior, Stanton Nelson; Seniors, Amanda Hopkins, Hannah Ponstein and Stephanie Tubbs.

**Honors I:** Freshmen, Kenzie Chandler, Matthew Dole and Staci Dole; Sophomore, Amber Shely; Junior, Taylor Hammond; Seniors, Joni Hilburn, Justin Lee, Phuong Le and Bryce Marble.

**Honors II:** Freshmen, Kayla Field, Colton Lowry, Bryant Therman and Zachary Vincent; Sophomores, Alison Cole and Karen Wenzl; Juniors, Drew Britt and Hannah Hawks; Senior, Amanda Turman.

# Painted picture of a winter day

Along the horizon, a tiny sliver of pink creeps up and slips a nose over a snowy rooftop. Yes! It is morning, so with a soft sigh and a yawn the sliver rises, stretches, pulls up a scrap of apricot satin that grows and grows, outlining a black lace edging of "bare-neckid" tree branches that reach out to pull on the day. Gold washes over the face of the morning to reveal a sky slowly opening big, blue, unblinking eyes. Clouds are floated off to store for another day, rain is given a leave of absence. Only soft breezes are on duty; winds have blown off on business elsewhere, having completed the task of sweeping the snow cobwebs down from the winter sky yesterday.

All the earth revolves with joy as the golden syrup of morning pours out its sweet cascade. Sleepy-head birds stir in the branches of pineywoods. "Wake up, wake up, the dawn has come again," comes drowsy chirruping. Feathers fluffed against the chill, they flit off in search of the first bug of the day, spreading music and beauty as they go.

In the glens and vales below, sleeping creatures lift cold noses to sniff the air. Sunshine sparkles on snow. The animals arise, stamp, shake snow from their furry coats. As they begin their day of browsing and grazing, their hooves and paws leave intertwining pathways, creating lace across snow-filled fields and pastures. A brilliantly

## Child of the '40s Liza Deines



plumaged pheasant pecks happily away at milo spills, just as happily a flock of turkeys glean the edges of a nearby cornfield. Harvests have been plentiful; the wildings are plump and healthy, well-provisioned to survive the harsh days of a plains winter.

Cold sinks icy teeth into the clear brightness of a full-blown day. Time now to freeze deep into the soil before cloud coverlets return to cushion the land from intense frost. Even when the noonday sun sends warming rays, the cold tightens down, turning the waves on the lake to slushies and driving the fish to seek warm mud blankets in the depths. Along shorelines washing water slowly succumbs to the cold's siren call, forming crystalline chokers around water weeds, rocks, and abandoned beer cans. A drooping willow branch is caught fast, bent into submission by a mere skim of icy froth. Bite by bitter bite, ice sends its chilled tongues across the waters, licking the lake into a state of suspended animation.

Daylight's dominion is fleeting in the winter. Sun's globe rolls ever more rapidly across the sky, casting long shadows as morning's

saffron rays gently shade to amber afternoon. Cold's grip tightens in anticipation of the coming clear night when it will reign supreme by the light of a cold, white moon. Prairie dogs retreat gratefully to cozy burrows beneath buffalo grass sod while above them livestock turn their tails to the wind and instinctively huddle together against the deepening dusk.

The sun's glorious blazing disk sits in the deep dish of the western sky. One final luminescence bursts forth in a heroic last blast. The sky shrieks in streaks of red and violet, orange taffeta shot with shimmering gold threads. Blue skies still shine bravely through any crevices to be found despite pursuit by drifts of pink and purple shadows. And now the golden yolk of a fresh egg sits on the western griddle, sizzling as it slowly oozes down into the darkness at the rim of the world. Twilight descends suddenly, bringing with it a few sparklers and a glint of moonshine. Starlets in glittering tu-tus pop up and begin their choreographed ballet across the indigo carpet of Heaven, taking their assigned astronomical positions with precise grace. Cold rejoices and applauds, sinking to new depths to enjoy the cloudless, frigid night. Moonlight on snow, treetops shivering as a north wind rises — cold could not ask for more.

Winter prevails. Yet deep beneath the cold and snow lie the seeds of spring...waiting.

## Facts to help decode the mystery of fat

Do you know which types of foods contain what kinds of fats? How can you limit or avoid the less-healthy fats? Here are some thoughts to help you decode the mystery about fats!

All fats are not created equal. The four main kinds of fats are: polyunsaturated, monounsaturated, saturated and trans.

Polyunsaturated and monounsaturated fats help your heart. They lower bad cholesterol and raise good cholesterol. Omega 3 fats are an especially healthy type of polyunsaturated fat.

Fats from plants and fish are healthful when eaten in moderation. Foods with healthy fats include nuts, nut-butters, canola oil, olive oil, and seafood, especially salmon.

Saturated and trans fats are not heart-healthy. They tend to raise bad cholesterol and lower good cholesterol. Limit eating fats that are solid at room temperature. Read the Nutrition Facts food labels and choose foods that have three grams or less of saturated fat

## Home ed Tranda Watts, Extension specialist



per serving and 0 grams trans fat per serving.

Trans fats are found in foods such as pastries, fried foods and some margarines.

Everyday ways to reduce less healthy fats from your diet:

- Eat out less often, and prepare meals at home more often.
- Instead of regular dairy products, choose fat-free or low-fat milk, yogurt, cheese, sour cream and dairy desserts.
- Several times a week, substitute cooked dry beans such as red or black beans, split peas or garbanzo beans for meat in soups, casseroles and salads.
- Instead of eating fried foods, choose fresh, baked, microwaved and boiled foods.

• When choosing read meats, choose lean cuts and trim away visible fat.

• Discard the skin from turkey and chicken.

• Instead of adding butter or cheese, grill or steam vegetables and add herbs and spices to flavor them.

• Substitute egg whites for whole eggs in recipes.

• Make your own salad dressing with three parts vinegar to one part olive oil.

• Choose mustard rather than mayonnaise or margarine for sandwiches.

If you have questions about fats, please feel free to contact your local K-State Research and Extension Office.

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.

## Iolene M. Levendofsky July 3, 1927 - Dec. 30, 2007

Iolene Marie Levendofsky, 80, formerly of the New Almelo area, died Sunday, Dec. 30 at the Republic County Hospital, Belleville.

She was born July 3, 1927 at Jennings, near New Almelo, the daughter of Albert N. and Martha Amanda (Gilleece) Hickert.

She graduated from Decatur Community High School with the Class of 1945. She attended St. Joseph School of Nursing in Concordia as a Cadet Nurse. She graduated as a Registered Nurse in 1948. For a time, she worked at St. Catherine's Hospital in McCook, Neb.

On Oct. 20, 1948, she married Francis J. Levendofsky at St. Joseph Catholic Church, New Almelo. They lived on their farm northwest of Belleville for 59 years where they farmed and operated a dairy.

Mrs. Levendofsky worked as a nurse at St. Joseph Hospital in Concordia and later in life as a nurse's aide at the Republic County Hospital.

She was a member of St. Edwards Catholic Church, Council of Catholic Women, Belleville and was a past member of the Ladies of the Moose, Concordia.

She was preceded in death by three sons, Michael Levendofsky, Daniel Levendofsky and Edward Levendofsky in infancy; her parents; two sisters, Bertilla Conroy and Carolyn Hickert; three brothers William Hickert, Jim Hickert and Bob Hickert; and three grandchildren. Casey Empson, Michael Wurtz and Annette Empson.

She is survived by her husband Francis Levendofsky, Belleville; two sons, William and Sharon Levendofsky, Delphos, Frederick and Connie Levendofsky, Republic, nine daughters, Ronda and Jim Blecha, Munden, Rita and Terry LeDuc, Greenleaf, Mary Jo and Ray Wurtz, Clifton, Michelle and Brent Larkins, Republic, Brenda and Lyle Ritterling, Byron, Neb., Sherie and Bill Mahin, Courtland, Geri and Todd Larson, Madera, Calif., Sheila Levendofsky, Greenleaf and Carleen and Mark Nordell, Concordia; one brother Don Hickert, Indianola, Neb.; brother-in-law, Tom Conroy, McCook; sister-in-law, Claudine Hickert, McCook; five sisters, Cecila Kotschwar, McCook, Hilaria Huff, Denver, Colo., Wilma and Bernard Farrell, Mesa, Ariz., Donna and Del Roth, Marion, Iowa and Marilyn and Marion Otter, New Almelo; 35 grandchildren; and 14 great-grandchildren.

Funeral services were held Jan. 2 at St. Edwards Catholic Church, Belleville with Fathers Cornelius Khine and Joe Popelka officiating. Burial was in St. Josaphats Cemetery, rural Belleville.

Tibbetts-Fischer Funeral Home, Belleville, was in charge of arrangements.

## MARKETS

At close of business Jan. 7

Wheat.....	\$8.67
Milo .....	\$4.21
Corn.....	\$4.36
Soybeans .....	\$11.37

The Norton Telegram...  
News you need!

Jan. 4  
Jan. 9

Showing at the  
**NORTON THEATRE**  
**I Am Legend**  
1 Hours, 51 Minutes (PG-13)  
Movie Show Times: Friday & Saturday: 8:00 p.m.  
Sunday: 5:00 p.m.; M-T-W: 7:00 p.m.

**NATIONAL TREASURE:  
BOOK OF SECRETS**  
2 Hours, 25 Minutes (PG)  
General Admission for I Am Legend  
\$6.00 Adults, \$5.00 Kids 12 & Under  
Premiere Price of \$7 and \$6  
for National Treasure

ONLY PREMIERE PASSES ACCEPTED  
FOR NATIONAL TREASURE  
ALL MOVIE PASSES ACCEPTED  
FOR I AM LEGEND

Let's Go to the Movie

COMING SOON:  
•27 Dresses •P.S. I Love You •The Water Horse

WANT TO DO SOMETHING DIFFERENT?  
Set aside your preconceived ideas and let

*"The Twisted Sistas"*  
from Hoxie, Kansas  
demonstrate the beauty of  
Belly Dance and its factual history

**Sunday, January 13**  
3:00 p.m.  
Norton East Campus Auditorium  
Adults-\$4; Jr. and Sr. High-\$2; 12 and Under \$1; Reciprocity-\$2  
THIS PROGRAM IS SUITABLE FOR FAMILIES  
SPONSORED BY:  
**NORTON COUNTY ARTS COUNCIL, INC.**

Mike Tacha went to Wichita this week for check-up with his doctor. Mike is doing real well and hopes to be able to walk soon.

Doug Cressler went last week for his check-up with his doctor.

The Jennings City Council will not meet Jan. 3 but will meet on Jan. 10.

Sympathy is extended to the family of Claudine Bennett who died Christmas morning at the Oberlin hospital. Her funeral was held at Jennings on Friday, Dec. 28.

The Norton Telegram...  
News you need!

10 • Help for Those New Year's Resolutions!

**ULTRA DIET PEP**  
Natural Weight Loss Thermogenic Formula

**HOODIA PATCHES OR CAPSULES**  
CURBS APPETITE

Knudsen All Natural **FRUIT JUICES**  
Break Compulsive Eating W/a Juice Fast

**Pure Prairie Natural Foods**  
108 E. Washington,  
Norton, Kansas  
785-877-3610  
ORDERS: 1-800-545-7232