

OBITUARIES

Leta Maxine Brown May 6, 1922 - July 23, 2008

Leta Maxine Brown, daughter of Everett and Angie (Maley) Gates, was born May 6, 1922 on a farm south of Logan. She passed away July 23, 2008 at the age of 86 at the Phillips County Hospital Long Term Care.

She attended schools in Logan and was a graduate of Logan High School. On Oct. 30, 1939, she was united in marriage to Charles D. Brown. To this union were born six children: sons Larry, Charlie, Dennis and Steve, and daughters Hazel and Ruth.

The family moved to Phillipsburg in 1943. Charles and Maxine were later divorced.

She loved quilting and going to garage sales, and she also enjoyed baking cupcakes to share with those at the Retirement Center. She was a member of the VFW Auxiliary.

When her health began to fail, Maxine moved to Westview Homes and later into Phillips County Hospital Long Term Care.

She will be sadly missed and fondly remembered by all of her family and friends.

Preceding her in death were her parents, her son Larry, her

daughters Hazel Counter and Ruth Brown, three brothers and three sisters.

Survivors include her son Charlie and wife Margaret of Phillipsburg, Dennis of Norton, and Steve of Hays; her brother Lester Gates of Goodland; nine grandchildren and 14 great-grandchildren.

The funeral service was held Saturday, July 26 at Oliff-Boeve Memorial Chapel, Phillipsburg, with Pastor Joel Hiesterman officiating. Burial was in Pleasant View Cemetery, Logan.

Arrangements were by Oliff-Boeve Memorial Chapel, Phillipsburg.

Card of Thanks

We would like to offer our sincere thanks to each and every one for their thoughtfulness and support since the loss of our loved one. Your cards, calls, kind words, food brought by and the flowers and memorial contributions have truly been appreciated.

Also, a very special "thank you" to the ladies from the First Lutheran Church who provided lunch after the service.

The Family of Maxine Brown



Don and Beulah Vahle Couple to celebrate 50th

Don and Beulah Vahle, Long Island, will celebrate their 50th wedding anniversary with an open house from 2 to 4 p.m. on Sunday, Aug. 3 at the Long Island Community Center. No gifts, please.

Don Vahle and Beulah Courtain were married on Aug. 3, 1958, in Stamford, Neb., at the Lu-

theran Church by the Rev. Dale W. Roseke.

The couple's children are: LaDonna and Kevin Hilburn, Linette and Richard Conner, all of Long Island; and the late Jonah Vahle.

They have seven grandchildren and nine great-grandchildren.

Make breakfast your 'habit' meal

Skipping breakfast to save a few minutes — or a few calories — isn't likely to do either. Skipping breakfast isn't likely to speed weight loss, either.

Food and nutrition researchers have observed that people who skip breakfast usually consume more calories in a mid-morning snack and during meals later in the day. Breakfast is essential because it breaks the fast after a good night's sleep and provides the energy needed to begin the day.

Eating breakfast also can improve cognitive function, which translates into paying attention in the classroom or being more able to settle down at work and get the job done. Preparing a healthy breakfast need not be time consuming — or expensive. Try reading food labels and choosing whole grain cereals, rather than highly processed foods that add empty calories.

Whole grain cereals are com-

Home ed Tranda Watts, Extension specialist



plex carbohydrates, which break down slowly to provide lasting energy. Whole grain cereals often are fortified with vitamins and minerals and are typically high in fiber, which contributes to digestive health and a full feeling that can be helpful in managing weight. Add milk and fruit to cereal for a quick, healthy breakfast that includes the whole grain, dairy and fruit food groups.

To save when purchasing cereal, consider a generic or store brand; minimal packaging, such as a waxed paper bag, rather than a more expensive box; and a larger quantity, which often will yield a

lower cost-per-serving. (Cost-per-serving will usually be posted at the edge of the store shelf where the cereal is displayed.)

Coupons may offer a savings, but the purchase price for a national brand less a coupon may still cost more than a store brand or generic.

For a light breakfast at home, try whole wheat toast, yogurt, and fresh fruit. If time is an issue, a cereal bar, bagel with fruit spread, instant hot cereal such as oatmeal, dry cereal (eaten like a snack mix), fruit or yogurt can work well as breakfast-to-go.

Leftovers also can qualify as healthy breakfast foods. A slice of cold pizza includes four or more food groups: the crust represents the grain group; cheese, the dairy group; tomatoes (which are a fruit), onions, green peppers, and mushrooms, the fruit and veggie group; and lean meat, the protein group.

It's not recommended that parents feed children cold pizza for breakfast every day. Mixing it up

occasionally can make good use of leftovers — and send the kids off with a smile.

Allowing more time for a leisurely breakfast of pancakes, waffles or a new recipe for a breakfast casserole on weekends or holidays can make good use of family time and also teach children food, food safety and kitchen skills.

During the school year, designing breakfast as a family meal may help to make up for missed meals when school activities overlap.

Family meals provide an opportunity for family members to connect and offer support for each other.

Such support is beneficial any time, and may, in fact, be more relaxed at the beginning of the day, rather than during an evening meal after a hectic day.

More information on food, nutrition, health and planning and preparing meals at home easily and economically is available at your local K-State Research and Extension office.



Alicia Donovan and Clayton Hering Wedding bells to ring Sept. 20

Lisa and David Donovan, Norton, announce the engagement and approaching marriage of their daughter, Alicia Donovan, to Clayton Hering, son of Debra and John Hering, Denver.

Grandparents of the bride are Leta Donovan, Norton, and Jane and Marvin Pfannenstiel, Hays. Grandparents of the groom are Genevieve Head, and Krista and Eugene Hering, all of Denver, Colo.

The bride-elect is a graduate of

Norton Community High School and holds a Bachelor's degree in Communications from Fort Hays State University.

The prospective bridegroom is a graduate of Cherry Creek High School and holds a Bachelor's degree in Health Promotion from Fort Hays State University. The couple has recently relocated to Hays from Denver.

A Sept. 20, 2008, wedding is planned at the St. Francis of Assisi Catholic Church, Norton.



Robert and Beverly Stutterheim Aug. 10 big date for couple

Robert and Beverly Stutterheim, Salina, will celebrate their 50th wedding anniversary on Aug. 10.

Mr. and Mrs. Stutterheim were married Aug. 10, 1958, at the Methodist Church in Oakley. Until recently, they lived on their farm near Prairie View.

The couple have three children; Monte and Brenda Stutterheim, Norman, Okla., Tony and Martha

Stutterheim, Scottsdale, Ariz. and Mike and Tammy Stutterheim, Ogden, Kan.

They have six grandchildren and one great-grandchild.

Their family is hosting a card shower in honor of their parents' anniversary. The couple requests no gifts.

Cards may be sent to them at 402 Aullwood Road, Salina, Kan. 67401.

READERS

— **Steak and Seafood night, Thursday, 6-9 p.m., American Legion. Members and guests.**

Brian Luft, the first recipient of the H.L. Deines Scholarship, recently graduated from Kansas State University, Manhattan, with a Bachelor of Science Degree in Sociology-Criminal Justice. Brian will continue to receive scholarship funds this fall as he pursues a graduate degree in criminology at Washburn University, Topeka.

The Deines Scholarship was established as a retirement gift to H.L. Deines by his employer, First Security Bank of Norton and continued as a memorial fund after his death. Following the sudden,

unexpected death of Rob Smiley, also of First Security Bank, Rob's memorials were also assigned by the Smiley family to this scholarship fund. The scholarships are available on a continuing basis to graduates of Norton Community High School.

Funding may extend through graduate school, depending on circumstances. In the future Lamont Shirk of Norton will serve as the local contact person.

If you wish to send a card to Betty Glennemeier, please mail them to: Betty Glennemeier, Kansas University Medical Center, 3901 Rainbow Boulevard, Kansas City, Kan. 66160.

Call Christie,
Dana for your
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877-3361

MARKETS

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Spicy Asian and Honey BBQ

APPETIZERS:
Fried Cheese Sticks, Jalapeno Peppers, Chicken
Tenders, Wing Street Tators, Spinach Artichoke
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Norton County Hospital, New Age
and The Rojas Family are
Sponsoring a Benefit Dinner for
ASHLEY EBNER

An account has been opened for Ashley and her family for anyone that wants to help and donate money towards the costs of being in Kearney, and upcoming medical bills.

The account is at the Credit Union, under the Ashley Ebner benefit.

The Rojas family will also be doing a benefit for Ashley on August 3 at the Town and Country Kitchen from 4-9 p.m. They will have a buffet and carry out orders will be available.