Dr. George William Atkinson May 20, 1919 - Feb. 11, 2009

Dr. George William Atkinson, son of Alonzo and Pearl Atkinson, was born May 20, 1919, in Hutchinson and died at the Andbe Home in Norton on Feb. 11, 2009, at the age of 89.

George graduated from Hutchinson High School in 1937, attended Hutchinson Junior College through 1939, and went on to graduate from Kansas State College with a Doctor of Veterinary Medicine degree in January 1943. On Dec. 29, 1943, George and Esther Warkentin were united in marriage in Hillsboro.

George served proudly in the U.S. Army from March 1943 until June 1946. He served as Captain in the Army Veterinary Corps in Arkansas, Camp Hood, Texas, India, and Burma. He had been a member of the American Legion for 60 years.

In June 1947, he established his veterinary practice in Norton and practiced out of his home. The present Norton Veterinary Clinic was built in 1952, and was the first truck-in veterinary clinic in western Kansas. In 1966, he was elected President of the Kansas Veterinary Medical Association and in 1967, was

given the Kansas Veterinarian of the Year award. After 40 years of practice, he retired in 1987. His wife, Esther, passed away August 24, 1987. On February 16, 1991, George and Delores (Ankenman)

Beaty were married in Norton. George was an active member of the Norton community and was honored with the Hometown Life Achievement Award. He was a member of the Norton Christian Church and was Chairman of the Board when the new church was built in 1957, and served as Elder for 40 years. He served on the school board and was President of the board in 1957, when the Eisenhower Elementary School was built. He served on the hospital board for 11 years and was also a member of the Norton Lions Club for more than 40 years and a member of the Republican Central Committee.

From 1966 to 1988, Dr. George served on the Board of Trustees at the Manhattan Bible College in Manhattan, Kansas, many of those years as Chairman.

After retirement, Dr. George began to participate in Prison Ministry and was rewarded by the testimony and commitment of his faith.

Survivors include: his wife, Delores Atkinson, Norton; one son and wife, Bill and Aleta Atkinson, Denton, Texas; one daughter, Martha Lofgreen, Lee's Summit, Mo.; one daughter-inlaw, Doreen Atkinson, Aubrey, Texas; 10 grandchildren, Tamara Atkinson and husband, Dave Borden, Marc Atkinson, Daniel Atkinson and wife, Stephanie, Philip Towne and wife, Sarah, Kelly, Bryan, and Andy Lofgreen, Kirk and Katherine Atkinson, Toni Light and husband, Keith; eight great-grandchildren; other relatives and many friends.

He was preceded in death by his parents, his first wife, Esther, one son, Edward Atkinson, one daughter and son-in-law, Janice and Ed Towne, and one brother, Leroy Atkinson.

Funeral services will be tomorrow at 10 a.m. at the Norton Christian Church. Interment will take place at the Norton Cemetery. A memorial has been established in his name at the Kansas State University School of Veterinary Medicine. Enfield Funeral Home is in charge of arrangements

Friday, February 13, 2009 Walk Kansas will begin March 8

Improving health and fitness and losing weight is a common New Year's resolution and, often, among one's best intentions.

Even so, chilly temperatures and fewer daylight hours can easily put the damper on health-promoting physical activity.

Until now, that is...

While the welcome mat is always out at Kansas State University Research and Extension offices across the state, February signals the time when many in the state are expected to visit their county office to sign up for Walk Kansas, which, this year is scheduled March 8 through May 2.

The concept for the program, forming teams of six to cover the distance across the state of Kansas - 423 miles from east to west - in eight weeks, attracted about 22,000 participants in 2008. For many in the state, the program has become a turning point - a time to get up and get moving to re-energize for the coming spring and summer months. Knowing that team members are counting on one another to do their part can be a motivating factor to stick with it.

The low-cost program, now in its eighth year, initially focused on walking. Walking is still en-

Home ed Tranda Watts, **Extension** specialist

couraged, but participants also can log 15 minutes of a variety of aerobic, heart-healthy exercise that is considered comparable to walking a mile.

And, since the time available for physical activity can vary with daily schedules, the weather and other demands, the weekly goal for most adults is 150 minutes (two -and-a-half-hours). This year all reports will be in minutes rather than miles.

The recommendation comes from the U.S. Department of Health and Human Services and is based on research that shows that physical activity is helpful in reducing stress, lowering blood pressure, and facilitating weight loss or management. Physical activity also helps reduce the risks of developing cardiovascular disease, diabetes and some cancers. Walk Kansas participants also

report renewed energy, a happier outlook, and a good night's rest. K-State's Walk Kansas program is low-cost. A registration fee of \$7.00 per person covers the cost of program materials, events and a weekly newsletter with fitness and health tips and recipes. Participants will be encouraged to record their consumption of health-promoting fruits and vegetables. An optional program T-shirt will be available for purchase at \$6.00 which also includes sales tax which now must be collected. Shirt colors are chocolate brown and kiwi green for 2009.

Those who do not have enough interested friends or co-workers to make up a team can call the Extension office and ask to be paired with others who share an interest in improving health and fitness.

More information is available at your local K-State Research and Extension Office and on the Extension and Walk Kansas Web sites: www.oznet.ksu.edu and www.walkkansas.org.

(Tranda W. Watts, Multi-County Extension Specialist, Foods, Nutrition, Health and Safety, Decatur, Gove, Norton, Sheridan and Trego Counties E-Mail - twwatts@ksu. edu Phone - 785-443-3663.)

Doris Alene Black

Doris Alene Black, daughter of Earl and Mabel (McClellan) Wilson, was born June 7, 1925, in rural Oberlin, and died at the

Cedar Living Center in Oberlin on

Feb. 7, 2009, at the age of 83.

Doris grew up in the Traer and Oberlin communities, attended rural grade school, and graduated from the Oberlin High School. She taught rural school and also taught in Dresden for three years and later sold World Book Encyclopedias for many years winning many trips and awards. She married Harold Ockerman in Aug. 1946, and later married Edwin Black on August 2, 1985,

in Farmington, NM.

Doris was a member of the Assembly of God Church in Oberlin. She loved flowers of all kinds, parades, and nativity displays, but her greatest joy in life was her family.

June 7, 1925 - Feb. 7, 2009

Survivors include: her husband, Edwin Black, Oberlin; one son and his wife, Wilson and Betty Ockerman, Kirkland, NM; two step-children, Lyle Black, Beverly Hills, Calif.; Sharon (Mockry) Stevenson, Oberlin; two brothers, Gordon Wilson, Oberlin; Floyd Wilson, Mesa, Ariz.; three grandchildren, Bob Okerman, Monie Higley, and rangements.

Kristan Ockerman; nine greatgrandchildren; one step-granddaughter, Ronda Pinkerman; three step-great-granddaughters; other relatives and friends.

She was preceded in death by her parents, her first husband, Harold, one daughter, Judy, one brother, Muriel, one sister, Bernice, one step-son, Lee Mockry, and one step-grandson, Monty Mockry.

Funeral services were yesterday at the Assembly of God Church in Oberlin. Burial was at the Oberlin Cemetery. Enfield Funeral Home is in charge of ar-

Double Four Generations



Back row: Steve Mathes, Janet Mathes, Amanda (Mathes) Brockes, holding Kolby Brockes, and JP Brockes. Front row: Don Windscheffel, Margaret Windscheffel (Janet's parents) and Rose Mathes and Bill Mathes.

Charles Leonard Jones Oct. 18, 1921 - Jan. 27, 2009

Charles Leonard Jones, was born on Oct. 18, 1921 in Norton,

He lived most of his life in Denver. He was a World War II veteran.

He retired from Gates Rubber

Company.

He is survived by his wife, and died on Jan. 27, 2009 at the Harriet; a sister, Francis; children services, flowers or donations. Roger, Larry and wife Maria Teresa, Marla and husband Gor- spend a moment reflecting upon don, Randy and wife Beth; seven the joys in their lives. grandchildren, Sean, Brian, Michelle, Jeremy, Amanda, Chris

and Courtney.

At his request, there will be no

All he asked is that everyone

David J. McGee Aug. 11, 1927 - Feb. 10, 2009

David J. McGee, Oberlin, was born on Aug. 11, 1927 in McCook to Walter and Olive (Wade) McGee. He died on Feb. 10, 2009 at the age of 81 at the Decatur County Good Samaritan Center in Oberlin.

He was raised in Oberlin and graduated from Decatur Community High School in 1947, then joined the United States Navy.

He resided in Norton for a while then moved back to Oberlin. He was a member of the United Church of Oberlin and the Oberlin American Legion Post #70 and the VFW.

The Norton County Senior

Center has surplus government

food for distribution to low in-

come persons of all ages in Nor-

ton County.

and beans.

Commodity distribution

He married Eva Corcoran in August, 1948. He then married Hilda (Madden) Tyrrell on June 3, 1967. She preceded him in death

He worked at McGee Furniture

at the Senior Center in Almena

from 9 to 11 a.m. and at the Senior

Center in Norton from 2 to 4 p.m.

Saturday, distribution will be at

of Cameron, Mo.; two daughters, Kathleen and husband Garth Conroe of Montrose, Colo. and Patricia Horning of Wichita; sister Enid Foland of Almena; seven grandchildren, three step-grandchildren, and nine great-grandchildren.

Samaritan Center.

Call The Telegram at

The family of Arlene Hix in Norcatur is requesting a card shower in honor of her 90th birthday on Feb. 20. She grew up on a farm southwest of Logan and has lived in Norcatur for more than 30 years. Her family includes Lloyd and wife Sharon Stanton of Salina, Marjorie Prince of Liberty, Mo. and Gail and wife Denise Bailey of Norcatur. Cards may be sent to her at RR1 Box 100, Norcatur, Kans., 67653.

More than 4,600 undergraduate students at the University of Kansas earned honor roll for the fall 2008 semester. Included were:

Lenora: Annette M. Becker,

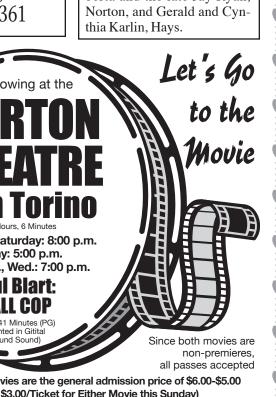
sophomore, daughter of John and Ann Becker, Liberal Arts Undergraduate, 2008 Fall Honor Roll Norton High School. Mathew James Lawrence Shepard, sophomore, son of Paul Shepard, Liberal Arts Undergraduate 2008 Fall Honor Roll Norton High School.

Norton: Maggie Lynn Nielsen, junior, daughter of Jeff and Kathy Nielsen, Liberal Arts Undergraduate, 2008 Fall Honor Roll Norton High School. Amie Leanne Richard, sophomore, daughter of Floyd and Kathy Richard, Liberal Arts Undergraduate Sophomore 2008 Fall Honor Roll Norton High School.

and Floor Covering. He was preceded in death by Services will be held tomorrow Macy Jayne Karlin at the Church of Oberlin at 10 a.m. his parents, Walter and Olive Mc-Gee; his wife, Hilda; and an infant Macy Jayne Karlin was born with Pastor Judi Stricker presiding. on Nov. 20 at the Shawnee brother, Lowell McGee. Interment will be at the Oberlin Survivors include one son, Mike Cemetery. Mission Medical Center in Special Valentine's Day Menu Merriam. She was 6 pounds, 7 and wife Sharon McGee of Hous-Amemorial fund has been estabounces. Welcoming her home ton; two stepsons, James and wife lished at the Decatur County Good is older sister, Kayla. Mary Tyrrell and John Tyrrell, all

Parents are Kevin and Marti Karlin. Grandparents are Roberta and the late Jay Ryan,

Girl!



\$3.00/Ticket for Either Movie this Sunday) Pink Panther 2 He's Just Not That Into You

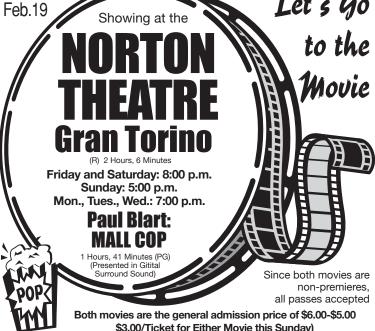
the library in Clayton from 2 to Food available includes: 3:30 p.m. peaches, rolled oats, peanut but-No early pick-ups will be alter, noodles, canned beef, apple lowed. For more information, call juice, spaghetti sauce, raisins Ramona at the Norton Senior On Friday, distribution will be Center at 877-5352. Valentine Special Through Month of February \$10.00 Off Any

Chemical Service Free Wax with Haircut and Style Danielle

Manicure and Pedicure - \$40.00 \$5.00 OFF ANY Norton, Kansas **NAIL SERVICE** 785-877-3956

212 E. Washington RAZOR'S

785-877-3361 Feb.13-



We Have Gift Certificates for All Occasions

♥Cheesecake

SATURDAY, FEBRUARY 14

APPETIZERS:

♥Jalepeno Poppers ♥Portabella Mushrooms

♥Cheese Sticks ♥Calamari ♥Shrimp Cocktail

ENTREES:

♥Prime Rib — Small and Large Cut

♥Crab Stuffed Chicken

◆Small Lobster Tail ◆Chicken Cordon Bleu

KID'S MENU: **♥**1/4# Cheeseburger

♥(2) Piece Chicken Strip with Fries

DESSERTS:

Anthony and the Animals

will be playing from 9:30 p.m.-1:30 a.m.

◆Assorted Pies

402 S. State, Norton, KS PH 785-874-4384

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