

OBITUARIES

Harold L. Bittel

March 31, 1938 - Jan. 7, 2010

Harold L. Bittel, age 71, Albuquerque, formerly of Hays, passed away January 7, 2010 in Albuquerque. He was born March 31, 1938 in Speed, Kan. to Joe and Mary (Knoll) Bittel and he grew up in Densmore. He married Donna Rogers on January 3, 1959 in Densmore. Harold was in the banking profession for more than 40 years. Harold and Donna spent the last several years in Kansas City and then Albuquerque, N.M. He was an avid antique car and tractor enthusiast and he and Donna attended many car shows, often with their children and grandchildren. He was a member of the Knights of Columbus for 50 years and a longtime member of St. Joseph's Catholic Church. He was active in the Jaycees, and was a passionate supporter of the Democratic Party, and greatly enjoyed driving legislators in parades in his '55 Chevy convertible.

He is survived by his wife, Donna of Albuquerque; two sons and their spouses, Doug and Lisa Bittel of Bonner Springs, and



Harold Bittel

Dennis and Sharon Bittel of Ellis; two daughters and their spouses, Debbie and Doug Doerfler of

Albuquerque, Deanna and John Leiker of Hays; a sister Mary Lies and husband Ron of Denver, and nine grandchildren, Aubrey Bittel, Cole Bittel, Lacie Haas and husband Danny, Logan Bittel, Adrian Doerfler, Alexandria Doerfler, Clinton Evans, Andrew Leiker and Sarah Leiker. He was preceded in death by his parents; and brother, Don.

Funeral services were January 11, at St. Joseph's Catholic Church in Hays. Burial was in St. Joseph's Cemetery. Memorial services will be held at a later date at the Shrine of St. Bernadette Catholic Church in Albuquerque. Arrangements are by Brock's North Hill Chapel Funeral Home, 2509 Vine, Hays. The family wishes memorials to be sent to the Leukemia and Lymphoma Society at www.leukemia-lymphoma.org Condolences may be sent to the family at www.keithleyfuneralchapel.com or brocksnorthhill@ruraltel.net

Eldora B. Grunert

Sept. 3, 1920 - Jan. 4, 2010

Eldora Bertha (Heisz) Grunert was born Sept. 3, 1920 to Jesse and Nellie (Fairchild) Heisz in Hoxie. She died on Jan. 4 at the Phillips County Hospital in Phillipsburg at the age of 89.

Eldora was a graduate of Norton Community High School and worked at the Norton Coney Island Cafe.

She married Leland Roy Grunert on Nov. 14, 1942, in Norton. Leland was inducted into the U.S. Army two days after their marriage. Eldora traveled with her husband throughout his Army career.

After Leland's discharge from the service, the couple bought the service station in Logan. Grunert Oil became their lifelong business and Eldora and Leland worked side by side until their retirement. They loved traveling to the mountains and Black Hills whenever they could get away.

The couple attended the First Christian Church and also the Lutheran Church in Logan.

She was preceded in death by

her husband, Leland; her parents; an infant son, Robert Eugene; two brothers, Jack and Tom Heisz; and one sister, Margaret VanLoenen.

Survivors include her son, Donald Grunert and Sandy of Phillipsburg; her daughter, Carol Ward and husband Doug of Glade; six grandchildren and thirteen great-grandchildren.

Memorial services were held at Logan Funeral Home on Jan. 10, in Logan. Memorial contributions may be made to Logan Manor in Logan. Arrangements were by Logan Funeral Home, Logan.

Card of Thanks:

Thanks to everyone who has offered sympathy and comfort to our family since Eldora's death. Your calls, cards, flowers and memorial gifts have truly been appreciated.

Also, special thanks to the staff at Logan Manor and the Phillips County Hospital for the loving care and assistance they provided.

The family of Eldora B. Grunert

DEATH NOTICE

Norma J. Eldridge was born on Feb. 16, 1941, in Hutchinson, Kan. to Richard L. and Golda (Breedon) Eldridge. She died on Sunday at Cloud County Health Center, Concordia, at the age of 68.

The family selected immediate cremation and will hold private family services. Chaput-Buoy Funeral Home of Concordia is handling arrangements. Visit www.chaputbuoy.com for online condolences.

Accident Reports

December 27
Jeremy Harding was traveling northbound on Highway 283 when a deer entered the roadway from the west ditch. He was unable to avoid striking the deer. Damages were under \$1,000. No reported injury.

Robertta Gitchel was traveling southbound on Highway 283 when a deer entered the roadway from the east ditch. She was unable to avoid striking the deer. Damages were under \$1,000. No reported injuries.

December 28
A vehicle driven by Haley Jones moved over to pass an oncoming vehicle when she struck a vehicle owned by Vic Ramsey, breaking off driver's side mirror. Damages were under \$1,000.

January 4
Justin Wilhite was traveling eastbound on Highway 383 when a deer entered the roadway from the north ditch. He was unable to avoid striking the deer. Damages over \$1,000.

January 8
Jacob VanSkike was west bound on Highway 383 when a deer came out of the south ditch. He was unable to avoid striking the deer. Damage was over \$1000, no injuries were reported.

January 10
Mickey Miller was west bound on Highway 383 when a deer came out of the south ditch, the driver was unable to avoid striking the deer. Damage was over \$1000, no injuries were reported.

Meals on Wheels Schedule

Jan. 4 - 15 Community Volunteers, contact: Alice Hawks 877-3351

Jan. 16 - 17 20th Century Federated Club, contact: Lottie Wiltfong 877-5286

Jan. 18 - 24 Immanuel Lutheran Church, contact: Fonda Lawrence 877-3145

Jan. 25 - 31 St. Francis Altar Society, contact Tina Silan 877-

5256
Feb. 1 - 7 Community Volunteers, contact Alice Hawks 877-3351

Feb. 8 - 14 Redeemer Lutheran Church, contact Cynthia Washburn 877-3004

Feb. 15 - 21 American Legion Auxiliary, contact Marcia Wiltfong 877-2459

Planning a planting during winter

Pieces of life's puzzle

Liza Deines



ways aroused controversy. LeRoy stood firmly by Jim at Pure Prairie for seed potatoes and onion sets, while Dad made the rounds in Hays searching for bargains and ordered Vidalia and Walla Walla onion sets from Texas. The Red Comet sweet potato seedlings came from Vap's in McCook, as did tomato plants, because they carried the old standbys, Glamour, Big Boy and Early Girl. A new variety was tried each year, but none ever surpassed the Big Three.

Seeds, however, were always ordered from good old Henry Fields. I might purchase a few flower seeds in pretty packets at the local stores, but neither Dad nor LeRoy trusted those for seeds to produce food. Each year LeRoy and his fellow garden enthusiasts would each choose some peculiar and exotic new vegetable to try. Results varied. Jerusalem arti-

chokes nearly choked out the rest of the garden and weren't worth the trouble; however, the year LeRoy planted Anasazi beans we found a new soup standby. Warren experimented with purple potatoes one year but after a bowlful of dreary gray mashed potatoes, he pulled up the vines. New herbs from Marvin's garden supplied the entire church with parsley, sage, rosemary and thyme. Another gardening friend tried yellow carrots with great success. They were just like eating little sticks of sunshine. Open that seed catalog and start exploring. There are new horizons beckoning from those colorful pages.

If you have never tried gardening, this is the year to begin. With food prices sky high and questionable foods from who knows where in the markets, it truly is a way to "go green" ecologically and financially. Canning, freezing and dehydrating homegrown food gives you control over the salt and sugar content as well as assurance as to quality, flavor and freshness of the food that goes on your table. It's not rocket science. If the kids help plant, water, hoe and harvest you may even be amazed when

they choose to eat "their" carrots or beets or peppers.

Small gardens can be spaded if you're a hardy soul, but LeRoy preferred tilling. If you can find a farmer friend, clean his corral and spread manure over the area before it is tilled. Several local fellows have tillers and do a great job. Usually with a little raking to smooth the surface you can proceed right to the hoeing and seeding. Peas are planted in February, believe it or not, and potatoes on March 17, St. Patrick's Day, of course. Lettuce, onion seeds and radishes come next, sometimes as early as April. If they freeze you can always replant for they grow quickly. Tomatoes, cucumbers, peppers and melons go in after May 15, usually the latest Kansas freeze date. Then beets, parsnips, squash and other root crops as well as onion sets. Turnip seeds are planted on Labor Day to harvest in October when they are small and sweet.

No, it's not too early to plan. Grab that seed catalog and start today.

MY MAMA SAID: We plant all we can, we eat all we can and what we can't, we can!

Improve eating habits in the new year

Home ed Tranda Watts, Extension specialist



New Year's resolutions can fade quickly, yet taking stock of the family's eating habits and making even small changes in meals and snacks can improve one's health. Introducing changes gradually, rather than announcing a total makeover, may be more likely to earn a high-five from family members.

Such changes might include introducing more fruits and vegetables, taming over-sized portions, or serving more foods that are lower in calories, fat and sodium, without sacrificing flavor. Add new foods (or new recipes) without calling attention to them. A child will typically model a parent's behavior. If a child sees a parent enjoying any food, he will usually follow suit.

If a child turns up his or her nose when a new food is served, parents are encouraged to let the snub pass without a fuss and to re-introduce the new food in a different form later. A child who snubs a glass of vegetable juice may not realize it is being re-introduced in spaghetti sauce or a Sloppy Joe sandwich mix.

Also, children who shun cooked vegetables often are happy to snack on fresh, cut vegetables with a low-calorie, low-fat dip. Making sure that healthy foods such as fruits, vegetables, whole grain cereals, crackers or bread and low-fat dairy products are available can make choosing them as a snack more likely. Easing the family away from foods that are high in calories, fat and sodium will take some time --and some tact. You may want to

making a point to eat breakfast together or share more leisurely meals on weekends when more time is available, can help to encourage healthy meals -- and relationships.

Using a slow-cooker, or cooking larger quantities and using leftovers can alleviate the pressure in getting a meal together. Inviting children into the kitchen and encouraging them to learn about food, food safety, nutrition and health and basic cooking skills can be a plus for families. Children who learn about food typically make better eating choices at home or away from home. Start gradually, and make it fun. A healthy family meal does not

have to be elaborate.

Do, however, try to eat a variety of seasonal foods to take full advantage of health-promoting vitamins, minerals and other compounds, including healthy phyto-(plant-based) chemicals and cancer-preventing antioxidants such foods offer.

Food prepared and eaten at home also is usually lower in calories, fat and sodium. Eating more meals at home often can help trim the waistline and the food budget.

More information about managing family meals successfully is available from your local K-State Research and Extension Office, or e-mail twatts@ksu.edu.

Jan. 8- Jan. 13

Showing at the

NORTON THEATRE

Alvin and the Chipmunks: The Squeakquel
1 Hour, 40 Minutes (PG)
Fri. and Sat.: 7:00 and 9:20 p.m.
Sunday: 5:00 and 7:20 p.m.
Mon., Tues., Wed. 7 p.m.

The Blind Side
2 Hrs., 18 Minutes (PG-13)
Digital Sound

Only Premiere Passes Accepted for Chipmunks
All Passes Accepted for Blind Side

Alvin and the Chipmunks Premiere Price of \$7 and \$6; No Sunday Discount
Blind Side is the General Admission Price of \$6 and \$5; \$3/Ticket this Sunday

Premiering Friday, January 22
"The Tooth Fairy", Rated-PG
Sunday, Feb. 7: Superbowl XLIV, Teams TBA, 4:00 p.m.

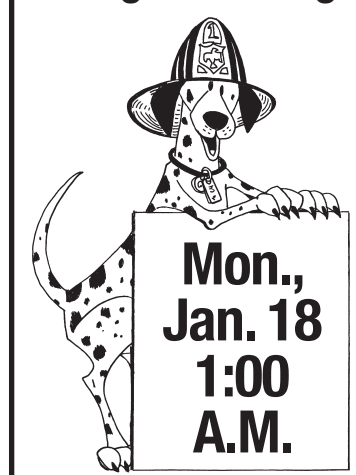
COMING SOON

This ad is brought to you by The Norton Telegram

FYI

Norton residents Jim and Geraldine Hutchens, will celebrate their 60th Wedding Anniversary on Feb. 8. Becky VanSickler, Brenda Glenn and Dottie Poage request a card shower for their parents. Send cards to Jim and Geraldine Hutchens, 416 South Street, Norton, Kan. 67654.

PUBLIC NOTICE Norton Rural Fire District #2 Budget Meeting



AT THE
Norton Rural Fire Station

NOTICE OF 61ST

Annual Meeting Monday, January 18, 2010

11:30 a.m.
to be held at the St. Francis Parish Hall
104 S. Wabash, Norton, Kansas

Please R.S.V.P. by Wednesday, January 13

\$1.00 PER PERSON

United Northwest Federal Credit Union

912 N. Archer Avenue, Norton, KS • Phone 785-877-5191
117 S. Penn, Oberlin, KS • Phone 785-475-2322



website: www.unwfcu.org