

OBITUARIES

Cecille I Rapelje

October 3, 1908 - March 1, 2010

Cecille I. Rapelje, 101, of Ft. Collins, died on March 1. She was born on Oct. 3, 1908 in Clayton to Homer Harry Leichter and Florence Delilah (Kirk) Leichter.



Cecille I. Rapelje

her sister, Ruby Conroy; brothers, William, and Albert Leichter; four grandchildren, eight great grandchildren and two great great grandchildren.

Cecille was preceded in death by her parents; her husband, George R. Rapelje; son-in-law, Charles E. Griffin; sister, Golda Sanderson; brothers, Chester, Clifford, Jay, Homer, and Norman Leichter; and grandson, Gregory Bell.

Cremation has taken place and a memorial service was held March 4 at Allnutt Funeral Service in Loveland, Colo. The family has requested that memorial contributions be made to the charity of your choice. Please view the online obituary, send condolences and sign the family guest book at www.allnutt.com.

She graduated from Norton Community High School in 1925. Cecille married George Randall Rapelje on Jan. 19, 1928 in Oberlin. She formerly resided in Loveland, Colo.; Rawlins, Casper and Cheyenne, Wyo.; and Norton before returning to Loveland in 1960.

Cecille belonged to the First United Methodist Church in Loveland and was active in some of the Ladies Groups. She was a member of the Elks Auxiliary.

She is survived by her daughters, Nyla Fern (Rapelje) Bell (George) and Melba Irene (Rapelje) Griffin;

Mary L. Slocum

April 1, 1942 - February 28, 2010

Mary L. Slocum, age 67, of Arapahoe, Neb. died on Feb. 28 at the Cambridge Hospital in Cambridge, Neb. She was born on April 1, 1942 in Shreveport, La. to Samuel and Mary S. (Austin) Harrison.

Mary Louise was born and raised in Shreveport, La. She was a southern girl and enjoyed many of the southern traditions. She loved southern cooking. She enjoyed the Louisiana Hay Ride. She even had the opportunity to meet Elvis Presley and sing on the radio.

When she became a mom, she worked hard to support her family and tried to meet all their needs. She loved her children unconditionally. Mary raised her children in the church and gave each a great foundation of faith.

One of her toughest moments was the loss of her son.

Her treasures were her grandchildren and great grandchildren.

She was a homemaker until her children were grown. She went to cosmetology school and opened her own salon in Orleans, Neb., called Je'Mars. After retiring, she lived around her children and grandchildren. In 2002, she moved to Arapahoe, Neb. She

was a member of the First United Methodist Church in Arapahoe, Neb.

Mary was preceded in death by her parents; husband Edward Slocum; son George Jerry Hall; and daughter-in-law Jessica Chapman Peterson.

Survivors include her daughters: Dorothy and husband Clifton Hudson, Kearney, Neb.; Mary and husband Toby tenBensel, Holbrook, Neb.; Carol and husband Doug Brown, Arapahoe, Neb.; Shelley and husband David Harshbargar, Norton; son: Chad Peterson, Denver; brothers: Herbert and wife Lindale Lindsey, Waco, Texas; Sammy Harris of Shreveport, La.; sister: Doris and husband Doyle Chism, Shreveport, La.; 13 grandchildren and seven great-grandchildren.

Condolences or personal reflections can be left at [wenburfuneralhome.com](http://www.wenburfuneralhome.com).

Funeral services were held on March 4 at the First United Methodist Church, in Arapahoe, Neb. with Rev. Michael Flury, officiating.

Burial was in Mount Hope Cemetery at Beaver City, Neb.

Wenburg Funeral Home was in charge of the arrangements.

Norman Jay Griffith

Sept. 11, 1921 - March 3, 2010

Norman Jay Griffith, son of Charles W. and Mable (Norris) Griffith, was born Sept. 11, 1921, in Clayton and died at the Sheridan County Health Complex in Hoxie on March 3, at the age of 88.

Jay was a lifelong resident of the Clayton community, graduating from the Clayton High School and also Kansas State University with a Bachelor's degree in Agricultural Education. He served in the U.S. Army during World War II. On May 31, 1948, Jay and Virginia Marie Howard were united in marriage in Manhattan, Kansas. They made their home in the Clayton area where he was a rancher and farmer and a member of the Clayton United Methodist Church. Virginia passed away December 14, 2001.

Survivors include: two sons,

Charles W. Griffith, Clayton; and Michael and wife, Jane Griffith, Atwood; one sister and her husband, Joy and Sam Chapman, Liberty, Mo.; five grandchildren; other relatives and friends

He was preceded in death by his parents and his wife.

Funeral services will be Saturday, March 6 at 2 p.m. at the United Methodist Church in Clayton. Military honors will be by Ft. Riley Honor Guard. Burial will be in the Clayton Cemetery.

Memorials have been established for the Clayton United Methodist Church and the Clayton Cemetery.

Friends may call at the Enfield Funeral Home, 215 W. Main, Norton on Friday, March 5 from 3 p.m. to 8 p.m. Arrangements are by Enfield Funeral Home.

David S. Stuewe

Dec. 24, 1931 - Jan. 13, 2010

David S. Stuewe died at his home in Oro Valley, Ariz. on Jan. 13 at the age of 78. He began his life in Manhattan on Dec. 24, 1931, the only child of Arthur H. and Laura (Thompson) Stuewe, having his boyhood and high school years in Alma. Upon graduating from Kansas State University in 1954, with a B.S. Degree, the following two years were spent in Morocco serving in the U. S. Air Force. He then returned to Kansas State University to complete his Master's in Music Education in 1957.

He married Nyla Gladow on Dec. 28, 1952, and was blessed with three children, Scott, Jon, and Sara. He began his teaching career at Riley Rural High School in 1956, and moved to Norton in 1957. For 38 years, he musically touched and inspired the lives of many, as band director at U.S.D. 211. He received numerous awards including his selection as Outstanding Band Director of Kansas in 1991, culminating with his induction into the Kansas Music Educators Hall of Fame in 2001.

He had lifelong friendships in

the Sigma Chi fraternity, was a member of the Phi Beta Mu, NEA, KNEA, MENC, KBA, and Norton Teachers' Association. He was an active member of the Immanuel Lutheran Church serving as president, elder, and music director.

He is survived by his wife, Nyla, of Norton; his sons, Scott, and wife, Sarah Stuewe, Williamsville, Ill.; Jon, and wife, Mari Stuewe, Ensena, Puerto Rico; his daughter, Sara Nelson, Norton; five grandchildren and two step-grandchildren, Stanton Nelson, Clarke Nelson and fiancée, Julie Platt, Sean Stuewe, Elena and Laura Stuewe, Jose and Mareli Vargas Mone; other relatives and many friends.

Memorial services will be Saturday, March 13 at 2 p.m. at U.S.D. 211 East Campus Auditorium in Norton. Memorial has been established to David S. Stuewe Scholarship Fund or the giver's charity of choice. Condolences may be sent to our website at www.enfieldfh.com. Private family inurnment services will be held at a later date. Arrangements are by Enfield Funeral Home in Norton.

Save your heart and your money

Want to save money AND be good to your heart? Here are some tips on how to do just that.

High on Fiber...Low on Cost

Did you know that adults are advised to eat 25 grams of dietary fiber each day? Fact: the average adult in the U.S. eats just 11 grams of fiber each day, less than half the amount recommended. Dietary fiber provides many benefits, including lower cholesterol levels and improved heart health. Here are three foods that would be easy to add to your family diet to increase fiber intake. They're tasty and inexpensive.

Oatmeal. At just 7 cents per 1/2 cup serving, a bowl of old-fashioned oatmeal provides 4 grams of dietary fiber. Add fruit or nuts (or both) for even more heart friendly nutrition!

Apples. They're a perfect on-the-go snack, for less than 85 cents a serving. Naturally portable, one apple provides about 3 grams of dietary fiber.

Beans. Black beans, kidney beans, pinto beans...Take your pick! Not only are these nutritional powerhouses full of dietary fiber (about 6 grams in 1/2 cup), beans also are very economical sources of protein. Canned varieties cost about 23 cents per serving, and the ones that you home-cook from dry are even less expensive. Keep cooked beans on hand to make quick dinners and to pack into brown bag lunches. Three cups of beans a week are recommended for adults.

Make Less Meat meals

Meats are usually the most expensive portion of a meal. Most

Home ed Tranda Watts, Extension specialist



adults eat more than the five to seven ounces they need each day of cooked protein-rich foods. To stretch your food dollars, use smaller portions of red meats and poultry, and add plenty of vegetables, fruits and grains to the dish. For instance, think eggplant lasagna or a hearty stew with vegetables, rice, beans and meat or poultry.

Eat In and Cash In

Each adult in the U.S. buys a meal or a snack from a restaurant 5.8 times per week, on average, according to the National Restaurant Association. The costs for those can add up fast! These habits are mostly at your health's expense, though, since foods eaten away from home typically are high in calories, sodium and unhealthy saturated and trans fats.

What to do? Limit the number of times you eat out. Instead, enjoy a heart-healthy meal at home featuring fruits, vegetables, whole grains, lean protein and low-fat dairy foods. Your family's hearts and wallet will benefit.

For further information, contact your local K-State Research and Extension

Office or e-mail Tranda Watts at twatts@ksu.edu.

Reading is fun

The Library is still in the book business!

Even though we provide media services to try to keep up with the fast changing pace of technology, we still love our books.

One of the most enjoyable activities of being a librarian is reader advisory-helping patrons find a good book that a person will enjoy or that is helpful to them.

Staff members have varied interests and tastes in reading so we are able to recommend books for most patrons. Librarians know a lot about books and they live to help you find one-all you have to do is ask.

What have you read lately that has helped you or that you have really enjoyed?

We encourage you to leave a list of favorite authors or a comment about a book you have read at the library so we can share that with others looking for a good book. There are so many good books out there.

Coming events at the Norton Public Library:

- Chess Club Mondays and Wednesdays after school
- Crochet Class-Thursday evenings
- Jammin' at the Library-March 18
- Monday at the Movies, 1:30 p.m.-March 20
- Be on the lookout for more information about the Book-a-thon being held during National Library Week, April 11-17, 2010.

New Books:

Prairie Land Food Deadlines

Prairie Land Food is for everyone, packages and specials can be ordered with or without the purchase of the Prairie Pak. Packages can be ordered in any quantity to meet your family needs. Stretch your food dollar. No income guidelines.

For the March package you must order by March 15. There are two ways to order, at your community host site using cash, check or the Vision Card/Food stamps or online at www.prairie-landfood.com.



Library Spotlight

Mary Luehrs

- Roses by Leila Meacham
- Worst Case by James Patterson
- False Convictions by Tim Green
- A Night Too Dark by Dana Stabenow
- The Last Surgeon by Michael Palmer
- New Children's Books: Magic Tree House: Leprechaun in Late Winter
- The Night Before St. Patrick's Day
- Superior Saturday by Garth Nix
- Augustus and His Smile by Catherine Rayner
- New DVDs: Amelia
- G-Force
- Up
- Cloudy with a Chance of Meatballs
- Julie & Julia

FYI

Vietnam Veterans of America Hays Chapter 939 is announcing that they will be awarding two \$500 scholarships for college or trade school this spring.

Application deadline is April 15. Recipients of the scholarships will be announced on May 7.

For further information regarding the scholarships contact Vietnam Veterans of America Chapter 939, P. O. Box 1224, Hays, Kan., 67601 or contact their school counselor.

Duplicate Bridge was played with three tables.

First place was Claudia Bridges

and Norman Walter. Second place was Bob Jones and Carla Latimier.

Southern Valley Booster Club is holding a 3 on 3 Basketball tournament for boys or girls.

Grades 5th and 6th, 7th and 8th, 9th and 10th, and 11th and 12th on March 27 at Southern Valley High School, 43739 Highway 89 (Junction of Highways 89 and 46), Oxford, Neb.

Deadline is March 15, contact Mike Quinn, 103 E. Derby, Oxford, Neb.

Phone (home) 308-824-3827 or (cell) 308-991-7652.

BIRTHS

Xzavier Mykel, 7 pounds, 10 1/2 ounces and 20 inches long, was born to Mr. and Mrs. Edwin (Corky) Bradley of Derby on Jan. 21.



Xzavier Mykel

His grandmother is Jean Johnson of Norton. Great-grandmothers are Marcelle Allen of Norton and Norma Bradley of Olathe.

Maddox Phillip, 5 pounds, 7 ounces and 18 inches long, and Morgan Mae, 4 pounds and 16 inches long, were born to Kevin and Jennifer (Cooksey) Lowry of Washington, Mo. on Jan. 29.

Maternal grandparents are Michael and Diane Cooksey, of Washington, Mo. Paternal grandparents are Phillip and Rita Lowry, Hutchinson. Great-grandparents are the late Shirley and Elmer Locher Sr; Virginia Tehlert and the late Tom Tehlert of Bell; Inge Bartley and the late Thomas Bartley of Alma; and Maxine Lowry, and the late Roger Lowry.

March 5
March 10

Showing at the
NORTON THEATRE

Percy Jackson and the Olympians: Lightning Thief

2 Hours, 6 Minutes (R)
Friday and Saturday: 8:00 p.m.
Sunday: 5:00 p.m.
Mon., Tues., Wed. 7 p.m.

Dear John
(Presented in Digital Surround Sound)
1 Hour, 59 Minutes
PG-13

Let's Go to the Movie

Since both movies are non-premieres, all passes accepted

General Admission: \$6.00 and \$5.00 for Dear John, \$3.00/Ticket Sunday
General Admission: \$6.00 and \$5.00 for Lightning Thief, \$3.00/Ticket Sunday

COMING SOON

Valentine's Day (PG-13)
To Save a Life (PG-13)
How to Train Your Dragon (PG)

This ad is brought to you by The Norton Telegram

COMING TO NORTON
Top Vocal Ensemble
"PREMIER EDITION"
From Olathe, Kansas Culture House
Performing Song and Dance
Directed by Broadway and West-End Veterans
Beth Krueger-Luthi and Todd Burd
Saturday, March 13, 7:00 P.M.
Norton East Campus Auditorium
Adults: \$5; Reciprocity: \$3; Students through High School: \$1
SPONSORED BY:
Norton County Arts Council, Inc.

Norton Technology Center

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Tournament

Saturday, March 20, 2010

5:00 - 9:00 P.M.

Join Us for An Evening of Fun Activity and wii!!!

Everything is Provided...Even Something to Eat!

PRIZES TO BE AWARDED FOR FIRST, SECOND AND THIRD PLACE!

— PRE-REGISTRATION IS REQUIRED —

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