

OBITUARIES

Wilma Helen Deibert

July 31, 1919 - August 1, 2010

Wilma Helen Sager Deibert died at Carriage House in Greensburg on Aug. 1, at the age of 91. She was born July 31, 1919 on a farm southwest of Edmond in Norton County to William Ernest Sager and Margaret Nevada Craig Sager.

She graduated in May, 1937 from Edmond High School. Wilma received her teaching certificate at the age of 17 and started teaching in the fall of 1937 at the age of 18. She taught in Graham County, Norton County and Sheridan County.

Wilma married Frederick (Sam) Deibert on Feb. 22, 1941. The couple lived in Kansas and Colorado. They returned to Kansas to settle on a farm south of Esbon where they raised seven children. In May, 1979, they moved to Mankato where Wilma lived until Oct., 2005. She moved to Greensburg where she survived the tornado of 2007; in 2009 she moved into an assisted living complex.

Wilma was preceded in death

by her parents, husband, Sam, infant brother, Morris Sager, grandsons, Jeremy Deibert and Troy Deibert, and son-in-law Kevin Groves.

Survivors include Children: Edwin (Sandy) and wife Emy, Minneola; Edward (Buster) and friend Donna, Virginia Beach, Va.; Helen Libby and husband Dan, Lewis; Jack and friend Betty, Kinsley; Dale, Kansas; Andy, Russell; Kathy Lindberg and husband Gregg, Colby; Siblings: Betty Custine, Overland Park; William (Bill) Sager, Everett, Wash.; Margaret Mattlock, Hunter, Okla.; Ruth Hyde, Hill City; Linda Brown, Lawrence; 23 grandchildren and 24 great grandchildren; many friends.

Funeral services were held Aug. 5 at the Christian Church in Mankato. Burial was at Odessa Cemetery, rural Esbon. Memorials are to Wilma Deibert's Memorial Fund.

Melby Mortuary of Mankato was in charge of the arrangements.

Verlyn Thalheim

December 20, 1919 - August 9, 2010

Verlyn Thalheim, age 90, died Aug. 9, at the Good Samaritan Hospital in Kearney, Neb.

He was born Dec. 20, 1919 in rural Phillips County to Clarence and Nannie (Gilchrist) Thalheim.

Verlyn was a farmer.

He was united in marriage to Loraine A. VanKooten on June 12, 1940 in Long Island. She preceded him in death on Nov. 21, 2006.

Survivors include his son, Kent Thalheim and wife, Belinda, Long Island; two daughters, Patricia Hammond and husband,

Gary, Long Island and Verlaine Schooler and husband, Melvin, Logan; 6 grandchildren and 8 great grandchildren.

Funeral services were held on Thursday at the Luctor Christian Reformed Church, Phillips County, with Rev. Jeff VanDerWeele officiating.

Burial followed at the Long Island Cemetery.

Memorial contributions may be made to the Verlyn Thalheim Memorial.

Olliff-Boeve Memorial Chapel, Phillipsburg, was in charge of the arrangements.

Rewarded for listening over the summer!



Lavonia Snodgrass, 86 years young, was the winner of the Northwest Kansas Library Talking Books summer reading program. Lavonia listened to over 24 books during the summer. Mary Boller, Northwest Kansas Talking Books

Sub-Regional Director, presented Lavonia with a flash drive capable of holding 20 plus books for her book player as the prize for winning.

-Telegram photo by Harriett Gill

Benefits of the lowly onion

Many families use onions when preparing supper almost every night. Do they add as much nutrition as they do flavor?

Onions are a perfectly good vegetable. They're not exactly a powerhouse of vitamins and minerals, but they do offer a respectable amount of fiber (almost 2 grams in a half-cup, chopped) and vitamin C, and small amounts of other vitamins and minerals.

But nutrition researchers also believe onions are a rich source of phytonutrients that appear to have heart benefits, assist with gastrointestinal health, and prevent some types of cancer.

Researchers are particularly interested in quercetin, abundant in onions and also found in apple skins, tea and red wine, and how it may inhibit the ability of blood platelets to aggregate, thus preventing heart disease.

Quercetin also appears to lower LDL cholesterol in the bloodstream while increasing beneficial HDL cholesterol. In addition, there's preliminary evidence that it may offer some protection against colon cancer, but more clinical trials are needed.

According to the National Onion Association, the average American eats about 20 pounds of onions per year, an increase from just over 12 pounds per person

Home ed Tranda Watts, Extension specialist



in 1983. Worldwide, the average is under 14 pounds of onions per person per year. You may not know it from what's available at your grocery store, but there are more than 500 kinds of onions, usually categorized as either "fresh onions" or "storage onions."

Fresh onions are available from March through August. They have a thinner, lighter-colored skin and are typically sweeter, because of their higher water content, than storage onions. They also bruise more easily, so handle them with care.

Storage onions have several layers of thick, papery skin that's typically darker than what you see on fresh onions. They have a more intense flavor and less water.

According to the National Onion Association, both kinds of onions

should be stored in a single layer in a cool, dry ventilated area; piling them up and insufficient air movement reduces their shelf life.

To reduce the risk of tears, the Onion Association suggests chilling onions for a half-hour before cutting them off.

Then, cut off the stem end first, peeling the outer layers to the root end, which has the largest concentration of sulphuric compounds.

When combined with water, those compounds produce a small amount of sulfuric acid, the tear-inducing culprit.

If possible, keep the root end intact while cutting.

If you have questions about food preparation, please feel free to contact your local K-State Research and Extension Office. You may also e-mail Tranda Watts at twwatts@ksu.edu.

When combined with water, those compounds produce a small amount of sulfuric acid, the tear-inducing culprit.

If possible, keep the root end intact while cutting.

If you have questions about food preparation, please feel free to contact your local K-State Research and Extension Office. You may also e-mail Tranda Watts at twwatts@ksu.edu.

Club News

The Norton After-5 Club would like to invite all area women to attend the August dinner and meeting on Thurs., Aug. 19, at 6:30 p.m. at the Town and Country Kitchen on East US-36. The cost for the dinner and meeting is \$8 per person. Reservations should be made by Tues., Aug. 17 by calling Mary Jane Hadley (877-5897).

"SCHOOLDAZE" is the theme for the evening. The special feature for the evening is "SHOW & TELL" presented by Good Beginnings Pre-School former students under the direction of Rosalie

McMullen. The students will entertain with song and dance.

The Norton After-5 Club is proud to welcome as its speaker for the evening, Judy Drevets, Wichita, who will share her message in "LESSON FOR LIFE". Ms. Drevets has traveled to several countries on Medical Missions with her physician husband. Come join us for an inspiring meeting.

The Norton After-5 Club is non-denominational and represents clubs throughout the United States and Kansas. All area women are invited to attend.

FYI

The Norton United Methodist Church Women will hold their annual "Back to School Breakfast" for all staff and personnel of Norton Community Schools on Thursday, Aug. 19, at 7:30 a.m. All Methodist are invited to come and make the staff welcome.

There were three tables at duplicate bridge on Aug. 11 at the Norton Manor.

First place: Myron Veh and Jerry Moritz; second place: Jake Durham and Claudia Bridges; Third place: Jack Graham and David Graham.

PUBLIC RECORD

Municipal Court
These transactions were taken from the records of filings in the offices of the Norton Municipal Court.

The traffic and criminal cases were given to the paper with the date of the hearings.

Traffic
July 15 - Kyle Edgett, Edmond, maximum speed limits, fine \$48, court cost \$93.50.

July 15 - Dustin R. Williams, Logan, speeding 78 in a 65 mph zone, fine \$63, court cost \$93.50.

July 22 - Triscia Clafin, Cambridge, Neb., failure to use child safety restraints and seat belt, fine \$90, court cost \$75.

July 22 - Ethan Gallentine, Prairie View, failure to use seat belt, 14 to 17 years, fine \$60.

July 22 - Chandler Johnson, Stockton, failure to use seat belt, 14 to 17 years, fine \$60.

July 22 - Brett Terrell, Norton, failure to use seat belt, age 14 to

17, second offense. Pull all weeds and grass west and north sides Bieber Cottages, July 22 to the first day of school.

July 22 - Jeremie Krehbiel, Norton, failure to provide verification of insurance and current tag. Both charges dismissed by City Prosecutor for costs.

July 22 - Ryan Sharp, Hastings, Neb., failure to provide verification of insurance, illegal tag and no driver's license on self. Case dismissed.

July 22 - Colby Poage, Norton, failure to use seat belt and failure to provide verification of insurance. Verification of insurance provided at hearing, fine \$60.

July 22 - Krista Smith, Norton, failure to provide verification of insurance, failure to use seat belt and no driver's license. Fine \$260, court cost \$75.

July 22 - Jerry Nelson, Colorado Springs, Colo., speeding 47 in a 35 mph zone, fine \$42, court cost \$75.

Birthday card shower wanted

The family of Pauline Loughry of Hoxie, is having a card shower for her 93rd birthday, Aug. 23. Cards can be sent to; Pauline Loughry, c/o LTCU, Box 167, Hoxie, Ks. 67740.

Senior Menu

August 16: Hamburger Gravy, mashed potatoes, California blend vegetables, bread and pears.

August 17: Polish sausage with kraut, mashed potatoes, green beans, bread and cantaloupe.

August 18: turkey, sweet potatoes, creamy cucumbers, bread

and gelatin with fruit.

August 19: Salisbury steak, scalloped potatoes, mandarin oranges, bread and cake with frosting.

August 20: Lasagna, spinach salad, peaches, garlic bread and pudding.

Back-to-School

Spaghetti Supper

Thursday, August 19

5:00 p.m.-7:00 p.m.

at the Norton Senior Center, 208 W. Main

ALL YOU CAN EAT - \$5.00

Bring a School Supply and Get All You Can Eat - \$4.00

Help Us Help the Teaching Staff at USD 211 and USD 212

Norton New and Used Furniture

Like New - Used Furniture for Bedrooms, Living Rooms, Kitchen, Dining Rooms, also Mattresses

Hours: Wed.-Sat. 10-5 p.m.; Mon.-Tues.-By Chance

OFF KQNK ROAD E1 FOLLOW SIGN

STORE IN BIG RED BUILDING BEHIND THE HOUSE

CALL 785-877-2818

New Shipment Just Arrived!

Showing at the

NORTON THEATRE

The Other Guys

1 Hour, 57 Minutes (PG-13)

Friday and Saturday: 7:00 and 9:05 p.m.
Sunday: 5:00 and 7:05 p.m.
Monday, Tuesday & Wednesday: 7:00 p.m.

The Last Airbender

Presented in Digital Surround Sound
1 Hour, 53 Minutes, (PG)

All Passes Accepted for The Last Airbender
No Passes Accepted for The Other Guys

Premiere Price: \$7.00 and \$6.00 for The Other Guys/No Sunday Discount
General Admission: \$6.00 and \$5.00 for The Last Airbender/\$3 Ticket Sunday

Friday, Aug. 20: The Sorcerer's Apprentice
Check the Theatre website for Upcoming Events
nortontheatre.com

COMING SOON

This ad is brought to you by The Norton Telegram

Win What You Buy!

Buy either a Frontline or Heartguard Pack and scratch off the sticker for your chance to get the pack for FREE!

PROMOTION GOOD UNTIL AUGUST 31

Norton Animal Health Center, LTD

Aaron R. White, DVM • Sarah Ketterl White, DVM
801 W. Holme, Norton, KS - Phone 785-877-2411

NORTON ANIMAL HEALTH CENTER