

OBITUARIES

Florence Capstick April 20, 1910 - August 30, 2011

Florence Capstick, daughter of William J. and Anna Margaretha (Van Greuningen) Kipp, was born April 20, 1910, in Converse County, near Lost Springs, Wyo. She passed away at the Harlan County Hospital in Alma, Neb. on Aug. 30, at the age of 101.

When she was eight years old she moved with her parents from Wyoming to Prairie View. She attended the Prairie View Grade School and graduated from the Prairie View High School. On Sept. 22, 1931, Florence and Earl Capstick were married in Long Island and to this union had two children, Carol Jean and Calvin. They made their home in the Prairie View community until 1943, at which time they moved to Almena. Florence was a homemaker. Florence's husband, Earl, passed away Jan. 22, 1994. Florence continued to live in Almena before moving to Alma three years ago.

Florence was a member of the United Methodist Church, a member of the Farmingdale Club, and held many offices as a member of the Order of Eastern Star. She received her 50th year Bethlehem Chapter of Eastern Star Pin in 2008. She held a lifetime membership with the Pioneer Association in Douglas, Wyo. Florence enjoyed gardening, playing bridge, crocheting, and many other kinds of needlework. She loved to cook and bake and enjoyed sharing the results with her family and friends.

Survivors include her son, Calvin Capstick of Alma, Neb.; daughter and her husband, Carol and Maynard Ross of Alma, Neb.; grandson and his wife, Rodney and Tonda Ross of Almena; granddaughter and her husband, Rita and Rod Peters, Colby; great-granddaughter and her husband, Robin and Jerry Faber, and three great-great-

grandchildren, all of Colby; sister, Dorothy Malcolm, Thousand Oaks, Calif.; other relatives and friends.

Florence was preceded in death by her parents, her husband, Earl, two brothers, and two sisters.

FUNERAL SERVICE - Saturday, Sept. 3-10:30 a.m.

PLACE - Enfield Funeral Home - 215 W. Main - Norton

INTERMENT - Mt. Hope Cemetery - Almena

MEMORIALS - Hillcrest Assisted Living Center - Alma, Neb. - Harlan County Health Systems - Alma, Neb.

FRIENDS MAY CALL - at the Enfield Funeral Home - 215 W. Main - Norton, on Friday, Sept. 2, 3 p.m. until 8 p.m.

CONDOLENCES TO www.enfieldfh.com

ARRANGEMENTS BY - Enfield Funeral Home of Norton.

Jay Martin Leuszler Aug. 25, 2011

Jay Martin Leuszler, 64, of Odessa, Fla., died Thursday, Aug. 25. He is survived by his wife, Janet; mother, Jean; sister, Donna Lee; son, Peter Williams; daughter, Danielle DeCarlucci; son and daughter-in-law, Christopher and Cindy Eckert; and five grandchildren. A memorial service will

take place at 4 p.m. Thursday, Sept. 1, with viewing at 3 p.m., at Idlewild Baptist Church, Lutz, Fla. The family requests that memorial contributions be made to the charity, Chamber of Hope, www.chamberofhope.org.

DEATH NOTICE

Alma Anderson Aug. 31, 2011

Alma Anderson of Danielsville, Ga. died Aug. 31, at the age of 89. Alma is survived by her sons,

Gary and James Anderson, and daughter, Peggy Davis. Funeral services are pending.

Eat better for less money

Are you ready to transform some common leftovers into make-over marvels? Here are some ideas to help you eat better for less money!

Chocolate Monkey Treat. For one serving, peel 1 over-ripe banana. Remove bad spots, break it into chunks, and freeze. Place frozen chunks in a food processor with 2 tablespoons unsweetened baking cocoa. Process on medium speed until no large chunks are present. Serve immediately. Tastes like chocolate ice cream. Nutrition Facts per serving: 150 calories, 1.5 g fat, 0 g saturated fat, 0 grams trans fat, 33 g carbohydrate, 3 g protein, 0 mg cholesterol, 0 mg sodium and 5 g dietary fiber. Daily Values: 2 percent vitamin A, 15 percent vitamin C, 0 percent calcium, 10 percent iron.

Croutons and bread crumbs. For six servings, cube 3 slices of stale whole wheat or white bread and place them in a baking pan. Add 1/4 teaspoon garlic powder, 1 teaspoon dried Italian seasoning herbs and 2 tablespoons cooking oil. Mix well to coat cubes. Bake at 325 degrees F. For 7 minutes. Stir and bake for 7 more minutes. Store in a covered container and use within 1 week. To make bread crumbs, process croutons in a food pro-

**Home ed
Tranda
Watts,
Extension
specialist**



cessor on medium speed. Freeze in covered containers until ready to use. Nutrition Facts per serving: 80 calories, 5 g fat, 0.5 g saturated fat, 0 g trans fat, 6 g carbohydrate, 2 g protein, 0 mg cholesterol, 80 mg sodium and 1 g dietary fiber. Daily Values 0 percent vitamin A, 0 percent vitamin C, 2 percent calcium, 2 percent iron.

French Toast. For one serving, beat together 1 raw egg and 1/4 cup fat-free milk. Add two slices of stale whole wheat or white bread and soak until thoroughly coated on each side. Spray a skillet with non-stick cooking spray. Cook over medium heat, turning until both sides are lightly browned. Nutrition Facts per serving: 230 calories, 7 g fat, 2 g saturated fat, 0 g trans fat, 27 g carbohydrate, 16 g protein, 210 mg cholesterol, 370 mg sodium and 4 g dietary fiber. Daily Values: 8 percent vitamin A, 0

percent vitamin C, 15 percent calcium, 15 percent iron.

Rice Pudding. For four servings, bring 2 cups water to a boil. Remove from heat. Whisk in 2/3 cup non-fat dry milk powder and stir for 2 minutes. Stir in 1 cup plain cooked leftover white or brown rice, 1/4 c granulate sugar, 1/4 cup (packed) seedless raisins, 3/4 teaspoon ground cinnamon and 1/2 teaspoon vanilla flavoring. Slowly stir in 1 raw beaten egg. Spray a two-quart baking dish with non-stick cooking spray. Pour mixture into the dish. Bake at 350 degrees F. for 20 minutes. Stir and bake for 20 more minutes. Pudding will thicken as it cools. Serve warm or cold. Nutrition Facts per serving: 200 calories, 1.5 g fat, 0 g saturated fat, 0 g trans fat, 41 g. carbohydrate, 7 g protein, 55 mg cholesterol, 85 mg sodium and 1 g dietary fiber.. Daily Values: 6 percent vitamin A, 2 percent vitamin C, 15 percent calcium, 6 percent iron.

For further information related to food and nutrition, please contact your local K-State Research and Extension Office or contact Tranda Watts - Multi-County Extension Specialist Food, Nutrition, Health and Safety at twwatts@ksu.edu.

Duplicate Bridge

There were four tables at Duplicate Bridge on Wednesday. First place went to Bob Jones and Karla Latimer. Second

place honors went to Jack Graham and David Graham, and Janice Persinger and Mary Jane Wahlmeier.

For help with your advertising needs please give Dana a call 877-3361
email: dpaxton@nwkansas.com

Walking for Christ



Mike Rumsower is walking for Christ. He is from Gallatin, Mo. and is traveling from San Francisco, Calif. back home. This is his fifth time carrying a six foot wide by 12 foot long wooden cross on his back to help people find their way back to God. He left California on March 30 and hopes his journey will be completed soon. He has walked to learn about forgiveness and for cancer awareness but he always walks for God not himself. "God works through me, you can see his grace and glory. It is all about what God can do, not me," Rumsower stated. You can follow Mike's travels by going to: thewalkforchrist.com

- Telegram photo by Dana Paxton

Military flag comes to Norton

On Tuesday, July 26, a special flag was proudly displayed in front of the District Three Kansas Department of Transportation Office. The United States flag was a gift to the department from retired Kansas Adjutant General Todd Bunting. This

flag was flown over Iraq during Operation Iraqi Freedom by the 1st Battalion; 161st Field Artillery of the Kansas Air National Guard in honor of the victims of the Sept. 11, 2001 attack. The flag will travel to each of the

six department of transportation districts, and return to Topeka to be flown at the Eisenhower State Office Building on Sept. 11. Following that date, the flag will be displayed in the lobby of the Eisenhower building.

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