

# Norton Marine graduates

Private First Class Rylee Stanley, 19, of Norton, graduated from the United States Marine Corps boot camp at Marine Corps Recruit Depot in San Diego on Nov. 4.



lowing 10 days home on leave, he will report to Camp Pendleton for one month at Military Combat Training then Military Occupation Specialty school. PFC Stanley is the son of Shelli Stanley, Norton, and Perrell and Dee Stanley of Dodge City. He is the grandson of Russ and Donna Stanley, Lincoln, Neb., and the late Maynard and Irene Delimont.

# You can help a grieving loved one

The best way to help those who are grieving during the holidays is to let them know you care. They need to be remembered, and they need to know their loved ones are remembered, too. Hospice grief counselors emphasize that friends and family members should never be afraid of saying or doing the wrong thing, because making an effort and showing concern will be appreciated.

1. Be supportive of the way the person chooses to handle the holidays. Some may wish to follow traditions; others may choose to change their rituals. Remember, there is no right way or wrong way to handle the holidays.
2. Offer to help the person with baking and/or cleaning. Both tasks can be overwhelming for someone grieving.
3. Offer to help decorate for the holidays.
4. Offer to help with holiday shopping or give your loved one catalogs or on-line shopping sites that may be helpful.
5. Invite the person to attend a religious service with you and your family.
6. Invite your loved one to your home for the holidays.
7. Offer to help your loved one prepare and mail holiday cards.
8. Ask if they are interested in volunteering with you during the holiday season. Doing something for someone else, such as helping at soup kitchens or working with children, may help them feel better about the holidays.
9. Donate a gift or money in memory of the person's loved one.
10. Give them hope that eventually they will enjoy the holidays again.
11. Listen. Active listening from friends is an important step to helping them heal. Don't worry about being conversational c. just listen.
12. Remind the person you are thinking of him or her and the loved one who died. Cards, phone calls and visits are great ways to stay in touch.

# LYLE NEWS

Helen Helm and daughters, Ceanne Rinehardt and Kathy Brashears went to Washington to visit Helen's son, John, and while there was hospitalized with pneumonia. We hope she is well soon, and can return home.

Kathy Van Meter and Lloyd Frandsen attended a supper and meeting at the Beaver City Community Building, given by the Furnas County Livestock Feeders on Wednesday, Nov. 16., and the Farm and Ranch Expo in McCook. On Saturday,

Kathy went to the Merriman Event Center, Kiplinger Arena to "Basement Ladies Christmas" sponsored by the First State Bank Gold Club.

June Jolly entertained her KT Club at the Eagles Center Thanksgiving dinner on Thursday. On Friday she went back to the Bobby-soxer Karaoke and played cards in her bobby sox and rolled up jeans. The great-grandson they are expecting has not yet made his appearance.

Jane Engelhardt visited Toots

Magers on Sunday, had lunch with her and cut her hair. Kathy Van Meter visited in the afternoon.

Joyce Sumner's granddaughter has been in Kansas City undergoing tests in preparation for a hopeful transplant. Joyce and Jackie Porter have been going to check on Eleanor Jensen, and have missed her, so haven't found how she is. All Eleanor's friends are hopeful for a quick return to good health.

# JENNINGS NEWS

Ann Graner, Bethany, of Missouri, came Thursday to spend the weekend with her mother, Rachel Carter. Sunday afternoon they went to visit Jane Wahlmeier, daughter of Rachel at Concordia. They will go to Overland Park for family Thanksgiving at Allan Carter's.

Jane Wahlmeier had hip surgery Wednesday and is getting along real well. She came home on Saturday.

Bob Morel was taken to Norton hospital by ambulance early Friday and then transferred to Hays. He had several stents put in his heart.

Sue Long spent the weekend in Overland Park visiting her daughter, Lori and grand daughter Katlyn Schiefin. She was there to help Katlyn celebrate her 15th birthday.

Russell Cressler, of Bison, called on his parents, Wayne and Louise Cressler over the weekend.

Wednesday's card players at the Sunflower Senior Center were Eleanor Morel, Agnes Wahlmeier, Wayne and Louise Cressler, Diane Carter and Carol Carter. A fun time was had even as we made up our own way of playing. Come join us on Nov. 30 at 1:30 p.m.

A Midwest Energy crew put

up Christmas street lights (decorations) on Thursday. We thank them for doing this each year.

The Norton Correctional Facility men had been in Jennings Thursday and Friday cutting and trimming trees. We appreciate these men working in the city of Jennings.

On Nov. 15, 19 members of the Tuesday Study Club and two guests ate a delicious lunch at the Broken Wheel Bar and Grill, participated in a local version of Antique Road Show and enjoyed a tour of the Czech Museum. Members present were: Lynn Tacha, Helen Muirhead, Helen Rhodes, Ruth Chance, Wilma Mader, Lila Jennings, Roberta McAllister, Joan McKenna, Shelley McKenna, Pat Foster, Patty Foster, Joan Metz, Violet Foster, Pat Hall, Neoma Tacha, Kathy Nauer, Rachel Carter, Sue Long and Carla Latimer. Glenda Harris and Bob Jones were guests.

Following lunch the group moved to the Museum meeting room for the club meeting and program. Appraiser Bob Jones provided information and the value of antique items brought by each club member for roll call. After the club meeting, museum directors were available as club members toured the muse-

um. Anyone who has not visited the Czech Museum in Jennings recently should make time for a tour. The amount of information available and the quality of the exhibits is amazing. The museum directors are to be commended for their dedication and hard work.

Thanks to Bob Jones and the Museum Directors for providing the Club members with an informative and fun November program.

Happy Thanksgiving to all!

# CLUB NEWS

Margaret Thomas was hostess for the November meeting of the GFWC Mid-Century Club. Co-hostess was Lynn Nelson.

Virginia Will, president, conducted the business meeting. The pledge of allegiance was recited in unison. Lynn Nelson, treasurer, reported a balance of \$907 in the club treasury. Members voted to send a contribution for Habitat for Humanity to the Eagle Butte Reservation. In the GFWC web site report, Geraldine Packer shared that a main goal of the 100,000 GFWC members is volunteer service.

Virginia Will announced plans for the Random Acts of Kindness project. At the December meeting members may share their Random Acts of

The United Methodist Women of Norton are sponsoring a "Cookie and Candy Walk" again this year. The event will be held Wednesday, Nov. 30, from 9:30 a.m. to 1 p.m. It will be held at the Community Center, 208 W. Main.

Trays of cookies and candies made and provided by church families will be displayed on tables. Visitors can choose the kind and quantity that they want. The cookies will be sold for \$5 a pound and candy for \$6 a pound.

You can also purchase a homemade cinnamon roll and your morning coffee at the Center.

# Winning!



The Norton Telegram's Christmas On Us promotion has its first winner. Courtney Holder (left), a para-professional at Norton Community High School, receives her \$25 winnings from Ashley Wegener at the NexTech office on Wednesday. Holder got her winning ticket after paying her NexTech bill. This is her first time participating in the promotion. "I think it's great, it really helps out around the holidays," said Holder. She plans on having photo Christmas cards made at Moffet Drug with her winnings, "or maybe some new cookware."

-Telegram photo by Mike Stephens

# Traveling with food to gatherings

Traveling With Food to Gatherings of Family and Friends

It's a time-honored tradition for many people to bring food to gatherings such as holiday meals. How do you decide who brings what or how to travel with food if you're asked to bring something?

When assigning foods or deciding what to take, consider type of food and distance to travel. Remember the two-hour rule: Avoid leaving perishable foods at room temperature longer than two hours (one hour in warmer seasons when the temperature is over 90 degrees). The two hours includes preparation time for foods that aren't cooked or foods that need more preparation steps after cooking.

People traveling a long distance might bring non-perishables such as rolls, breads and cookies. Those traveling about a half hour or less can more safely bring perishable foods such as meat, poultry, fish, eggs and dairy products or foods containing these items. Nearer relatives also are a better choice for providing salads, relishes and vegetables.

**Home ed  
Tranda  
Watts,  
Extension  
specialist**



When traveling with food, keep HOT foods hot (140 F or higher) by wrapping them in foil, and then in heavy towels. Or, carry them in insulated wrappers or containers designed to keep food hot.

Place COLD foods in a cooler with ice or freezer packs or an insulated container with a cold pack so they remain at 40 degrees or lower, especially if traveling over a half hour.

On arrival, place cold foods in the refrigerator. Place hot food in an oven hot enough to keep the food at an internal temperature of 140 degrees or

above; use a food thermometer to assure the food stays at a safe internal temperature. Plan to serve foods shortly after guests have arrived.

Another possibility is to carry all perishable food in an ice chest and come early. Then prepare the food after you arrive.

Remember: If you travel with food, take a detour around the "danger zone." Keep hot foods hot (140 degrees or higher) and cold foods cold (40 degrees or lower).

If you have questions about food safety or food preparation, please feel free to

contact your local K-State Research and Extension Office or contact Tranda Watts at tw-watts@ksu.edu.

Buy Holiday Goodies at the **Cookie and Candy Walk**

Wed., November 30  
9:30 a.m.-1:00 p.m.  
Community Center  
208 W. Main, Norton

Also Cinnamon Rolls and Coffee for Your Coffee Break

SPONSORED BY: UNITED METHODIST WOMEN

HAPPY BIRTHDAY

**Happy 90<sup>th</sup> Birthday**

**Caroline Austerman will be 90 years old on December 3, 2011!**

Help her celebrate this milestone by sending wishes to her at:  
408 E. Washington  
Norton, Kansas 67654  
Happy Birthday, Mom Letha, Jim and Dellene and all your family!

# Patrol participating in red ribbon campaign

This week, Kansas roads are busy with holiday travelers going to and from their destinations. The Kansas Highway Patrol will mobilize, along with other law enforcement organizations across the state to participate in the annual Special Traffic Enforcement Program. The enforcement program is courtesy of a grant from the Kansas Department of Transportation.

In addition to the campaign, the Patrol officers will be outfitting their patrol cars with red ribbons to memorialize the lives lost due to impaired driving crashes around the holiday season. The Patrol will display the red ribbons throughout the Thanksgiving, Christmas and New Year's holidays.

The Patrol and other agencies

will focus on impaired drivers, child passenger safety laws, and seat belt use among travelers of all ages. Because of the campaign funding, there will be more law enforcement officers on Kansas' streets and highways during the upcoming Thanksgiving holiday period when travel increases in Kansas and across the nation.

The Patrol encourages all motorists to tie a red ribbon to an antenna, side mirror, or door handle, pledging to drive safely, and not while impaired. Red ribbons are being distributed at the Kansas Highway Patrol's Troop Headquarters throughout the state. If you are unable to get one from the Patrol, any 18-inch strip of red ribbon will show your support.

Kindness.

For the program, Margaret Thomas presented a travelogue that took the group to Sitka, Alaska. The Thomas family lived there from 1973-1976, when Tom worked at Sheldon Jackson College. They returned to Sitka in 1993 to serve as volunteers in mission. Through slides, Margaret showed and told about the Tlingit Native American culture, industry and living conditions. She highlighted the influence of Russian and American cultures.

Eleven members answered roll call by naming a state they would like to visit.

The Gift of Friendship is the theme for the Dec. 8 meeting to be held in the Fellowship Hall at First United Methodist Church.

The proceeds go to mission projects. This is an opportunity to get a variety of holiday sweets for family and/or entertaining.

For help with your advertising needs please give Dana a call 877-3361

email: dpaxton@nwkansans.com

Nov. 23- Dec. 7

Showing at the **NORTON THEATRE**

**The Twilight Saga: Breaking Dawn - Part 1** (PG-13) 2 Hours  
Presented in Digital Surround Sound  
Friday and Saturday: 7:00 and 9:15 p.m.;  
Sunday: 2:00 and 5:00 p.m.  
Monday, Tuesday and Wednesday: 7:00 p.m.

**The Muppets**  
1 Hour, 48 Minutes (PG)

Only Premiere passes accepted for The Twilight Saga  
Only Premiere passes for The Muppets

Breaking Dawn is Premiere Price: \$7.00 and \$6.00 (No Sunday Discount)  
The Muppets is Premiere Price: \$7.00 and \$6.00 (No Sunday Discount)

Coming Soon: Arthur Christmas and Happy Feet 2  
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