

OBITUARIES

David Allen Long Sept. 15, 1949-Sept. 17, 2008

David Allen Long, son of Derryl and Fae (Mues) Long, was born Sept. 15, 1949, in Oxford, Ned., and passed away at the Norton County Hospital in Norton on Sept. 17, 2008, at the age of 59.

He grew up in Holbrook, Neb., and attended the Holbrook Public Schools, graduating with the class of 1967. He also attended Hastings Community College for two years. On June 12, 1971, Dave and Patty Perrill were united in marriage in Norton, and in 1991, Dave opened Pro-Tech Automotive. On June 3, 2000, Dave married Linda (O'Brien) Roth. They made their home in Norton where he continued in the automotive business.

He was a member of the Norton Classic Cruisers Car Club, Free Tomorrow Motorcycle Club, and the Eagles Lodge.

Survivors include his mother, Fae Long, Arapahoe, Neb.; his wife, Linda Long, Norton; two daughters and their husbands, Jennifer and Jeff Mitchell, Mont-

ezuma, and Stacey and Tom Stickney, Ellinwood; five grandchildren, Toby, Josh, Katy, and Claire Mitchell, and Reece Stickney; four brothers, Duane and wife, Kathy Long, Holdrege, Neb.; Richard and wife, Lori Long, Kearney, Neb.; Dale Long, Holbrook, Neb.; and Dennis and wife, Jan Long, Lincoln, Neb.; one sister and her husband, Rosemary and Kevin Johnson, Clive, Iowa; and other relatives and many friends.

He was preceded in death by his father, Derryl and one brother, Doug.

Services will be Monday at 2 p.m. at Enfield Funeral Home, 215 W. Main, Norton.

Burial will follow at the Norton Cemetery.

Friends may call at Enfield Funeral Home on Sunday from 3 to 8:30 p.m.

Memorials to the Dave Long Memorial Fund.

Enfield Funeral Home is handling arrangements.

G. Paul Belt Jan. 11, 1950-Sept. 17, 2008

G. Paul Belt, 58, Berryton, died Wednesday, Sept. 17, 2008 following a sudden illness.

He was born Jan. 11, 1950 in Norton, the son of B.W. "Bill" and Amy Nell Drullinger Belt. He graduated from Norton Community High School and from Fort Hays State University with a degree in microbiology.

Mr. Belt worked at the Kansas Department of Health & Environment as the Technical Specialist for the Clandestine Methamphetamine Drug Lab Clean-up Program. He also served as the spill response coordinator at the Kansas Department of Health and Environment.

He married Susan Seshier Mor-

ris on July 30, 2004. She survives. Other survivors include his father of the Andbe Home in Norton, a brother William "Eric" Belt and wife Marsa Hatfield of Salem, Conn. He was preceded in death by his mother.

Cremation is planned. A memorial service was held this afternoon at the Newcomer Funeral Home in Topeka. The family will receive friends from 5-9 p.m. this evening at the family's home in Berryton.

Memorial contributions can be made to the National Rifle Association, 11250 Waples Mill Rd., Fairfax, Va. 22030.

To leave a special message for the family online, visit www.NewcomerTopeka.com.



Fred Gruhn, Jr. and Lisa Lynn Luhman

Nuptials set for November

Lyle and Betty Jo Luhman, Natoma, are honored to share with family and friends the engagement of their daughter, Lisa Lynn Luhman, to Fred Gruhn Jr. He is the son of Fred and Joyce Gruhn of Lincoln, Mo.

The future bride is a graduate of Plainville High School and attended Kansas State University and serves as a paralegal in the Kansas City area.

The future groom is a graduate of Lincoln High School, and at-

tended the University of Missouri and the University of Central Missouri. He is a Software Quality Assurance manager for a market research firm in Kansas City. He also serves as a media coordinator for the Kansas City Chiefs, the Kentucky Derby and the AT&T Cotton Bowl Classic.

Lisa is the granddaughter of Beth Tier, Norton.

A Nov. 8 wedding is planned at Beautiful Savior Lutheran Church at Olathe.

How about making Soldier's Cookies

Cook's Corner
Many are those today with husbands, sweethearts, brothers and sons in military service just as there have been down through the years. As I write this on September 11, I recall the earth-shaking events of seven years ago that threw us into this particular war. Every generation apparently has to go through the misery of sending brave Americans off to fight for freedom. And into my mind came the following recipe, which in our family was referred to as Soldier Cookies.

The first time I remember eating these yummy cookies, Mama and my aunts were baking and packing them to send to my Cousin Allan who flew to the South Pacific during WW II. In the 1950s I made dozens of them to send to a lonely GI named Frank who was stationed on the Inchon Peninsula in Korea. Later on they made their way to brothers-in-law serving peace-keeping tours of duty in Germany and Turkey. Last time I made these they went to a jungle in Viet Nam to comfort another homesick young serviceman in the family.

These cookies travel well. We packaged individual cookies in wax paper layered snugly in sturdy

Cooks Corner Liza Deines



boxes or three-pound coffee tins, padded with plain popped corn to prevent crumbling. (I heard later the guys even ate the popcorn packing.) Enclose in another snug box lined with plastic bubble pack. Occasionally a package may sit on a dock for awhile before it can be delivered in a combat zone, so stability should be your first concern.

Chocolate chip or peanut butter cookies may be your guy's favorites, but they're so tender they often arrive in crumbs. Chocolate chips melt, peanut butter goes rancid, frosting sogs, moist, fudgy brownies mildew, so do raisin cookies. It's no fun to open that long-awaited box from home and find it spoiled and inedible. I stopped sending brownies after my Viet Nam vet told me he and his buddies soaked my slab of concrete brownies in hot tea so they could get their teeth into them! Today's dehydrated foods

travel well and they're always welcome but home baked munchies are still the all time favorite. How about sending a package to a soldier today?

SOLDIER'S OATMEAL COOKIES

Makes 300 cookies
Three pounds soft vegetable shortening (not butter)
Three pounds brown sugar
One dozen eggs, beaten well
Three pounds flour
Six teaspoons soda
Six teaspoons baking powder
Nine cups of old fashioned oats (not the quick or instant kind)
Six cups of cheapest corn flakes (those that come in plastic bags are great)

One and a half pints of chopped nuts, any kind, even peanuts or homegrown black walnuts

Two tablespoons vanilla

Mix well starting with eggs, shortening and sugar, adding sifted dry ingredients just a bit at a time, oats, nuts and the flakes last so they don't crush up too fine. Drop by teaspoons on an ungreased baking sheet, bake 10-12 minutes at 375 degrees. Remove to cooling racks while hot — will be a little soft but will crisp up when cool. Good to

dunk in coffee or milk and pretty nutritious, too.

No, you don't have to be a soldier overseas to enjoy these treats. Yes, it does take all day to bake 300 cookies so choose a cool day when oven heat will feel cozy and just devote the day to a cookie marathon. Package them up by the dozen in freezer bags and you'll have a supply handy when the next bake sale or school birthday party comes along.

Remember last year when one of the little darlings announced just at bedtime that everyone was to bring three dozen cookies for an exchange at school? Tomorrow. This year you can be prepared!

A NOTE TO MY READERS:

Thank you for your letters and calls of concern when my columns do not appear on schedule. I am fine, not hospitalized, not ill, and my columns are sent in weekly (weakly?). They appear at the editor's discretion, so when there is more important news, many death stories or large anniversary pictures, the "fluff" gets eliminated. Sorry if some of the seasonal things are not so seasonal by the time they run — that's just the way the newspaper business goes!

Deadline for registration not yet passed

Wish You'd Signed Up For Full Circle — Growing Older...But Not Old? It's Not Too Late!

If you think you have waited too long to get your registration turned in for Full Circle-Growing Older... But Not Old, you're wrong!

The early registration deadline has passed, however, registrations at the increased price will still be accepted up until Friday, Sept. 26 at the Northwest Kansas Educational Service Center at 703 West 2nd in Oakley, Kan.

Don't forget registration begins at 9:30 a.m. with actual programming beginning at 10 a.m.

Your registration fee provides you with lunch (if you pre-registered far enough ahead of time), two breaks and the conference proceedings.

For those who would like CEU's for nursing or for Nursing Home Care providers, they will be available — usually at a minimal cost. CEU's for other groups may also be a possibility.

Don't miss this opportunity to learn more about what everyone is doing every day — aging and how to do it as gracefully as possible.

To register contact any Northwest Kansas County Extension Office for information, or you may also contact Libby Curry at the NW Area Extension Office in Colby at 785-462-6281.

For further information, you may also e-mail twwatts@oznet.ksu.edu.

The recent cool weather may be causing you to think about the preparation of cool and cold weather dishes in your trusty slow cooker. The need to repair - or replace - an

Home ed Tranda Watts, Extension specialist



aging appliance isn't always obvious but should be considered. A 30-something-year-old slow cooker may look great, but still need to be replaced.

The slow cooker can be a helpful tool, but an aging appliance should be checked periodically. This can be done by placing two quarts (eight cups) of water in a slow cooker.

Choose the low setting and after eight hours, use a food thermometer to check the temperature, which should be 185 degrees F. If it does not reach this temperature, it's time to purchase a new one.

Slow cookers are safe because they cook foods slowly at a low temperature — generally between 170 and 280 degrees F. The low heat helps less expensive, leaner cuts of meat become tender and shrink less.

The direct heat from the pot, lengthy cooking and steam created within the tightly-covered container combine to destroy bacteria and make the slow cooker a safe process for cooking foods.

While food is cooking and once it's done, food will stay safe as long as the cooker is operating properly and reaching the proper temperature.

Slow cookers are typically moderate in price (\$20, for example) and quickly pay for themselves in

saving time and money in meal preparation.

More information on food, nutrition, health and preparing family meals is available at your local County Extension Office or by e-mailing twwatts@oznet.ksu.edu.

(Tranda W. Watts is Multi-County Extension Specialist in Foods, Nutrition, Health and Safety for Decatur, Gove, Norton, Sheridan and Trego Counties.)

Cedar Ridge 4-H news

By SKYLAR DAVIS
4-H Cedar Ridge Reporter

On Aug. 16, 15 members of the Cedar Ridge 4-H Club met at the Norton municipal swimming pool park. Roll call was "Your Favorite Summer Activity."

The Cedar Ridge booth at the Norton County Fair won Reserve Grand Champion and they also won \$50 from the soil conservation for their theme. Tyler Montgomery, treasurer, handed fair premium money to the members who were present at the meeting.

New business was the enroll-

ment fair. Flyers will be given out at school. It was voted to have the September meeting on the 15th due to many scheduling conflicts. Grandparents are invited to come and enjoy a potluck supper. Election of officers will be in September and installation will be at the October meeting.

The members voted to sell Krispie Kreme donuts again this year and to work at the Norton Theatre for community service.

The meeting was adjourned and the kids enjoyed a cold swimming party.

Preschool screenings will be held throughout the school year for all North Central Kansas Special Education Cooperative member school districts. These screenings are free and encouraged if you have questions concerning your child's development from birth through age 5.

AGE: BIRTH THROUGH 2 YEARS; 3 YEARS THROUGH 5 YEARS

If you need screening information or want to register your child for a screening, call:
Kid-Link (785-425-6766) or your local elementary school

Woman climbs tree after using Thera-Gesic®

BEXAR COUNTY — Mary Ann W., after using Thera-Gesic® on her sore calf muscle, climbed a 9½ foot oak tree in front of the courthouse to protest the high cost of fuel. When asked why such a small tree, she painlessly replied, "None of your dang business!"

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Sept. 19-Sept. 24

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1 Hours, 48 Minutes (PG-13)

RETURN TO FALL SCHEDULE-BOTH MOVIES PLAY:
Friday and Saturday: 8:00 p.m.
Sunday, 5:00; Mon-Tues-Wed: 7:00 p.m.

THE WOMEN

PREMIERE - (PG-13)
2 Hours, 4 Minutes

Since The Women is a premiere, only premiere passes accepted. Since The House Bunny is not a premiere, all passes accepted

The Women Premiere Price of \$7.00-\$6.00; The House Bunny \$6.00-\$5.00
\$3.00 SUNDAY MOVIE PRICE FOR "THE HOUSE BUNNY"

COMING SOON

September 26-Journey to the Center of the Earth (PG)
October 3-Swing Vote (PG-13)

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