

OBITUARIES

Leon E. Bates

Oct. 20, 1928 - Feb. 25, 2006

Leon Edward Bates, 77, died Saturday at the Norton Andbe Home.
Born Oct. 20, 1928, in Grand Mesa, Colo., Mr. Bates was the son of Frank Lucerne and Pearl Elizabeth (Welch) Bates.
He attended grade school in Grand Mesa and worked in farming and yard maintenance. He made his home in Grand Junction, Colo., and Denver.
He moved to Norton County where he lived in Edmond and Lenora.
His hobbies included hunting

and fishing.
Mr. Bates was preceded in death by his parents, four brothers and three sisters.
He is survived by one brother, Harold Bates, Lenora; two sisters, Dolly Smiley, Layton, Utah and Helen McCune, Grand Junction.
Graveside services and burial were held today at Lenora South Cemetery.
Contributions to the Leon Bates Memorial Fund may be sent to Enfield Funeral, 215 W. Main, Norton, Kan. 67654.

Robert E. Nelson

May 7, 1928 - Feb. 23, 2006

Robert E. "Bob" Nelson, 77, Colby, brother of William Nelson, Jennings, died Thursday at Citizens Medical Center, Colby.
Mr. Nelson was born May 27, 1928, in Jennings, the son of Laurence and Edna (Farris) Nelson.
He was a graduate of Jennings High School.
On Oct. 7, 1947, he married Patricia E. Stramel at Immaculate Heart Catholic Church in Leoville.
He was in the retail lumber business and managed Foster Lumber yards in Almena, Hoxie and Colby until his retirement.
Mr. Nelson enjoyed being a volunteer fireman for many years.
He was a member of the Chamber of Commerce and Rotary. he was a member of Sacred Heart Catholic Church and Honorary Life Member of the Knights of

Columbus in Colby.
His hobbies included wood-working, gardening, fishing and hunting.
Survivors include his wife, Patricia of the home; three daughters, Judith K. and Daniel Watkins, Hoxie, Joyce A. and Larry Washburn, Colby and Marilyn S. and Rue Sowers, Goodland; one brother, William and Charlotte Nelson, Jennings; and seven grandchildren.
Funeral services were held Monday at Sacred Heart Catholic Church with Father Dana Clark officiating. Burial was in the St. Frances Catholic Cemetery in Hoxie.
Memorials have been established to the church and may be sent to Kersenbrock Funeral Chapel, 745 S. Country Club Dr., Colby, Kan. 67701.

4-H NEWS

By ELIZABETH JOHNSON
Monday, Jan. 9, the Lone Prairie 4-H Club met at the Hansen Museum in Logan. Museum director, Lee Favre, gave club members a tour of the museum.
President Shyanne Thompson conducted the meeting where roll call was answered by, "I Wish I Had 100".
Twenty members, three leaders, six parents and one visitor attended the meeting.
Members learned that Club Days will be held March 6. It was decided the club would plant flowers by the basketball court. It was also decided to make fruit baskets for a community service project. Members were urged to begin thinking about summer camp.

February Meeting
The Lone Prairie 4-H Club held its monthly meeting Feb. 13.
Those present were: Katie and Renee Becker, Justice and Ireland Bonner, Michaela and Jordan Girard, Caley and Christen Greving, Brooke Hammond, Tim Jansonius, Elizabeth and Mitchell Johnson, Regan and Ryann Kats, Nolen Pierce, Eric Woodside, Brady Tien, Aaron Tien and Sierra Tien. There were 19 members, four leaders, five parents and four visitors.
Caley Greving conducted the meeting while Ryann led the flag salute. Tim led members in repeating the 4-H pledge. Roll call was answered by, "I would not want 100 (What?)."
Club Day activities, the Red

Wheel fund raiser and the gun show were all discussed.
Members learned that the fruit baskets were delivered for Valentine's Day.
Members were asked if they wanted to sponsor the Copy Art magazine for the library and about the carnival work schedule.
It was reported that the Carnival committee met and decided on two games.
During the program, Renee gave a demonstration on how to make a Valentine's box. Justice told about the Fashion Revue and Sierra gave a talk on health and vitamins. Nolen told about wild-life.
For recreation, the members practiced their entry for Club Days.
Refreshments were served by the Johnson family.

Weddings, funerals, engagements, and births. You'll find it all in...

THE NORTON TELEGRAM

MARKETS

At close of business Feb. 27

Wheat	\$3.99
Milo	\$1.78
Corn	\$1.99
Soybeans	\$5.02

Two Weekends Only!!
Dreams Do Come True
Factory Direct Sale
All New
Wedding Gowns & Prom Dresses
Location: Southwind Plaza
1135 Taylor Ave.
Colby, KS
When: March 3-5 & 10-12
Fri.-Sat. 10:00a.m.- 6:00p.m.
Sun. 1:00p.m.-5:00p.m.
All Wedding Gowns \$200
All Prom Dresses \$89

Cash & Carry. No Alterations

Card Shower
A Card Shower is Requested for Lois Dietz on her 92nd Birthday March 4, 2006
Cards may be sent to:
119 Whispering Pines
Norton, Kansas 67654

READERS

— **Steak and seafood night, Thursday and Saturday, 6-9 p.m. American Legion. Members and guests. 2/28**

— **PITCHTOURNAMENT 7 p.m. Sunday, March 5, Norton American Legion. 2/28**

Ladies club meets in Almena

By BEVERLY KINDLER
North Dividers Family Community and Education Unit met Feb. 17 at the home of Fleta Hanlon in Almena. Marie Wendel was co-hostess.
Eight members answered roll call with an exercise they do.
North Dividers will be serving the annual Andbe Home board meeting at 7 p.m. March 9. Donna Roberts and Lois Krauss will do the table decorations. Cookies will be furnished by Ella Mae Schulze, Rose Mathes, Ruth Lofgreen and Betty Harper.
The spring business council meeting will be April 10 at Smith Center. District Recognition meeting will be May 2 in Quinter at the Q-Inn.
The lesson was "Activities for the Ages" given by Mrs. Schulze. She told members it is very important that each person has regular physical activities. There are exercises for sitting, standing, walking, range of motion, upper body, lower body and cool down, balance and breathing. The body's muscles get lazy and weak if they are not used. Why should we do physical activity? To keep up our physical functions, lower our triglycerides, get circulation and metabolism going.
Vita-Band exercises are offered at 1 p.m. every Monday and Thursday at 1 p.m. at the Senior Center. Anyone is welcome.
The hostess gift was received by Mrs. Schulze.
The next meeting will be March 17 with Donna Bantam.

Donation helps heat homes of Kansas poor

Help is on the way for Kansas families having trouble staying warm this winter.
The Salvation Army, Kansas and Western Missouri Division, said it has received a \$400,000 donation from ONEOK, Inc., to assist low-income and fixed-income residents with their home-heating needs.
The grant represents an allocation of \$4 million in home heating assistance funds designated by the ONEOK Foundation in Kansas, Oklahoma and Texas.
To learn more about the heating assistance program, go to www.salvationarmyusa.org.

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MAKING SENSE OF INVESTING

Seafood a special delight

For a bunch of Kansans born and bred, my family members are sure enthusiastic about fish and seafood of all kinds. We eat our share of beef, pork and chicken, too, but because good seafood is hard to come by out here on the plains, it is a special treat.

Nutritionists tell us that fish dishes are particularly good for a heart-healthy diet and should be eaten often. No hardship for our crew. My sister gets great seafood in Louisiana but she still looks forward to east coast trips where she can eat lobster to her heart's content. LeRoy's southern treat was scallops sautéed in garlic butter. Raw oysters were a favorite with him as well as my dad and brother; I preferred the fancy Oysters Rockefeller I ate in Florida years ago. David prepares grilled shrimp stuffed with peppers and wrapped in bacon. I never can get enough of those. In Singapore we tried swordfish, abalone, and squid. An Alaskan trip brought us the chance to eat salmon at least one meal a

Cook's Corner

Liza Deines



day. It was on the menu smoked, grilled, scrambled with eggs, in appetizer puffs, poached, creamed — well, we never found a way we didn't like it.
Groceries and markets have lots more fish available now than they used to, both fresh and frozen. Prices are pretty reasonable, too, especially during the Lenten season when they run some specials. Remember the days when choices were limited to canned salmon or tuna, fresh oysters only in winter, and catfish caught in the closest creek? Don't overlook the opportunities we now have in such abundance.
Living in Florida, daughter Joan has learned a lot about cooking with seafood since it is so plenti-

ful there. This recipe is one she cooked for her father's 65th birthday. If you're looking for a meatless meal for Lent or something different for a special supper, I'd recommend this dish highly. Don't count on leftovers.

Let your grocer know you appreciate good seafood specials and we might see more of them. Experiment with something new. Try fresh grilled salmon, oven baked orange roughly, or fried catfish fillets, even if you can't afford lobster or crab legs. My little tabletop grill does a great job of ordinary white fish fillets with a little lemon pepper and olive oil. Open up your kitchen to "fishy" ideas and who knows, dinner might just swim in!
BOKAYS AND BRICKBATS: Bokays to those who volunteer their services to Norton Cares, Meals on Wheels, the Thrift Shop, God's Pantry and all the local services that need help so badly right now. Brickbats to those who say "let someone else do it".

JOAN'S SHRIMP ENCHILADAS

One package small size flour tortillas
One-pound bag of tiny frozen shrimp, thawed
Two boxes frozen spinach, thawed and squeezed dry
Six or eight little green onions, chopped (green part, too)
One can low sodium cream of celery soup
One 16-ounce carton low fat sour cream
One teaspoon Old Bay seasoning, salt and pepper
Two to three cups shredded Monterey Jack cheese
Two 10-ounce cans green chile enchilada sauce
Mix shrimp, spinach, seasonings, green onions and about half a cup of shredded cheese lightly together. Mix the soup and sour cream together with three tablespoons of the green chile sauce.
Butter the bottom of a 9 x 13 Pyrex baking dish and spread just a light skim of the sour cream and soup mixture on bottom. Stir the remainder into the shrimp mixture. Warm tortillas in a damp, heated paper towel so they will be easy to roll. Fill each tortilla with a couple of spoonfuls of shrimp filling. Roll up and place in pan with seam side down. This amount of filling will usually make 12 to 15 enchiladas.
Pour the two cans of enchilada sauce evenly over the pan of rolled tortillas, top with a good layer of shredded cheese and bake in a 350 degree oven for 20-25 minutes until hot and bubbly. Let rest about 10 minutes before serving so the enchiladas will firm up a bit. Joan served this with black bean and corn salsa.

'Shady' lady shares shades at club

Donna Bantam, "The Lamp Shade Lady", shared with members of Mid-Century Greater Federated Women's Club, some of her Victorian lamp shades at the Feb. 23 meeting.
Mrs. Bantam told how she started her hobby and demonstrated how the shades are constructed. She has sold her lamp shades from coast to coast.
The club met in the Community

Room of Norton Public Library where president Beverly Kindler was elected to be the delegate to attend the 111th Annual Convention. The convention will be held April 8 at the Red Coach Inn, McPherson. Hostesses for the evening were Mary Beth Boyd and Jean White.
Carolyn Higgason reported on the need to change the date for the Annual Fine Arts Tea. It will be

held at 7:30 p.m., March 27 in the Norton Junior/Senior High School band room.
Roll call was answered with members telling of the things they enjoy creating.
The next meeting will be March 23 with Darlene McEwen and Claire Ann Eppinger hostesses.
June Kline will give a demonstration of "Cake Decorating and Candy Making".

PHYSICIAN SCHEDULE

March and April 2006



To make an appointment to see a physician or utilize hospital services, please call your Family Physician or call the Norton County Hospital at 877-3351
General Practice • General Surgery • OB • Emergency Coverage

Daily — (785) 877-3305

• **Roy W. Hartley, M.D.** • **Glenda M. Maurer, M.D.**
• **Ruben D. Silan, M.D.** • **Jeffery W. McKinley, D.O.**
• **Kay Garman, ARNP/CNM**

HAYS ORTHOPEDICS

March 14 and April 11
Gregory A. Woods, M.D.

KEARNEY CARDIOLOGY

March 9 and April 13
Ahmed Kutty, M.D.
March 14 and April 11
Daniel McGowan, M.D.

EARS, NOSE, AND THROAT

March 10 and April 11
James Black, D.O.
Chris W. Regier, D.O.

ONCOLOGY

March 23 and April 27
George K. Bascom, M.D.

OPHTHALMOLOGY

April 25
Thomas L. McDonald, M.D.
March 28
John C. Pokorny, M.D.

UROLOGY

April 3
Darrell D. Werth, M.D.
Carl T. Newman, M.D.
Wallace M. Curry, M.D.

HAYS CARDIOLOGY

March 13 and April 24
Mohammed Janif, M.D.

KEARNEY

ORTHOPEDICS

March 22 and April 26
David A. Wiebe, M.D.
March 1 and April 5
Chris Wilkinson, M.D.
For Appointment
1-800-458-4504

NEUROSURGERY:

March 17 and April 21
E. Adeleke Badejo, M.D.

PODIATRY

March 7 and April 11
James E. Reeves, DPM
March 10 and April 14
Gregory Burns, DPM

Note: All Visiting Specialist Clinics, Unless Emergency, Need to be Scheduled Prior to Day of Visit