BITUARIES

Everett F. Johnson Jan. 1, 1914 - Ăug. 28, 2008

Everett Falster Johnson, 94, 1914 in Granis, Ark, to James and dt. Ida Mae Johnson.

where he attended school in Al-

On Sept. 27, 1942, he married Aileen Wendel in Norton and they moved to Goodland where he worked for the Rock Island Railroad until he retired in 1975.

Mr. Johnson was a member of the United Transportation Union and Goodland Masonic Lodge 231. He enjoyed fishing, camping, traveling, playing cards and was active in the Senior Center.

He was preceded in death by his died Aug. 28, 2008 at the Sherman parents, infant daughter Wanda County Good Samaritan Center Lee, brothers Carl, Roy, Harry, in Goodland. He was born Jan. 1, Lester and sister Marie Engelhar-

Surviving are his wife Aileen; When he was a small child, the son Kenneth and wife Becky family moved to Norton County of Hays; daughter Patricia and Harry Johnston of Arvada, Colo.; four grandchildren and 12 greatgrandchildren; and a sister, Opal Codgill of Goodland.

Services were held Sept. 2, 2008 at Bateman Funeral Home in Goodland, with Pastor Barb Johnthe Goodland Cemetery.

Memorials will be directed to the Senior Center c/o Bateman Funeral Home, PO Box 278. Goodland, KS 67735.

Leona Benton Ward Aug. 15, 1915 - Sept. 3, 2008

Dodge City.

She was born August 15, 1915 at Oberlin, the daughter of Floyd sister, Rosalie Muir. E. and Leona Miller Benton. A homemaker.

She was a member of the First Presbyterian Church, Dodge City and a former member of the First United Methodist Church, Norton. She was also a member of the Philomath, Bas Bleu and Chapter DZ of the P.E.O. Sisterhood.

On December 29, 1935 she mar-He preceded her in death on July 30, 1974.

Survivors include her son, Doug Ward, Dodge City; two daughters, Diane Jedwabny and husband Bob, Keshena, Wis., and Sue De-Voss and husband Roger, Dodge cia Coffey, Houston, Texas, and com.

Leona Benton Ward, 93, died Maxine Myers, Lake Charles, Wednesday, Sept. 3, 2008 at Pres- La.; eight grandchildren, 12 greatbyterian Manor of the Plains, grandchildren and one great-great

She was preceded in death by a

Memorial service by Chap-Dodge City resident since moving ter DZ P.E.O. Sisters will be 9 from Norton in 1975, she was a a.m. Saturday, September 6, at Burkhart-Ziegler Funeral Chapel, Dodge City. The family will receive friends following the service. There will be no public visitation, cremation has taken place. Friends may sign the register from 9 a.m.- 5 p.m. today at Burkhart-Ziegler Funeral Chapel. Graveside Service will be ried F. Douglas Ward at Norton. at 2 p.m. Saturday in the Norton Cemetery.

The family suggests memorials to the Manor of the Plains or Hospice of the Prairie both in care of Burkhart-Ziegler Funeral Chapel, 1901 N. 14th Ave., Dodge City, Kan. 67801. Condolences may City; two sisters, her twin, Lu- be sent to www.burkhart-ziegler.



Mr. & Mrs. Clay Hallman

Couple exchanges wedding vows in Telford, Pa. church

Mackenzie Ostmeyer and Clay bride. Hallman were married May 31, in Telford, Pa. The Reverends Paul Beck and Richard Miller

Parents of the couple are Kevin Ostmeyer and the late W.B. Ostmeyer of Grinnell, and Dorothy Tubbs, Norton.

The bride was attended by Carissa Tubbs, maid of honor and as an associate veterinarian at sister of the bride; Karlynn (Cox) Community Animal Hospital in Boyle, friend of the bride; Erin Dublin, Va. Bixenman, cousin of the bride; and Alicia Tubbs, sister of the burg, Va.

Best man was Clark Hallman, 2008 at the Zion Lutheran Church father of the groom. Groomsmen were Alan Hallman, Eric Hallman and Tim Clancey, uncles of the groom.

The bride and groom both are and Mimi (Ostmeyer) Tubbs of 2008 graduates of Kansas State Almena and Sherri and Clark Hall- university College of Veterinary man of Souderton, Pa. Mackenzie Medicine. Mackenzie is curis the granddaughter of Regina rently in a one-year small animal medical and surgical internship at the Virginia-Maryland College of Veterinary Medicine in Blacksburg, Va. Clay is working

The couple lives in Christians-

Telegram: 877-3361

Total fats important part of your health plan

Which is healthier — butter, margarine or vegetable oil? What is trans fat and why is it bad for me? Is it better for my heart to replace butter with margarine? Should I try to cut out fats?

The 2005 Dietary Guidelines for Americans recommend keeping total fats between 20 and 35 percent of our total calories. Most of these fats should come from sources of polyunsaturated and monounsaturated fats such as fish, nuts, and vegetable oils. On the other hand, intake of saturated and trans fat should be limited, saturated fat should be kept to less than 10 percent of total calories and trans fat kept as low as possible. Today the majority of son officiating. Burial followed in Americans consume too much saturated and trans fat. Most of the fats you eat should be poly and monounsaturated.

Butter is high in both saturated fat and cholesterol. Too much saturated fat in the diet has been shown to raise total blood cholesterol and LDL cholesterol (bad cholesterol), which can lead to an increased risk of heart disease.

Margarines or spreads, are made from a blend of healthy oils like soybean, canola and sunflower. These vegetable oils are low in saturated fats, contain no cholesterol and are rich in polyunsaturated and monounsaturated fats. Margarine and spreads are usually low in saturated fat, however some may contain trans fat.

Duplicate Bridge met Wednes-

with three tables present. First

place winners were Joyce Sumner

and Jackie Porter. Second place

went to Ivy Rolland and Mary Lou

Archibald.

Home ed Tranda Watts, Extension specialist

Check the Nutrition Facts panel

on the label. Fats rich in saturated and trans fats have been shown to be harmful to health, while research shows that fats and oils rich in polyunsaturated fats and monounsaturated fats are beneficial to health. Saturated fats and trans fats are known to raise blood cholesterol, which can increase the risk of heart disease.

Replacing saturated fat in the diet with polyunsaturated fats has been found to reduce LDL cholesterol levels and clinical trials show that substituting polyunsaturated fats for saturated fat reduces risk of heart disease. In addition, consuming omega-3 polyunsaturated fats from fatty fish (such as salmon or trout) or vegetable oils (such as canola, walnut or flaxseed oil) may also help reduce the risk of heart disease.

Monounsaturated fats are the primary fat in olive, canola, and peanut oils, as well as nuts. Research indicates that monounsaturated fat may be useful in controlling blood sugar levels

Friday night entertainment. day evening at the Norton Manor in Norton is called "Blue Jay football!"

First game of the new season is tonight at 7:00 at Travis Field as the 'Jays take on the Phillipsburg Panthers.



Ernest and Marylou Long

Longs married for 60 years

The family of Ernest and Mary- Lenora from 2 to 4 p.m. lou Long invite the public to a reception honoring their 60th wedding anniversary on Saturday, Sept. 6 at the Senior Center in

Cards can be sent to PO Box 2, Lenora KS 67645.

The couple requests no gifts.

CARD OF THANKS

Words cannot express our gratitude for the many loving expressions of sympathy we've received since Bud's death. Your prayers, cards and calls, the food you've shared, and the flowers and memorial contributions have all been appreciated. We've been blessed by the strength and comfort you've so generously given, and will always remember your kindness.

Special thanks to the Long Island United Methodist Women for providing a luncheon after the service.

The family of Bud Schukman



Norton Christian Church

invites students ages PreK-8th Grade to join them on

Wednesday evenings from 6:15-8:00 p.m. for a fun filled evening of Scripture Memorization, Lessons, and Games like no other . . . WEDNESDAY, SEPTEMBER 3, 2008 WAS OUR FIRST OFFICIAL NIGHT!

Come see what it's all about. For more information contact: Cheri Renner at 877-2420 or the Norton Christian Church at 877-2871







and have a mild cholesterol lowering effect when substituted for meat and dairy products. Howevsaturated fat.

Within the category of polyunsaturated fats, linoleic acid and alpha-linolenic acid (from the omega-6 and omega-3 families, respectively) are essential dietary produced by the body.

Trans fat is naturally present in er, the main sources of trans fat in the U.S. diet are from partially hydrogenated (hardened) oils found in foods such as cookies, crackers, pastries and fried foods.

These fats are added for taste, components since they cannot be texture and to maintain fresh-

Senior Center menu

Tossed Salad, Seasoned Carrots, Bread Sticks, Mixed Fruit. Sept. 9 - Meat Loaf, Scalloped Potatoes, Cook's Choice Vegs, Bread, Mandarin Oranges. Sept. 10 - BBQ Pork Sandwich, Italian Blend Vegs, Coleslaw, Bun, Applesauce. Sept. 11 - Baked Chicken, Mashed Potatoes/Gravy, Mixed Vegetables, Roll, Apricots. Sept. 12 - Cook's Choice Entree, Hash Brown Casserole, Jello w/Fruit, Crackers, Cherry Crisp.

Sept. 15 - Sloppy Joes, Tater Tots, Corn, Bun, Peaches. Sept. 16 - Ham, Candied Sweet Potatoes, Cranberry Apple Salad, Roll, Pumpkin Dessert. Sept. 17 - Beef & Noodles, Tossed Salad, Green Beans, Dinner Roll, Fruit Cup #1. **Sept. 18 -** Smothered Steak, Mashed Potatoes/Gravy, Cook's Choice Fruit, Bread, Birthday

Sept. 8 - Baked Spaghetti, Cake. Sept. 19 - Chicken Fajita Salad, Watermelon, Chips, Brownie.

Sept. 22 - Cook's Choice Entree, Winter Mix Vegs, Mixed Fruit, Bread, Pudding. Sept. 23 - Pork Roast, Steamed Cabbage, Carrots & Onions, Applesauce Gelatin, Cook's Choice Complement, Bread. Sept. 24 - BBQ Chicken, Pasta Salad w/Vegs, Blushing Pears, Bread, Cookie. Sept. 25 - Chili w/Beans, Orange Pineapple Salad, Crax, Cinnamon Roll. Sept. 26 - Turkey Dressing Casserole, Mashed Potatoes w/Gravy, Green Beans, Bread, Apricots.

Sept. 29 - Salmon Patty or Loaf, Seasoned Broccoli, Cinnamon Apples, Bread, Garden Rice. Sept. 30 - Meat Balls, Augratin Potatoes, Spinach, Bread, Cook's Choice Fruit



Kenny & Bev Schemper

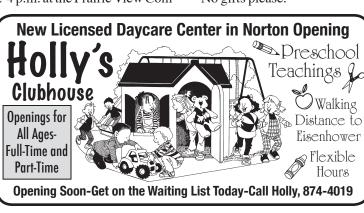
Couple to observe 40th

Kenny and Bev Schemper will munity Center. celebrate their 40th wedding annifamily, Mark and Anissa Kats of Prairie View, and Dave and Laura Long of Prescott, Ariz.

The open house will be from 2-4 p.m. at the Prairie View Com-

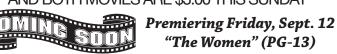
Mr. and Mrs. Schemper were versary on Saturday, Sept. 13. An married on Sept. 6, 1968 at the open house will be given by their Prairie View Reformed Church. They have always lived in the Prairie View area. They have one granddaughter, Mara Kats, and several nieces and nephews.

No gifts please.





AND BOTH MOVIES ARE \$3.00 THIS SUNDAY



This ad is brought to you by The Norton Telegram

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