

OBITUARIES

Korey D. Howell Oct. 23, 2008

Korey D. Howell, 38, Nextech Rural Phone Company employee, passed away Oct. 23, in Albuquerque, N.M.

He was preceded in death by his grandfathers, Eldon Howell and Raymond Carver.

He is survived by his parents,

Kenneth and Wilma Howell, of Leon; brothers, Kenneth Dale Howell of Topeka, and Kristopher Howell, El Dorado; his fiancée, Kathleen McMillon of Albuquerque; and many aunts, uncles, cousins, niece and nephews.

Graveside services will be held Saturday at 10 a.m. at Lakeview Memorial Gardens, 12100 East 13th Street, Wichita. Donations may be made to the Maude Carpenter Children's Home, 1501 N. Meridian, Wichita, Kans. 67203.

Helen J. Liddle Oct. 24, 1924 - Oct. 29, 2008

Helen J. Liddle, daughter of Clemens A. and Katherine (Wieland) Robben, was born Oct. 24, 1924, in Norton, Kansas, and passed away at the Good Samaritan Hospital in Kearney, Nebraska, on Oct. 29, at the age of 84.

Helen grew up in Norton and attended the Norton schools. She married John Liddle in 1958, and they made their home in Norton. She bought the laundry business from her Uncle Albert Wieland and operated it for 40 years.

Upon her retirement, she sold the business to her nephew, Tom Montoia.

Helen was a member of the St. Francis Catholic Church, the Altar Society, and the V.F.W.

Survivors include: her husband, John Liddle, of Norton; her Godson, Russell Unrein, Bellingham, Washington; two sisters and their husbands, Anna and Augie Unrein, McCook, Nebraska; and Clementine and Paul Montoia, Norton; 11 grandchildren; several nieces and nephews; other rela-

tives and many friends.

She was preceded in death by her parents, three sisters, and one brother.

Rosary service will be Friday, Oct. 31 at 7:00 p.m. at Enfield Funeral Home in Norton. Mass of the Christian burial will be Saturday, Nov. 1 at 10:00 a.m. at St. Francis of Assisi Catholic Church in Norton. Interment will take place at the Norton Cemetery. For memorials, there is a Helen Liddle Memorial Fund for the church roof fund.

Donald Eugene Roberts March 26, 1934 - Oct. 29, 2008

Donald Eugene Roberts, son of Ralph and Elizabeth "Anna" (McCall) Roberts, was born March 26, 1934, on the family farm south of Almena and passed away at the Norton County Hospital in Norton, Kansas, on Oct. 29, at the age of 74.

Don attended rural grade school, Norton Community High School, and Fort Hays State University. He married Beverly Ann Johnson in Phillipsburg on May 22, 1955. They made their home in Norton where he worked

for the Kansas Department of Transportation for 42 years. In 1980, they moved to Garden City, Kansas, and later returned to Norton in 1993.

Don had served in the National Guard and was a member of the Harmonson-Redd American Legion Post #63 in Norton.

Survivors include: his wife, Beverly, of Norton; three children, Jeff Roberts, Smith Center; Joni and husband, Brad Danielson, Lenora; and Stan and wife, Lynn Roberts, Ogallala,

Neb.; one brother and his wife, Vernon and Donna Roberts, Norton; one sister, Loene Archibald, Norton; six grandchildren; two great-grandchildren; other relatives and friends.

He was preceded in death by his parents and two sisters.

Funeral services will be held Friday, Oct. 31 at 2:00 p.m. at the Enfield Funeral Home in Norton. Interment was at the Norton Cemetery. There is a memorial with the American Diabetes Association.

Peanuts can have many uses

Many of us enjoy snacking on peanuts or a simple peanut butter sandwich. But peanuts are also used in other foods such as sauces, ice cream, ethnic dishes, baked goods, salads, and more. It is a nutrient-dense food that adds a nutritional boost to many foods.

Peanuts are technically legumes, but most consumers see them as nuts. They are the most commonly consumed nut in the United States with 600 million pounds eaten each year. Add in peanut butter consumption and peanuts make up two-thirds of the nut consumption each year. Half of the top 10 candy bars have peanuts or peanut butter as an ingredient.

Peanuts are versatile. Besides peanut butter, peanuts are used as flour, oil, puree, sauce, and

**Home ed
Tranda
Watts,
Extension
specialist**



Peanuts also contain resveratrol, the same phytochemical found in red wine and grape skins. Resveratrol can protect against cardiovascular and neurodegenerative diseases, inflammation, and cancer. The resveratrol content varies by type of peanut and processing method. Peanut skins also contain resveratrol.

boiled. So chefs are looking for ways to incorporate peanuts into recipes.

Nutritionally, peanuts research is looking at peanuts to reduce heart disease, cancer, type 2 diabetes, and hypertension. Peanuts can also help with weight loss because they increase satiety and contain poly- and monounsaturated fats. They also add protein, fiber, folate, and many other important nutrients.

So, don't be surprised to see more peanuts being used in foods and recipes. Just think...peanuts could show up in macaroni and cheese!

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

call me at 785-443-3663 or e-mail twatts@oznet.ksu.edu. You may also contact your local K-State Research and Extension Office for a response.

It's a girl!



Olivia Dawn Alexander

Olivia Dawn Alexander was born Aug. 11 at Salina Regional Health Center in Salina. She is the daughter of Jay and Angie Alexander, of Bennington KS. She has an older brother, Connor, who is 6 years old. She weighed 7 pounds, 8 ounces and was 18 inches long.

Maternal grandparents are Robert and Sally Clydesdale of Edmond, KS. Paternal grandmother is Judy Kentfield of Bennington, KS. Maternal great grandparents are Lloyd and Glenna Sproul of Norton, KS and Doris Clydesdale of Norton, KS. Paternal great grandmother is Mary Alexander of Salina, KS.

Norton Junior High Honor Roll, 1st nine weeks

Highest Honors
7th Grade
Bailey Ambrosier, Darcy Bainter, Kristen Burge, Leif Carlson, Katelyn Engelbert, Johnnye Ruder and Landon Slipke.
8th Grade
Sierra Black, Katherine Boteler, Kamilla Jones and Ruth Kendell.

Honor Roll I
7th Grade
Gabriel Bird, Austin Hager, Ashley Hildebrand, Marisa Maddy, Marc Miller, Hannah Pollock, Christopher Richard, Ethan Ross and Jared Shelton.
8th Grade
Lane Archer, Ryan Bainter, Lane Bigge, Eli Bozarth, Jade Braun, Andrew Ellis, Christopher Fisher, Samantha Gordon, Jordan Hartwell, Sheena Hock, Silas Hock, Katelin Koch, Shelbi McKenna, Julianna Miller, Teslee Nickell, Kayleigh Norwood, Alexander Riggins, John Risewick, Emily Schulze, Ra-

chel Slipke, Dylan Sprigg and Wyatt Wentz.

Honor Roll II
7th Grade
Zachary Bird, Ty Burns, Travis Cressler, Brandy Davis, Zachary Esslinger, Shauna Gibson, Hannah Goss, Jordyn Gosselin, Christine Holzmeister, Damian Lawson, Megan Mannel, Cole Renner, Isaac Schaefers, Drew Schrum, Maggie Spradlin, Colton VanNortwick, Haley Wallingford, Jessica White and Suzanne White.
8th Grade
Rheanon Baker, Jared Bohl, Jacob Brooks, Kaitlyn Campbell, Javen Colip, Dustan Daniels, Cassius Dole, Austin Duscher, Cody Ellis, Lucas Engel, Stephanie Hager, Brianna Karnopp, Julia Kent, Alexis Lively, Carson McKenna, Alec Melvin, Dalton Miller, Vaughn Newman, John Renner, Treven Rossi, Joseph Schaefers, Lane Vanover and Jeremy Williams.

A childhood memory of Halloween

"There's some mail for you on the dining room table," Mama called as I came puffing in from school. I'm only nine and I don't get much mail, so I drop everything and run to see. The envelope is orange and is addressed with fancy, grown-up handwriting with swirls. Almost too pretty to open, but even nicer inside. "Christine is having a Halloween party and I'm invited," I squeal with delight. "Costumes and everything and a haunted house and a movie in their rumpus room!"

"A costume by Saturday night," Mama says thoughtfully. "We'll have to get busy, won't we?"

Can I wear my war bonnet? I beg. "And my leather vest?" "What a good idea," Mama says. "Isn't it fortunate your brother gave you such a timely gift?"

See, my big brother Roger is going to college now and has a job at a service station, too, pumping gas and polishing windshields. The first weekend he came home he brought me a wonderful feathered Indian headdress just like the one on the Big Chief tablets. He said with my big fat braids, I could be Pocahontas. I'm not so sure girl Indians are chiefs but I'm not giving up those feathers for anything. He also brought me a calf hide vest that was all tooled and decorated with nail heads and stars and shiny red reflectors. It has fringe just like the clothes Dale Evans wears in the movies and my name is burned into the leather like a cattle brand. Oh, it is the best, best thing I've ever had to wear in my whole life. And come Saturday I am all rigged out in the vest over a red and white checked shirt, braids tied with leather thongs, my feathers all in place. Mama helped me paint my face with rouge and lipstick and I've been practicing war whoops all afternoon. Daddy is more than ready to have me out of the house

Child of the 40s Liza Deines



so he walks me the four blocks to Christine's house.

Or is this Christine's house? Gauze cobwebs festoon the front porch, a huge cardboard black cat cutout is stuck to the front door. Jack o-lanterns glowing with candles are perched on the porch rail and spooky music is playing even outside the house. A fairy princess (Chris) leads us through a spooky tunnel of sheets to the stairs in the kitchen where Lynn, Christine's brother wrapped as a mummy, blindfolds each guest and escorts us down to what used to be a laundry room, but is now the official Chamber of Horrors. We have to take poison (unsweetened cocoa powder), eat worms (cold, wet spaghetti) and eyeballs (peeled grapes) and thrust our hands into the entrails of a corpse, which feels suspiciously like a washtub full of wet mops and sponges and then we must "lick the quivering liver."

Tastes a lot like raspberry jell-o to me! We all shriek and scream and quake appropriately, then gather to watch and giggle as the next victim is ushered downstairs. Christine's dad has a projector and pull-down screen and he rented some reels from the movie theatre man. So we get to see cartoons and a Laurel and Hardy film and even a Rocky Alan Lane western. Christine's sister supervises games and bobbing for apples, serves hot dogs, cider, cupcakes. Sharon Ann wins the costume contest in her witch robes, tall hat and broom. She carries a fuzzy, battery powered black cat that yowls and flashes its

eyes. Her grandma runs the toy shop downtown so she always has really neat stuff.

All too soon fathers start appearing to pick us up and take us home. Even though I am a big girl and I know there are no ghosts or goblins I am sure glad Dad is walking me home through the spooky darkness. "Did you have fun," Dad asks as we scuff along through fallen locust pods and dry leaves. I squeeze his big warm hand and say, "Oh, Daddy, you just can't even imagine how GOOD!" And we laugh together and turn toward the warm golden lights of home.

A NOTE FROM LIZA: Call it Devil's Night if you must, but to me, it will always be All Saints Day.

FYI

Duplicate Bridge met Wednesday evening at the Norton Manor with three tables present. There was a tie for first place with Myron Veh and Jerry Moritz and Larry Sumner and Jack Graham.

Brett Wyatt, Norton, and Kelli Cole, Long Island, were among the king and queen candidates for Fall Homecoming at Cloud County Community College in Concordia on Saturday, Oct. 18.

Movies are fun!

**FRIDAY, OCTOBER 31 —
Fish Fry Dinner Buffet - 5-8 p.m.
SATURDAY, NOVEMBER 1—
Crab Leg Dinner Buffet - 5-8 p.m.**

**HIDDEN DRAGON
CHINESE RESTAURANT**
118 S. State Street, Norton, KS — 1-785-874-4848

Give us a call at
877-3361

Oct. 31-
Nov. 5

Showing at the
NORTON THEATRE
BEVERLY HILLS CHIHUAHUA

(PG) - 1 Hours, 35 Minutes
Friday and Saturday: 8:00 p.m.
Sunday: 5:00;
Mon-Tues-Wed: 7:00 p.m.

**High School Musical 3:
Senior Year**
(G) PREMIERE
2 Hours

Since both movies are non-premieres, all movie passes accepted

Both movies are the general admission price of \$6.00 and \$5.00
SUNDAY MOVIE PRICE IS ONLY \$3.00 FOR EITHER MOVIE

COMING SOON

PREMIERING NOVEMBER 7:
•Madagascar 2: Escape to Africa (PG)
PREMIERING NOVEMBER 21
•Bolt (PG) •Twilight (PG-13)

This ad is brought to you by The Norton Telegram

COME CHECK US OUT!! ONLY A FEW OPENINGS LEFT

Holly's Clubhouse

Open House

SATURDAY, NOV. 1
11:00 am - 2:00 p.m.

Having a BBQ and Rocking Good Time!

308 W. CRANE, NORTON, KANSAS 67654 • PHONE 785-874-4019

Christmas Open House
9:00 a.m. to 4:00 p.m.
SATURDAY, NOV. 8

Drawings, Hot Apple Cider & Cookies
40% Off Fall Items
25% Off Christmas and Everyday Items
"New" Yankee Candles,
50% Off Bargain Box Room
Lots of New Items Arriving!

Norton Flowers, Gifts and Greenhouse
209 N. Kansas, Norton, KS
Phone: 785-877-3345

Chanda Bush
Hill City, KS

Chanda's Dance Illusions
Offering Adult Yoga and Adult Tap Lessons

Classes Begin After January 1, 09
Call by 12/1/08 to Enroll

27 Years Dance Experience
Dance Studio Owner for 10 Years

Chanda, 785-421-7247, Hill City
Lessons held at S. 101 1/2 Kansas Norton, Kansas