

OBITUARIES

Sarah Agnes Bengtson Oct. 27, 1921 - Dec. 16, 2008

Sarah Agnes Bengtson, daughter of Gus and Lilly (Murray) Crow, was born Oct. 27, 1921, in Illinois, and died at the Andbe Home in Norton, on Dec. 16, 2008, at the age of 87.

Agnes grew up in western Kansas and eastern Colorado, and she graduated from the Cheyenne Wells High School in Colorado. On May 18, 1946, Agnes and Merle R. Bengtson were united in marriage in Goodland. They made their home in Haxtun, Colo., where Agnes was a homemaker and Merle was the assistant man-

ager of the grain elevator. They moved to Tribune, in 1949, and following their retirement in 1982, they moved to Norton to be near family. Mr. Bengtson died March 3, 2002.

Agnes was a member of the Norton Christian Church and enjoyed bowling, camping, fishing, and being with her family.

Survivors include one daughter and her husband, Glenda and Don Campbell, Norton; one son and his wife, Raymond and Chris Bengtson, Tucson, Ariz.; one sister, LaVhon Young, Cheyenne Wells, Colo.; seven

grandchildren; 12 great-grandchildren; other relatives and friends.

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

Funeral services will be held on Monday, Dec. 22, at 1 p.m. at Enfield Funeral Home. Interment will take place at the Norton Cemetery.

Memorial contributions may be sent to the Andbe Home Activity Fund in Norton.

Friends may call at Enfield Funeral Home on Sunday, Dec. 21 from 3 p.m. to 8:30 p.m.

Anna Catherine Hicks April 9, 1919 - Dec. 16, 2008

Anna Catherine Hicks, daughter of Ira Emmett and Rilla Mae (Frakes) Pittman, was born April 9, 1919, in Minneola, and died at the Norton County Hospital on Dec. 16, 2008, at the age of 89.

Anna grew up in Minneola and graduated from the Minneola High School. She also attended beauty school in Dodge City. On Nov. 10, 1942, Anna and Truman F. Hicks were united in marriage in Ashland. They made their home in Minneola and Goodland, where Anna was a homemaker. In 2005, they moved to Norton to be near family. Truman died on

June 11, 2007.

Anna was a member of the First Baptist Church and the Royal Neighbors.

Survivors include five children, Doug and wife, Glenna Hicks, Pueblo, Colo.; Galen Hicks and Mary Hicks, both of Norton; Mike and wife, Becky Hicks, Loveland, Colo.; Sherri and husband, Gail Lee, Osborne; one sister, Bonnie Weoppel, Kansas City; eight grandchildren; three great-grandchildren; other relatives and friends.

She was preceded in death by her parents, her husband, two

sons, Jim and David, two grandsons, Brent Hicks and Wade Lee, three brothers, three sisters, two half-brothers, and three half-sisters.

Funeral services will be on Saturday at 10 a.m. at Enfield Funeral Home in Norton. Interment will be Sunday at 3:30 p.m. at the Minneola Cemetery in Minneola.

Memorials may be sent to the Norton County Hospital and the Norton Manor.

Friends may call the Enfield Funeral Home today between 3 p.m. and 8:30 p.m.

Vera Mae Reusink Dec. 16, 1932 - Dec. 17, 2008

Vera Mae Reusink, daughter of George Dewey and Edith (Allen) Laughlin, was born Dec. 16, 1932, in Norton and died at the Norton County Hospital in Norton on Dec. 17, 2008, at the age of 76.

Vera grew up in Norton and graduated from the Norton High School. On Oct. 26, 1952, she married Harland Reusink in Norton where they made their home and raised their family. She worked for Ideal Truck Lines for 30 years and later worked for Farm Bureau and Zwickle Accounting.

Vera was a member of the Norton Christian Church and the American Legion Auxiliary.

Survivors include two sons and their wives, Doug and Rhonda Reusink, Norton and Greg and Laurie Reusink, San Antonio, Texas; six grandchildren, Shadra Orso, Omaha, Neb., Amber Cook, Eudora, Neb., Angie Costley, Wichita, Jared Reusink, Dallas, Texas, Bryce Reusink, Wylie, Texas and Ryan Lurker, San Antonio, Texas; two sisters, Maxine Lowry, Logan and Viola and husband, Wendel Van Der Wege, Colorado

Springs, Colo.; and other relatives and many friends.

She was preceded in death by her parents, her husband, four brothers, and two sisters.

Funeral services will be held Monday at 10 a.m. at Enfield Funeral Home. Burial will be in the Norton Cemetery.

Memorials may be sent to Hospice Services of Norton County.

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

Arrangements are by Enfield Funeral Home of Norton.

Four generations



Four generations of Pfannenstiels, from left, Brennan Pfannenstiel; his father, Bo Pfannenstiel; grandfather Danny Pfannenstiel; and great-grandfather Marvin Pfannenstiel.

— Courtesy photo

FYI

The family of Mae Rupke requests a card shower in honor of her 80th birthday on Dec. 21, 2008. Cards of well wishes can be sent to her in care of GSS Colonial Villa, 719 N. Brown, Alma, Neb., 68920.

Duplicate Bridge met with three tables played.

Myron Veh and Jerry Moritz took first place; second went to Joyce Sumner and Jack Graham II.

Accident report

Thursday, Dec. 11 — Officer Curtis Black responded to a two-vehicle accident on Lincoln Street. Nish Millan, Norton, was backing out from a driveway when he struck the rear end of a vehicle that was parked on the road, which was partially blocking the driveway. The registered owner of the other vehicle is Richard Hageman. Damage was listed as more than \$1,000, and no injuries were reported.

Saturday, Dec. 13 — Officer Asa Stiles responded to a two-vehicle accident on Second Street. Gary Lockhart, Norton, was backing from a driveway and he struck a legally parked vehicle on the other side of the road. The registered owner of the parked vehicle is Richard Hageman. Damage was listed as less than \$1,000, and no injuries were reported.

'Joy to the world'



The Norton Jay Singers performed several Christmas numbers at the Andbe Home party Wednesday evening as part of the Andbe Home's Annual Christmas Celebration. Santa also put in an appearance, and Children Volunteers helped deliver the gifts. Tamra Cochran is the director of the 'Singers.

— Telegram photo by Vicki Henderson

During the holidays, 'relish it!'

Offering a relish tray with fresh, crisp vegetables to guests gathering for a holiday meal can appease hunger without spoiling the appetite for the upcoming meal, said Sandy Procter, Kansas State University Research and Extension nutrition specialist.

Relishes such as crisp strips of carrot, celery, and red and green pepper, plus mini-florets

of broccoli or cauliflower can be washed, cut to size and refrigerated early in the day and then plated shortly before guests arrive, she said. Olives and pickles can add a contrast in flavors, as can thin-sliced apples or pears.

Serving the relish tray first need not detract from a meal, said Procter, who is a registered dietitian and Kansas' coordinator for the U.S. Department of

Agriculture's Expanded Food and Nutrition Education Program.

More ideas on managing food, nutrition and health are available at county and district K-State Research and Extension offices and on the Kansas Extension Web sites: at www.oznet.ksu.edu/humannutrition/ and www.oznet.ksu.edu/foodsafety.

Keep calories down during holidays

Extra calories sometimes sneak up on us over the winter holidays. They don't always arrive in the form of large portions of calorie-laden food. Rather, they may tiptoe in through any tiny tastes throughout the day.

Let's look at some possible tiny tastes and see how those "tiny tastes" can add up. Calories are approximate and will vary, depending on brand, recipe, exact serving size, etc.

Taste 1: OOPS! I broke that cookie removing it from the baking sheet. I'll just eat the half that didn't get all crumbled up. I deserve it for getting up early to bake these cookies before heading to work. Approximate Calories: 30.

Taste 2: Someone brought holiday candy to work today! I'll just have one small piece of the peanut brittle. Approximate Calories: 80.

Taste 3: It's mid-afternoon and I still haven't eaten lunch. I need to pick up a few things at the grocery store before I swing through a fast food place for a quick bite. The grocery store is offering food samples — I'll just eat a little cracker with spread to tide me over until I get to lunch. Approximate Calories: 40.

Home ed Tranda Watts, Extension specialist



Taste 4: The fast food place is giving out 1/4 cup samples of its special flavored holiday coffee. I can't pass that up! Approximate Calories: 20.

Taste 5: Still a couple of hours to go to work before I head to that holiday dinner tonight. I think I'll check out the break room to see if any more goodies have shown up.... some chocolate-covered cherries have appeared! Chocolate is good for you, right? I'll just have one. Approximate Calories: 60.

Taste 6: It's a great dinner party, but maybe I shouldn't stand near the snack table before the meal starts. I'm now dipping my third chip. Approximate Calories: 75.

Taste 7: Who can pass up old-fashioned eggnog? I'll just have a half cup. Approximate Calories: 200.

Taste 8: There are just a couple

of tablespoons of candied sweet potatoes left. Someone should enjoy them — it might as well be me! Approximate Calories: 60.

Taste 9: The nice thing about helping dish up desserts is you can take a little "preview" taste — using a separate tasting spoon, of course! One heaping tablespoon of candy cane ice cream coming right up! Approximate Calories: 70.

Total Tasting Calories For The Day: 635.

If comparable types of "tiny tastes" are continued throughout the holidays, it might be possible to gain as much as a pound a week! On average, an additional 3,500 calories above your body's needs can lead to a weight gain of a pound.

Maybe that tiny taste isn't so small after all. What tiny tastes are totaling big calories for you?

For further information on holiday food preparation, nutrition and safety, contact twatts@oznet.ksu.edu. Tranda W. Watts is Multi-County Extension Specialist Foods, Nutrition, Health and Safety for Decatur, Gove, Norton, Sheridan and Trego Counties. She can also be contacted at 785-443-3663.

Call The Norton Telegram at 877-3361 with story ideas.

Dec. 19-
Dec. 24

Showing at the
NORTON THEATRE
YES MAN
(PG) - 1 Hour, 56 Minutes
In Digital Surround Sound

Friday and Saturday: 8:00 p.m.
Sunday at 5:00 P.M.
Monday and Tuesday: 7:00 p.m.
Wednesday: 2:00 p.m.

FOUR CHRISTMASSES
(PG-13)
1 Hour, 37 Min.

PASSES ACCEPTED FOR BOTH MOVIES

GENERAL ADMISSION - \$6.00 AND \$5.00
SUNDAY'S ONLY (NON-PREMIERE) \$3.00 PER TICKET

COMING SOON

Bedtime Stories (PG)
007: Quantum of Solace

This ad is brought to you by The Norton Telegram

You're Invited to Our
Open House
Monday, December 22
Tuesday, December 23
Wednesday, December 24
Will Close at Noon on December 24

AT BOTH LOCATIONS:
500 Main — Alma
202 E. Washington — Norton

Serving Cookies and Cider

Merry Christmas
FROM ALL OF US AT ...
Almena State Bank
MEMBER F.D.I.C.

Christmas Ideas from Pure Prairie

For The Holiday Table
~Shelton's Natural Fed Turkey~
Whole-Frozen~13lb Avg
~Organic~ ~Knudsen Sparkling~
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