

OBITUARIES

Leonard D. Bivens

Aug. 1, 1930 - Jan. 1, 2006

Leonard Duane Bivens, 75, Almena, died Sunday at his home. The son of Johnnie and Anna (Roeder) Bivens, he was born Aug. 1, 1930.

He lived on farms near Lenora, Norton, and Densmore, before entering the U.S. Navy on Dec. 28, 1950, where he was stationed at San Diego, Calif., and Hawaii. He also served in Japan, Korea, and the Philippines before being discharged in 1955.

He worked as a forklift driver for Inland Underground Storage and worked for Griffin Wheels making railroad wheels. He also worked on the farm near Densmore, before moving to Hill City, where he ran the Millbrook Trailer Park and worked at the Sinclair Station there. He was baptized into the Christian Church in Norton on July 19, 1954.

On Aug. 8, 1958, he married Sharon Kay Murphy in Norton.

He was preceded in death by his parents and one sister, Dolores.

Survivors include: two sons, Brian and Bonnie Bivens, Mulberry, Fla.; and Brett and Janine Bivens, Almena; one brother, Kenneth and Helen Bivens, LaPorte, Colo.; two sisters, Betty and Carolyn Bivens, both of the home in Almena; four grandchildren; and two step-grandsons.

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

Funeral services will be held at 1:30 p.m., Friday at the CrossRoads Church, Norton, with Terry Laughlin officiating. Burial will be in Norton Cemetery.

Memorials may be sent to Hospice Services of Norton County in care of Norton County Hospital, 102 E. Holme, Norton, Kan. 67654 or CrossRoads Church, 313 W. Lincoln, Norton, Kan. 67654.

J. Emmanuel White

Sept. 7, 1938 - Dec. 31, 2005

J. Emmanuel White, 67, Hill City, brother of Warren A. White, Norton, died Saturday at Via Christi Hospital, St. Joseph Campus, Wichita.

Mr. White was born Sept. 7, 1938, in rural Graham County, the son of Warren Scott and Anna (Hess) White.

He was a lifelong resident of the Hill City area where he was a farmer/stockman.

He was a member of the Millbrook Lodge Masonic No. 281, Eagles Lodge No. 1995, and Graham County Historical Society. He had been a member of the Graham County Agricultural Stabilization and Conservation Service, and of the Dawson Place board. Mr. White was a trustee and land manager of the A.J. Rice Trust.

He was preceded in death by his

parents and one nephew.

Survivors include a brother, Warren A. White, Norton; and three sisters, Norma Ruth Brown, Surprise, Ariz., Annabelle Tate, Dayton, Ohio, and Virginia Lois Quinn, Washington, D.C.

Visitation will be held from 2 to 8 p.m. Thursday at Stinemetz Funeral Home. The family will be present from 5 to 6 p.m.

Funeral services will be held at 10:30 a.m. Friday at the Hill City United Methodist Church with the Rev. Aaron Madondt officiating. Burial will be in Memorial Lawn Cemetery, Hill City with Masonic graveside services conducted at the committal.

Memorials have been suggested to the Graham County Historical Society, 103 E. Cherry St., Hill City, Kan. 67642.

Time to take off holiday pounds

Sure enough, there they are just as predicted by all the statistics. What? Why the five to ten pounds that somehow mysteriously appear right after the holiday goodies disappear. By some remote possibility could there be a connection between fudge, egg nog, shrimp dip, 'taters and gravy and the surplus pounds? And, oh yes, pecan pie just might have some relationship to the wavering needle on the scales.

Fortunately mild weather has provided an opportunity to get out and walk off a little bit of the statistics. However, that will probably not solve the whole problem. There is the alternative of the zero calorie diet which involves dining sumptuously for weeks on pickled humming bird tongues, bees, knees and mosquito knuckles or soup created from the boiled-out stains on the Christmas dinner tablecloth. Not too appealing to most.

Here's a nutritious granola recipe that will fill up the hollow tummy without adding inches to the hips, while giving a quick en-

Cook's Corner

Liza Deines



ergy boost. Try it with milk as a breakfast cereal. It is also easy to carry dry in a plastic bag for a late afternoon snack. If your metabolism remains active and level all day, you won't feel ravenous by dinner time.

Keep in mind the two cardinal rules of healthy nutrition.. One is to eat a good breakfast and the other is to eat only reasonable amounts of foods you truly love. A few days starving on grapefruit and cottage cheese or those funny diet bars and shakes and you will invariably kick over the traces and rebound to fries, triple cheeseburgers and chocolate malts. This is counterproductive in a BIG way.

MY MAMA SAID: One chocolate doesn't put on the pounds but somehow two chocolates turn into twenty pounds mighty fast.

Elenora J. Edgett

May 10, 1917 - Dec. 30, 2005

Elenora Josephine Edgett, 88, Oberlin, step-mother of Diane Stutterheim and Nyla Gebhard, both of Long Island, died Friday at Decatur County Hospital.

Mrs. Edgett was born May 10, 1917, at Jennings, the daughter of Joseph Fred and Ella Anna (Heilman) Krizek.

She graduated from Dresden High School in 1936.

She married Thomas W. McCarbrey in 1942.

On April 27, 1963, she married Henry F. Edgett.

Mrs. Edgett was a retired Kansas postal employee. She was a member of the Jennings United Methodist Church.

She was preceded in death by her parents, a brother Delmar Krizek and an infant sibling.

Survivors include: her husband, Henry Edgett, Oberlin; a son,

Michael T. and Joan McCarbrey, Shawnee; a daughter, Diana L. McCarbrey, Wichita; two step-daughters, Diane and Roy Stutterheim and Nyla and Craig Gebhard, both of Long Island; a brother, Dale and Ardell Krizek, North Platte, Neb.; three sisters, Margaret Vacura, Oberlin, Sylvia Neel, Fort Worth, Texas, and Amy Weichmann, Wichita; two grandchildren; three step-grandchildren; and four great-grandchildren.

Funeral services were held Monday at the Jennings United Methodist Church with Pastor Carrie Buhler officiating. Burial was in Big Timber Cemetery, rural Jennings.

Memorials are suggested to the Jennings Museum in care of 221 S. Kansas, Jennings, Kan. 67643.

Food planned-overs stretch family budget

Making extra food to serve another day is a great time saver — if food is handled safely and in a way to assure the best taste.

Follow these tips to transform languishing leftovers into promising planned-overs.

Cooling:

- Separate and refrigerate the portion to be served later before you put the food on the table. This keeps food quality higher by preventing "planned-overs" from becoming "picked-overs." It also helps keep food safe.
- Refrigerate planned-overs in shallow containers so they cool faster. It's not necessary for food to be completely cool before being refrigerated. To help food cool a little before refrigeration, place shallow containers on a cooling rack to allow air to circulate all around the pan for 20-30 minutes.
- For thicker foods such as stews, hot puddings and layers of meat slices, limit the depth to 2 inches. Loosely cover food before refrigeration. This allows heat to escape and protects from accidental contamination from other foods during cooling. Stir occasionally to help food cool, using a clean utensil each time. Cover tightly when cooled.
- Avoid letting perishable cooked foods such as meat, poultry, fish, eggs, dairy products, cooked rice and pasta sit at room

temperature longer than two hours total, including the first and second use.

- A refrigerator temperature of 40 degrees or lower will slow bacterial growth. Keep your freezer at zero degrees or lower. Freezing will stop most bacterial growth, so frozen foods keep longer than those in the refrigerator. Freezing does not kill bacteria, so it is still important to handle food safely.
- Keep an appliance thermometer in your refrigerator and in your freezer to assure they stay at these recommended temperatures. Buy a thermometer at a store that sells kitchen cooking tools. Periodically, place an instant-read thermometer in your refrigerator and in your freezer to check the accuracy of your appliance thermometer. Replace inaccurate thermometers if they cannot be calibrated.

As a general rule, use refrigerated planned-overs within 1-2 days for best safety and quality. Freeze for longer storage. Cool foods in the refrigerator before putting them in your freezer.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Norton, Decatur, Gove, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail twatts@oznet.ksu.edu. For more information, contact the county extension office, 877-5755.

GOOD-FOR-YOU GRANOLA

- | | |
|--|---------------------------|
| 3 cups old-fashioned raw oats | 1/2 cup golden raisins |
| 1/2 cup wheat germ | 1/2 cup dried cranberries |
| 1/2 cup all bran cereal nuggets | |
| 1 cup angel flake coconut | |
| 1 cup slivered almonds (not flavored) | |
| A good shake each of salt, cloves, cinnamon and ginger | |
| Combine all these items in a big bowl and stir. | |
| Stir seasonings into beaten eggs and pour over the oats mixture. Stir to coat and spread out on a cookie sheet. Bake 45 minutes at 300 degrees. At fifteen minute intervals, stir mixture in from corners and edges. Stir in the dried fruits during the last fifteen minutes. Cool before storing in a large covered plastic container. Keep in refrigerator or freezer. Makes 10-12 cups, about 180 calories per half a cup. | |

Couple celebrates 60 years with family in Colorado

Ralph and Evelyn Strayer, Atwood, spent Christmas in Denver with their family and also celebrated their 60th wedding anniversary.

Mr. Strayer is a brother-in-law of Ruby Strayer, and an uncle of Norman Strayer, Doug Strayer, Mary Ann Taylor and Virginia Harvey, all of Norton

Their daughters, Joyce Hicks and Janice Strayer, met them at Cope, Colo., to drive them to Denver. Daughter Carla and Larry Chvatal flew in from San Diego, Calif.

Mr. and Mrs. Strayer were surprised with a carriage ride in downtown Denver. Everyone viewed the Christmas lights, then had dinner at the Cherokee Grill.

Ms. Strayer hosted a Christmas Eve supper. Christmas Day, grandson, Mark and Stephanie Hicks, joined the family at Ms. Hicks' for dinner and a gift exchange. Additional guests for supper were Mr. and Mrs. Strayer's niece, Carol and Donald Glenn, of Northglenn, Colo.

The Strayers and family were Monday morning breakfast guests of Bryan Pulte at the Brown Palace.

Ms. Hicks and Ms. Strayer drove their parents part of the way home.

The Norton Telegram... News you need!

Josephine E. Welborn

Jan. 19, 1920 - Jan. 3, 2006

Josephine E. Welborn, 85, Lebanon, Neb., died Tuesday at the Andbe Home in Norton.

The daughter of Ernest and Anna (Schmid) Hanni, she was born Jan. 19, 1920, on a farm south of Hendley, Neb.

She grew up in the Hendley community and attended country school.

On Jan. 18, 1946, she and Lauren Daffer were married in Norton. They made their home in Beaver City, until Mr. Daffer's death in 1959.

On Jan. 14, 1965, she married Carl Welborn in Beaver City. In 1971, they moved to a farm near Lebanon, Neb.

In September 1997, they moved to TimberCreek homes in Norton. They moved into the Andbe Home in October of 2001. He died in November that same year.

She was a member of the First United Methodist Church in Beaver City and the American Legion

Auxiliary and VFW in Lebanon.

She was preceded in death by her parents and her two husbands.

Survivors include: two sons, Jay Dee and Julia Daffer, Norton and Barry and Karen Daffer, Holdrege, Neb.; a daughter, Pamela and Lynn Menagh, Norton; two sisters, Ruth and Lawrence Kentfield, Beaver City and Arlene Clawson, Holdrege; nine grandchildren; and 12 great-grandchildren.

Friends may call from 3 to 8:30 p.m., Thursday at the Enfield Funeral Home in Norton.

Funeral services will be held at 10 a.m. Friday at the funeral home with burial at 11:15 a.m. in the Lebanon Cemetery.

A memorial has been established in her name. Contributions may be made to the Josephine Welborn Memorial Fund in care of the funeral home at 215 W. Main, Norton, Kan. 67654.

Jade exhibit featured as museum prepares for high school display

It's a brand new year and the Dane G. Hansen Museum has a lot planned for 2006. You are encouraged to become a member of the museum in 2006 and not only support the arts in our area but receive many benefits as well. Memberships are in the amount of \$10, \$25 or \$50.

Gordon Mai is the January "Artist of the Month" with his photog-

raphy and paintings. Mr. Mai, an artist from Wilson, was chosen as one of the honored artists from last September's crafts fair.

The exhibit on display from the Smithsonian Institution contains 37 jade sculptures. The exhibit closes Jan. 29.

The museum is preparing for the largest display of high school art it has ever had.

READERS

Andrew Noone began working for Rural Telephone, Oct. 31 as the Mobile Radio Services Coordinator in Lenora.

Mr. Noone earned an associates degree in electrical services at North Central Kansas Technical College and lives in Logan.

— **Steak and seafood night, Thursday and Saturday, 6-9 p.m. American Legion. Members and guests.** 1/3

MARKETS

At close of business Jan. 3

Wheat	\$3.58
Milo	\$1.70
Corn	\$1.91
Soybeans	\$5.55

NOTICE OF NOMINATIONS FOR DIRECTORS TO THE ANDBE HOME BOARD

Three positions on the Andbe Home Board of Directors expire in 2006. These positions will be filled by election at the Annual Meeting in March. Nominees will be chosen by the Andbe Home, Inc. Nominating Committee.

A director must be a resident of Norton County. A director whose term is expiring may be nominated. Any person may propose in writing the name of a person for the committee to consider for nomination. All nominations must be signed in order to be considered for nomination.

Names must be submitted by February 10, 2006 to:

Norma Browne, President of Andbe Home Board
709 Valley Vista, Norton, KS 67654

Doctors Clinic

711 N. Norton—Norton, Kansas
785-877-3305



Front Row: Kay Garman, Glenda Maurer; Back Row: Ruben Silan, Jeff McKinley, Roy Hartley

Kay Garman, ARNP/CNM
Glenda M. Maurer, M.D. - Family Practice/Obstetrics
Ruben D. Silan, M.D. - General Surgery/Family Practice
Jeffery McKinley, D.O. - Family Practice/Obstetrics
Roy W. Hartley, M.D. - Family Practice

Medicare, Medicaid and Blue Cross/Blue Shield Participating Provider

To make an appointment please call the
Doctors Clinic at 877-3305 or 1-800-436-4101
OUR OFFICE HOURS ARE
8:30 a.m.-5 p.m. Monday through Friday
We are also open on Saturdays 9 a.m.-12 noon

In the case of an emergency contact the Norton County Hospital at 785-877-3351 — 102 E. Holme, Norton, Kansas