

# OBITUARIES

## Seraphina C. Flax Jan. 16, 1918 - Dec. 19, 2007

Seraphina Catherine Flax, 89, died Wednesday, Dec. 19, at the Norton County Hospital.

The daughter of John B. and Barbara (Leiker) Leiker, she was born Jan. 16, 1918, in Munjor.

On Nov. 9, 1954, she and Gilbert Flax were married in Munjor. She was a homemaker and she and Gilbert farmed and lived in the Clayton area until 1997, when they retired and moved to Norton.

She was a member of the St. Ann's Altar Society in New Almelo and the St. Francis Altar Society in Norton. She was a member of the LD club, Ladies Aid Club and had been a 4-H leader of the Prairie Dog 4-H club.

She was preceded in death by her parents, two brothers, Michael Leiker and Christian Leiker, and three sisters, Pauline Pfannenstiel,

Philomena Pfannenstiel, and Adela Flax

Survivors include: her husband, Gilbert, of the home in Norton; two daughters, Gladys and Mark Nelson, Blair, Neb. and Linda and Gary Kaus, Manhattan; one sister, Sophia Leiker, Hays; one sister-in-law, Helen Leiker, Antonino; four grandchildren; and two great-granddaughters.

A rosary service will be held today at 7 p.m. at Enfield Funeral Home. Friends may call there until 8:30 p.m.

Mass of the Christian Burial will be held at 9:30 a.m. Saturday at St. Francis of Assisi Catholic Church.

Contributions to the Seraphina Flax Memorial Fund may be sent to Enfield Funeral Home, 215 W. Main, Norton, Kan. 67654.

## Robert D. Hickman July 16, 1925 - Dec. 17, 2007

Robert D. Hickman, 82, died Dec. 17 at the Norton County Hospital.

He was born to George and Pauline (Schick) Hickman, on July 16, 1925, at home in Logan.

Bob, as his many friends called him, grew up in Logan, attended the Logan schools, and served in the U.S. military.

On June 5, 1949, Bob and Eileen Halderman were married in Goodland, Kansas.

They made their home in several places in Kansas and Colorado Springs, Colo., where he was a brick mason by trade. His skill and talents are readily apparent on many buildings and fireplaces. In 1999, they moved to Norton.

He was a member of the VFW Post 4051 of Colorado Springs, and loved hunting, fishing and the outdoors.

He was preceded in death by his parents and one brother,

George Hickman, Jr.

Survivors include: three sons and their wives, Stephen and Kristi Hickman, Albuquerque, New Mexico; Dwight and Susie Hickman, Dallas, Texas; and Brian and Sherry Hickman, Norton; one brother, Edwin Hickman, Littleton, Colorado; two sisters and their husbands, Eulalia and Charles Scherer, Hutchinson, Kansas; and Deloris and Lloyd Becker, Logan, Kansas; one sister-in-law, Glennis Hickman, Colorado Springs, Colo.; seven grandchildren; many nieces and nephews; other relatives and friends.

Funeral services will be held at 1 p.m. Saturday at the Norton Christian Church. Inurnment will follow at the Logan Cemetery.

Contributions to the Robert Hickman Memorial Fund may be sent in care of Enfield Funeral Home, 215 W. Main, Norton, Kan. 67654.

# Small resolutions are better than one big one

A New You All Year

At the stroke of midnight on Dec. 31, millions of people will resolve to lose weight, exercise more, and eat better. But how many of these resolutions are "history" by Feb. 1? This year, why not take a different approach? Set one resolution to do for each month throughout the year. Try each of the suggestions below for one month, or make your own list of monthly resolutions. The key is to keep new behaviors specific and do-able.

**January:** This month, eat three servings a day of whole grain cereals, breads and tortillas, instead of products made with refined enriched flours and grains.

**February:** Eat canned, fresh or frozen fish eight times this month, or twice a week.

**March:** Switch from sweetened drinks to beverages without added sugar this month.

**April:** This month, increase your intake of fresh, frozen or canned dark green, yellow or orange vegetables, and cooked dry beans and peas.

**May:** This month, include low-fat or fat-free sources of calcium in your diet. Switch from whole to low-fat milk, and choose reduced-fat yogurt and cheese.

**June:** Break into summer by eating breakfast each day of this month.

**July:** Good job — the year is half over, and you have practiced a variety of ways to eat healthfully! Increase your intake of fruits (fresh, canned, frozen, dried or juiced) to 2 cups a day this month, with no more than 1 cup of fruit juice per day.

**August:** This month, choose steamed, grilled or baked dishes instead of fried foods. Trim visible fat and skin from meat and

## Home ed Tranda Watts, Extension specialist



poultry.

**September:** with Less Sodium. Avoid salty snack foods this month. Instead, snack on fruits, vegetables, whole grain breads and crackers, low-fat popcorn, brown rice cakes, graham crackers or a small handful of unsalted nuts or seeds.

**October:** Eat four meatless suppers this month, or one each week. Include meals with cooked dry beans, calcium-rich foods, whole grains, fruits and vegetables.

**November:** This month, change four favorite recipes to lower their content of solid fats, added sugars, full-fat dairy products, fatty meats, and/or sodium.

**December:** Maintain your body weight this month. Each day, get plenty of physical activity and limit your intake of alcohol to one drink and of high calorie foods to one serving. As the month closes, congratulate yourself for practicing 12 healthy eating habits this year. Resolve to continue to take steps to a healthier you.

If you have questions, contact your local K-State Research and Extension Office.

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](mailto:twatts@oznet.ksu.edu). For more information, contact the county extension office, 877-5755.

# DEATH NOTICE

## Henry J. Tien Dec. 25, 1934 - Dec. 17, 2007

Henry J. Tien, 72, Prairie View, died Dec. 17 at Norton County Hospital.

Funeral services were held today in the Luctor Christian Reformed Church. The Rev. Jeff Van Der Weele officiated. Burial was

in the Luctor Cemetery.

Memorials are suggested to the church or to the Prairie View Community Center. Contributions may be made in care of Olliff-Boeve Memorial Chapel, 1115 2nd St., Phillipsburg, Kan. 67661.

Have a story idea? Call 877-3361 and let us know ... we'd love to hear about it!

**James E. Reeves**  
DPM, P.A.  
Norton Hospital Specialty Clinic  
**Tuesday, January 8**  
1:00 - 4:00 p.m.  
**PHONE: 785-877-3351**

Give a Unique Christmas Gift  
Self Drawn Individual or Family Portraits  
ORDERS NOW BEING TAKEN  
CAN COMBINE INDIVIDUAL PHOTOGRAPHS INTO ONE FAMILY PORTRAIT  
For More Details Contact:  
Shawna Engelsman at 785-874-4741

Dec. 21-  
Dec. 26

Showing at the  
**NORTON THEATRE**  
**Alvin and the Chipmunks**  
1 Hours, 45 Minutes (PG) Premiere  
Movie Show Times: Fri. & Sat.: 7 p.m. & 9:35 p.m.  
Sun.: 5 p.m. & 7:35 p.m.; Mon.: Closed  
Christmas Day: 5 p.m. & 7:35 p.m.  
Wednesday: 7 p.m.

**NATIONAL TREASURE: BOOK OF SECRETS**  
2 Hours, 20 Minutes (PG)

Let's Go to the Movie

PREMIER MOVIE PRICE OF \$7.00 AND \$6.00 FOR BOTH MOVIES; ONLY PREMIER MOVIE PASSES WILL BE ACCEPTED

POPcorn

Open Christmas Day

## Jail Log

Dec. 8 — Casey Slate, Norton, driving under the influence.

Dec. 10 — Zackery A. Russell, Fort Bragg, N.C., serving 5 days, released Dec. 15.

Dec. 10 — Darrell Delong, holding for Shawnee county and Department of Corrections bus, released Dec. 13.

Dec. 11 — Robert Guiland, Towanda, holding for Butler County and Department of Corrections bus, released Dec. 13.

Dec. 12 — Ryan Reynolds, Topeka, holding for Shawnee County and Department of Corrections bus, released Dec. 13.

Dec. 19 — Jessie Lee Bosby, Grandview, Mo., holding for Johnson County, Mo., released Dec. 20.

influence of alcohol, minor in possession of alcohol and failure to wear seat belt. Amended to criminal trespass, counts 2 and 3 dismissed. Fine \$100, court cost \$70 and to pay all cost for court appointed attorney.

Dec. 13 — Brent Fine, Lenora, speeding 55 in a 40 mph zone, fine \$60, court cost \$70.

Dec. 13 — Zulys Arturas, Orland Park, Ill., speeding 41 in a 30 mph zone, fine \$36, court cost \$70.

## Criminal

Dec. 13 — Cody Stewart, Norton, unlawful hosting. Trial set.

## District Court

These transactions were taken from the records of filings in the offices of the District Court clerk at the Norton County Courthouse. Traffic, criminal and wildlife parks cases are given to the paper when the fines are paid. Limited action and small claim cases are reported only after the defendant is served.

## Municipal Court

These transactions were taken from the records of filings in the offices of the Norton Municipal Court. The traffic and criminal cases were given to the paper with the date of the hearings.

## Traffic

Dec. 13 — Janie Wiley, Beaver City, Neb., speeding 45 in a 30 mph zone, fine \$60, court cost \$70.

Dec. 13 — Elliott Conard, Norton, driving while suspended. Amended to violation of restrictions, license suspended until March 1, 2008, fine \$250, court cost \$70.

Dec. 13 — Elliott Conard, Norton, unlawful operation of ATV, fine \$60, court cost \$70.

Dec. 13 — Casey Slate, Norton, driving while under the influence of alcohol, 2nd offense, driving while suspended 90 days jail time to be reduced to 5 days if all fines paid by Dec. 31, 2008. Fine \$2,000, court cost \$70.

Dec. 13 — Nicholas Phillips, Norton, driving while under the

## Traffic

Nov. 6 — Nicole Lynn Neitzel, St. Petersburg, Fla., speeding 83 in a 65 mph zone, fine \$78, court cost \$66.

Nov. 23 — James McGrath, Arvada, Colo., speeding 80 in a 65 mph zone, fine \$60, court cost \$66.

Dec. 2 — Jennifer M. Buessing, Wheatridge, Colo., speeding 78 in a 65 mph zone, fine \$48, court cost \$66.

Dec. 10 — Melvin S. Thomas, Beaver City, Neb., defective tail lamp on motor vehicle, no tail lights, fine \$30, court cost \$66

## Animal Shelter For Adoption

Male Boxer, 1 - 2 years old.  
Male, long hair domestic, 3 months old

## MARKETS

At close of business Dec. 20

Wheat.....	\$9.28
Milo.....	\$3.92
Corn.....	\$4.06
Soybeans.....	\$10.69

Drive safe and Buckle up... It's the law

**Farm Equipment For Sale**

Kelly Ryan 5 x 12 Feed Wagon  
Newly Rebuilt Gearbox - \$2,500

24 Ft. Travalong GN Cattle Trailer  
Gray - Near New Radial Tires  
\$4,500

Turned Tires - \$30.00 Each

If Interested Please Call 308-268-7955 or 308-268-6581

**Thank You**

To Local Organizations and Individuals Who Supported Our Christmas Basket Project

**"SPECIAL THANKS" TO:**  
The Thrift Shop, Jamboree Foods, Norton Shop and Save, Valley Hope Association, USD 211, Norton Senior Center, Busy Jayhawkers 4-H Club, Willing Workers Club, PEO, North Dividers FCE Club, KQNK Radio, Norton Telegram, United Methodist Women, Hays SRS Office, Lofgreen Farms, New Age Industries, Inc., NCHS Kay Club, and the many individuals who donated their time, money, and food to make this a successful community project.

Through Your Generosity, 97 area needy families had a more enjoyable and meaningful Christmas

**The Norton Lions Club**  
CHARTERED MARCH 30, 1930

# READERS

— **FIRST State Bank will close at noon on Dec. 24 and open regular hours on Dec. 26**

— **FIRST Security Bank & Trust will close at noon on both Monday, Dec. 24 and Monday, Dec. 31.**

Last week the Duplicate Bridge Club met Wednesday, Dec. 12 at the Norton Manor for their regular weekly session with three tables present. Winners were: first, Sam and Bonnie Manning; and a three-way tie for second place between the teams of Jake Durham and Joe Durham, Mary Keith and Ivy Roland and Myron Veh and Jerry Moritz.

The Club met Wednesday, Dec.

19 with four tables present. Winners this week were: first, Sam and Bonnie Manning; and second, Myron Veh and Jerry Moritz.

— **FIRST State Bank will close at noon on Dec. 31 and open regular hours on Jan. 2.**

Deyton Hager received an associate of applied science degree in electric power and distribution from Manhattan Area Technical College during commencement exercises held Dec. 15 at McCain Auditorium on the Kansas State University Campus.

— **ALMENA State Bank will close at noon, Monday, Dec. 31.**

You'll find it all in...  
**The Norton Telegram**

Look Hot Even if the Weather Is Not!

**CHRISTMAS SPECIALS Good Until December 24**  
Only \$199.99 Unlimited Tanning with the Solaris42 15 Minute Bed for 1 Year  
Go for the StarPower548 12 Minute Bed w/Unlimited Tanning for a Year at only \$299.99  
Enjoy the Thermal Jet Heated Wrap System and Get 15 Wraps for \$275.00

• Gift Certificates are Available •  
Check Out Our Website for Coupons  
[www.bellasolespa.com](http://www.bellasolespa.com)

**Bella Sole**  
212 Pearl St, Norton • 785-874-4289

OPEN MONDAY-FRIDAY 9:00 A.M.-7:00 P.M.