

OBITUARY

Steven W. Dalton Dec. 12, 1958 - Feb. 6, 2008

Steven Weldon Dalton, 49, Jonesboro, N.C., nephew of Ruth and Jake Durham, died Wednesday, Feb. 6.

He was born on Dec. 12, 1958, in Savannah, Ga., to Burness W. and Amanda (Robinson) Dalton. He attended elementary school in Piggott, Ark., and graduated from Jacksonville High School in Jacksonville, Ala., where he was a state champion wrestler.

He lived for a time in Norton when his mother was a school teacher in the Norton schools. He attended the University of Alabama.

He was certified in heating, air conditioning, and welding. He formerly owned a company in Greensboro, N.C.

He married Darlene Jarred on Oct. 3, 2004, in Greensboro and they lived in Puerto Rico for a while. She died on Aug. 24, 2007.

He was preceded in death by his wife, Darlene; his brother and sister-in-law, Charles R. and Judy Dalton; his grandparents, L.D. and Mildred Whitaker Robinson and

Burness O. and Julia Fain Dalton, and a cousin, Rick Robinson.

Survivors include a son, Jake Dalton, of High Point, N.C.; stepchildren, Jessie and Derric Bostic; JoAnna Jarred, Brandi Swain and Kevin Swain; his parents, Amanda Robinson Lane and Duane of Cherokee Village and Burness W. Dalton and Robin of Calhoun, Ga.; three brothers Fain and Sandra Dalton, Steve Lane and David Lane; three sisters, Cindy and Tim Lanik, Sue and Monty Fread, and Mary Stewart; three aunts, Tica Camp, Ruth and Jake Durham and Paula and Fred Hollis; three uncles, John and Judy Robinson, Corky and Eleanor Dalton and Gary and Helene Dalton.

A memorial service was held Feb. 16, at Burnett's Chapel in Greensboro.

For those wishing to leave lasting memorials, the family requests you please consider Burnett's Chapel, 1201 Burnett's Chapel Road, Greensboro, N.C. 27406.

To sign an online guest book, go to www.emersonfuneralhome.com.

Event coordinator speaks to Lions Club

April Karnopp, assisted by MaryJo Montgomery, spoke to the Norton Lions Club Feb. 19. Mrs. Karnopp shared her experience of sponsoring an all-night, all-girls pajama party at The Rock Jan. 20 through the morning of Jan. 21. The event was open to sixth, seventh and eighth grade girls.



April Karnopp

Mrs. Karnopp said she wanted the event to help the girls think about personal boundaries and she wanted to add a faith base to the message.

She said, "The school does a good job of educating but by holding this at The Rock, we were able to include God in the conversation."

Mrs. Karnopp told the club members she had lots of help from several women of faith in the community. Guest speakers included Chandra Daffer, Fort Hays State University, who advised the girls about internet safety; Deb Anderson spoke about young women, the law and abusive relationships; Gina Frack spoke on avoiding tobacco use and sexually transmitted diseases; Megan O'Connor and

two guest speakers talked about drug and alcohol prevention; Joslyn Hensen gave the girls advice on skin care; and Mrs. Karnopp spoke to the girls about the topics covered in a book, *Every Young Woman's Battle* by Shannon Ethridge. Mrs. Karnopp said the book was available at the Norton Public Library.

Other sponsors recognized were Karla Colligan who gave massages; Sherry Renner who coordinated the evening meal; MaryJo Montgomery who coordinated Monday morning breakfast; and Cindy Mordecai and Patty Kleinschmidt who helped chaperone.

Mrs. Karnopp said the young girls were wonderful and plans are already underway for next year.

She said she can use all the help she can get and she is also looking for men to be presenters as well. She said they would add balance to the program.

If you are interested, call Mrs. Karnopp at 877-5608.

In other business, the club: •Learned annual calendar sales are scheduled to begin.

Detox diets the latest fad to rival common sense

To give you the most up to date and accurate information on this topic, Dr. Mary Meck Higgins, Kansas State University Extension State Leader in Human Nutrition, had this to say: "A practice that has gained publicity recently is detoxifying the body, or neutralizing it from harmful toxins. Let's look at the claims of detox diet books and products.

With many detox diets, the user temporarily stops eating all foods. He or she is to drink just water. Then the detox dieter adds some foods back into the diet, but abstains for a time from foods that are said to contain "toxins", often including cooked foods, meat, sugar, certain grains, dairy, alcohol and/or caffeine.

In moderation, these dieting practices would not harm a healthy adult.

The Body Eliminates Toxins Naturally

Medical and health experts say that throughout each day, the body routinely eliminates toxins quickly and completely, in urine and bowel movements. So it doesn't build up toxins or need to be periodically detoxified. Despite claim by detox proponents, no scientific studies have proven that detox diets or products help to draw out and remove toxins, provide more energy, increase resistance to disease, or do anything beneficial.

Harmful Side Effects of Detox Diets Possible

Extreme detox diets can lead to unhealthy side effects. Denying the body the nutrition it needs by following an extreme detox diet can weaken the body's ability to fight infections, rather than strengthening it. A side effect of a short fast can include a headache and low blood sugar. Long-term fasts or severe calorie restriction

Home ed Tranda Watts, Extension specialist



can upset blood levels of potassium and sodium, and can lead to fainting, the break down of muscle, anemia, irritability, an irregular heartbeat and a shortage of vital nutrients.

Some detox diets call for the use of herbal teas or formulas, laxatives, enemas and other products that claim to cleanse, strengthen, heal, rest or rejuvenate the intestine, liver or other organs. Unhealthy side effects can include excessive diarrhea, an upset stomach and dehydration.

Detox dieters with a chronic health condition, such as diabetes or heart or kidney disease, or who are pregnant or nursing, put themselves at special risk for serious side effects.

The Bottom Line

Using detox products such as diets, teas, herbals, supplements or kits can be very expensive and may put your health at risk. The healthiest diet is one rich in whole grains, fruits and vegetables, low fat high-calcium foods and lean meats and beans. It may not be very "glamorous," but in terms of your good health, it can't be beat!

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.

HANSEN MUSEUM

The 31st Annual High School Art Show Preview was held Sunday at the Dane G. Hansen Museum. Over 140 people attended the preview. Participation certificates were awarded and Mid-Continent League awards were given. The exhibit will run through March 30. Participating schools are: Ellis, Hill City, Logan, Norton, Osborne, Palco, Phillipsburg, Plainville, Smith Center and Wakeeney.

Two hundred twenty-eight artists are displaying 439 pieces of artwork. The categories are: Painting Acrylics, Painting Oil, Watercolor/Tempera, Drawing/Pencil, Ink/Scratch Board, Printmaking, Colored Pencil, 3D Design/Sculpture, Ceramics, Jewelry, Graphic Design, Pastel/Crayon

and Charcoal.

The March Artist of the Month is Gerald Sigl from Holdrege, Neb. Mr. Sigl has handcrafted leather goods on display. He has picture frames, coin purses, purses, checkbook covers and much, much more!

Museum hours are Monday through Friday, 9 a.m. to 12 p.m. and 1 to 4 p.m.; Saturday 9 a.m. to 12 p.m. and 1 to 5 p.m.; Sunday and holidays 1 to 5 p.m. We are handicapped accessible and there is never an admission fee. There is a free Wi-Fi Hotspot in the Community Room. For more information about this and other exhibits, contact Shirley Henrickson at 785-689-4846 or check out our website at: www.hansenmuseum.org.

Mother of ten to speak at After-5 Club meeting March 13

Norton After-5 Club invites all area women to attend the March dinner and meeting at 6:30 p.m. on Thursday, March 13 at the Town and Country Kitchen, E. US Highway 36.

The cost for the dinner meeting is \$8 per person. Please note the change in cost. Free baby sitting is available. For reservations and cancellations, please contact Joan Knoll 877-3042 by Tuesday, March 11.

"Ewe Wool Luv It" is the theme for the evening. "Shear Delight" presented by Sue Ann Stutheit,

Norton vocalist, is the special music for the evening.

The Norton After-5 Club will have as their special speaker for the evening, Jean Hofman, Battlecreek, Iowa. Ms. Hofman, mother of 10, tells how "ewe" can mother a flock. Her presentation is homespun and humorous.

The Norton After-5 Club is non-denominational and open to all area women.

Part of Stonecroft Ministries, After-5 Clubs are located throughout the United States and Canada.

Memories always linger of first dates, first cars

Doing a bit of research among my Carlyle companions, I was amazed to discover most guys had no idea of when their first date took place or even who the girl was. Several of them couldn't even recall proposing to the girl they eventually married. Women interviewed recalled every detail of their first date, where, when, who, whether he was on time and darned near every word he spoke. Now, given, we are older people and memories do fade, but it just proved once again that males and females are as different as cheese and chalk.

Carlyle Comments Liza Deines



What lingers in a man's memory is his first car. You can count on it, every time. They can tell you the make, model, year, gas mileage, mechanical peculiarities and the first time they drove it. One fellow did share a memorable date, but it was only memorable because it involved his first vehicle.

Seems he'd been eyeing a girl from church for some time so when he got that wonderful wheeled creation of Henry Ford, the first thing he did was call and ask her out for a night on the town.

In 1930s Kansas City that meant hamburgers and sodas at Sheridan's, a Plaza theatre movie and then dancing at the PlaMor Ballroom nearby. By the time the evening was over, they were so stary-eyed and enchanted that they rode the streetcar home. It was the next morning before he remembered his precious new car, languishing in a parking lot many blocks away. A long walk later he found the car gone. Thinking theft, he hurried right down to the police station only to find his wheels had been not stolen, but impounded. The fine and impoundment release set him back his last \$2, gas money for a whole month. Just to put the frosting on the cake, he ran out of that precious commodity on the way home and had to push that snazzy new car the last few blocks. Little wonder he never forgot that date, but it sure didn't have much to do with his female companion.

On the other hand, every woman will go into excruciating detail, from the hairdo to every stitch of

clothing worn, jewelry, perfume and all. Ah, vanity, thy name is ever woman whether it's hose with butterflies embroidered up the seams or diamond nose studs. No bared navels but oh, the mysterious allure of that one enticing button left undone. And they all remembered sheer "barbed wire" nylon or organdy blouses, so-called because he could see through but not get through to the lacies worn beneath!

First cars of the era did involve dates in a manner of speaking. Guys spent hours under the hoods of "souped up" jalopies, repairing this or that. We girls spent those hours standing as close as possible, handing over wrenches or other doo daddies, hoping eventually he'd look up long enough to notice how good we looked in our new white short shorts with the cute little cuffs. Being the first girl to ride in any guy's first car was a definite forerunner to "going steady". Only one boy I ever knew got a brand new car for his birthday. We thought he was a "spoiled rich kid" but it was every girl's dream to be seen dragging Main on Saturday night in that red Mercury convertible.

Second only to the loss of a life partner, the most difficult transition for an older man here at The Carlyle is the loss of his car and his keys. For women, it's the loss of physical attractiveness. Some fight it for all they are worth, others just concede, but either way it's just plain hard. If you're dealing with an aging family member, please do your best to be extra understanding when these events occur. A car is not just a car to a man. And money is not wasted on beauty salon appointments even for an old lady. These things were an integral part of who we once were and when they must be surrendered, they will be missed until the day we die.

LYLE NEWS

By VEDA WOOD

Dixie Wood, Veda Wood's sister, called to let everyone know her husband, Elvin Wood, is better. He had suffered a mild heart attack. Now, he has pneumonia, but when he is better, he can go home. Mervin Wood, Newton, Iowa, is in the hospital, too.

Veda Wood's, Aunt Alta, who is 103, was having chest pains and was taken to the hospital in Hastings. It turned out to be a false alarm and Alta called Veda the next day.

Gary Anthony had an allergic reaction to some medication, but is better.

Helen Helm, Cambridge, Neb., recently wrote to Veda Wood. Mrs. Helm sent her a copy of "Legend of the Cherokee Rose" because

she knew of Mrs. Wood's interest in the "Trail of Tears".

June Jolly called to say Joan Morris had died. Ms. Morris was the daughter of Kenneth and Opal Ankenman, who lived just north of Lyle.

It was also learned that Jean Spires, Norton, has died. She was the daughter of Jesse and Eunice Huff, of the Lyle community.

MARKETS

At close of business Mar. 3

Wheat.....	\$11.24
Milo.....	\$5.02
Corn.....	\$5.29
Soybeans.....	\$14.19

READERS

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

The family of Frances Mosier

would like to honor their mother with a card shower to celebrate her 80th birthday. Birthday greetings will reach Mrs. Mosier at 322 W. Main, Norton, Kan. 67654.

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

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What is
Whispering Pines Like?
Just Like Home!

Note from a friend,
I am so glad Whispering Pines was there for Ione. It is a lovely place and your staff and residents were so good to her. She loved you all. She was a wonderful sister.

Thanks to all,
Anna Marie Kauten

Call Cynthia Collins for
Information - 785-874-5500

Kansas Department of Aging-Partnership Loan Program
Medicaid Approved - HCBS Approved

Basic Computer Education Course
SATURDAY, MARCH 8 AND 15 - 9 A.M. TO 1 P.M.
USD #211 Learning Center, 600 N. State Street, Norton
(BEHIND THE EAST CAMPUS AUDITORIUM)

This two day course is offered through Northwest Kansas Technical College for \$35. It will cover basic computer programs, including Microsoft Word, Excel, PowerPoint and Internet. Class size is limited to 10 people.

Hurry and register today by calling or stopping by the Norton City/County Economic Development Office

Norton City/County Economic Development
113 N. Norton Street, Suite B
Norton, Kansas 67654 - (785) 874-4816

Feb. 29 - March 5
Showing at the
NORTON THEATRE
Juno

1 Hour, 38 Minutes (PG-13)
Show Times: Friday & Saturday 8:00 p.m.;
Sunday: 5:00 p.m.; M-T-W: 7:00 p.m.

27 Dresses
1 Hour, 55 Minutes (PG-13)
General Admission for 27 Dresses — \$6.00 Adults, \$5.00 Kids 12 & Under
Juno — General Admission
Also

Let's Go to the Movie

COMING SOON:
•March 7-The Bucket List (PG-13) •March 14-Horton Hears a Who (G)