

OBITUARIES

Everett F. Johnson Jan. 1, 1914 - Aug. 28, 2008

Everett Falster Johnson, 94, died Aug. 28, 2008 at the Sherman County Good Samaritan Center in Goodland. He was born Jan. 1, 1914 in Granis, Ark. to James and Ida Mae Johnson.

When he was a small child, the family moved to Norton County where he attended school in Almena.

On Sept. 27, 1942, he married Aileen Wendel in Norton and they moved to Goodland where he worked for the Rock Island Railroad until he retired in 1975.

Mr. Johnson was a member of the United Transportation Union and Goodland Masonic Lodge 231. He enjoyed fishing, camping, traveling, playing cards and was active in the Senior Center.

He was preceded in death by his parents, infant daughter Wanda Lee, brothers Carl, Roy, Harry, Lester and sister Marie Engelhardt.

Surviving are his wife Aileen; son Kenneth and wife Becky of Hays; daughter Patricia and Harry Johnston of Arvada, Colo.; four grandchildren and 12 great-grandchildren; and a sister, Opal Codgill of Goodland.

Services were held Sept. 2, 2008 at Bateman Funeral Home in Goodland, with Pastor Barb Johnson officiating. Burial followed in the Goodland Cemetery.

Memorials will be directed to the Senior Center c/o Bateman Funeral Home, PO Box 278, Goodland, KS 67735.

Leona Benton Ward Aug. 15, 1915 - Sept. 3, 2008

Leona Benton Ward, 93, died Wednesday, Sept. 3, 2008 at Presbyterian Manor of the Plains, Dodge City.

She was born August 15, 1915 at Oberlin, the daughter of Floyd E. and Leona Miller Benton. A Dodge City resident since moving from Norton in 1975, she was a homemaker.

She was a member of the First Presbyterian Church, Dodge City and a former member of the First United Methodist Church, Norton. She was also a member of the Philomath, Bas Bleu and Chapter DZ of the P.E.O. Sisterhood.

On December 29, 1935 she married F. Douglas Ward at Norton. He preceded her in death on July 30, 1974.

Survivors include her son, Doug Ward, Dodge City; two daughters, Diane Jedwabny and husband Bob, Keshena, Wis., and Sue DeVoss and husband Roger, Dodge City; two sisters, her twin, Lucia Coffey, Houston, Texas, and

Maxine Myers, Lake Charles, La.; eight grandchildren, 12 great-grandchildren and one great-great grandson.

She was preceded in death by a sister, Rosalie Muir.

Memorial service by Chapter DZ P.E.O. Sisters will be 9 a.m. Saturday, September 6, at Burkhart-Ziegler Funeral Chapel, Dodge City. The family will receive friends following the service. There will be no public visitation, cremation has taken place. Friends may sign the register from 9 a.m.- 5 p.m. today at Burkhart-Ziegler Funeral Chapel. Graveside Service will be at 2 p.m. Saturday in the Norton Cemetery.

The family suggests memorials to the Manor of the Plains or Hospice of the Prairie both in care of Burkhart-Ziegler Funeral Chapel, 1901 N. 14th Ave., Dodge City, Kan. 67801. Condolences may be sent to www.burkhart-ziegler.com.



Mr. & Mrs. Clay Hallman

Couple exchanges wedding vows in Telford, Pa. church

Mackenzie Ostmeyer and Clay Hallman were married May 31, 2008 at the Zion Lutheran Church in Telford, Pa. The Reverends Paul Beck and Richard Miller officiated.

Parents of the couple are Kevin and Mimi (Ostmeyer) Tubbs of Almena and Sherri and Clark Hallman of Souderton, Pa. Mackenzie is the granddaughter of Regina Ostmeyer and the late W.B. Ostmeyer of Grinnell, and Dorothy Tubbs, Norton.

The bride was attended by Carissa Tubbs, maid of honor and sister of the bride; Karlynn (Cox) Boyle, friend of the bride; Erin Bixenman, cousin of the bride; and Alicia Tubbs, sister of the

bride. Best man was Clark Hallman, father of the groom. Groomsmen were Alan Hallman, Eric Hallman and Tim Clancey, uncles of the groom.

The bride and groom both are 2008 graduates of Kansas State university College of Veterinary Medicine. Mackenzie is currently in a one-year small animal medical and surgical internship at the Virginia-Maryland College of Veterinary Medicine in Blacksburg, Va. Clay is working as an associate veterinarian at Community Animal Hospital in Dublin, Va.

The couple lives in Christiansburg, Va.

Total fats important part of your health plan

Which is healthier — butter, margarine or vegetable oil? What is trans fat and why is it bad for me? Is it better for my heart to replace butter with margarine? Should I try to cut out fats?

The 2005 Dietary Guidelines for Americans recommend keeping total fats between 20 and 35 percent of our total calories. Most of these fats should come from sources of polyunsaturated and monounsaturated fats such as fish, nuts, and vegetable oils. On the other hand, intake of saturated and trans fat should be limited, saturated fat should be kept to less than 10 percent of total calories and trans fat kept as low as possible. Today the majority of Americans consume too much saturated and trans fat. Most of the fats you eat should be poly and monounsaturated.

Butter is high in both saturated fat and cholesterol. Too much saturated fat in the diet has been shown to raise total blood cholesterol and LDL cholesterol (bad cholesterol), which can lead to an increased risk of heart disease.

Margarines or spreads, are made from a blend of healthy oils like soybean, canola and sunflower. These vegetable oils are low in saturated fats, contain no cholesterol and are rich in polyunsaturated and monounsaturated fats. Margarine and spreads are usually low in saturated fat, however some may contain trans fat.

Home ed Tranda Watts, Extension specialist



Check the Nutrition Facts panel on the label.

Fats rich in saturated and trans fats have been shown to be harmful to health, while research shows that fats and oils rich in polyunsaturated fats and monounsaturated fats are beneficial to health. Saturated fats and trans fats are known to raise blood cholesterol, which can increase the risk of heart disease.

Replacing saturated fat in the diet with polyunsaturated fats has been found to reduce LDL cholesterol levels and clinical trials show that substituting polyunsaturated fats for saturated fat reduces risk of heart disease. In addition, consuming omega-3 polyunsaturated fats from fatty fish (such as salmon or trout) or vegetable oils (such as canola, walnut or flaxseed oil) may also help reduce the risk of heart disease.

Monounsaturated fats are the primary fat in olive, canola, and peanut oils, as well as nuts. Research indicates that monounsaturated fat may be useful in controlling blood sugar levels

and have a mild cholesterol lowering effect when substituted for saturated fat.

Within the category of polyunsaturated fats, linoleic acid and alpha-linolenic acid (from the omega-6 and omega-3 families, respectively) are essential dietary components since they cannot be produced by the body.

Trans fat is naturally present in meat and dairy products. However, the main sources of trans fat in the U.S. diet are from partially hydrogenated (hardened) oils found in foods such as cookies, crackers, pastries and fried foods.

These fats are added for taste, texture and to maintain freshness.

Senior Center menu

Sept. 8 - Baked Spaghetti, Tossed Salad, Seasoned Carrots, Bread Sticks, Mixed Fruit. **Sept. 9** - Meat Loaf, Scalloped Potatoes, Cook's Choice Veggies, Bread, Mandarin Oranges. **Sept. 10** - BBQ Pork Sandwich, Italian Blend Veggies, Coleslaw, Bun, Applesauce. **Sept. 11** - Baked Chicken, Mashed Potatoes/Gravy, Mixed Vegetables, Roll, Apricots. **Sept. 12** - Cook's Choice Entree, Hash Brown Casserole, Jello w/Fruit, Crackers, Cherry Crisp.

Sept. 15 - Sloppy Joes, Tater Tots, Corn, Bun, Peaches. **Sept. 16** - Ham, Candied Sweet Potatoes, Cranberry Apple Salad, Roll, Pumpkin Dessert. **Sept. 17** - Beef & Noodles, Tossed Salad, Green Beans, Dinner Roll, Fruit Cup #1. **Sept. 18** - Smothered Steak, Mashed Potatoes/Gravy, Cook's Choice Fruit, Bread, Birthday

Cake. **Sept. 19** - Chicken Fajita Salad, Watermelon, Chips, Brownie.

Sept. 22 - Cook's Choice Entree, Winter Mix Veggies, Mixed Fruit, Bread, Pudding. **Sept. 23** - Pork Roast, Steamed Cabbage, Carrots & Onions, Applesauce Gelatin, Cook's Choice Complement, Bread. **Sept. 24** - BBQ Chicken, Pasta Salad w/Veggies, Blushing Pears, Bread, Cookie. **Sept. 25** - Chili w/Beans, Orange Pineapple Salad, Crax, Cinnamon Roll. **Sept. 26** - Turkey Dressing Casserole, Mashed Potatoes w/Gravy, Green Beans, Bread, Apricots.

Sept. 29 - Salmon Patty or Loaf, Seasoned Broccoli, Cinnamon Apples, Bread, Garden Rice. **Sept. 30** - Meat Balls, Au gratin Potatoes, Spinach, Bread, Cook's Choice Fruit

FYI

Duplicate Bridge met Wednesday evening at the Norton Manor with three tables present. First place winners were Joyce Summer and Jackie Porter. Second place went to Ivy Rolland and Mary Lou Archibald.

Friday night entertainment in Norton is called "Blue Jay football!"

First game of the new season is tonight at 7:00 at Travis Field as the 'Jays take on the Phillipsburg Panthers.



Ernest and Marylou Long

Longs married for 60 years

The family of Ernest and Marylou Long invite the public to a reception honoring their 60th wedding anniversary on Saturday, Sept. 6 at the Senior Center in

Lenora from 2 to 4 p.m. Cards can be sent to PO Box 2, Lenora KS 67645. The couple requests no gifts.

CARD OF THANKS

Words cannot express our gratitude for the many loving expressions of sympathy we've received since Bud's death. Your prayers, cards and calls, the food you've shared, and the flowers and memorial contributions have all been appreciated. We've been blessed by the strength and comfort you've so generously given, and will always remember your kindness.

Special thanks to the Long Island United Methodist Women for providing a luncheon after the service.

The family of Bud Schukman



Norton Christian Church invites students ages PreK-8th Grade to join them on **Wednesday evenings from 6:15-8:00 p.m.** for a fun filled evening of Scripture Memorization, Lessons, and Games like no other . . . **WEDNESDAY, SEPTEMBER 3, 2008 WAS OUR FIRST OFFICIAL NIGHT!** Come see what it's all about.

For more information contact: Cheri Renner at 877-2420 or the Norton Christian Church at 877-2871



Kenny & Bev Schemper

Couple to observe 40th

Kenny and Bev Schemper will celebrate their 40th wedding anniversary on Saturday, Sept. 13. An open house will be given by their family, Mark and Anissa Kats of the Prairie View area. They have one granddaughter, Mara Kats, and several nieces and nephews.

The open house will be from 2-4 p.m. at the Prairie View Com-

munity Center.

Mr. and Mrs. Schemper were married on Sept. 6, 1968 at the Prairie View Reformed Church. They have always lived in the Prairie View area. They have one granddaughter, Mara Kats, and several nieces and nephews.

No gifts please.

New Licensed Daycare Center in Norton Opening

Holly's Clubhouse

Preschool Teachings

Walking Distance to Eisenhower

Flexible Hours

Openings for All Ages- Full-Time and Part-Time

Opening Soon-Get on the Waiting List Today-Call Holly, 874-4019

Sept. 5- Sept. 10

Showing at the

NORTON THEATRE

PINEAPPLE EXPRESS

2 Hours, 2 Minutes (R)

RETURN TO FALL SCHEDULE-BOTH MOVIES PLAY:
Friday and Saturday: 8:00 p.m.
Sunday, 5:00; Mon-Tues-Wed: 7:00 p.m.

The Sisterhood of the Traveling Pants 2

(PG-13)
1 Hour, 58 Minutes

Let's Go to the Movie

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

GENERAL ADMISSION FOR BOTH MOVIES — \$6.00 AND \$5.00
AND BOTH MOVIES ARE \$3.00 THIS SUNDAY

COMING SOON Premiering Friday, Sept. 12
"The Women" (PG-13)

This ad is brought to you by The Norton Telegram

Telegram: 877-3361