

OBITUARIES

Elta Mae Ankenman July 26, 1919 - Feb. 2, 2013

Elta Mae Ankenman, daughter of John and Maude (Laughlin) Karnopp, was born July 26, 1919, in Phillips County, and passed away at the Andbe Home in Norton, on Feb. 2, 2013, at the age of 93.

Elta grew up in the Phillips/Norton county communities. She attended the Cactus Community rural grade school and graduated from the Almena Rural High School. On Jan. 1, 1946, Elta and Raymond Ankenman were united in marriage in Norton. They made their home in the Dellvale community in Norton

County where they farmed and raised their family. Following their retirement they moved into Norton. Raymond passed away on Aug. 19, 2006.

Elta was a member of the Methodist Church and the Rebekeh Lodge.

Survivors include: three children, Charles, and wife, Ilene Ankenman, Kansas City, Mo.; Teresa and husband, Mark Barker, Colorado Springs, Colo.; and Gregg, and wife, Debbie Ankenman, Norton; 11 grandchildren; 13 great-grandchildren; other relatives and friends.

Elta was preceded in death by her parents, her husband, four sisters, one brother, and two-half-brothers.

Funeral services will be held on Saturday, Feb. 9 at 2 p.m. at the Enfield Funeral Home in Norton. Inurnment will follow at Norton Cemetery.

Memorial contributions can be made to the Andbe Home in Norton.

Condolences can be sent to www.enfieldfh.com.

Arrangements are by Enfield Funeral Home of Norton.

There will be no visitation.

Erma Gertrude Ulmer May 10, 1919 - Feb. 1, 2013

Erma Gertrude Ulmer, daughter of William Elmer and Nina (Welliver) Gregory, was born May 10 1919, in Alma, Neb., and passed away at the Via Christi Village in Hays, on Feb. 1, 2013, at the age of 93.

Erma attended schools in Alma, and graduated from Alma High School. On Oct. 16, 1946, Erma and Dean H. Ulmer were united in marriage in Phillipsburg. They made their home in Alma and Beaver City, Neb., before moving to Norton. Erma was a farm wife and homemaker. She had also served as a cook in the Norton school system for many years. Following their retirement, they moved to Hays, to be near their family.

Erma was a member of the Methodist churches in Norton and Hays. She enjoyed cooking, sewing, doing ceramics and other crafts, and fishing but her greatest joys in life were her family, especially her grandchildren, and her friends.

Survivors include: one son and his wife, Gary and Pam Ulmer, Olathe; two daughters, Kathy Clark and Jill Carver, both of Hays; one sister, Ruth Gillette, Alma, Neb.; eight grandchildren; nine great-grandchildren; other relatives and many friends.

Erma was preceded in death by her parents, her husband, two brothers, and one sister.

Funeral services will be held on Wednesday, Feb. 6 at 1 p.m., at the Alma United Methodist Church and burial will follow at Alma Cemetery.

Memorial contributions can be made to Norton Ministerial Alliance.

Friends may call at Enfield Funeral Home on Tuesday, Feb. 5 between 5-7 p.m.

Condolences can be sent to www.enfieldfh.com.

Arrangements are by Enfield Funeral Home of Norton.

Myrth Evelyn Blickenstaff Oct. 10, 1931 - Feb. 1, 2013

Myrth Evelyn Blickenstaff, daughter of Morrison and Elva (Craven) Maddox, was born Oct. 10, 1931, in Oberlin, and died on Feb. 1, 2013, at the Emeritus Alzheimer's Care Center in Overland Park, at the age of 81.

Myrth grew up in Oberlin and graduated from high school in Norton. She also graduated from Kansas State University with a Bachelor's Degree. On June 8, 1952, Myrth and Curtis Dean Blickenstaff were united in marriage in Norton. They made their home in Norton where Dean was the co-owner of Ideal Truck Lines for many

years. Following their retirement they moved to Overland Park to be near their family.

Myrth was a very active member of the First United Methodist Church in Norton, which included working at the thrift store. Myrth was also on the board at the Andbe Home and did a lot of charity work. Myrth and Dean also took foster kids into their home.

Survivors include: three sons, Bart Blickenstaff, Golden, Colo.; Bret and wife, Sandy Blickenstaff, Overland Park; Curt and wife, Laura Blickenstaff, Lenexa; four grandchildren; other relatives and friends.

Myrth was preceded in death by her parents, her husband, and infant son, Michael.

Funeral services will be held on Saturday, Feb. 9 at 10 a.m. at Enfield Funeral Home in Norton and inurnment will follow at the Norton Cemetery.

Memorial contributions can be made to the Alzheimer's Foundation.

Friends may call at Enfield Funeral Home on Friday, Feb. 8 between 5-7 p.m.

Condolences can be sent to www.enfieldfh.com

Arrangements are by Enfield Funeral Home of Norton.

Chris R. Hall Sept. 7, 1973 - Jan. 20, 2013

Long Island resident, Chris R. Hall, passed away Sunday, Jan. 20, 2013 in Almena, at the age of 39.

Chris was born on Sept. 7, 1973 in Champagne, Ill., the son of Patrick E. Hall and Sandra Lee Shook. He worked in the oil fields in and around the area.

He was married to Regina M. Poague on Sept. 26, 1997 in Boise, Idaho. She survives.

Other survivors include his three sons, Trey Damion, Zackery Robert and Ashton Kyle, all of the home; his father, Pat Hall and wife, Joyce of Idaho Falls, Idaho; his mother, Sandy Shook and husband, Byron of Meridian, Idaho; grand-

parents, Robert and Patsy Hall of Idaho Falls, Idaho and Robert and Ida Shook of California; his mother-in-law, Marcia Gulley of Medford, Ore.; father-in-law, Monte Poague of Kirwin; and a sister, Shelby McSherry of Meridian, Idaho.

Cremation was planned. A memorial service was held on Saturday, Feb. 2, 2013 in the Olliff-Boeve Memorial Chapel, with Pastor Kirk Kasson officiating.

Memorial contributions may be made to the Hall Family Fund and sent in care of the Olliff-Boeve Memorial Chapel, P. O. Box 563, Phillipsburg, KS 67661.

Public information officer appointed

Longtime employee of Norton Correctional Facility Terry Petrie is joining the facility's management team and will serve as its public information officer.

NCF Warden Jay Shelton announced that Petrie is being promoted from corrections counselor II to his new role as correctional facilities specialist II in the Policy, Procedure and Compliance (PPC) Office. As part of his new role, Petrie will handle media inquiries and other public information duties for NCF. The appointment was effective on Feb. 3.

"Please congratulate Terry and extend to him your full support and cooperation as he takes on his new duties and responsibilities," said Shelton. "There were several fine candidates for this position and I want to thank them for pursuing this opportunity. I also extend my thanks to



the interview board members for their thorough assessment of the applicant interviews."

Petrie began employment at NCF in 1992 as a corrections officer. He was promoted to corrections officer II in 1994 and spent time serving as a work crew supervisor. He was promoted to corrections counselor I

in 1999 and to corrections counselor II in May of 2007.

Petrie has assisted in staff development with provision of training throughout the years and has also served as an employee mentor. Petrie became certified as a State of Kansas Hostage Negotiator in 1999 and currently leads the NCF Crisis Resolution Team as Lead Negotiator.

Petrie earned an Associates of Arts degree in General Education from Colby Community College in 1980 as well as an Associates Degree in Health Physical Education/Recreation in 1981. He continued his education at Platt College of Topeka where he earned a Diploma in Business Administration in 1986 and then obtained an Associates of Arts degree in Criminal Justice through Colby Community College in 2003.

Medical student trains in Norton

Paul St. Romain, a Baton Rouge, La., native and a fourth-year medical student at the Kansas University School of Medicine-Wichita, is receiving hands-on, clinical training in Norton, from Martin K. Griffey, D.O., at Norton Medical Clinic.

St. Romain will be in Norton Jan. 28 through Feb. 23.

The KU School of Medicine-Wichita Rural Preceptorship program exposes medical students to community-based medicine in rural Kansas communities, which is the most



common kind of care across the state.

The program is in support of the school's mission to educate doctors for Kansas and allows medical students an opportunity to participate in clinical medicine, procedures, hospital care, community health, and the business of medicine in a rural setting.

The KU School of Medicine-Wichita educates doctors for Kansas while improving the health of Kansans through research and innovation.

Fight against flu bug with a healthy diet

Are you trying to do all you can to avoid getting the flu this season? Is there anything in particular that should be included in the diet that could help?

When it comes to avoiding the flu, the best actions you can take are to get vaccinated with the flu shot; take everyday precautions against the spread of germs, such as avoiding contact with sick people, and washing your hands thoroughly and often.

A healthy, balanced diet won't prevent you from being exposed to the flu virus, but it can help boost your immune system to help you fight off the flu virus and other illnesses. Here is a reminder of which nutrients are most often recognized as helping build immunity:

- Protein plays a key role in the immune system's patrolling white blood cells (called macrophages) which attack bacteria. Most Americans get plenty of protein, but often people cut back at this time of year to lose pounds they may have gained over the holidays. Be sure your diet always includes a good variety of high-quality protein sources, including fish and seafood, lean meat and poultry, eggs, beans and peas, soy products, and nuts and seeds (preferably unsalted).

- Vitamin A helps keep the immune system regulated and keeps skin and tissues functioning properly in the respiratory system, as well as the mouth, stomach and intestines. Good sources of vitamin A include orange vegetables, such as carrots and sweet potatoes, and red bell peppers, kale, spinach, apricots, eggs and foods fortified with vitamin A, such as milk or cereal (look on the label).

- Vitamin C is a vital player in helping lymphocytes, another

Home ed
Tranda
Watts,
Extension
specialist



type of white blood cell, to fight against infectious microorganisms. A wide variety of fruits and vegetables are good sources of vitamin C, including citrus fruit, red bell peppers, broccoli, tomato juice and foods (such as cereals) fortified with vitamin C.

- Vitamin E, as an antioxidant, helps protect healthy cells from being attacked by the immune system and may help improve immune function in other ways.

Good sources include spinach, peanut butter, sunflower seeds or oil, safflower oil, and foods fortified with vitamin E.

- Deficiencies in zinc can impair the immune system. Good sources of zinc include lean beef, wheat germ, crab, wheat bran, sunflower seeds, black-eyed peas, almonds, milk and tofu.

Other nutrients may also play a role. The bottom line? Strive for a healthy, balanced diet rich in fruits and vegetables and lean protein to keep your immune system running smoothly.

Questions? Please feel free to contact your local K-State Research and Extension Office or you may contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at twatts@ksu.edu.

Sweetheart Home Based Craft Business EXPO
SATURDAY, FEBRUARY 9, 2013
10:00 A.M. - 5:00 P.M.
NORTON NATIONAL GUARD ARMORY
NORTON, KANSAS

Many Vendors will be Available! - Door Prizes (Must Be Present To Win)

- 31 Bags •Miche Bags •Raggy Andys and Annies •Bender of Nails •Jamberry Nail Wraps •Sweet Feet Decorative Footwear •Origami Owl •Organo Gold •Usborne Books •Watkins •Pampered Chef •Tastefully Simple •Jockey •Rodan and Fields •Mountain Man •Scentsy •Crosses Etc. •Caramel and Kettle Corn •Mia Bella •Longenberger •Avon •Rag Rugs •Scrubbies

Feb. 1 - Feb. 6

Showing at the
NORTON THEATRE
Mama
(PG-13) - 1 Hour, 50 Minutes
Friday and Saturday: 8:00 p.m.
Sunday: 2:00 p.m.
Monday, Tuesday, Wednesday: 7:00 p.m.

Les Miserables
(PG-13)
2 Hours, 47 Minutes

Mama and Les Miserables are both non-premiere movies-\$3/tx on Sunday

Mama is a non-premiere movie \$7.00 and \$6.00. \$3.00/tx on Sunday
Les Miserables is a non-premiere movie - \$7.00 and \$6.00. \$3.00/tx on Sunday

COMING SOON

Visit our Website:
nortontheatre.com

This ad is brought to you by The Norton Telegram

Vern C. Hazlett July 10, 1936 - Jan. 29, 2013

Vern C. Hazlett passed away on Jan. 29, 2013 in Colby at the age of 76. He was born on July 10, 1936 in Norton.

Vern is the husband of Shirley M. Hazlett and the father of Rita, Ronald, Diana and Kevin.

Funeral services were held on Feb. 2 at Kersenbrock Funeral Chapel in Colby with Pastor Kenneth Morgan officiating.

Arrangements were by Kersenbrock Funeral Chapel in Colby.



Survey work begins on bridge

Starting on February 4, and continuing for approximately three weeks, a survey team from the Kansas Department of Transportation will begin surveying along K-9 Highway in Phillips County.

The survey work will take place approximately 1.8 miles east of U.S. 183. Specifically, the survey will focus on the bridge located over a drainage tributary of the North Fork Solomon River.

The survey is necessary for the detailed design of the replacement of the bridge.

When it becomes necessary for crew members to enter private property, they will first obtain permission from the landowner or tenant.

For more information regarding the land survey, please contact Northwest Kansas Public Affairs Manager Kristen Brands at (785) 877-3315 or kristenb@ksdot.org.

Norton Cares will be having a Potato Bar on Saturday, February 9
5-7 p.m. at the Community Center, 208 West Main

Regular and Sweet Potatoes -
4 Hot and 4 Cold Toppings, Relishes and Desserts
• FREE WILL DONATIONS •
Take Out Potatoes Available - \$5.00