

OBITUARIES

Eli Tate Lowry

Dec. 2, 1997 - Nov. 3, 2013



ern Valley FFA, and the Forensics team. He loved sports of all kinds, playing on the youth baseball team in Almena and then participating in basketball, track and football at Northern Valley. His number one passion was playing football for the Huskies, and he was a dedicated and hard-working team member. Even though knee injuries kept him from playing this year, he served as the team's statistician and biggest fan.

In addition to his Dad, one of the biggest influences in Eli's life was his church. He attended the Almena Congregational Church beginning with Sunday school as a small child. He later became a member of TFC (Teens for Christ) in Almena, where he enjoyed sharing his love of the Lord with others. This special group allowed him to explore and develop his leadership abilities and help organize projects and activities that were beneficial to other people

and the community.

Eli's character, his spirit, and his mischievous, quirky smile will never be forgotten. It is obvious that his life was full: he was blessed to have classmates, friends, teammates, coaches, teachers, parents, brothers, sisters, grandparents, aunts, uncles and cousins who loved and cherished him. But most importantly of all, Eli knew that he was a child of God and that his final home would be in Heaven.

He was preceded in death by his mother, Diane, and grandmothers, Maxine Lowry and Margaret Breathouwer.

He is survived by his parents, Calvin and Emily Lowry; brothers, Damian Wellman and Caden Lowry, and sisters, Talia and Kim Lowry, all of Prairie View; grandparents, Gayle and Barb Christensen of Elbert, Colo., and LuAnn and Trey Alderson of Indianola, Okla.; grandfather, Melvin Breathouwer of Long Island, Kan.; and a host of aunts, uncles and cousins.

A memorial service was held Friday, Nov. 8, 2013 at 2 p.m. in the Northern Valley High School gymnasium in Almena, with Pastors Kirk Kasson and Paul Vanderveer officiating. Private inurnment followed in the Norton Cemetery, Norton.

Memorial contributions may be given to Teens for Christ or the Northern Valley Athletic Department in care of the Orliff-Boeve Memorial Chapel, P.O. Box 563, Phillipsburg, KS 67661.

two great-grandchildren, Thomas Edward Stewart and Talynn Ensley Stewart.

Eddie was preceded in death by his parents, a brother, Truitt Stewart and a sister, Billie Marie Barron.

A memorial service was held on Saturday, Nov. 9, at the Chapel of Parker Funeral Home in Baird, Texas, with Fred Watson officiating.

The family suggests in lieu of flowers, memorials to the Disabled Veterans or the Heart and Lung Associations.

Parker Funeral Home was in charge of the arrangements.

Call Mike with all your social news. 877-3361

Fall 2013 Home Based Business EXPO

FEATURING:

- ☞ The Pampered Chef ☞ Thirty-One
- ☞ Miche ☞ Tastefully Simple ☞ Country Sudz
- ☞ Scentsy ☞ Crosses Etc. ☞ Mags & Mom's Creations
- ☞ \$10 Scarves by Judy Arnold ☞ Celebrating Home
- ☞ Premier Designs Jewelry!!

BAKE SALE AND CONCESSION STAND BY CYO

SATURDAY, NOVEMBER 16

9:00 a.m.-3:00 p.m.

Lenora Community Building

Come and Check Out New Fall Products and Great Specials!!

VALID NOVEMBER 12-28TH

jamboree FOODS

NORTON AND NESS CITY

\$400 OFF ANY TURKEY

BRING THIS COUPON IN FOR SPECIAL OFFER

Eager listeners!



Eisenhower Elementary School got a visit from author, Jefferson Knapp. Jefferson entertained the children with stories from his childhood which led him to writing several books in a series titled The Kingdom at the End of the Driveway. The students were hanging on to every word he said, eager to hear more. Want to hear more? Check out some of his stories like The Brave Journey, The Rightful Heir and The Ending Feud. Your children will surely enjoy them.

— Telegram photo by Dana Paxton

Advice concerning trans fats

All people need a certain amount of fat, and the goal and the guidance from the U.S. dietary guidelines is for people to consume as few trans fats as possible.

There isn't any reason we need trans fats. Unlike most foods, it's not a matter of decreasing but still needing some. With trans fats, if you can avoid all that come about through processing, you're doing well.

Consumers should continue to read labels and think about healthy substitutions, such as Greek yogurt or sour cream instead of margarine, or oil or applesauce for baking, in place of shortenings that include trans fats. Because so many trans fats are consumed through pro-

cessed foods that are already prepared, mixed and packaged, creating meals at home can help prevent consuming trans fats.

One of the things that is really important to consumers is the more that you fix and prepare foods yourself, the more you can avoid trans fats. You can easily prepare things without trans fats if you are the one following the recipe and reading the labels.

While a few foods might not be brought back without trans fats after the phase-out, companies will probably continue reworking their formulations to keep popular foods on grocery store shelves.

Consumers should continue monitoring their consumption

of trans fats, while the FDA completes its mission to phase them out of grocery stores.

For more information about types of fats and how to make healthier food choices, read "What's Fat All About?" available through the K-State Research and Extension bookstore (<http://www.ksre.ksu.edu/bookstore/pubs/MF3086.pdf>). You may also contact your local K-State Research and Extension Office or contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety in Golden Prairie and Twin Creeks Extension Districts. You may also call 785-443-3663.

Edward Mac "Eddie" Stewart

July 23, 1930 - Nov. 3, 2013

Edward Mac "Eddie" Stewart, age 83, of Clyde, Texas, passed away Sunday, Nov. 3, 2013, in Hendrick Medical Center.

Eddie was born July 23, 1930, in McLean, Texas, to Fleagle and Audie (McPherson) Stewart. He attended schools in McLean and graduated from high school in Norton, Kan. He served with the U.S. Navy during the Korean Conflict on the battleship U.S.S. Iowa. He had been a service station operator, worked in construction and ranching.

Eddie and Delores Crosby Kitchens married in Austin,

Texas, on Nov. 18, 1995, and they moved to Clyde from Plainview in 1996. He was a Baptist. Eddie accumulated many friends over the past 36 years through his 12-step fellowship program.

Survivors include his wife, Delores Stewart of Clyde, Texas; two sons, Charles Stewart and wife Lydia of Sonora, Texas, and Randy Mac Stewart of McLean, Texas; one daughter, Karen Crockett and husband Kent of Sugarland, Texas; four grandchildren, Tyler Stewart, Braina Stewart, Kayelynn Crockett, and Molly Stewart;

HaysMed receives grant

The Dane G. Hansen Foundation has awarded the HaysMed Foundation a \$100,000 grant towards the purchase of digital tomosynthesis equipment at the HaysMed Breast Care Center. HaysMed will be the second medical center in the State, with the University of Kansas Medical Center, to have this latest technology in mammography.

The state-of-the-art technology produces a three dimensional image of the breast and improves cancer screening and detection. It provides a clearer, more accurate view of the breast and allows doctors to more effectively pinpoint the size, shape and location of any abnormalities. This can lead to better detection, fewer false positive results and greater peace of mind. After skin cancer, breast cancer is the most common cancer diagnosed in women in the

United States. When breast cancer is found early and confined to the breast, the 5-year relative survival rate today is 99 percent.

"The Hansen Foundation has been a tremendous supporter of our medical center for many years" stated Dr. John Jeter, President and CEO of HaysMed. "We believe everyone in western Kansas deserves great healthcare and convenient access to specialized services. The generosity of the Hansen Foundation helps carry out this mission."

The HaysMed Foundation continues to seek private gifts to fund the cost of the digital tomosynthesis equipment. Those wishing to contribute to the project can write the HaysMed Foundation, 2220 Canterbury Drive, Hays, Kansas 67601 or call (785) 623-2350.

Talent show planned in Oberlin

An area-wide talent show will be sponsored by the Oberlin Arts and Humanities Commission at 7:30 p.m. on Saturday, Dec. 7, at the Oberlin Gateway Center.

They invite anyone with talent to enter. Cash prizes of \$300, \$200, and \$100 will be awarded. The show is limited to 20 acts from three to five minutes each. There is a \$10 non-refundable registration fee. Entry deadline is Saturday, Nov. 23.

For details or an entry form, call Ella Betts at (785) 475-3557

or Mary Henzel at (785) 470-0218.

For help with your advertising needs please give Dana a call 877-3361

email: dpaxton@nwkansan.com

Now Available!

The Dennis McMullen Story

Stop by and visit with Rosalie as she signs copies of her book at the Norton Public Library

MONDAY, NOVEMBER 18, 6:00-8:00 P.M.

SATURDAY, NOVEMBER 23, 2:00-4:00 P.M.

Grandpa Was Our Hero

Rosalie McMullen

Nov. 15-16 Nov. 20

Showing at the

NORTON THEATRE

Thor: The Dark World

2 Hours, 2 Minutes (PG-13)

Friday and Saturday: 8:00 p.m.
Sunday: 5:00 p.m.
Mon., Tues., Wed.: 7:00 p.m.

Captain Phillips

2 Hours, 24 Minutes (PG-13)

Thor is \$7.00 for adults and \$6.00 for children 12 and under. No Sunday Discount. Captain Phillips is \$7.00 for adults and \$6.00 for children 12 and under. \$3/bx Sunday

THURSDAY, NOV. 21 - THE HUNGER GAMES
THE HUNGER GAMES: CATCHING FIRE
WED., NOV. 27 - FROZEN

VISIT OUR WEBSITE: NORTONTHEATRE.COM

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