

OBITUARIES

Gene W. Hewett

February 3, 1928 - March 15, 2009

Memorial services for Gene W. Hewett will be held June 13 at 1 p.m. at the Almena Community Building. Burial will be at the Almena Mount Hope Cemetery. Following the services, refreshments will be provided at the Almena Community Building.

Gene W. Hewett, 81, of Daytona Beach, Fla., died on March 15. He was born on Feb. 3, 1928 in Logan. Mr. Hewett was a U.S. Army veteran. He taught high school business classes in Kansas and rehabilitation activities in

Cincinnati, Ohio.

He is preceded in death by seven brothers and sisters and he is survived by his wife of 41 years, Irene of Daytona Beach; two daughters, Trixie Swearingen and Teresa Weggans of Holdrege, Neb., one son, Mike Watson, Overton, Neb., his twin brother, Joe Hewett and wife Mary of Longview, Texas, two sister-in-laws, Marie Hewett, Norton and Marcelline Hewett, Hays, seven grandchildren; and six great-grandchildren.

BIRTH

Lauren Faith Sattler

David and April Sattler, Norton, are the proud parents of Lauren Faith Sattler, born May 20 at 7:53 p.m. at the Norton County Hospital. She weighed 7 pounds, 4 ounces and was 19 inches long.

Grandparents are Leon and Marita Portschy and Tom and Myra Sattler, all of Herndon.



Lauren Faith Sattler

STUDENT NEWS

(Editor's note: If you have someone who recently graduated from college, or achieved college honor roll status, etc., please send your item to tom.d@nwkans.com. Many times the colleges and universities e-mail a list of candidates for various degrees and some of those lists contain several thousand names. You can help us speed up the process by supplying us with your information. We thank you in advance. - td)

Justine (Miller) Tuttle, El Dorado, daughter of Mr. and Mrs. Stan Miller, Norcatur granddaughter of Lila Rule, Norton and Mr. and Mrs. Gary Miller, Oberlin, graduated May 16 with a bachelor of science degree in elementary education from Emporia State University.

Justin Lee Shirk received his bachelor of science degree in aerospace engineering on May 16 from Wichita State University. While at Wichita State, Justin was a student ambassador and was involved with Sigma Gamma Tau, an aerospace engineering honor society and Tau Beta Pi, an engineering honor society. He accepted a position at Hawker-Beechcraft, Wichita, as an aeronautical engineer in the advanced design group. He also plans to begin graduate work in aerospace engineering this fall with an emphasis in structural analysis. Justin is the son of Dr. Lamont and Pam Shirk, Norton.

McPherson College has recognized students who have achieved honor roll status for the spring semester of 2009. In order to

qualify for the honor roll, students must be a full-time student and earn a grade point average of 3.55 or higher during the previous term. Ashley Wegener of Norton was placed on the Honor Roll at McPherson College for the spring semester of 2009.

Bethany College has awarded Louisa (Lucy) Mae Gosselin, a Trustee's Scholarship for the 2009-10 academic year. She is the daughter of Shawn Gosselin, and Nathan and Kerri Donahey. She is a 2009 Norton High School graduate. At Bethany she plans to study Elementary education. The Trustee's Scholarship, a \$7,000 annual grant, is awarded to students who earn a high school GPA of at least 3.5 or an ACT score of at least 24.

KaraJo Jones, a 2009 graduate of Norton Community High School, received the Dale Dennis Excellence in Education award sponsored by United School Administrators of Kansas. The honor for Jones was announced by NCHS Principal Rudy Perez. Recipients are identified throughout high schools in the state as individuals who have displayed the citizenship, community and school service, scholarship and common sense characteristics that make them a quality individual. The award was established in 1996 by Kansas school administrators to honor the long and valuable service that Dale Dennis has provided to Kansas education. Mr. Dennis is the Deputy Commissioner of the Kansas State Department of Education.

Spring flush



Jason Dial, city employee, flushed fire hydrants around town, and on Tuesday turned it loose at the intersection of Main and State in the downtown area.

- Telegram photo by Dana Paxton

More vitamin D needed than thought

In 2008, the American Academy of Pediatrics reported a new recommendation for vitamin D intake, saying that children (from newborns to teens) need double the amount previously recommended. To reach this amount, 400 units daily, millions of children will need to take daily vitamin supplements.

So, what about adults? Should you be taking a vitamin D supplement?

New research points to growing evidence that the nutrient once called the "sunshine vitamin" is needed in greater amounts to not only strengthen bones, but to prevent serious diseases such as some types of cancer, cardiovascular disease, hypertension, diabetes, and multiple sclerosis.

Current recommendations of vitamin D for adults up to age 50 are 200 units, between 51 and 70 - 400 units, and 600 units after age 70. The recommendations are based on the need for vitamin D to prevent bone disease. Some experts are suggesting that optimal intake should be higher.

Dietary supplements of vitamin

**Home ed
Tranda
Watts,
Extension
specialist**



D are generally recommended because there are few dietary sources of this fat-soluble vitamin. Natural sources include fish liver oils and fatty fish such as salmon and tuna, and a small amount can be found in egg yolks. In the U.S., fortified milk typically provides 100 units per glass. Some juices, cereals, and yogurts are fortified with vitamin D, so careful reading of the Nutrition Facts label is essential.

Vitamin D is often called the "sunshine vitamin" because our skin makes this vitamin when exposed to the sun. A 10- to 15-minute exposure to the sun without sun screen a few times weekly has been believed to be sufficient for most Kansans, between April and October when the sun is most direct. All of us, during the winter

months, and those with dark skin and persons living in less sunny climates could be at risk for vitamin D deficiency simply from not enough sunlight. Since too much sunlight is a cancer concern a supplement may be worth considering.

Current research is showing that adults could benefit from a vitamin D supplement, especially if the sun is not a reliable source or if your diet lacks the better sources of this vitamin. Consider a supplement to help you reach a vitamin D level of 800 to 1,000 units per day. And avoid taking more than 2,000 units as excess amounts of vitamin D may be toxic.

(If you have other nutrition questions, please feel free to contact twwatts@ksu.edu.)

FYI

The 33rd annual Logan Labor Day Celebration will be an event of Sunday, Sept. 6. Organizers asked if The telegram would run an early note so people can circle their calendars. The event is sponsored by the Dane G. Hansen Memorial Museum. The celebration site is on Hwy. 9, 1 1/4 miles east of Logan. There will be no admission charge. The Telegram will provide some early publicity in coming issues.

Duplicate Bridge met at the Norton Manor on June 3 with 5 tables present. First place went to Dewaine Stapp and Charlotte Meints; second was won by Myron Veh and Jerry Moritz; third place went to Jim Frye and Nancy Brown; and fourth went to Alberta Slaby and Mary Keith.

READERS

— Almena City Wide Garage Sale — Saturday, June 13. List and maps available that morning at the Almena Market and Almena Lumber and Supply.

Correction

In the May 28 Norton Telegram, a story about Major Ted Hanchett's Memorial Day speech listed Lt. Michael Sprigg as an Air Force Academy graduate; he graduated from West Point. This was wrong information provided in the speech as given to The Telegram.

In the May 29 issue of The Norton Telegram, the owner and sponsor appearing in the story about the Norton Technology Center, were incorrectly identified. Shawn Mortensen is the owner and End Zone Office Supplies is a sponsor of the center. These were reporting errors.

Shop local, shop NORTON

JOIN US AT
SHOW CHOIR CAMP
JULY 6 THROUGH JULY 10
— REGISTRATION FORMS DUE BY JUNE 10 —
For Questions Call Cindy Mordecai 877-5475

June 5 - June 10
Showing at the
NORTON THEATRE
Ghosts of Girlfriend's Past
(PG-13) 2 Hour, 5 Minutes (Presented in Digital Sound)
Friday and Saturday: 7:00 and 9:15 p.m.
Sunday: 5:00 and 7:15 p.m.;
Monday, Tuesday & Wednesday: 7 p.m.
Up
1 Hour, 50 Minutes (Premiere) (PG)
Only premiere passes accepted for Up; All passes for Ghosts of Girlfriend's Past
Up is Premiere Price of \$7.00 and \$6.00 (No Sunday Discount); Ghosts of Girlfriend's Past, General Admission: \$6.00 and \$5.00-\$3.00 Sunday
Transformers: Revenge of the Fallen and Ice Age: Dawn of the Dinosaurs
This ad is brought to you by The Norton Telegram

29th Annual
Antique Machinery, Threshing Power and Car Show
JUNE 13 AND 14, 2009
ALMENA, KANSAS
Events Start at 9:00 a.m. - All Exhibitors Welcome
Featuring: Allis Chalmers Tractors and Machinery
Non-Denominational Church Services 8:30 a.m. Sunday
Antique Parade of Power - Saturday and Sunday, 1 p.m.
Admission to Entire Show for Both Days: \$5 Adults; 12 and Under FREE when accompanied by an adult
Prizes to be given away Sunday, June 14 - \$1 Donation - 1st: 1947 WC Allis Chalmers Tractor; 2nd: Hand Made Linen Chest; 3rd: \$100.00 Savings Bond; 4th: Intarsia Wooden Pheasant
Events Both Days: Small Engine Display, Saw Mill, Threshing, Corn Shelling, Hand Tie Baling, Steam Engines, Cars, Trucks, Tractors, Windmill Display, Tractor Pull Saturday and Sunday, Car Show Saturday; Quilt Show in Depot Both Days; Food Stand Both Days; Breakfast Both Days-6:30 a.m.
Entertainment: Larry Henderson and Lee Ann Shearer
Visit our web site <http://www.rootsweb.com/~kssppa/>
Sunflower Pioneer Power Assoc. Inc.
West Brockton Street - Almena, Kansas
FOR INFORMATION CONTACT:
President Lonnie Shearer 785-669-2221; Vice President Norman Wendel 785-669-2578 or Bob Underwood 785-877-3817

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