

OBITUARIES

Norma I Kintigh

April 26, 1926 - Sept. 28, 2009

Norma I. Kintigh died Monday at Promise Regional Medical Center in Hutchinson at the age of 83.

She was born in Almena on April 26, 1926 to Rolan and Hazel Hawks.

She graduated from Almena High School and received her teaching degree from Fort Hays State University. Norma was married on May 1, 1946 in Norton to Cletus M. Kintigh and was a Homemaker. She resided at Lyons since 1954.

Memberships that she belonged to were the First Christian Church, CWF, Past Noble Grand for the Rebecca Lodge, all of Lyons and the Salt Shakers Camping Club of Hutchinson.

She was preceded in death by brothers, Dwayne Hawks and Dean Hawks; two grandchildren,

Paula and Teresa Kintigh. Survivors include her husband Cletus M. Kintigh, of the home; two sons, Gary L. Kintigh and wife Kathy of Pharr, Texas, Gene L. Kintigh and wife Treva of Lyons; sister, Twila Henry of Norton; nine grandchildren, 11 great-grandchildren and 2 great-great-grandchildren.

Services will be held at the First Christian Church of Lyons at 10:30 a.m. on Friday with Revs. Ron and Angela DeVore. Burial will be at the Lyons Municipal Cemetery of Lyons.

Visitation will be from 2-7 p.m. on Thursday at Birzer Funeral Home in Lyons. The family will be present from 5-7 p.m.

Memorials may be sent to the First Christian Church, in care of the funeral home, for the chair lift update.

Happy Birthday



A very busy first birthday! Cindy Boller and Georgia Mann, owners of Destination Kitchen in Norton, celebrated their first birthday in business on Thursday. The lunch crowd had them whipping up their many creations.

— Telegram photo by Christie Anderson

DEATH NOTICE

Evelyn I. Hall

March 18, 1922 - Sept. 30, 2009

Evelyn I. Hall, daughter of John Coleman and Mina M. (Drain) Peters, was born March 18, 1922 in McCook, Neb.

She died at Norton County Hospital in Norton on Sept. 30, at the age of 87.

She was married to Carrol J. Hall on June 22, 1941, in McCook, Neb. and was a homemaker.

Survivors include: a sister, Elaine Stevens of McCook, Neb.; son, James Hall of Knoxville, Tenn.; daughters, Connie Sanko

of Norton and Carolyn Gilhousen of Kansas City; seven grandchildren; and six great-grandchildren.

A private family graveside service will be held at the Norton Cemetery in Norton with Rev. Buzz Lambrecht officiating. There will be no visitation.

Memorials may be sent to Whispering Pines Memorial Fund, the First United Methodist Church, or donor's choice.

CARD OF THANKS

Words cannot begin to express our gratitude to those who have given support and comfort to our family during this difficult time.

Thank you so much for your prayers, cards, phone calls, the food you've shared, and the flowers and memorial gifts. We treasure your friendship and will

Sheriff's Log

September 11
7:18 a.m. Received 911 call reporting a fire 1/2 mile west of Corrections on the south side of the road at abandoned home.

7:21 a.m. Paged Norton Rural Fire Department to the above location and blew siren.

2:28 p.m. Paged Norton Rural Fire Department to a tractor fire at a residence.

2:32 p.m. Advised Under Sheriff Wenzl of tractor fire.

5:20 p.m. Received call about a subject following a black pickup about 9 miles south of Norton heading south bound and pickup is all over road.

5:22 p.m. Paged KHP in reference to above, no troopers in the area

5:23 p.m. Advised Deputy Land of above call.

5:26 p.m. Paged Graham County about above black pickup and passed along information.

9:18 p.m. Received call from subject referencing a vehicle that had hydroplaned and went into the north ditch on Hwy 36 at the Norton County/Phillipsburg line.

9:20 p.m. Paged Phillips County and advised of above.

9:22 p.m. Advised Deputy Land of above.

9:48 p.m. Deputy Land requested wrecker to be contacted.

September 12
1:12 a.m. Advised Deputy Land of minors drinking in the 400 block of E Lincoln. Police department notified.

10:17 a.m. Received a call of a dog being abused in Lenora.

10:42 a.m. Advised Deputy Land on above.

September 13
5:16 p.m. Advised of a male transient in dark clothes on Hwy 36 by the Prison.

5:20 p.m. Deputy Land advised he would be out with the male transient on Hwy 36.

6:03 p.m. Received call from DOC about above transient walking by the Prison.

6:30 p.m. Received call from a

always remember your kindness and generosity. Very special thanks to the ladies from the St. John's Catholic Church in Logan who provided lunch for us after the service.

The family of
Glen Gene Walters

subject about a transient walking close to their residence.

6:39 p.m. Paged Deputy Land referencing numerous calls about above.

September 14
11:04 a.m. Deputy Bohl advised of a vehicle sitting on a county road.

11:07 a.m. Owner of vehicle called Sheriff's Office and advised that the vehicle is broken down.

4:05 p.m. Advised Deputy Annon of a call from Decatur County referencing a light blue Peterbuilt traveling east bound on Hwy 383 from Clayton that is all over the road and crossing the yellow line.

7:43 p.m. Paged Decatur County and advised that deputy would be dropping off transient at the county line.

7:44 p.m. Deputy Annon advised he would be enroute to the Decatur/Norton County line with transient.

September 16
2:59 p.m. Received a report of an abandoned black Monte Carlo.

3:18 p.m. Advised Deputy Bohl of above.

3:23 p.m. Advised Deputy Bohl to disregard on checking abandoned vehicle, it has already been checked.

September 17
10:15 p.m. Received a call from a subject that a family member was receiving harassing text messages.

10:16 p.m. Advised Deputy Land of the above.

10:54 p.m. Received report that someone hauling stock tanks lost tanks somewhere between Norton and Oberlin.

10:56 p.m. Advised Deputy Land of above.

September 18
10:50 a.m. Received a report of a female subject walking 10 miles west of Norton on Hwy 36.

10:51 a.m. Advised Under Sheriff Wenzl of above.

COMMODITIES

The Norton Senior Center announces the distribution of government surplus food for low income persons of all ages in Norton County.

Food available for the distribution at this time:

Peanut Butter	Mixed Fruit
Vegetable Soup	Roasted Peanuts
Canned Chicken	Orange Juice
Egg Mix	

Distribution Times and Places:

Day	Date	Time	Location	City
Fri.	10/9	2-4 p.m.	Senior Center	Norton
Fri.	10/9	2-3:30 p.m.	Senior Center	Lenora
Fri.	10/9	9-11 a.m.	Senior Center	Almena
Sat	10/10	2-2:30 p.m.	Library	Clayton

For more information call Ramona at the Norton Senior Center 785-877-5352

Family celebrates their 60th reunion

The annual Hines-Hazlett reunion was held September 6. The reunion, begun by Forest Hines in 1950, was the 60th annual reunion to be held in Norton on Labor Day weekend.

Eighty relatives and friends gathered for a potluck lunch, followed by a short program and introduction of family members in attendance. Three of the remaining fourteen grandchildren of Andrew Marion and Mary Elizabeth Hines were able to attend; Leta (Hines) Sidebottom, Jim Hines and Walter Hazlett. Trophies for a variety of special honors were presented.

Those attending were: Jim Hines, Linda Pearson and Nancy Dickmeyer, Arapahoe, Neb.; Leta Sidebottom, Ransom; Tim and Marilyn Sidebottom, Wichita; Steve and Brenda Sidebottom, Ashlee and Geneva, Auburn; Linda Cox, Hutchinson; Leland Cox, Lawrence; Carol Hudson, Clayton and Caleb Turman, Norton; June Crouse, Randy and Teresa Crouse, Arlene Lynch, David Crouse, Cara and Connie, Eric Crouse, Kay Gruel and Ron Reazin, Ronda Hott, Riley and Ryan, Aurora, Colo.; Cindy Mattison and Jonathan, Joe Black and Jonah, Colby; Mark and Rachel Van Patten, Tea, Khrysanna, and Serenity, Almena; Butch and Heath Pinzenscham, Norton; April and Jarrod Moppin, Chris, Aaron, Adam, and Lori, Almena; Gertrude Hazlett and Linda Hazlett, North Platte, Neb.; Ron and Ginger Hazlett, Burlington; Elaine Schukman, Melissa Galvan, Phillip and Alyssa Bryant, Joshua and Lacey Hansen, Jeremiah, Haley and Lucas, Almena; Charlotte Cox, Tracey and Jaye Cox, Abbie and Megan, Weatherford, Texas; Gloria Zwickle, Norton; Jule Shearer, Brad Shearer, Jennifer Simoneau and Dane, Norton; Terrel and Gary Crawford, Fall Branch, Tenn.; Walt Hazlett, and Dan Hazlett, Norton; and Joyce Quinn, Almena. Also visiting were Don and Connie Grove, Edison, Neb.; David Stansberry and Brenda Miller, Norton; and Yancey, Julie and Malachi Rog-

ers, Omaha, Neb.

Many of the relatives also gathered on Saturday evening at the Norton Senior Center, and were joined by Tami Dugan, Wichita; Ron Zwickle, Norton; and Tim and Renee Miller, Avery and Eli, Shawnee.

Oct. 2 -
Oct. 7

Showing at the

NORTON THEATRE

Inglourious Basterds

(R) 2 Hours, 42 Minutes (Presented in Digital Surround Sound)

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

The Time Traveler's Wife

1 Hour, 48 Minutes (PG-13)

Both movies are the general admission price of \$6.00 and \$5.00 \$3.00 per person for either movie this Sunday

•Cloudy with a Chance of Meatballs
Check the Theatre website
www.nortontheatre.com

Since both movies are non-premieres, all passes accepted

This ad is brought to you by The Norton Telegram

Basic flu maintenance

With the threat of flu season in front of us, it is important to know that you really can do a few things nutritionally to help you and your family stay healthy even though it is flu season.

Here are a few basic practices that could boost your immune system and help your body fight the flu bug. They include:

- Stay hydrated. Getting the proper hydration keeps mucous membranes soft and moist, preventing tiny cracks that allow viruses and bacteria to enter your system. How much fluid is enough? A general guideline is to divide your weight by two - that's the minimum number of ounces of fluid you should drink every day.

- Eat lots of plant-based foods. Adiet rich in vegetables, fruit and whole grains is not only loaded with vitamins and minerals but is also high in antioxidants and phytonutrients, which can boost the immune system.

- Get a moderate amount of exercise. Moderate exercise boosts the immune system, while too much or too little can weaken it.

- In addition, you may consider consuming more yogurt and other foods containing probiotics. Probiotics are live microorganisms often called "good bacteria". Look on food labels - foods containing probiotics include yogurt, fermented and unfermented milk,

Home ed

Tranda Watts,
Extension specialist



miso, tempeh, and some juices and soy beverages.

While research on the health effects of probiotics is not completely conclusive, several studies on specific strains indicate they can help the immune system.

According to research, those who eat foods with probiotics may also recover more quickly from illnesses when they do consume foods with probiotics.

And, of course, always follow proper hygiene practices to prevent spread of disease. Wash your hands frequently and use alcohol-based sanitizers. Always cover your nose and mouth when you cough or sneeze. Avoid touching your face, especially your eyes, nose and mouth - that's how germs spread. And stay home and away from other people if you get sick.

If you have further questions, please feel free to contact your local K-State Research and Extension Offices or e-mail me at twatts@ksu.edu.

The Norton County Treasurer's Office will be CLOSED All Day on Tuesday, October 6 for Training

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

Norton's
St. Francis of Assisi Catholic Church Parish Bazaar
104 S. Wabash, Norton
Sunday, October 11

SCHEDULE OF EVENTS:
Saturday, October 10
10:00-noon, Fancy Work Sale
Sunday, October 11
10:00 a.m., Baked Goods and Fancy Work Sales; 11:00 a.m. Dinner, Turkey and Roast Beef; 12:30 p.m. Quilt Auction and Fancy Work/Food; 12:45 p.m. St. Francis and CYO Raffles
MENU: Turkey and Dressing, Roast Beef, Mashed Potatoes and Gravy, Green Beans or Corn, Jello Salads, Pie or Cake, Tea or Coffee
COST:
1-5 Years FREE
6-12 Years \$5.00
13 and Beyond \$7.00

Applefest Time Again — Enjoy a Perfect Family Weekend

The Orleans Chamber of Commerce

Invites You to the 25th Annual

APPLEFEST

Harlan County Fairgrounds, Orleans, Nebraska

SATURDAY, OCTOBER 3 - 9:00 a.m.-5:00 p.m.

ADMISSION — \$1.00; STUDENTS — FREE

COME ENJOY — Craft Show, Noon Meal at the Ag Center, Food and Snacks, Family Fun, Buggy Rides, Kettle Corn, Digging for Coins in Corn, Fresh Apples, Apple Cider and Cherry Cider; **APPLEFEST IDOL** — Dance, Sing, Perform, Register at 11 a.m., Perform at 1 p.m. Prizes Awarded, Under the Arena

Harlan County Historical Society Museum and Blacksmith Shop Museum-Open 10 a.m.-1 p.m.; Antique Tractor Show in the Park; Applefest Parade, 10 a.m.

For More Information Contact Charlene Hunt (308) 473-4825 or (308) 473-5120