

OBITUARIES

Joseph John Fritz

September 20, 1918 - May 10, 2010

Joseph John Fritz, son of Joseph Antone and Anna (Herzog) Fritz, was born Sept. 20, 1918 in Prairie View, and died at the Norton County Hospital on May 10, at the age of 91.

Joe grew up in the Almena area and attended the Calvert school to the eighth grade. Joe was a mechanic by trade.

He was a member of the Presbyterian Church and the Almena Senior Center.

Survivors include: two neph-

ews, other relatives and friends.

He was preceded in death by his parents; one sister, Wilma Kiser; and one brother, Harry Fritz.

Funeral services were May 13 at the Enfield Funeral Home in Norton. Burial was in Mount Hope Cemetery in Almena. A memorial has been established for Norton County Hospital. Condolences may be left at www.enfieldfh.com.

Arrangements were by Enfield Funeral Home of Norton.



Andrew C. and Charlene Weskamp 1960



Andrew C. and Charlene Weskamp 2010

June Marie Kline

October 10, 1940 - May 1, 2010

June Marie Kline, daughter of Allen F. and Anna A. (Goodwin) Broadbooks, was born Oct. 10, 1940 in Great Bend and died on May 1, at her daughter's home in Wichita at the age of 69.

She attended Hays High School graduating with the class of 1958. After graduation, June went to work at the First National Bank in Hays.

On Nov. 22, 1959, she was united in marriage to Norman L. Kline at the United Methodist Church in Hays. This union was blessed with the birth of five children: daughters, Sheri, Shonda and Michelle; sons, Mitchell and Gary.

June was a very busy wife and mother, donating her time to the church and community, as well as being involved in her children's school and extracurricular activities.

She served as leader and co-leader for After 5 Club, served as treasurer for TOPS, the 20th Century Club and AFS, and helped with Girl Scouts, Boy Scouts and Job's Daughters. Norman and June also opened their hearts and home serving as host parents for AFS.

In September of 1976, June started a career as a bookkeeper and teller at the First Security Bank and Trust Company in Norton. She retired in 2006 as the Assistant Head Bookkeeper/Teller after 30 years of dedicated service.

June was a faithful member of the Norton Christian Church and re-dedicated her life to Christ in May of 1983. She taught the 2-3 year old Sunday school class for over 10 years.

Some of June's favorite hobbies were sewing, cake decorating, arts and crafts, cooking and baking and traveling. She treasured

her friends and loved spending time with her family, especially grandsons Austin and Braden.

Survivors include her husband, Norman; daughters Sheri Kline, Wichita, Shonda Kline, Ft. Worth, Texas, and Michelle Kline of Sterling, Va.; sons, Mitchell Kline and Gary Kline and wife Sherry and grandsons Austin and Braden all of Norton; sisters, Judy Davis, Oberlin, Alena Reese, Hays and Malia Westbrook and husband Harold of Alexander; brother Steve Broadbooks and wife Helen of Lexington, Okla.; cousins, aunts, nieces, and nephew; and many friends.

She was preceded in death by her parents; sister, Marcie Broadbooks; niece Kimberly Davis; nephews Steve Broadbooks II and Kaye Westbrook; and great nephew Cache Morris.

Memorial services were held May 8 at the Norton Christian Church with Pastor Jeff Nielsen and Pastor Darel Boston officiating. Burial was in Norton Cemetery.

Arrangements were by Olliff-Boeve Memorial Chapel of Phillipsburg.

CARD OF THANKS

Words cannot begin to describe how very grateful we are for the many loving expressions of sympathy we've received since June's death.

Your cards, prayers, kind words, and the food you've provided have given us strength; the flowers, mementos and memorial gifts have brought us comfort; and we've been especially blessed by your friendship and support.

Very special thanks to the women from the Norton Christian Church for preparing a luncheon after the service.

The family of June M. Kline

Norton Couple celebrates 50 years

Andrew C. and Charlene M. Weskamp will celebrate their 50th wedding anniversary on May 18.

The couple was married on May 18, 1960 in St. Patrick's Catholic

Church, McCook, Neb.

Their children are Daniel and Carolyn Weskamp of Nixa, Mo., Andrea and James Buchmeier of Littleton, Colo. and Dominic Weskamp, of Battlefield, Mo.

They have eight grandchildren.

A special Mass of thanksgiving for 50 years will be held at 12 p.m. at St. Francis of Assisi Catholic Church in Norton on May 30. The public is invited.

Cards of congratulations should be mailed to:

Mr. and Mrs. Andrew Weskamp, 12175 US. Highway 36 Norton, Kan. 67654.

Breakfast is the one meal you should not skip

Everyone says breakfast is "the most important meal of the day." Many of them, however, just think they don't have time. Are these people doing themselves in by not eating breakfast?

Most nutrition experts wouldn't put it in quite those terms, but overall, the answer is yes.

Nutrition research indicates that deciding not to eat breakfast can increase your appetite and food intake. This can lead to weight gain over time, to negatively affect your overall food choices, and to increasing your risk of chronic disease, especially diabetes and cardiovascular disease. On the other hand, opting to eat breakfast usually increases the overall healthfulness of the diet, and is linked with better learning ability and school performance, both in younger children and in teens and college students too.

Many people say they don't have time for breakfast. Others say they skip breakfast in an attempt to lose weight, or that they're just not

**Home ed
Tranda
Watts,
Extension
specialist**



hungry in the morning. But if non-breakfast-eaters could change that one habit - by waking up 10 minutes earlier, or understanding that eating a healthy breakfast can actually help prevent weight gain, or by snacking less at night so they are hungry in the morning - they could give a huge boost to their overall diet.

Here are some tips to make sure your breakfast is a healthy one:

- Choose a high-fiber cereal. If you don't like the taste of high-fiber options, mix one half-and-half with your favorite cereal to get a fiber boost to start your day.
- Make a quick egg scramble by cooking liquid egg whites and

mixing in some salsa toward the end of the cooking time.

• No time to sit at the table? Drink a cup of milk and enjoy a granola bar on your way out the door. Choose granola bars with higher protein and less sugar and fat.

• Another time-saving option: Eat a spoonful of peanut butter or grab a handful of almonds before you leave the house, and then enjoy a banana, apple or a bunch of grapes on your way to work.

Other easy, healthful breakfast options include yogurt, berries, instant oatmeal and whole-grain toast. Nutrition professionals

recommend having a wide variety of breakfast options on hand to allow you (and your body) to enjoy the varied benefits of different choices. If you still find you're skipping breakfast more often than not, try planning the night before - set out the glass for your milk, your bowl and spoon for cereal, the frying pan for the eggs. Changing unhealthy habits isn't easy; do what you can to make it as simple as possible.

If you have further questions about healthy eating, contact your local K-State Research and Extension Office or e-mail Tranda Watts at twwatts@ksu.edu.

Retirement Reception

Sunday, May 16, 2010

Almena High School Auditorium
5:30 p.m. to 6:30 p.m. - Program
6:30 p.m. to 7:30 p.m. - Come and Go Cake and Punch Reception

Honoring:
• Dick and Hazel Ames • Ann Griffin
• Verlaine Schooler • Glenda Smith

**USD 212
NORTHERN VALLEY**

Student News

Katharine Roy of Norton has accepted membership in The National Society of Collegiate Scholars.



Katharine Roy

Katharine will be honored during an Induction Convocation this fall on the campus of Kansas State University.

"The National Society of Collegiate Scholars is more than just a symbol of academic achievement. Membership gives students access to a number of amazing benefits including career and networking resources, scholarships, travel, and service projects both on campus and in the community," says Stephen E. Loflin, National Society of Collegiate Scholars executive director.

The National Society of Collegiate Scholars is a member of the Association of College Honor Societies and is the nation's only interdisciplinary honors organization for first and second year college students.

Membership is by invitation only and is based on grade point average and class standing.

National Society of Collegiate Scholars has more than 675,000 lifetime members and 250 chapters in all 50 states, the District of Columbia and Puerto Rico.

If you would like to have more information about The National Society of Collegiate Scholars, you can call 202-265-9000 or visit the web site nscs.org, or contact

Katharine Roy, at : P.O. Box 209, Norton, Kan. 67654.

Katharine is the daughter of Corey and Gail Roy of Norton.

Senior Menu

May 17
Cook's choice entree, cheesy broccoli, mixed fruit, bread, and pudding.

May 18
Chicken and noodles, peas, stewed tomatoes, bread, cinnamon apple slices.

May 19
Sloppy Joes, potato salad, pork and beans, bun, strawberries and bananas.

May 20
Roast, mashed potatoes with gravy, fruit cup, bread, birthday

cake.

May 21
Baked spaghetti, broccoli and cauliflower salad, green beans, garlic bread, applesauce. Requested contribution: \$2.75 per meal. Guests under 60 must pay full cost of the meal.

Protect your Assets with Estate Planning Tools

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Showing at the
NORTON THEATRE
Iron Man 2

2 Hours, 15 Minutes (PG-13) Presented in Digital Surround Sound

Friday and Saturday: 7:00 p.m. and 9:25 p.m.
Sunday: 5:00 p.m. and 7:25 p.m.
Mon., Tues., Wed. 7:00 p.m.

Date Night

ONLY PLAYING 1 WEEK
1 Hour, 38 Minutes (PG-13)

All passes accepted for Date Night
Only Premiere Passes for Iron Man 2

General Admission: \$6.00 and \$5.00 for Date Night/\$3 Ticket Sunday
Premiere Admission: \$7.00 and \$6.00 for Iron Man 2/No Sunday Discount

COMING SOON

May 21 - Shrek Forever After
Visit our Website:
nortontheatre.com

This ad is brought to you by The Norton Telegram

Advantages of a Living Trust

- Your loved ones will inherit your estate immediately upon your death, without the expense and delay of probate. Otherwise your estate may go through probate.
- Your estate will not become public record, so details concerning your assets and your estate plan will remain completely private. A Will going through probate is public record. If you use a Will for your estate plan, your financial affairs will not remain private.
- In the event you become incapacitated, your designated trustee will manage your assets as you specify. Otherwise, a conservator may be appointed by the court to manage your assets according to rules stated in Kansas statutes.
- With a Trust you can protect your children's inheritance from creditors, divorce, estate taxes and other risks.
- Many other advantages will be discussed at the seminar.

Living Trust Seminar

Eliminate Probate and Estate Taxes.
Protect your children's inheritance.
Keep your estate from ending up with someone else's family.

ONE DAY ONLY!

Norton Thursday, May 20

Norton Public Library Community Room
Entrance:
408 N. Norton Street
7:00-8:30 p.m.
8:30 Questions & Answers

Refreshments served.
FREE: There is no charge for this seminar and no obligation.

Attorney at Law **Daniel K. Diederich**
2035 E. Iron, Suite 104 / Salina, KS 67401

For Reservations, call 1-877-826-9250 Today!

Attendees will be presented with an opportunity for a free one-hour personal consultation.

There is limited seating, so please call our toll-free reservation line to reserve your place.