



Happy to have her dog back home again, Sarah Marcuson gives Kip a hug.

-Telegram staff photo by Cynthia Haynes

# Lost dog is now at home

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Things are looking up for the Brad Marcuson family after a serious accident sent wife Elaine to a hospital in Nebraska and the family dog disappeared.

Mrs. Marcuson had Kip, the family dog, in an old pickup a little over a week ago and was following daughter Sarah, who was driving a tractor pulling a grain cart up an embankment to reach the wheat field that Mr. Marcuson was combining.

Sarah, unused to pulling a grain cart, stalled the tractor and Mrs. Marcuson had to stop on U.S. 83, waiting to make a left turn.

Although the day was clear and the road open, her truck was struck in the rear by a pickup driven by a Phillipsburg man.

Mrs. Marcuson, who was not wearing a seat belt, was trapped in the truck with injuries including broken vertebrae and ribs. The dog, frightened by the crash, ran off and was lost in an area he wasn't familiar with although it was only about five miles from home.

Mrs. Marcuson was freed by firemen and taken by ambulance to the Decatur County Hospital. Later, she was flown to Good Samaritan in Kearney, where she was in intensive care.

But Kip could not be found and the family mourned the loss of their family pet.

By last Thursday, however, Mrs. Marcuson was moved from intensive care to a "progressive care" floor of the hospital and was up and walking.

"She's got a long way to go," Mr. Marcuson said, adding that she was in good spirits and working hard at recovering.

"She just needs nursing care more than anything now," he said.

Reached by phone on Sunday night, he said that they were waiting for doctors to check X-rays of Mrs. Marcuson's back, but that everything seems to be going as well as can be expected.

Meanwhile, Kip had been spotted

several times by people who called the Marcusons, but the dog was too scared and shy to be caught.

It appeared, Mr. Marcuson said, that Kip had been sleeping at the Spresser Oil Co. station in Dresden at night and then heading over to the Jennings area during the day.

The workers at Spresser were putting out food for him, but he wouldn't be caught.

Finally, he was spotted near the Decatur County shop in Jennings and Sarah Marcuson headed over there.

"I went out there because someone told me that's where he was," she said, "but I didn't see him when I got there. I was about to drive through Jennings looking when he ran up to the car. I opened the door and he jumped in."

Kip had suffered no broken bones and while dirty and covered with ticks, he appeared not too much the worse for his adventures. Nevertheless, he got a trip to the vet to be checked out.

In Kearney, Brad said, there were tears of joy when the Marcusons got the news that Kip had been found safe.

"The nurses came running to see what was wrong," Mr. Marcuson said. "We told them, and they understood since they had seen the paper."

Mrs. Marcuson still has a long road to recovery, he said, but friends and neighbors have been in to clean house and leave food, cut the rest of the wheat and help out anyway they could.

And now, Kip is home too.

# Heads up about vitamin D

Vitamin D, which often is called the "sunshine vitamin," is typically associated with bone health, yet researchers are finding that it can fulfill multiple roles in promoting health and preventing disease.

"Nutritionally speaking, Vitamin D is actually a hormone; about 10 percent is typically derived from foods, and about 90 percent is produced within the body as a result of skin coming in contact with direct sunlight," said Sandy Procter, Kansas State University Research and Extension nutrition specialist.

As a health-promoting hormone, Vitamin D binds to receptor cells in the body that control a wide range of hormone- and gene-expressing processes, said Procter, who cited research findings highlighting health benefits from the vitamin. Vitamin D:

- Strengthens the immune system to help the body fend off infections and diseases.
- Helps prevent autoimmunity, an abnormal response of the immune system in which the body attacks its own cells and tissues.

Researchers are exploring the connection between Vitamin D deficiency and autoimmune diseases such as multiple sclerosis and rheumatoid arthritis.

- Regulates a number of genes in prostate, colon and breast cancer.

Studies suggest that a Vitamin D deficiency might affect the

outcome of a diagnosis of cancer, and may also be a factor in causing the cancer.

• Appears to be a factor in improving the body's sensitivity to insulin, which, in addition to lowering the risk of diabetes, may prevent or delay the onset of the disease and reduce complications from it in those who already have it.

Even with health benefits identified and research continuing on Vitamin D, three out of four Americans fall short of the recommended Adequate Intake values identified by the Institute of Medicine, Procter said.

Many experts believe that the current recommendations, such as the daily recommendation for adults ages 19-50 (200 International Units), are not enough to prevent health consequences, she added.

Widespread deficiencies of the vitamin are being identified in many Americans.

The reasons given for the shortfall include more time being spent indoors; lesser air quality (smog, for example); recommended use of sunscreen (to reduce damage to skin from overexposure to the sun); seasonal weather, such as a lack of sunshine in winter months; obesity, in which fat cells interfere with body processes in forming and storing Vitamin D; aging, during which the body's ability to process Vitamin D declines; darker skin color, which

translates into lesser absorption through the skin, and breast feeding.

If, for example, a mother is low in Vitamin D, the infant will likely experience a similar deficiency due to low levels of vitamin D in the breast milk, and that's why it is now recommended that breast-fed infants receive 400 IU (international units) of supplemental vitamin D beginning shortly after birth, Procter said.

Since 2000, a recurrence of rickets, a disease attributed to a deficiency in Vitamin D that is characterized by the softening and curving of bones resulting in bowed legs, an enlarged head, rib cage, joints or deformed pelvis particularly noted in African American infants and children, prompted the American Academy of Pediatrics to recommend (in 2008) that all infants, children and adolescents need 400 IU of Vitamin D a day.

The change in the recommendation doubles the previous recommendation, said Procter, who explained that current knowledge about Vitamin D is being reviewed by an Institute of Medicine Committee and recommendations are expected to be updated in fall, 2010.

In the meantime, to make sure Americans are getting enough vitamin D, Procter recommends:

- 1) Talk with your healthcare professional; Vitamin D levels can be checked with a simple

lab test.

- 2) Moderate exposure (five to 30 minutes) to direct sunlight, without sunscreen and with some skin exposed (arms, for example) twice a week should be enough to enable light-skinned persons to synthesize an adequate supply of Vitamin D; persons with darker skin tones can require up to three times as much exposure to sunlight. Ask a healthcare professional for his or her recommendation.

- 3) Choose foods that offer naturally occurring Vitamin D, such as: some yeasts and plants; oily fish such as mackerel, tuna, sardines, and salmon; cod-liver oil; beef liver; egg yolks; and Vitamin D-fortified foods such as milk, butter, some ready-to-eat cereals, bread, yogurt and orange juice.

- 4) Work with your healthcare professional and pharmacist to check drug interaction with Vitamin D.

As an example, corticosteroids, weight loss and/or cholesterol-lowering medications can impair or otherwise reduce the absorption of Vitamin D.

If you want more information on choosing healthy foods with Vitamin D, that information is available at your local county and district Kansas State Research and Extension offices and online at: [www.ksre.ksu.edu/human-nutrition/](http://www.ksre.ksu.edu/human-nutrition/).

## Business in the spotlight

Each month this column features one Norton County business selected at random in honor of all our local businesses large and small, well-established and newly-established for their valuable contribution to our economy. Economic development board member Gayle James submitted this month's article.

SUSAN  
Custom Window Coverings  
125B East Washington Avenue  
Lenora, Kan. 67645  
785 567-4084

Open Wednesday and Thursday 10-5 and by appointment

Susan returned to the Lenora area to live with her grandmother, Pauline Goeken. Susan was born in Norton County and feels that she has now come full circle after moving away at age four. She spent most summers in Lenora with her grandparents and her Uncle Jim, and has always felt that coming back to Lenora was like coming home.

She opened her shop in Lenora in Sept., 2009 in the rear of the city building where the old Lenora Library was located. It took approximately 10 months from the time the idea was first discussed until she could move back, and then one month until the doors were open.

Susan feels that her greatest success is the interest and helpfulness people have shown. Volunteers have run off flyers, painted walls, etc. in an effort to get the business off the ground.

Her greatest challenge has been starting over, moving five indus-

trial sewing machines across half the country and remodeling the space to fit her needs.

She originally did tailoring but had a friend with a décor shop that helped her get started doing custom window coverings. She started her business as a custom drapery workroom in 1991 in the Pacific Northwest. Her work has been published in the Sew What magazine detailing design and

technique, and was also shown in the "Parade of Homes" in Vancouver, Wash., 1991-1994.

Encouraged by the success of the business in a somewhat discouraging economic climate, Susan believes the future is bright. She would like to continue to improve her display items and possibly offer a small gift line. She is offering three fabric lines, three trim lines and two hardware

lines. With custom window coverings the client chooses the fabrics and the finished creation fits your space and lifestyle.

There is already a trend of people leaving more populated areas to move into the center of the country and she thinks that will continue.

The most rewarding aspect of this venture has been public interest.

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