

OBITUARIES

Nan Marie Smith

September 9, 1953 - September 7, 2010

Nan Marie Smith, daughter of Don and Evelyn (Thompson) Smith, was born Sept. 9, 1953, in Marysville and died at the Norton County Hospital in Norton on Sept. 7, at the age of 56.

Nan grew up in Marysville and graduated from the Marysville High School. She also graduated from Phillips University in Enid, Okla. with a dual Bachelor's Degree in Elementary Education and Christian Education. She taught school for five years in Marysville, before moving to Norton in 1981.

On May 30, 1981, Nan and Dennis Maybon were united in marriage in the First Christian Church in Marysville, and to this union two children were born. They made their home in Norton where Nan was a third grade teacher at the Eisenhower Elementary School.

Nan attended the First United Methodist Church in Norton and was a board member of the Big Brothers and Big Sisters and past president of Delta Kappa Gamma. Nan taught school for 33 years and loved her students and she was well loved by them. Nan always worked to insure her students

would enjoy education. She truly was proud to be a member of the USD #211 school district and a member of the Norton community.

Survivors include: her husband, Dennis, of their home in Norton; one son, Mark Smith Maybon, of Shawnee, who is currently attending the Culinary School at Kansas City Art Institute; one daughter, Ashley Smith Maybon, who is currently attending Kansas University majoring in Elementary Education in Lawrence; two sisters, Lisa Morgan, and husband, Richard, Manhattan; Susan Moore, Chukey, Tenn.; nieces and nephew, Anna, Luke, Angelica, and Renee; other relatives and many friends.

She was preceded in death by her parents and one brother, Alan Smith.

Funeral services will be Monday, Sept. 13 at 11 a.m. at the First United Methodist Church in Norton. Memorials are suggested to the Nan Smith Scholarship Fund. Condolences may be sent to the website www.enfieldfh.com.

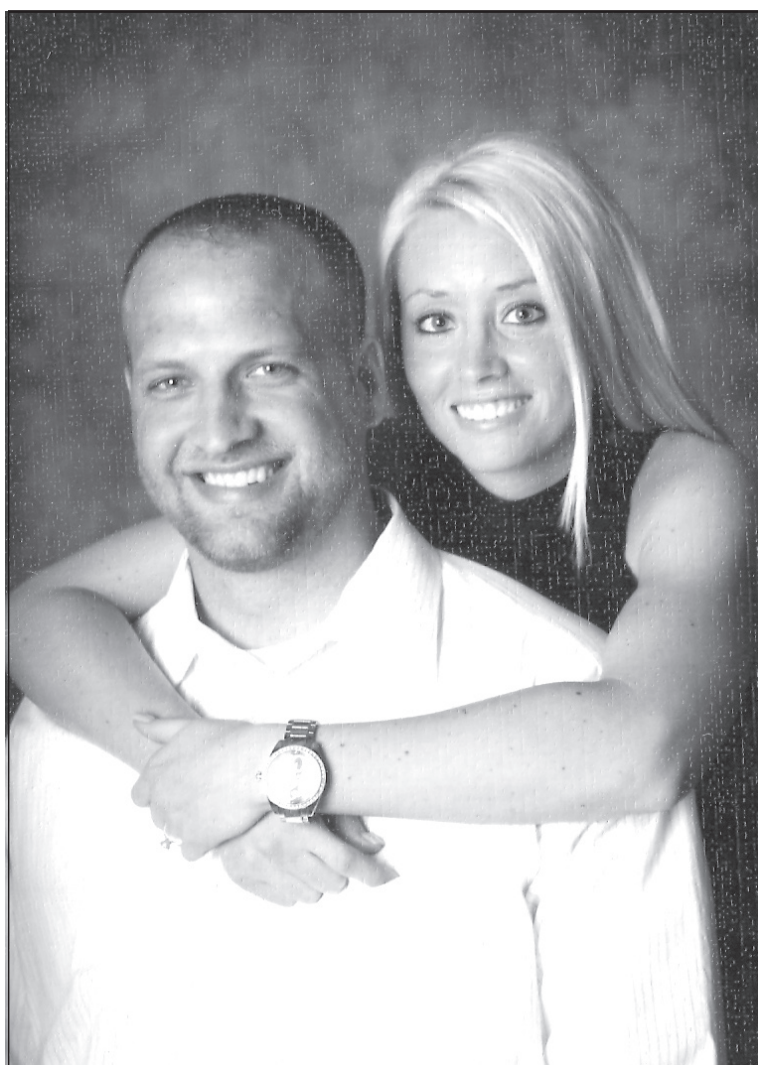
Arrangements are by Enfield Funeral Home, 215 W. Main, Norton, KS. 67654.

Support and gratitude expressed with parade!



On Sunday, the Norton area residents showed their support and gratitude to Chance and Chase Miller, Almena, Tim Bashford, Norton and Makayla Nicodemus, Almena. The four were escorted by the American Legion Rider's

Post 363 in a parade in downtown Norton and Almena. They are with the 778th Transportation Company and are being deployed to Kuwait for a year. -Telegram photo by Vicki Henderson



Karlie Jones and Nate Stroup

Couple to wed in fall

Jeff and Lynette Jones, Norton, are pleased to announce the engagement and approaching marriage of their daughter, Karlie Jones to Nate Stroup, son of Steve and Julie Stroup, Benkelman, Neb.

Karlie is the granddaughter of Wayne and Trudy Wehe, and Paul and Joyce Jones, all of Smith Center. Nate is the grandson of Boyd Stroup and the late Betty Stroup, and the late Alvin Betty Schrader, all of Benkelman.

The bride-to-be is a 2006 gradu-

ate of Norton Community High School and a 2010 graduate of Fort Hays State University with a Bachelor's degree in Communication Studies/Public Relations. The groom-to-be is a 2003 graduate of Dundy County High School and a 2007 graduate of Fort Hays State University with a Bachelor's degree in Health and Human Performance and Sports Administration.

The couple will marry on Sept. 18, at the First Presbyterian Church in Hays.

BIRTH

Elliot and Stefanie Hoefs of Arapahoe are pleased to announce the arrival of Ethan August on Aug. 9, at 8:51 a.m. He weighed 6 pounds 15 ounces and



Ethan August

was 20.5 inches in length. His siblings, Landen and Adelyn, are thrilled to welcome him home.

Grandparents are Larry and Connie Hoefs of Arapahoe and Lynn and the late Laura Becker of Beaver City.

Great-Grandmothers are Lynn Nelson of Norton, Dolores Hoefs of Arapahoe, and Jeanine Wragge of Pierce.

Senior Menu

Sept. 13: Sausage Gravy, mashed potatoes, cook's choice vegetable, biscuit, peaches.

Sept. 14: Turkey, sweet potatoes, coleslaw with carrots, bread, blueberry cobbler.

Sept. 15: Meat loaf, mixed vegetables, cook's choice complement, bread, watermelon.

Sept. 16: Pork roast, creamed potatoes and peas, apricots, bread, birthday cake.

Sept. 17: Sloppy joes, corn, cucumbers, bun, mandarin oranges.

Requested contribution: \$2.75 per meal. Please make checks payable to Homestead Nutrition Project. Guests under 60 must pay full cost of the meal.

Humans need 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.

Research findings highlighting health benefits from Vitamin D have been cited as follows:

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

Home ed Tranda Watts, Extension specialist



prevent health consequences.

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.

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 recom-

mendation doubles the previous recommendation. The 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, here are some recommendations:

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

fessional 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.

More information on choosing healthy foods is available at your local K-State Research and Extension Office or you may e-mail Tranda Watts at: twatts@ksu.edu.

"Proclaiming the Love of Jesus Christ to all people through word and action."

Join Us Sunday Morning

- 9:00 a.m. Bible Study Ages Pre-School to Adult
- 10:30 a.m. Worship

Immanuel Lutheran Church

SPECIAL INVITATION

Sunday Evening, September 12

6:00 p.m. Hamburger Cook-Out
7:00 p.m. Adult Study, "Basics of the Christian Faith"

- Everyone Welcome -

Immanuel Lutheran Church
14715 W. Washington Road, Norton

FYI

Duplicate Bridge had three tables at the Norton Manor on Wednesday. First place were Joyce Sumner and Jackie Porter; second place, David Graham and Jack Graham; third place, Myron Veh and Jerry Moritz.

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

Menu

Open Saturday Nights

Steak/Seafood Night

American Legion Auxiliary

NORTON, KANSAS

- New Hours •
- Open Saturdays, 5 p.m. to 9 p.m.
- Opened Sundays Starting September 26 11 a.m.

Members and Guests Welcome

Sept. 10-Sept. 15

Showing at the

NORTON THEATRE

Eat, Pray, Love

2 Hours, 27 Minutes (PG-13)

Friday and Saturday: 8:00 p.m.
Sunday: 5:00 p.m.
Monday, Tuesday & Wednesday: 7:00 p.m.

The Expendables

1 Hour, 53 Minutes (R)
(Presented in Digital Surround Sound)

General Admission: \$6.00 and \$5.00 for Eat, Pray, Love/\$3 Ticket Sunday
General Admission: \$6.00 and \$5.00 for The Expendables/\$3 Ticket Sunday

Since both movies are non-premieres, all movie passes accepted

Check the Theatre website for Upcoming Events nortontheatre.com

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