

DEATH NOTICE

John Horak December 22, 2010

John Horak, Norton, died in Norton on Dec. 22. Funeral services are pending. Monday funeral services are pending with burial

to be in Belleville. Enfield Funeral Home, Norton, is in charge of the arrangements.

Student News

Kansas State University had more than 1,300 candidates for graduation in December. Commencement ceremonies were Friday, Dec. 10 and Saturday, Dec. 11 on the Kansas State University campuses in Manhattan and Salina.

Candidates for graduation included: Jared Alan Engelbert, bachelor of science in business administration, Norton; Jared Tyler Mindrup, bachelor of science. Norton; William Kent Bolt,

bachelor of science in agriculture, Norton and Denton Christopher Bailey, bachelor of science in agriculture, Norcatour.

On December 17, Pittsburg State University's 15th Winter Commencement was held on campus.

Candidates for graduation from Norton County were: Kurtis L. Campbell, bachelor of science in engineering technology.

FYI

The Norton Doctors Clinic will be closed on Friday, Dec. 24 and Saturday, Dec. 25 and also closed on Friday, Dec. 31 and Saturday, Jan. 1, 2011. The clinic staff wishes you and your family a safe and healthy holiday season.

Almena State Bank will close at noon Friday, Dec. 24 and Friday, Dec. 31.

The Almena City Office and Library will be closed Dec. 24 and Dec. 27. Trash will be picked up on Monday, Dec. 27.

The Norton Area Chamber of Commerce will host its 27th annual Christmas Dinner on Dec. 25 at the United Methodist Church Fellowship Hall at 12 noon. This dinner is for anyone who cannot be with loved ones on Christmas Day. A full holiday

menu of turkey with dressing, potatoes and gravy, vegetables, rolls and butter will be provided. Those attending are asked to bring a salad or dessert to complete the feast. There is no charge for the dinner, however, donations will be accepted. Volunteers are needed to help with the meal preparation, serving and clean up. Anyone interested in helping should contact the Norton Area Chamber of Commerce Office, at 785-977-2501.

The Norton Public Library Holiday Hours: Closed Dec. 24. Open Dec. 28 from 10 a.m. to 8 p.m. for Christmas. The library will be closed on Dec. 31. The library will be open, Jan 3rd from 10 a.m. to 8 p.m. The Hospice Tree is located at the Norton Public Library. Donations can be made at the Library.

Club News

The General Federation of Women's Club Mid-Century Club enjoyed a Christmas Tea when they met Dec. 9, in the Fellowship Hall of the First United Methodist Church. Hostesses for the evening were Mary Beth Boyd, Cheryl Scott and Beverly Kindler. The members were treated to Teatime Morsels and a variety of teas.

Beverly Kindler called the meeting to order with the quote "Sharing a cup of kindness with treasured friends" by Emilie Barnes.

This year rather than a gift exchange, each member gave a monetary gift of \$5 and these funds will be used for projects through out the year.

Judy Davis gave a most interesting review of the book "If Teacups Could Talk" by Emilie Barnes. Ms. Barnes starts her book saying; "If teacups could talk my house would be full of conversation..because my house

is full of teacups." Her collection has grown through the years and fills a cupboard, shelves and table. Each teacup has a history and each is precious.

Even if you don't care for tea there's room for you at the tea table. For hundreds of years, "Come for tea" has been another way of saying, "Come, let's share a little bit of our lives together." Quietly and without threat, this inviting phrase calls us out of ourselves and into a special relationship with others.

Roll call was answered with everyone displaying their favorite tea cup, saying why it is special and revealing their favorite flavor of tea.

Beverly announced that the next meeting will be Jan. 27 at 7 p.m. at the Andbe Home, hostesses are Leta Donovan, Rosalie McMullen and Virginia Will. Volunteer hours reports will be due that night.

Are you cold yet?

In the last few weeks, northeast Kansans have been bundling up against biting cold temperatures that are settling in for the winter in a seeming vengeance of our warm fall temperatures.

But even with these frigid temperatures, it still is not as cold as it could be. According to State Climatologist Mary Knapp with Kansas State University Research and Extension, approximately 137 cities in the Central Plains and eastern United States set record lows on Dec. 22, 1989, as

an Arctic airwave spread across these regions.

Wichita's low temperature of 16 below zero set a record low for both the date and the month in that city. Goodland broke its record with a low temperature of 27 below zero, while Kansas City did the same with a low of 23 below zero.

Even these cold temperatures did not come close to the all time record low in Kansas. Lebanon recorded a low temperature of 40 below zero on Feb. 13, 1905.

Senior menu

- December 27:** Closed for Christmas.
- December 28:** Salisbury steak, mashed potatoes with gravy, seasoned carrots, bread and pears.
- December 29:** Chicken vegetable casserole, mandarin oranges, biscuit and cook's choice complement.
- December 30:** Cheesy potato soup, pineapple

- cheese salad, crackers and cinnamon roll.
- December 31:** Closed New Year's Eve.
- The requested contribution is \$3 per meal. Please make your check payable to: Homestead Nutrition Project. All guests under 60 must pay the full cost of the meal, which is \$5.25 at the site and \$5.75 for home delivery.

Merry Christmas

We wish you a Merry Christmas!



On Tuesday, Eisenhower Elementary students went caroling to the residents of the Andbe Home. The students sang a collection of Christmas carols and other holiday music much to the enjoyment of the audience. -Telegram photo by Harriett Gill

In winter you need vitamin D

Vitamin D is recommended for bone health; nutrition and health researchers are, however, also crediting it with strengthening the immune system, preventing autoimmunity (an abnormal response of the immune system in which the body attacks its own cells and tissues), regulating genes in prostate, colon and breast cancers, and delaying -- or preventing -- the onset of diabetes and reducing complications from the disease.

Research on Vitamin D, a hormone, is ongoing, and that's why it's important to pay attention to recent changes in recommended adequate intake values announced by an Institute of Medicine Committee.

While the recommendation for infants to age 1 remains the same (400 International Units daily), updated recommendations

**Home ed
Tranda
Watts,
Extension
specialist**



include:

Children age 1 to 18 years: 600 International units (an increase from 400 International units)

Adults age 19 to 70: 600 International units (an increase from 200 International units)

Adults age 71+: 800 International Units (an increase from 600 International Units)

Historically, it has been recognized that about 90 percent of Vitamin D is produced within the body as a result of skin coming

into contact with direct sunlight.

About 10 percent is typically derived from food sources, such as 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.

The new Institute of Medicine recommendations assumed minimal sun exposure when establishing the new recommended intakes for Vitamin D, and encouraged North Americans to get Vitamin D from food and supplement sources.

The seasonal weather in Kansas, from December to February can make meeting the minimal recommendations from sunlight difficult.

Check with a healthcare profes-

sional and determine if a lab test to check your personal level of Vitamin D is appropriate.

Checking the level can be particularly important for those who take corticosteroids and/or weight loss and/or cholesterol-lowering medications that may inhibit or reduce the absorption of Vitamin D.

Too much can be harmful. The Institute of Medicine recommends that adults stay below 4,000 International Units (from food and supplements) per day.

More information about nutrition and meeting the daily dietary recommendations for your health is available at your local K-State Research and Extension Office, or you may e-mail Tranda Watts at <mailto:twatts@ksu.edu>

YouTube agricultural videos are now available

Kansas State University agricultural economist Glynn Tonsor has put away any camera-shy tendencies.

In fact, he sees using short videos on YouTube as one of several ways to get research-backed information to livestock producers and others interested in the economic side of livestock and meat production.

Tonsor, who is an assistant professor of agricultural economics at K-State, has produced several videos, eight to 10 minutes in length.

- The topics include: Impacts of Animal Welfare Media Attention on Meat Demand; Consumer Preferences for Animal Welfare Attributes; The Case of Gestation Crates; Consumer Voting and Demand Behavior Regarding Swine Gestation Crates.

In addition, he has produced

videos about animal traceability -- Cow-Calf Producer Preferences for Animal Identification and Traceability, and Cow-Calf Producer Beliefs Regarding Animal ID and Traceability.

The videos and other information relating to livestock and grain markets, are available on www.agmanager.info by clicking on "Livestock & Meat Marketing."

In a related effort to extend applied research to industry stakeholders, Tonsor, who joined the K-State faculty in 2010, has partnered with Feedstuffs magazine to produce a quarterly series, "Connecting Livestock Producers with Economic Research."

The articles are posted regularly to the www.agmanager.info website and are intended to summarize economic implications of recent academic journal articles for livestock producers and policy makers.

Happy Holidays

— Thank You —

We would like to thank everyone who joined us for our Christmas Story Christmas.

Congrats to David Mizell for winning the Red Ryder BB Gun.

402 S. State Norton, KS 785-874-4384

American Legion Auxiliary Welcomes Everyone

to dine with us for our
Sunday Buffet 11:00 a.m. to 2:00 p.m.
Open Sunday, December 26

**THURSDAY NIGHTS:
5:00 TO 9:00 P.M.**
Members and Guests Welcome

- OPEN NEW YEAR'S EVE -
We Cater Parties

Showing at the
NORTON THEATRE

The Chronicles of Harnia: The Voyage of the Dawn Treader

(PREMIERE MOVIE) 2 Hours, 3 Minutes (PG)
Fri. and Sat.: 8:00 p.m.; Sunday: 5:00 p.m.
Mon., Tues. and Wed.: 7:00 p.m.
Christmas Eve (Fri., Dec. 24): 2:30 p.m.
Christmas Day (Sat., Dec. 25): 7 & 9:10 p.m.

Yogi Bear

(Presented in Digital Surround Sound)
1 Hour, 35 Minutes (Premiere)
(PG)

Let's Go to the Movie

Only premiere passes accepted for Yogi Bear
The Chronicles of Harnia

Yogi Bear is the Premiere Price of \$7.00 and \$8.00-10 Sunday Discount
Chronicles of Harnia Premiere Price of \$7.00 and \$8.00-10 Sunday Discount

**PREMIERING IN NORTON
WEDNESDAY, DECEMBER 29
GULLIVER'S TRAVELS**

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