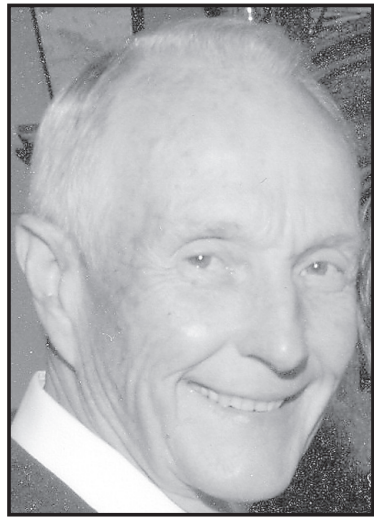


# OBITUARIES

## Rex Keener June 5, 1925 - March 14, 2012



wife of 59 years, Jackie Keener of Overland Park; two children, Jeff Keener and wife, Shelly, of

Joplin, Mo., and Jenni Merker and husband, Rich, of Overland Park; five grandchildren: Kelly, Jessica, Chris, McKenzie and Ben; two great grandchildren: Jordan and Olivia.

A Celebration of Life will be held March 24, at 3 p.m. at the Church of the Resurrection, Wesley Chapel in Leawood. A private burial at a later date will be held at the National Cemetery in Leavenworth.

In lieu of flowers, the family suggests donations to the Alzheimer's Association.

Condolences may be expressed at [www.heartlandcremation.com](http://www.heartlandcremation.com), or 816-313-1677.

Rex Keener, DDS, 86, passed away March 14, 2012 in Overland Park. Rex was born on June 5, 1925 in Breckenridge, Texas, the son of Rex, Sr. and Gladys (Ladd) Keener.

Rex graduated from Joplin High School in Joplin, Mo. After serving three years in the U. S. Army, Rex then attended and graduated from UMKC School of Dentistry. Rex married Jacqueline (Smith) Keener on Aug. 31, 1952. Rex practiced dentistry in Norton until his retirement in 1979. The couple retired to Bella Vista, Ark., and later to Lakeland, Fla., before moving to Overland Park last year. Rex is survived by his loving

## Health concerns affect driving

Parents who fret when teens begin to drive may be surprised to see their now-grown children fretting about their parents' driving skills.

A driver's license is often viewed as a key to independence, particularly in rural areas with scant public transportation, said Jill Frost-Steward, a doctoral student in Family Studies in the College of Human Ecology at Kansas State University.

Frost-Steward, who has chosen safe driving for older adults as the focus of her research project, explained that changing medical conditions, rather than age itself, often are the primary factor or factors in deciding when it's no longer safe to drive.

Driving is a meaningful activity and important in retaining independence, said Frost-Steward, who explained that driving allows control over daily decision-making, such as when to go to the grocery store, visit friends or schedule appointments.

For many older adults, driving also is a symbol of competence, said Frost-Steward, who identified three major types of health concerns that can affect driving ability:

- 1) Changes in vision
- 2) Changes in physical health
- 3) Changes in cognitive function

"Changes in vision are a common concern, as a decline in depth perception, peripheral vision, and the ability to manage glare that could result from the aging process, an accident, injury or other medical condition can make driving more difficult," she said. Eye conditions, such as cataracts, glaucoma, macular degeneration and diabetic eye disease may create blind spots in vision.

"Visual attention is another issue," said Frost-Steward, who explained that this is a term used to describe the ability to manage a changing environment. For example, in approaching a stop sign, a driver will need to consider other cars either stopped at or approaching the stop sign or intersection, which driver has the right-of-way, and pedestrians in his or her decision-making process.

Flexibility, strength and coordination also are important for safe driving because a driver will need to be able to rotate his or her neck to look

from side to side to view road conditions and traffic, and to turn around to check before backing up or parallel parking.

Shoulder and elbow movement is key to turning the wheel, and, with or without arthritis, it's important to be able to curl fingers to grip the wheel, Frost-Steward said.

Some physical limitations may be able to be addressed by health care professionals or modifications to a vehicle, she said.

The third factor that can affect a person's ability to drive is a change in cognitive functioning.

To drive safely, a driver needs to be able to make judgments, such as when it is safe to make a left turn or to react quickly to a change in traffic conditions. Examples might include a sudden stop or need to change lanes.

Cognitive functioning can be affected by a variety of factors. For example, if taking one or more prescribed or over-the-counter medications or supplements, a driver is urged to consult with his or her doctor or pharmacist to rule out negative drug interactions or side effects that could slow driving response times.

Alzheimer's and other forms of dementia also can interfere with cognitive functioning, Frost-Steward said.

In the earliest stage of dementia, some older adults are able to pass an on-the-road driving test. As diseases that affect the brain progress, drivers may get lost in familiar places, may lose the ability to comprehend traffic signs, and may lose awareness of how their driving is affecting others.

Adult children and others who serve as caregivers are encouraged to ask to ride along occasionally to observe driving capacity, she said.

"The topic can be challenging," said Frost-Steward, who recommended working with a driver in question and his or her health care providers to understand and address medical concerns.

When driving is no longer an option, Frost-Steward encourages family members and caregivers to develop an alternative transportation plan that will keep the former driver connected to his or her regular activities.

## Too much salt is too common-place

Americans consume much more salt than they should, according to a report from the Centers for Disease Control and Prevention. Most of the sodium comes from common restaurant or grocery store items.

Ten types of foods are responsible for more than 40 percent of people's sodium intake. The most common sources are breads and rolls, luncheon meat such as deli ham or turkey, pizza, poultry, soups, cheese burgers and other sandwiches, cheese, pasta dishes, meat dishes such as meat loaf, and snack foods such as potato chips, pretzels and popcorn. Here are some key considerations:

-Ten types of foods account for 44 percent of dietary sodium consumed each day.

-65 percent of sodium comes from food sold in stores.

### Homeed Tranda Watts, Extension specialist



-25 percent of sodium comes from meals purchased in restaurants.

Avoid adding salt to foods at the table and use these five tips to reduce your salt intake:

1. Take stock of the sources of salt in your diet, such as restaurant meals, salt-based condiments, and convenience foods. Some of these are really loaded with salt.

2. Read the labels when shopping. Look for lower sodium in cereals, crackers, pasta sauces,

canned vegetables, or any foods with low-salt options.

3. If you think your meals are high in sodium, balance them by adding high-potassium foods, such as fresh fruits and vegetables.

4. Ask about salt added to food, especially at restaurants. Most restaurant chefs will omit salt when requested.

5. If you need to salt while cooking, add the salt at the end; you will need to add much less. The longer the food cooks, the more the salty flavor is muted and at the end, the final taste is on the top layer.

If you have questions related to food, nutrition, health or safety, please feel free to contact your local K-State Research and Extension Office or you may e-mail Tranda Watts at [twatts@ksu.edu](mailto:twatts@ksu.edu).

## NORTON MANOR

In March, Chancey and Donna Marsh went to Guthrie, Okla., to visit our daughter, Cristy Collins and family. Cris treated us to three nights at the Sleep Inn and to an NBA game between the Celtics and the Thunder. On Friday night we drove to Tulsa to watch our Grandson Kai Collins play basketball. They won. On Saturday, coming home we had lunch with our oldest Grandson Keaton Collins in Hays at Applebee's. A time well spent.

Doris Mizell's daughter Carolyn Linsenmeyer came to spend time with her mother while she

had some surgery.

Mr. and Mrs. Cole of Alma, Neb., visited Mary Keith Monday afternoon.

While Carolyn was here Doris Mizell and her children, Ray, Lester, Roberta, Patty, Carolyn went to Hays to visit Gus and Ivalee Munsinger. While they were there Stephen, David and Jacob Mizell joined us for awhile. Ivalee is Doris's sister-in-law.

We also had many get-togethers at Doris' apartment or else where. We spent one afternoon going to Jennings to see the im-

provements at Patty and Jerry Fosters. You wouldn't know it was the same house until you get inside. Carolyn also helped her Mother get more quilt blocks cut out. Now I need to get busy.

Call Mike  
with all your  
social news.  
877-3361  
[mstephens@nwkansan.com](mailto:mstephens@nwkansan.com)

## A soup-er day!



The Norton Community Center (Senior Center) held a fund-raiser soup supper Saturday evening to help raise money to replace the roof on the community center building. Many families visited to partake of home made soups, sandwiches and desserts. Pictured, Margaret Thomas serves a bowl of soup to Autumn Harvey (right, front) and her grandmother, Virginia Harvey.

-Telegram photo by Carleen Bell

## HANSEN MUSEUM

The Dane G. Hansen Memorial Museum presents two exhibits simultaneously: "The State of Kansas Historical Mural" by Dennis Schiel of Hays, and "Maxwell Berry's Wildflower Photography." These exhibits opened on March 16 and will run through April 15. "The State of Kansas Historical Mural" consists of 10 three by four foot panels. Each panel contains historical subjects that pertain to the panel's coverage area. This mural has over 300 historical subjects covering the people, animals, landscape, trails, railroads and historical sites from the State of Kansas.

"Maxwell Berry's Wildflower Photography," which he donated in the mid-seventies, consists of over 100 framed photographs. This collection has shown periodically in the past and we are pleased once again to share this exhibit with the public.

The annual meeting will be held Sunday, April 15 at 2 p.m. in the Dane G. Hansen Community room. A presentation of a colored print of Dane and Polly Bales will be made. Polly will be present for the presentation. The public is welcome to attend and visit with Polly. Fort Hays State College will also be presenting a musical program. Make plans to attend and enjoy the afternoon

with us.

We are looking forward to the Schaffner Watercolor Painting Workshop on Wednesday, Thursday, Friday and Saturday, April 11, 12, 13 and 14. The workshop starts at 9 a.m. and runs through noon and then 1 p.m. to 4 p.m. If interested, call 685-4846 or go to [www.hansenmuseum.org](http://www.hansenmuseum.org).

Our March Artists of the Month are Tom and Mary Ewing from Oberlin. Tom and Mary have quilting, leather work and baskets on display and for sale. This is an opportunity to purchase birthday gifts or think ahead to Mother's Day. We have some pretty unique items in the Artist of the Month corner.

## BIRTH



Charly Vollertsen would like to announce the arrival of her new baby brother, Seve William Vollertsen. His parents are Grant and Wendy Vollertsen of Garden City. He was born February 22, 2012. He weighed seven pounds, nine ounces and

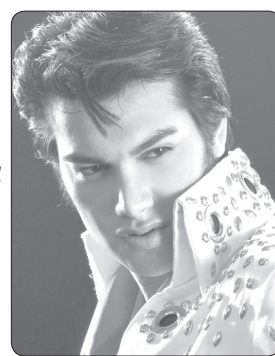
was 21 1/2 inches long. His grandparents are Billy and Pat Swilley of Scott City, Kurt and Becky Vollertsen of Oberlin. His great-grandparents are Gerald Ribbing of Scott City and Don and Willa Vollertsen and Betty Wiltfong, all of Norton.

### Assistant Farm Manager

Parker Ag Services is actively seeking an Assistant Farm Manager who has the ability to manage the daily activities of a growing eastern Colorado dry land farm. The ideal candidate will have 8-10 years plant through harvest dry land farm experience and a minimum of 3 years farm management experience. This is a career opportunity on a growing eastern Colorado farm. Parker Ag is a family-owned business with good old fashioned values of honesty, integrity and hard work. Contact Brianne Smith, at 888-246-7654 x225 or [brianne@parkerag.com](mailto:brianne@parkerag.com).

**No Need to Travel to Branson-  
Come to Norton Instead!!**

**Joseph Hall performs  
Elvis Rock 'n' Remember Tribute**  
Sponsored by The Norton County Arts Council  
**Sunday, April 15**  
3:00 P.M.  
Advance Tickets at First State Bank,  
of Norton or Call 785-877-5611  
\$20.00 Adults - \$10.00 Students



March 16-  
March 21

Showing at the

**NORTON  
THEATRE**  
**The Vow**

(PG-13) 1 Hour, 54 Minutes - Presented in Digital Sound

Friday and Saturday: 8:00 p.m.  
Sunday: 5:00 p.m.

Monday, Tuesday, Wednesday: 7:00 p.m.

**John Carter**

2 Hours, 22 Minutes  
(PG-13)

Non-premiere passes  
accepted for The Vow.

Only premiere passes for John Carter

The Vow is General Admission Price of \$6.00 and \$5.00-\$3.00 on Sunday  
John Carter is Premiere Admission Price of \$7.00 and \$6.00 - No Sunday Discount

**FRIDAY, MARCH 23 AT 12:01 A.M.  
THE HUNGER GAMES (PG-13)**  
ADVANCE TICKET SALES BEGIN  
ON FRIDAY, MARCH 9 AT 8:00 P.M.



This ad is brought to you by The Norton Telegram

St. Patty's Day  
**BREAKFAST  
Special**  
**Sat., March 24**  
6:00 a.m.-11:00 a.m.  
AT THE  
**Norton  
American Legion**  
Pancakes, Sausage, Bacon,  
Scrambled Eggs, Potatoes,  
Juice, Coffee, Milk  
Free Will Donation  
SPONSORED BY:  
**LEGION  
RIDERS**  
START YOUR DAY WITH US!