

OBITUARIES

Ruth Marie Kentfield

Dec. 23, 1928 - June 8, 2014



Ruth Marie Kentfield, age 85, of Beaver City, Neb. passed away on Sunday, June 8, 2014, at Cambridge Memorial Hospital, Cambridge, Neb. She was born on Dec. 23, 1928 on the Hanni farm southwest of Hendley, Neb. to Ernest & Anna M. (Schmidt) Hanni.

Ruth attended rural school at Middle Rockton near the family farm, then went on to Beaver City High School and graduated with the Class of 1946. During high school, she worked at Bridgewater Drug Store in Beaver City. After high school, she taught two years in the Martin District. She married Lawrence Kentfield on July 16, 1950 on the Hanni farm south of Hendley. While her husband served in the military, she followed him to Quantico, Va. and worked as a waitress. After his military obligation was fulfilled, they moved back to the family farm southwest of Hendley to farm and ranch. She helped her husband with many farm chores like milking, trucking, gardening, & canning. She ran the café at the Beaver City Sale Barn; and brought many fresh baked pies to share with everyone. She received a Nebraska Secretary of State Poll Worker Hall of Fame award for years of service with the election board. She spent many hours cutting quilt blocks for mission and making jellies and craft items which she took to other towns to sell. She helped run the Furnas County Fair Open Class building. In July of 1988, they moved from the farm into Beaver City. Her husband Lawrence passed away in 2013.

Ruth was a member of the Hollinger United Methodist Church of Hollinger, Neb. and later transferred her membership to the Faith Community Church in Beaver City. She belonged to the Nebraska & Furnas County Livestock Feeder's Auxiliary, Devises Ladies Aide,

& Hobby Club while volunteering many hours selling ads for the Wilsonville Saddle Club Rodeo and also a member of the UMW of Hollinger and helped with many church functions. She is preceded in death by her parents, husband Lawrence, sister Josephine Welborn. She is survived by son: Scott & wife Donna Kentfield of Norton, Kan.; daughter: Michele Kentfield of Hutchinson, Kan.; sister: Arlene Clawson of Holdrege, Neb.; five grandchildren: Jason Richards, Jessica, Matthew, & Donny Hjort, & Brady Kentfield; 12 Great Grandchildren: Alex, Ethan, Atreau, Ashton, Shya, Cameron, Dominic, & Brooklyn Hjort, Makenri, Kera, & Dylan Richards, & Maxwell Whatley; and a granddog: Husker

Condolences and personal reflections may be sent to wenburgfuneralhome.com

Funeral services were on Friday, June 13 at the Faith Community Church in Beaver City, Neb. with Pastors Keith Theobald and Linda Knipping, officiating. Interment will be at Mount Hope Cemetery at Beaver City. Memorials may be left in her name. Wenburg Funeral Home of Beaver City, Neb. is in charge of the arrangements.

Teens card night



Every Thursday evening at the Norton Public Library, a different activity is held for the teens to enjoy. Last week the activity was "Card Night" where the teens were to bring their favorite card game for the group to play. Pictured (clockwise around the table) Chanelle Andrew, Rachel Jones, Hailey Branek, Dawn Herring and Holly Andrew enjoy a game of UNO.

Telegram photo by Shylo Paxton

Family reunification month

Currently, there are approximately 6,000 children in foster care in Kansas. Nearly 60 percent of them will be reunited with their families. Governor Brownback has designated June as Family Reunification Month, a time to call attention to the work parents do to ensure that their children can return to a safe and loving home.

"We commend the moms and dads who make their children a top priority by completing the requirements necessary to reunite their families," Department for Children and Families Secretary Phyllis Gilmore said.

Four Kansas families are sharing their stories of reunification, including Eric Donald and Nicolette Daniels. Their two children were removed from their care.

"The low point for me was probably losing my family and knowing that I was the cause of the situation," Donald said.

The couple worked closely with Department for Children and Families and its contracted foster care and family preservation services provider for the area, Key-Value Coding, in partnership with community resource Transitions Counseling Services' Safe Kids Program to do the work necessary to get their children back. Among some of the requirements, they had to take parenting classes. They decided to take twice as many as required.

"That was probably the roughest six months of my life, bar none," Donald said. "So the advice I could give someone that's in jeopardy, just do everything in your power that you can to ensure that your children stay with you, whether it be seeking counseling or doing what the court systems are asking you to do."

More than 90 percent of children reunified with their families do not return to foster care within 12 months. Reintegration services are offered to parents by Key-Value Coding in the Department for Children and Families Kansas City and East regions and by Saint Francis Community Services in Department for Children and Families West and Wichita regions.

The four families that wish to share their stories include:

- Strahler family, Topeka
- Bazan family, Norton
- Garza family, Wichita

(Complete video interviews and footage are available on the Department for Children and Families ftp site. You can preview the interviews on the Department for Children and Families website, Family Reunification Month Family Stories).

During Family Reunification Month, Department for Children and Families is also asking the general public to support families in crisis. You can help parents who have had their children removed in the following ways:

Offer transportation. Birth parents need help getting to meetings with agency staff, case plans, court hearings, mental health appointments, etc.

Help with phone calls. Birth parents don't always have access to a cell phone or have minutes available to use to schedule and maintain necessary case planning meetings. Make your phone available or arrange for a location parents can take/make calls.

Provide mentoring. Birth parents are often struggling with many issues related to their children being removed. Their self-esteem is often at an all-time low, and having someone to visit

with them one-on-one to prioritize what they need to work on, can be invaluable. Setting a good example and simply serving as a friend goes a long way.

Let them know they're not alone. Offer a ride to community gatherings and introduce the parents to people who can help. Birth parents can feel isolated from the community and support. Encouraging community engagement will allow the parents to feel connected.

Provide a list of support groups. No matter the issue, there is likely a support group available. Group topics range from substance abuse to effective parenting.

Work with the agency on providing nutritional snacks and/or activities for visits. Many times a parent is required to provide nutritional snacks and activities for their visits with the children. This can be overwhelming and place an additional strain on limited funds. Helping the birth parent with coloring books, activities and other age-appropriate activities, as well as nutritional snacks can take a huge burden off parents.

For a complete list of ways to help, visit Ideas to Support Birth Parents.

We would like to thank you for your expressions of sympathy during the loss of Jim. In whatever form - cards, memorials, food, flowers, prayers or simply hugs and kind words. Every gesture has been appreciated. Also, thank you for your time and presence at the funeral services. Your support has meant so much to us. Jim will be forever in our hearts and so will your kindnesses.

The Family of Jim Austerman

8-Week Class

Water Aerobics

WITH

Connie Lacy

Starts Mon., June 16

Meets Every Monday and Wednesday at 6:00 p.m.

at the Norton Municipal Pool

Register with Connie at 871-0445

June 13- June 25

Showing at the

NORTON THEATRE

How to Train Your Dragon 2

in 3D -- 1 Hour, 55 Minutes (PG)

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

The Fault in Our Stars

2 Hours, 15 Minutes (PG-13)

Dragon is \$7.00 for adults and \$6.00 for children 12 and Under. \$3/tax on Sunday
Fault in Our Stars is \$7.00 for adults and \$6.00 for children 12 and Under. \$3/tax on Sunday

PREMIERING IN NORTON: FRIDAY, JUNE 27TH TRANSFORMERS 4 (PG-13)

VISIT OUR WEBSITE: NORTONTHEATRE.COM

Let's Go to the Movie

COMING SOON

This ad is brought to you by The Norton Telegram

Myths about milk get busted!

Homeed Tranda Watts, Extension specialist



Myth Buster: Cup for cup, organic and conventionally-produced milk contain the same nine essential nutrients such as calcium, vitamin D, and potassium. Both conventionally-produced and organic milk are routinely tested for antibiotics and pesticides and must comply with very stringent safety standards, ensuring that both organic milk and conventional milk are pure, safe, and nutritious.

Myth Buster: Fat-free milk has almost no nutritional value.

Myth Buster: Fat-free milk has the same amount of calcium, vitamin D, and protein as whole, 2 percent, and 1 percent milk. The only nutritional difference among the varieties of milk is the amount of fat and calories per serving. Another difference is that fat-free milk is often cheaper than the other varieties. A family of four changing from whole milk to fat-free milk could save \$8 to \$11 per week and shave off 5,040 calories and 518 grams of fat!

If you have questions, please feel free to contact your local K-State Research and Extension Office or you may contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at: twwatts@ksu.edu or phone 785-443-3663.

Myths about milk get busted!

June is Dairy Month - a good time to consider the benefits of drinking milk and eating other dairy foods for calcium and Vitamin D. Drinking milk increases bone health, reduces risk of heart disease, type 2 diabetes, and blood pressure. Despite these benefits, some milk myths prevent some people from drinking milk. Myth busters have "busted" a few of these myths below.

Milk Myth 1: Milk causes mucus

Myth Buster: For some, drinking milk may make mucus thicker than it is normally. However, drinking milk for most people does not make your body produce more phlegm and will not worsen a cold.

Milk Myth 2: Organic milk is much healthier than conventional milk

Eric Pasley will be at the Jubilee

The Lenora Jubilee Association is pleased to announce Nashville artist, Eric Pasley, as the featured performer on Friday, June 20, at the 2014 Lenora Jubilee. Pasley's third single, Friday Night, hit number one on the Mediabase 24/7 country chart earlier this year, and he's been nominated for the breakthrough artist award. Pasley is a talented songwriter and has co-written several songs that have hit number one on the country chart, including 2008 Jubilee Headliner Jake Owen's Barefoot Blue Jean Night. His newest single is called Song About A Girl and has an outlaw vibe that is great fun to sing along with.

Opening for Pasley will be two other Nashville artists, Dean Alexander and James Wesley. Alexander grew up in Ohio, but Wesley is a Kansas native from Mound Valley. Saturday night's concert will showcase regional artists Lucas Madday and the Wes Crossman Band.

Scott Sproul, Lenora Jubilee Association president, said, "The Jubilee has really gained a reputation for booking new artists just as they are breaking big on the country music scene. We

could hardly believe that Pasley's Friday Night went number one shortly after we chose him. We are going to ride this lucky star as long as it will carry us. It is very exciting."

Concerts have become the big news at the Lenora Jubilee, but there is also a full day of traditional family fun on Saturday. Yard sales start early in the morning, and the official festivities kick off with the downtown parade. The afternoon has more events than ever before with Richard Renner for kids entertainment, pony rides, a trap shoot, and even a dunk tank. We also have BMX bicycle stunt shows throughout the afternoon. Y102 leads a sanctioned pedal tractor pull and there are four hours of inflatable fun in the late afternoon. So, grab a turtle or a frog and come on out for our creature races and spend the day in Lenora.

There is always great food and plenty to keep you busy. Be sure to find Lenora Jubilee Association on Facebook or at www.lenorajubilee.com. Tickets are on sale now online (online sales stop on June 15th) or at our outlets: Kellies or Finish Line in Hill City; Norton Area

Chamber of Commerce; Norton Auto Supply; Oscar s in Hoxie; Cervs in Hays; KKAN/KQMA in Phillipsburg; and Country Corner in Lenora.

Call Shylo with all of your local news.

877-3361

spaxton@nwkansan.com

Things to think about!!

Fun is like life insurance; the older you get, the more it costs.

A big part of financial freedom is having your heart and mind free from worry about the (what ifs) of life! If a child, a spouse, a life partner, or a parent depends on you and your income, you need life insurance!

Mark Krehbiel - Financial Representative - mkrehbiel@ruraltel.net

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