

OBITUARIES

John W. Ponstein

July 17, 1923 - June 5, 2010

John William Ponstein, born July 17, 1923 to Harry and Nellie Ponstein on their farmstead in rural Long Island, died in Norton on June 5 at the age of 86.

On Jan. 28, 1949, he married his wife Evelyn in Denver. The couple had five children: Hildreth Butterfield of Colorado Springs, Colo. who married Terry, Kathleen Kooyenga of Thornton, Ill. who married Rich, Harlan who married Beth DeBoer, Lavonne of Phillipsburg and Kenneth.

John farmed in the Long Island area and served in the U.S. Army at the end of World War II.

John is survived by his wife; children; 10 grandchildren; six great grandchildren; his sister, Eileen Kats, of Phillipsburg; and several nieces and nephews.

He was preceded in death by his parents and two sisters, Fannie McKenzie and Johanna Kats.

Funeral services were Tuesday in Luctor Christian Reformed Church, Phillips County, with Rev. Jeff VanDer Weele and Daryl Kats officiating. Burial followed in Luctor Cemetery.

Olliff-Boeve Memorial Chapel of Phillipsburg was in charge of arrangements.

Kenneth C. Bean

December 23, 1929 - June 9, 2010

Kenneth Clarence Bean, son of Earl and Mattie (Strickland) Bean, was born Dec. 23, 1929, in Edmond and died at the Mitchell County Hospital in Beloit on June 9, at the age of 80.

Kenneth grew up in the Edmond area and graduated from the Edmond High School. He married Dolores Morgan in February 1956, in Hoxie and to this union three children were born. They made their home in several locations in Kansas and Nebraska due to Kenneth's job in construction.

Kenneth was a member of the Harmonson-Redd American Legion Post #63.

Survivors include: two daughters and their husbands, Deanna and Matt Schroeder, Hunter; Tracy and Greg Riffel, Valley

Center; one son and his wife, Kenyen and Beckie Bean, Beloit; two brothers, Max Bean, Abilene; Deal Bean, Topeka; nine grandchildren; 10 great-grandchildren; other relatives and friends.

He was preceded in death by his parents, three sisters, Opal Manners, Phoebe McKinley, and Iris Pfister, and one brother, PeeWee Bean.

Funeral services will be tomorrow at 10 a.m. at Enfield Funeral Home, 215 W. Main, Norton. Burial will be in Edmond Cemetery in Edmond. A memorial has been established for Beloit Medical Center. Friends may call at the Enfield Funeral Home today from 3 p.m. to 8 p.m.

Arrangements are by Enfield Funeral Home of Norton.

Harold J. Helwick, Sr.

October 19, 1957 - June 9, 2010

Harold Joseph Helwick, Sr. son of Harold Henry and Janice J. (Mullen) Helwick, was born Oct. 19, 1957, in Phillipsburg and passed away in Hastings, Neb. on June 9 at the age of 52.

Harold attended the St. Xavier school in Junction City, the Chapman High School in Chapman and Central Community College in Hastings where he received his AAS degree in Diesel Mechanics.

On Nov. 10, 1976, Harold and Cathy Towery were united in marriage in Norton. They had made their home in various locations including Hutchinson, Kearney, Neb. Maldraugh, Ky. and had spent the last 20 years in Hastings, where he was a mechanic.

Harold was a member of the Baptist Church in Marquette, Neb. and was active in the Adams County Jail Ministry. He had also spent three years in Iraq as a general contractor.

Survivors include: his wife, Cathy, of the home in Hastings; eight children, Harold Jr. "Joey", Hastings; Rachel and Steve Dillman, Harvard, Neb.; Jason and Brandy Helwick, Hastings;

Christopher Helwick-Malesa and Michael Malesa, of California; Matthew and Katie Helwick, Hastings; Rebecca Helwick and Karl Keller, Hastings; Janice Helwick and Brian Lynn, Hastings; Jessica Helwick and Seth Christensen, Hastings; one brother, John Helwick, Lincoln, Neb.; three sisters, Linda and husband, Terry VanZandt, Checotah, Okla.; Janet and husband, Todd Graham, Shelton, Neb.; Shirley Helwick, Kearney, Neb.; 12 grandchildren; other relatives and friends.

He was preceded in death by his parents, grandparents, one sister, Theresa McDaniel and one nephew.

Funeral services will be Mon. June 14 at 12 a.m. at Enfield Funeral Home 215 W. Main, Norton. Burial will be in Mt. Hope Cemetery in Almena. A memorial has been established for Harold Helwick Memorial Fund. Friends may call at Enfield Funeral Home on Sunday, from 3 p.m. to 8 p.m. Condolences may be sent to the website at www.enfieldfh.com.

Arrangements are by Enfield Funeral Home of Norton.

FYI

The Oberlin Chapter of the National Association of Retired Federal Employees met on June 6 at the 4-H Building in Norton. Sixteen members and guests attended.

Susan Anthony, retired school teacher, presented an interesting program on the year she taught school in Turkey. Gary and Annette Miller told about their trip to the Kansas convention in Topeka from April 24 to April 27. Special recognition was given to the Oberlin Chapter at the convention for their 65 percent increase in membership the past year.

Charlotte Meints and David Swank of Oberlin were welcomed as new members.

The next meeting will be on Sept. 26 in Oberlin. The chapter includes active and retired federal employees of Decatur, Norton and Rawlins counties.

The Fort Hays State University Science and Mathematics Institute and the National Energy Education Development (NEED) program have joined to provide Kansas teachers with curriculum and training opportunities on a variety of energy topics through a

two-day workshop scheduled for Tuesday, July 20, and Wednesday, July 21. Additional support will be provided by Midwest Energy Inc.

The workshop, at the Sternberg Museum of Natural History, will run from 8 a.m. to 4:30 p.m. each day.

Resources and training will be provided to help teach energy in the classroom while meeting state and national education standards. NEED materials are designed to provide background and hands-on lessons to educate and energize students and encourage an understanding of energy.

The \$20 fee includes lunch, snacks, a model solar-powered race car and a curriculum packet. An optional one-hour graduate credit is available.

Teachers who complete the workshop will have the opportunity to check out NEED energy kits from the FHSU SMEI Resource Center.

For additional information and to register, go to www.fhsu.edu/smei/teacher-education-workshops or call (785) 628-5449.

The registration deadline is June 30.

Residents enjoy touring the new ambulance station



Justin Lindsay, center, and Bryce Marble watched the ambulance lights and sirens go off with DSNWK residents at the Emergency Medical Services station in Norton. Staff

escorted several residents through a tour of the building. Emergency Medical Services Director Jane Wyatt said she loved having the group participate.

—Telegram photo by Erica Bradley

Tips to help keep your picnic safe

Summertime eating events can lead to food borne illness. Bacteria grow fast in the heat and humidity, and clean water and refrigeration can be hard to find. Find out how you can keep food safe to eat when you're in the heat!

- When planning a picnic, barbecue or camping trip, find out if there will be a source of safe drinking water. If not, take water for preparation and cleaning.
- Pack plenty of plates and utensils, along with disposable washcloths, moist towelettes and anti-bacterial rubs to clean your hands while handling food and eating.
- Prepare foods on the same day as your picnic, or just one day before, unless you freeze it. Do not

Home ed Tranda Watts, Extension specialist



partially cook the meats and poultry you will take. Instead, pack them either raw or fully cooked. Bacteria can multiply quickly in partially cooked foods.

- Pre-chill or freeze perishable foods before packing them into an insulated cooler. Seal them in plastic bags and place under several inches of ice, ice packs or frozen water containers. Be sure

to immerse the food in the ice. Never just set containers of food on top of ice.

- Cook hot foods just before transporting them to the picnic. Wrap them in towels, then newspaper, and place them in a box or heavy paper bag. At the picnic site, keep these foods warm on a lit grill, or eat them within one hour.
- Pack beverages in a separate cooler, since it will probably be opened frequently.
- Keep coolers containing perishable foods in the coolest part of the car. Car trunks can reach up to 150 degrees. Once you get to the picnic site, place coolers in the shade under a blanket.
- If perishable foods cannot be kept cold in an insulated cooler, or kept hot, do not take them. Instead, pack foods that do not require refrigeration such as unopened cans of meat, chicken or fish, nuts, peanut butter, dry cereals, breads, crackers, baked goods and unpeeled fruits and vegetables.
- Pack a food thermometer. Cook meats to these internal temperatures: Beef, 145 degrees F.; Pork and Hamburger, 160 degrees F.; Poultry, 165 degrees F.
- Discard any leftover hot foods, and all cold foods not kept in ice.

If you have further questions regarding food safety, please feel free to contact your local K-State Research and Extension Office or e-mail Tranda Watts at twatts@ksu.edu.

Senior Menu

June 14: Chili dog with cheese, AuGratin potatoes, mixed vegetables, bun and apricots.

June 15: Shepherd's pie, mandarin oranges, cornbread and brownie.

June 16: Turkey, sweet potatoes, pineapple, bread, pasta salad with vegetables.

June 17:

Meat loaf, creamed potatoes and peas, watermelon, bread and birthday cake.

June 18: Ham and cheese sandwich, tomato soup, gelatin with fruit, bread, crackers and cookie.

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

70th Birthday
Open House
for Steve Thompson
3:30-5:30 p.m., Sat., June 12
Prairie Land Electric Basement
1101 S. Hwy. 36, Norton, Kansas
Please come and enjoy cake and surprise Steve

SECOND ANNUAL
Patty Gillman
Memorial Race
Saturday and Sunday,
June 12 and 13
at the
Norton Motocross
1 Mile East and 1 Mile North
of Norton
Practice at 9 a.m. - Races at 11:00 a.m.
\$5.00 at the Gate for a Day of
Motocross Enjoyment
and Remembrance

Send Club News to Harriett
hgill@nwkansas.com

June 11-
June 16

Showing at the
NORTON
THEATRE
Letters to Juliet
1 Hour, 55 Minutes (PG) Presented in Digital Surround Sound
Friday and Saturday: 7:00 p.m. and 9:10 p.m.
Sunday and Monday: 5:00 p.m. and 7:10 p.m.
Tuesday and Wednesday: 7:00 p.m.

The A-Team
2 Hour, 7 Minutes
(PG-13)
Only Premiere Passes
Accepted for The A-Team
All Passes Accepted for Letters to Juliet
General Admission: \$6.00 and \$5.00 for Letters to Juliet/\$3 Ticket Sunday
Premiere Admission: \$7.00 and \$6.00 for The A-Team/No Sunday Discount
Premiering Wednesday, June 30
The Twilight Saga: Eclipse - (PG-13)
Advanced Tickets Available NOW
Visit www.nortontheatre.com for Details

COMING SOON

This ad is brought to you by The Norton Telegram

Moffet Drug
Pharmacy
FIRST ANNUAL
Shred Day
Friday, June 18
From 11:00 a.m. until 2:00 p.m. (or until truck is full)
Bring all of your personal documents that you
would like shredded and have them destroyed
on site for FREE
by a state of the art shredding truck
250 lb. limit per person. If you expect to have
more, please talk to the Moffet staff
about making arrangements