

OBITUARIES

Brennon L. Salem

May 13, 1993 - March 15, 2011

Brennon L. Salem, 17, died Tuesday, March 15, 2011 at Lenora.

He was born May 13, 1993 at Dodge City, the son of Amanda Salem.

A resident of Lenora since November 2006 after moving from Spearville, he was a senior at Northern Valley High School in Alma.

He enjoyed hunting, fishing, riding his dirt bike and playing guitar.

Survivors include: his mother and step-father Amanda and Jake Schellhamer, Lenora; brother Jacob Schellhamer, of the home; sister Jenna Ricker, of the home; grandparents Dennis and Marlene

Salem, Spearville; step-grandparents Dale and Edna Ricker, Dodge City and Butch and Jennifer Schellhamer, Rockville, Mo.; great-grandmother Edith Salem, Cimarron; step-great-grandmother Joyce Schellhamer, Rockville; uncles and aunts Mike and Nikki Salem, Dodge City, and Denise and Ty Panzner, Jetmore; step-uncles and aunts Jessie and Heather Schellhamer, Shell City, Mo., and Bobbie Schenker,



Brennon Salem

Rockville; and cousins including, Aaron Salem, Brandi Weins and Garrett Salem.

Memorial services will be at 4 p.m. Tuesday, March 22, at The Rock Christian Youth Center, 101 E. Main, Norton, with minister Mike Sander presiding.

There will be no public viewing, cremation has taken place.

The family suggests memorials to the Brennon Salem Memorial Fund to be designated at a later date in care of Burkhart-Ziegler Funeral Chapel, 1901 N. 14th Ave., Dodge City, Kan. 67801.

Condolences may be sent to www.burkhart-ziegler.com.

Helen M. Neeland

May 17, 1921 - March 5, 2011

Helen M. (Nusse) Neeland, 89, died March 5, 2011, in Elk Grove, Calif.

Neeland was born on the family farm on May 17, 1921, in Decatur County, but lived for 60 years in Redondo Beach, Calif.

She was a member of St. Catherine Catholic Church, Torrance, Calif., directing many Christmas and fashion shows for the church. She also was a director of the

Catholic Youth Organization and helped with fund raisers at Serra High School. She was a member of the Marianist League. She was a member and Grand Lady of the Ladies of Columbus.

Helen retired in 1990 from T.R.W.

She enjoyed playing bridge, traveling and visiting with family.

She was preceded in death by

her husband of 53 years, George W. Neeland and her daughter, Karen M. Brown.

She is survived by sons David W. Neeland (Betty), J. Allan Neeland (Emily); daughter Margo G. Steeneken; brother John Nusse of Wis.; 10 grandchildren; 14 great-grandchildren; twin great-great-granddaughters.

You can reduce sodium in diet

Recent updates in the USDA and Department of Health and Human Service's dietary guidelines encourage Americans, who may be consuming more than twice the daily recommendation for sodium, to reduce sodium in the diet to no more than 2,300 mg per day.

Persons ages 51 and older, and those of any age who are African American or have hypertension, diabetes or chronic kidney disease, are encouraged to reduce sodium to no more than 1,500 mg per day.

That's not easy to do, since about three-fourths of the salt we consume is from processed foods. Elevated levels of sodium increase the risk of hypertension (also called high blood pressure), heart disease, stroke and kidney disease.

While putting away the salt shaker for use in cooking and at the table might seem the obvious first step, reading Nutrition Facts labels before choosing food products also is recommended.

Our current eating habits have developed over time, and virtually everyone living in the U.S. gets too much sodium.

When a dietary change such as a reduction in sodium is recommended and not dictated by a medical emergency, a gradual,

Home ed
Tranda
Watts,
Extension
specialist



rather than an abrupt, change can be helpful in moving towards new and more healthful eating practices. Here are some practical tips to reduce the sodium in your diet:

If purchasing a processed food, look for packages that say unsalted, sodium-free, or very low or low in sodium. Compare labels of similar products for sodium content, and choose products that are lower in sodium.

Note recommended serving sizes, and measure servings onto a plate or into a bowl, rather than eating directly from a bag or box.

For vegetables, keep sodium to a minimum by choosing fresh, frozen (without added gravies or sauces), or canned vegetables with no salt added.

If using canned vegetables with added salt, drain and rinse them under running water before use to reduce sodium by 25 to 45 percent. Drain and rinse canned tuna under

running water for three minutes to reduce sodium by 80 percent. The same procedure can reduce the sodium in cottage cheese, but also will reduce calcium in the product.

Look for seasonal produce and other fresh or minimally processed foods that are naturally lower in sodium than processed foods.

Serve fresh fruits and vegetables in place of a high-salt snack.

Prepare more meals and snacks made at home to reduce sodium intake, along with fat and calories -- and save on the overall food bill.

If dining out, ask restaurant staff to prepare your meal with no added salt.

Keep track of daily sodium consumption for a week or two to check progress in reducing sodium intake. Tracking for one day a week or one week a month also can be helpful.

Try making one or two of these changes until you have mastered them, then add another one or two.

More information about food, nutrition, health and new dietary guidelines is available at your local K-State Research and Extension Office or e-mail to: twwatts@ksu.edu.

4-Hers show off their skills

Norton County 4-H Club Day, held Tuesday at the Norton Junior High, showed off the members' skills.

Presentations and placings were:

Show Me's; Stacie Elliot - Blue.

Tell Me's; Addison Brooks - Blue.

Project Talks; Quentin Wentz - Regional Blue.

Junior Demonstration/ Illustrated Talks; Bryndon Wentz - Regional Blue, Amy Wentz - Regional Blue, Jarrett Wente, Wyatt Cressler, Dylan Goss - Blue.

Senior Demonstrations/ Illustrated Talks; Rebecca Wentz - Regional Blue, Carissa Wentz

- Regional Blue, David Cressler, Megan Wentz, Wyatt Wentz, Anthony Wente - Blue.

Public Speaking; Wyatt Wentz - Regional Blue.

Vocal Solos; David Cressler - Regional Blue.

Instrumental Ensemble; Jace Ruder and Ryan Johnson - Regional Blue.

Instrumental Solo; Rebecca Wentz, clarinet - Regional Blue, Shane Cozad, clarinet - Blue, Ryan Johnson, saxophone - Blue, Jasmine Covington, piano - Blue, Dustin Harting, trombone - Red.

Talent - Skit; Cedar Ridge 4-H Club - 16 youth - Regional Blue.

Other Talent; Diedre Kramer - Regional Blue, Amy Wentz

Elementary school offers early childhood screenings

Eisenhower Elementary will be conducting a free Early Childhood Screen on Thursday, March 24, in the afternoon and all day Friday, March 25.

If you have a concern in any of the following developmental areas; vision, hearing, speech, motor, behavior and/or reasoning,

please call to schedule your child for this screening. Those eligible are children ages 3 through 5.

The appointments are approximately 45 minutes in length. To schedule an appointment, please call Eisenhower Elementary at 877-5113 by March 23, and ask for Joan Hale.

Children's Reading Hour at the Jennings City Library was held March 12. The children learned to look at the author's and illustrator's name. The books were then sorted alphabetically to put on shelves in the back room. Those attending were: Taylor Wahlmeier, Taryn and Jordan Fleckenstein, Candice, Abe, Sidney and Rayna Taylor. Carla Latimer, librarian, and Bob Jones helped sort books. Snacks were served.

Kay and Doyle Brown enjoyed a month visiting with their daughter Keli and Phil Kleidosty in Kekaha, Hawaii. Bill and Janiece McDowell, Colby went to Hawaii for a week of island hopping with Kay and Doyle. Janiece is a sister of Doyle's.

Kurt Brown, Millie and Dashiell, Quinter and friend Joan Moore, McPherson visited over the weekend with his parents, Doyle and Kay Brown.

City water meters will be read on Monday. Please post reading on door if your meter is inside.

Stan and Ramona Shaw attended a birthday party honoring their great-granddaughter, Lexi Golemboski, on her second birthday Saturday, March 5, in Colby.

United Methodist Women met earlier in the month. Roll call, a St. Patrick Tradition, was answered by the following members: Rachel Carter, Lila Jennings, Helen Rhodes, Patty Foster, Kathy Nauer and Louise Cressler. The program "Discovering Haiti" was led by Helen Rhodes and readers Rachel Carter and Louise Cressler. A litany was read by the group. Scripture reading, Acts 9:1-19, was given by Helen. In the absence of Violet Foster, Helen gave devotional reading, "Pass the Grace, Please". Snacks prepared

by Glenda Johnson were served.

Jeff and Mary Wahlmeier, rural Clayton, announced the arrival of their first grandchild, Trenton Ray Wahlmeier born March 2, 2011, at the McCook Community Hospital. He weighed 9 pounds, 6 ounces and was 21.6 inches long. Parents are Nick and Kerrie Wahlmeier, Oberlin. Other grandparents are Randy and Sharon Olson, Oberlin. Great-grandparents are Stan and Ramona Shaw and Agnes Wahlmeier, Jennings; Glenn and Eunice Martin, Oberlin and Darlene Feickert, St. Francis.

Jennings Tuesday Study Club met at the United Methodist Church on Feb. 22 and traveled to Norton. Members and visitors ate luncheon at Destination Kitchen. They went to the Norton Manor for their meeting and program. President Joan Metz called the meeting to order. Minutes of the last meeting and treasurer's report were read and approved.

Roll call was answered by members: Rachel Carter, Ruth Chance, Pat Foster, Patty Foster, Lila Jennings, Carla Latimer, Sue Long, Joan McKenna, Joan Metz, Helen Rhodes, Lynn Tacha, Kathy Nauer and Neoma Tacha. Visitors were Glenda Harris, Grand Junction, Colo.; Arlene Foss, Carolyn Linsenmeyer, Roberta McAllister, Ruth Mizell, Doris Mizell and Alice Mizer. Each person answered roll call by showing a needlework piece she had done or was doing.

After the meeting, Doris Mizell, with the help of her daughters, showed some quilts she has made. She showed blocks and related the names of the quilt blocks. The ladies were in awe of her work and the number of beautiful quilts Doris has made.

Bob and Neoma Tacha drove

to Hays Sunday to meet their new great-grandson, Adyen James Brown, son of Ashley and Michael Brown and sister Brynne. Adyen was born at 7:35 a.m. on March 4, 2011. He weighed 7 pounds, 15 1/2 ounces and was 19 3/4 inches long. Grandparents are Royal and Gail Tacha, Hoxie; Ron Brown and the late Rhonda Brown, Holbrook, Neb. Great-grandparents are Leroy and Betty Brown, Bob and Neoma Tacha, Jennings; and Mr. and Mrs. Dean Wilnard, Alma.

The Czech Museum Board met on March 3, at the Royal Neighbor Hall. President Neoma Tacha conducted the meeting with directors Mike Tacha., Mary Wahlmeier, Lila Jennings, Bob Tacha and Dean Gawith present. We are saddened with the recent loss of director Lawrence Jennings. There was no February meeting due to the weather.

We thank Jason Rowh, Clint Krizek, Kenny Carter and Bob Tacha for the snow removal after the last storm. Bob and Neoma Tacha have all the old newspapers laminated and are now putting them into yearly books. We discussed having part of the west sidewalk replaced and a new sidewalk constructed to the church steps.

Directors re-elected were Mike Tacha and Dean Gawith. Officers elected for the coming year are President, Neoma Tacha; Vice-President, Mary Wahlmeier; Secretary, Lila Jennings, and Treasurer, Dean Gawith. Anyone interested in doing museum work and being a director, please contact any of the officers.

Our next meeting will be at 2 p.m. Thursday, April 7. The public is invited to attend.

CLUB NEWS

The meeting of the Beta Alpha Chapter of Delta Kappa Gamma International was held on March 7, at the Norton Library community meeting room. Co-hostesses Trudy Sumner, Brenda Mann, and Erin Manning were hostesses.

President Alberta Slaby conducted the business meeting. Members decided to donate \$50 for scholarships to both Norton and Northern Valley Post Proms. Money the Fun Way prize was won by Belinda Thalheim.

The initiation ceremony will be held next month.

The chapter delegates have registered for the state convention. The business meeting closed with the club collect.

Mary Luehrs presented a tour and program on the Norton Library and its services. She shared some interesting statistics about the library and its usage. It houses approximately 70,000 books with about one-half of those belonging to Northwest Kansas Library System. During 2010, there were 11,000 internet sessions using

library computers, and 2,200 children were involved in various programs offered by the library. The state library provides 45 free data bases. She added that the local library has had a very positive working relationship with Northwest Kansas Library System.

Members toured the various parts of the library and enjoyed viewing the collections that are currently on display. The librarian invited anyone who is interested to consider becoming a Friend of the Library.

Julie Thompson, Secretary

LYLE NEWS

June Jolly's big news is that she has finished the quilt she has been working on. Their club played cards at Nelda Haag's in Cambridge, Neb. on Thursday, and later she visited Helen Helm.

Kathy Van Meter and Lloyd Frandsen attended a banquet at Cambridge on Saturday sponsored by the Furnace County Livestock Association. The entertainment was by Gwen Sebaton from Nashville, Tenn., who put on a really good good old days' show.

Donna Huff says Earnest is get-

ting along pretty well. He is walking some and improving slowly. Her arm seems to be slowly healing. Since she isn't driving until her arm is better, she goes to visit him on the bus.

I spent a good share of last week going through my aunt's cards, letters and pictures. She had many, many friends besides lots of relatives, and they all sent such nice letters. I would like to thank each one in person but don't know many of them. Anyway, "Thank you" to the ones who see this.

YOU'RE INVITED TO THE ANNUAL Marble Family and Friends Soup Supper!! It will be Sat., March 26 at the Beaver City Community Center, Beaver City, NE. Doors Open at 1:00 p.m. We'll eat soup about 5:30 p.m. Please tell everyone you know to come! Come Early and Stay Late!! Questions - Contact: Kathy Sechrest, 402-580-8457 ksech57@hotmail.com, Ron Marble, 785-877-5444, or Deloris White, 308-324-3304

There will be a benefit Soup Supper Saturday, March 26 From 6:00 to 8:00 p.m. at the Clayton Community Center PROCEEDS TO HELP DIEDRE KRAMER WITH EXPENSES FOR A TRIP TO EUROPE THIS SUMMER. Diedre was recommended by her high school band instructor to participate in this tour and perform with other students from the Midwest area in several cities in Europe. There will be a free will donation and also items for sale that Diedre has made to raise money for her trip.

March 18- March 23 Showing at the NORTON THEATRE Gnomeo and Juliet 1 Hour, 30 Minutes (G) Presented in Digital Surround Sound Friday and Saturday: 8:00 p.m. Sunday: 5:00 p.m. Monday, Tuesday, Wednesday: 7:00 p.m. Just Go With It (PG-13) 2 Hours, 2 Minutes All passes accepted for Just Go With It, all passes accepted for Gnomeo and Juliet Gnomeo and Juliet is General Admission \$6.00 & \$5.00 - Sunday Tickets \$3 Just Go With It is General Admission \$6.00 & \$5.00 - Sunday Tickets \$3 Visit our Website: nortontheatre.com This ad is brought to you by The Norton Telegram

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