

# OBITUARIES

## Nelda Shoemaker

Nov. 24, 1922 - Feb. 20, 2010

Nelda (Moye) Shoemaker of Las Cruces, N.M. died on Feb. 20, at La Posada-Mesilla Hospice, at the age of 87.

Nelda was born to Duey and Rosetta (Born) Moye on Nov. 24, 1922 on the Graham County family farm south of Lenora. She was a 1941 graduate from the Lenora Rural High School.

In June 1941, she married Ray Shoemaker of Lenora. together they worked at the Boeing Aircraft plant, building airplanes for the war effort during WWII. After the war they returned to Lenora where Ray joined the Shoemaker family in managing the Creamery. Their daughter, Rose Mary, was born in 1951. They moved to Albuquerque, N.M. and spent the next thirty years building homes and commercial buildings. They also owned a retail lamp store.

In 1984, they retired and moved to Truth or Consequences, N.M. Nelda was a volunteer at the hospital and a member of the Hot Springs Chapter of the Order of

Eastern Star.

Nelda was an excellent seamstress. She sewed all of the family clothes, including Ray's pearl snap western shirts.

For the last few years she had been an active resident of the Good Samaritan Village in Las Cruces. She managed the village gift shop for a number of years and enjoyed the many activities there.

Nelda was preceded in death by her parents and husband.

Survivors are her daughter; Rose Mary Shoemaker of Gila, N.M.; and granddaughter, Grace Scartaccini Runyan of Seattle, Wash.

Nelda was cremated and a memorial service was held Feb. 27 at the Good Samaritan Village Auditorium.

In lieu of flowers, the family requested that donations be made in her name to the Good Samaritan Society Las Cruces Village Endowment Fund, 3035 Terrace Dr. Las Cruces, N.M., 88011.

## Arg! Pirates invade Norton Junior High Concert



The Boys Ensemble performed "Pirate for a Day" by Roger Emerson at Norton Junior High Festival Concert on Tuesday evening. The concert was a follow up performance for parents from the Mid Continent Elementary League Festival that was held Feb. 24.

Telegram photo by Harriett Gill

## Club News

By JAKE DURHAM

As the winter sports seasons are rapidly winding down with March Madness, the City of Norton is gearing up for the most major tournament of all, the 21st annual "Norton National Bridge Tournament."

City crews are once again replacing street signs with those of Slam Avenue, Goren Street, Stayman Drive, etc. and the Chamber of Commerce is listing Bed and Breakfasts for the overflow of participants.

As of this date there is no response from the White House or the Governors Mansion.

Dates for the tournament are set for April 15th, 22nd, and 29th, the last 3 Thursdays of April. Starting time is 7 p.m. at the Norton American Legion Hall. As always, this is a fun tournament for all who enjoy Bridge, from beginners to advanced players, so everyone is encouraged to participate.

Players must bring their own partners and the substitute rule will be in effect, which means a team can have a substitute at any time for either a player or the team entry fee is \$5.00 per team member.

For more information, call Jake Durham 785-877-2406 or Jack Graham 785-877-3265.

By Keith VanSki

4-H members from Norton county will participate in the Annual Club Presentations events, Tuesday, March 16, at 5:30 p.m. The program will be held at the Norton Junior High School.

4-H members and families are preparing various presenta-

tions and numbers; some will be given as individuals or as groups. Events will begin with a sign-up schedule.

Events will include junior and senior demonstrations and illustrated talks, project talks, show me's, tell me's and public speaking.

There will also be vocal and instrumental solos and ensembles.

There will be various talent numbers like dances, skits and dramatics, reading and other novelty talent numbers.

4-H members can sign up beginning at 5 p.m. and all numbers should be completed by 8 p.m.

The regional club day will be held Friday, March 26, in Phillipsburg.

This will include top selections from Graham, Rooks, Ellis, Trego, Smith, Phillips, and Norton counties.

The public is invited to come and watch the 4-H'ers "Make the Best Better."

The 4-H Club Days offer the youth a variety of ways to present a skill or talent.

By ERIC BECKER

The annual Busy Jayhawkers Bowling Party was held at Rainbow Lanes on Feb. 28.

As a service project, members brought food to donate to God's Pantry. Marissa Maddy gave a report on a 4-H trip she and members from other clubs took to Denver.

It was also decided that the club will take a model meeting to County Club Days.

The meeting was followed by bowling.

## FYI

The Board of Directors and the Advisory Council of the Northwest Kansas Area Agency on Aging will meet at 10 a.m. on Tues. March 16, at the Colonial Steakhouse, Oakley.

For more information call the Northwest Kansas Area Agency on Aging at 1-800-432-7422 or 785-628-8204.

The American Legion invites members and guests to participate in a Fish and Bull Fry on Saturday from 5-9 p.m.. The dinner is a fundraiser for the Vietnam Moving Wall project.

Army 2nd Lt. Timothy D. Hewitt has graduated from the Army Basic Officer Leader Course III, designed to ensure a tough, standardized, small-unit leadership experience for officers.

The course develops and produces competent, confident and adaptable officers with increased maturity equipped to share a common bond with their combined arms peers. The officers are

trained to solve dilemmas, make rapid decisions and lead soldiers in the contemporary operating environment.

Graduates are prepared and readied to lead small units upon arrival at their first assignment.

The focus of the course is to provide branch training related to the officer's job/duty assignment, which includes the required skills and training qualifications to perform his/her occupational specialty duties in a field environment. Engineer leadership and digitization training are also part of the course.

Hewitt is an armor officer assigned to the 2nd Battalion 16th Cavalry Regiment, Fort Knox, Ky. He has served in the military for less than one year.

He is the son of Timothy L. Hewitt of Mariposa Drive, Pagosa Springs, Colo., and Deena Wallingford of West Ridge, Norton.

The lieutenant graduated in 2003 from Pagosa Springs High School, and earned a bachelor's degree in 2008 from Fort Lewis College, Durango, Colo.

# Make sure it is really whole wheat

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Whole grain food products are recommended for health, yet choosing them can be confusing. The term "whole grain" can be used when a grain food product gets 51 percent or more of its weight from whole grains, such as whole wheat.

Why whole, rather than refined grain products?

Whole grains contain more of the naturally-occurring vitamins, minerals and fiber-rich portions of the grain than a refined grain product because the bran (outer covering of the grain) and germ, both of which are rich in health-promoting nutrients, are removed when the grains are processed into refined grains.

In addition to whole wheat, look for oats, popcorn, brown and wild rice, buckwheat (or kasha) and cracked wheat, which also is called bulgur, as the first ingredient in a bread, cereal or other product that carries the label "whole-grain." Grains such as quinoa, whole cornmeal (yellow or white), whole barley, whole

rye, teff, amaranth, millet, spelt and triticale are less common, but also qualify.

While whole grains may be included in many products, a product that lists a whole grain as the first ingredient on the ingredients list (on the product's package) should offer the most health benefits.

Be aware that phrases such as "made with whole grains," "100 percent wheat" and "multi-grain" do not guarantee that a whole grain is the first item in the ingredients list.

Taking the time to read food labels and choosing whole grain products is important. That ongoing research confirms that the

many plant-based nutrients and fibers found in whole grains help reduce the risk of bowel disorders, some cancers, heart disease (by lowering blood pressure and cholesterol), stroke and type 2 diabetes.

Research also has shown that eating whole grains helps create a feeling of fullness, which can be beneficial in managing appetite, body weight and reducing obesity.

More tips on whole grains and other foods that contribute to health are available at your local K-State Research and Extension Office or e-mail Tranda Watts at [twatts@ksu.edu](mailto:twatts@ksu.edu).

## Student News

Fort Hays State University Registrar Joey Linn recently released the names of more than 354 students who completed requirements for bachelor's and associate's degrees during the 2009 fall semester.

Area students that have completed these requirements are:

Lenora: Ashley Lynne Slaubaugh, B.B.A. in Business Communication

Norton: Jessica M. Fisher, Bachelor of General Studies; Eric Michael Johnson, B.S. in Health and Human Performance; April Nicole Stanley, B.S. in Justice Studies; Derek M. Volgamore, B.B.A. in Finance.

Logan: Megan J. Brumbaugh, B.S. in Health and Human Performance.

Prairie View: Brandon M. Anderson, B.S. in Justice Studies.

Speed/Stuttgart: Lacy Lea Zillinger, B.S. Elementary Education. \*\*\*\*\*

Fort Hays State University deans have named students to the Deans Honor Roll for the fall 2009 semester, according to Dr. Larry Gould, Fort Hays State University provost. To be eligible, students must have enrolled in 12 or more credit hours and have a minimum

grade point average of 3.60 for the semester.

Area students not listed in prior release:

Logan; Carri L. Brobst, Megan J. Brumbaugh and Bryant J. Reese; Prairie View; Brynton J. Anderson and Emily Larue Lowry; Speed/Stuttgart; Lacy Lea Zillinger.

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**Valentine's Day**  
(Presented in Digital Surround Sound)  
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We'd love to hear about it!

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