

Making waves in engineering

By Ron Wilson
Huck Boyd Institute

Rough seas off the western coast of Africa are making it difficult for a company to complete its work. Where would such a company turn for a solution? Would you believe, to a business in rural Kansas?

Matt Wilson (no relation to the author) is owner and founder of Invena Corporation in southeast Kansas. Matt grew up in Eureka, graduated from what is now K-State Salina and earned a mechanical engineering technology degree from K-State Manhattan.

"I had mentors, professors who made a great impression on me," Matt said. His corporate career took him to large companies in Allentown, Pa. and Dallas, Texas.

In 1997, Matt's father was diagnosed with colon cancer, so he moved back to Eureka and set up shop as an individual consultant with his mother Carma doing the books. They named the new business Invena, as a play on the word invention.

"That's what we do. We invent things," Matt said.

"We had a nice website and fancy business cards," he said. "We just never invited anybody to the corporate headquarters." That was because, for the first two years of operation, the corporate headquarters was the guest bedroom of his parents' house.

"I lived on the road," Matt said.

Over time, the business evolved beyond consulting. "We would design something for a company, and they would

say, 'Looks good. Just go ahead and get it built somewhere.'" So Invena staff started producing these products through subcontractors and eventually moved into doing the manufacturing themselves.

Matt bought the old train depot in Eureka and remodeled it into the corporate office. Since those first years, Matt has remarried, his mother Carma retired, and his father survived the bout with cancer. The company has grown to 35 employees with more than \$10 million dollars in annual revenues.

Invena is known for design and precision fabrication of equipment and controls for the energy and aerospace sectors, but the company remains flexible. Essentially, Invena is an engineering problem-solver.

"There's a lot of opportunity," Matt said.

For example: After the earthquake in San Francisco, Calif., authorities required that all buildings and fixtures be earthquake-proof. Invena was called upon to do the required analysis for one company's wheel racks.

When an Argentina firm acquired a used cryogenic plant but found that the equipment manufacturer had gone out of business, Invena "reverse-engineered" and built the necessary equipment. When a large customer in Houston had a big fast-track design project, Invena set up a remote office at the customer's facility and quickly hired and trained a dozen CAD designers and engineers to execute it. Then Invena set up another remote office at the manufacturing plant in Tulsa to work

with the folks on the shop floor.

Invena's customers are mostly Fortune 50 companies - not Fortune 500, Fortune 50 - so they are very successful.

"Eighty percent of our business is export," Matt said. He estimates that Invena has worked with customers in 54 countries.

That's quite remarkable for a company in a rural community like Eureka, population 2,940 people. Now, that's rural. For more information, go to www.invena.com.

What are the challenges of doing this international work in a small Kansas town? "We have to plan ahead - can't just run downtown if we need some unusual part," Matt said. "But we love it here. I couldn't stand to move back to the city. We recruit people from the west coast where there is lots of crime and a high cost of living. When they come here, it's like a dream. Our rural location can work to our advantage."

Matt is now working with the K-State Department of Architecture on designs for downtown redevelopment in Eureka.

"If all I accomplish at the end of my days is to say I helped save my hometown, that's good enough," he said.

It's time to leave this platform off the shore of West Africa, where Invena helped solve the problem of the rough seas. We salute Matt Wilson and all the people of Invena for making a difference with their entrepreneurial engineering. Their business is helping rural Kansas make waves.

Sittercise-ing



The Norton Andbe Home celebrated Flag Day last Friday by taking their sittercise class outside under Old Glory in the warm sunshine. Darlene McEwen led the class along with some helpers. It is a great way for the residents to have some fun, get some fresh air and exercise their bodies. All in attendance seemed to really enjoy themselves.

- Telegram photo by Dana Paxton

Money minded Mediterranean meals

The first article I did about the Mediterranean diet created some questions. So here is a little more information about eating the Mediterranean diet way.

Is a Mediterranean diet an expensive way to eat? No, not with smart shopping. A Mediterranean diet can be both healthful AND low in cost. You'll likely save over the long run by lowering your medical expenses if you eat this way, too. Read on for tips to keep sense of your food cents!

Seldom eat out. It's much less costly to prepare meals at home. In addition, fixing meals at home makes it easier to get the foods that are emphasized in a Mediterranean diet, including whole grains, vegetables, fruits, cooked dry beans and peas, nuts, fish, low-fat dairy and olive or canola oil.

Omit most bottled beverages and processed foods. People living in the U.S. spend hundreds of dollars each year on convenience foods. Decide how you could cut back. Stop buying sodas, sports drinks, energy drinks, fruit drinks, and bottled teas and water? Skip the snacks and deserts aisles? Reduce purchases of prepared foods, such as pizzas, frozen meals, boxed dishes

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Serve meat and poultry in mixed dishes. Make most of your meals focused on plant foods (whole grains, vegetables and unsweetened fruits). One way to do this it to combine some meat or poultry with larger amounts of vegetables and whole grains, such as in a salad, stir-fry, casserole, pasta dish or stew. Use very budget-friendly cooked dry beans and peas often each week as a healthful protein food substitute. Each week, eat up to 12 cooked ounces of red meats (such as beef and pork) and up to 11 cooked ounces of poultry (such as skinless chicken and turkey).

Chill. Plain frozen vegetables, fruits, fish and meats can be very economical. Frozen vegetables and fruits are picked at their peak of ripeness. Another advantage is that typically there is little spoilage waste with frozen foods.

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

PUBLIC RECORD

District Court

These transactions were taken from the records of filings in the offices of the District Court clerk at the Norton County Courthouse.

Traffic and Wildlife and Parks cases are given to the paper when the fines are paid.

May 16

May 7-James Michael Sulzman, Selden; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

May 13-Eldon D. Moore, Bartley, Neb.; Charge: Possess illegal length bass; Found: Guilty; Fine: \$198.

May 13-Eldon D. Moore, Bartley, Neb.; Charge: Possess

illegal length saugeye; Found: Guilty; Fine: \$0.

May 23

May 17-Lyman Dewite Crowell, Oberlin; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

May 17-Kurt Patrick Douglas, Norton; Charge: Improper stop lamp or turn signal; Found: Guilty; Fine: \$143.

May 15-Benjamin Chris Furseth, Fargo, N.D.; Charge: No oversize permit on 12.5 foot wide load; Found: Guilty; Fine: \$338.

May 15-Jaynell K. Matzek, Norton; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

May 2-Melvin Wayne Morford, Phillipsburg; Charge: Failure to yield at stop or yield sign; Found: Guilty; Fine: \$173.

April 18-Hadley Dean Nadler, Fallon, Mo.; Charge: Speeding 81 in 65; Found: Guilty; Fine: \$179.

April 28-Dulce R. Ramirez, Lexington, Neb.; Charge: Speeding 82 in 65; Found: Guilty; Fine: \$185.

May 8-Sheridan Elaine Showers, Bryan, Texas; Charge: Speeding 77 in 65; Found: Guilty; Fine: \$155.

May 3-Alejandro Silva, Dodge City; Charge: Speeding 76 in 65; Found: Guilty; Fine: \$149.

COLLEGE NOTES

Fort Hays State University deans have named 1,096 students to the Deans Honor Roll for the spring 2013 semester.

The list includes undergraduate students only. 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. Full-time on-campus and virtual students are eligible.

Students are listed by the county and city listed as their current permanent addresses. High schools are included for students who listed them.

NORTON

Almena: Melissa Mae Hawks, a graduate of Northern Valley High School, is a sophomore majoring in elementary education.

Benedictine College has recognized those students who have distinguished themselves academically during the last semester. Kendra Engelbert, of Norton, was recently named to the President's List for the spring semester.

Benedictine College has recognized those students who have distinguished themselves academically during the last semester. Hannah Pinkerton of Logan was recently named to the Dean's List for the spring semester.

The following area students have been recognized by the Nebraska College of Technical Agriculture for their academic performance for the Spring 2013 Semester.

Clayton: Diedre Linn Kramer, a graduate of Norton Community High School, is a freshman majoring in biology (botany).

Brian J. Linden, a graduate of Hoxie High School, is a senior majoring in management.

Lenora: Chris Basgall, a graduate of Golden Plains High School, is a freshman majoring in information networking and telecommunications (Web development).

Carson Colby Kaiser, a graduate of Norton Community High School, is a freshman majoring in art.

Norton: Logan Riley Kats, a graduate of Norton Community High School, is a senior majoring in business education.

Charli T. Lawson, a graduate of Norton Community High

To achieve the President's List, students must carry a minimum of 12 credit hours and have a perfect 4.0 grade point average. Of the 1,716 undergraduate students on campus for the 2012-2013 academic year, only 99 made the President's List.

To achieve the Dean's List, students must carry a minimum of 12 credit hours and have a 3.5 to 3.9 grade point average. Of the 1,716 undergraduate students on campus for the 2012-2013 academic year, 440 made the Dean's List.

Dean's Honor Roll- To qualify a student must earn a grade point average of at least a 3.5 on a 4-point scale.

Andrew Levi Nickell, Almena

School, is a senior majoring in nursing.

David James Mizell, a graduate of Norton Community High School, is a sophomore majoring in art (graphic design).

PHILLIPS

Prairie View: Brady Lane Tien, a graduate of Logan High School, is a junior majoring in justice studies.

Eric A. Woodside, a graduate of Northern Valley High School, is a senior majoring in agriculture.

JUNIOR GOLF

Starts Monday, July 1

Junior golf will start on Monday, July 1 with registration at 5:30 and begin at 6:00 to 8:00 p.m. and runs July 1 - July 8 - July 15

July 22 will highlight the year with a Pizza Party at 5:15, followed by a 9-hole golf tournament at 5:45 and a swimming party following golf

Cost this year is \$20.00 per participant aged 7 to 14. Registration this year will include a golf shirt. Come and learn the lifelong game of golf. Adults are welcome to come, watch, and help mentor the junior golfers

Pre-register for only \$20.00 by mailing it to: Tyler Rutherford, 1014 Truman Drive, Norton, KS 67654, or call 785-202-0214 with the name, age, and shirt size of the participant.

'Hawk Days of Summer' comes to Norton

The KU Alumni Association welcomes alumni and KU enthusiasts of all walks to enjoy lunch with members of the KU Alumni Association staff June 19 at White Fields Café at 128 S. State Street in Norton. The lunch will take place at noon and light snacks and soft drinks will be provided.

The lunch is one of more than 100 events the Association will sponsor across Kansas and around the country during the annual 'Hawk Days of Summer'

tour. The 90-day series of events results from a determination to make the most of the summer months. "We wanted to connect with Jayhawks in all kinds of settings, from breakfast, lunch or dinner in the smallest Kansas town, to large events in the cities that are our national strongholds," says Kevin Corbett, Association president.

'Hawk Days of Summer' began in 2011, when a 12-member team of Association staff members, along with local volun-

teers, hosted 143 events that welcomed more than 8,000 Jayhawks. The following year featured 150 events with more than 10,000 alumni, fans and friends in attendance.

This year's edition of 'Hawk Days' kicked off May 20, and includes receptions, happy hours, picnics, baseball games, museum tours, boat cruises and more. For more information about events in your area, visit www.kualumni.org/hawkdays.

Moffet Drug Pharmacy

THIRD ANNUAL

Shred Day

Saturday, June 22

From 9:00 a.m. until NOON (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