

OBITUARIES

Sherri Irene Kennedy Ruf

March 11, 1965 - Oct. 18, 2013

Sherri Irene Kennedy Ruf was born March 11, 1965, in Norton, to Jerry and Imogene (Scott) Kennedy. She went home to be with her Lord at age 48 on Friday, Oct. 18, 2013, surrounded by her loving family.

While growing up, Sherri's family lived in Lenora until 1978 when they moved to Danbury, Neb. She attended Lenora Grade School and graduated from Beaver Valley High School in Lebanon, Neb., in 1983.

On Sept. 24, 1983, Sherri was united in marriage to her high school sweetheart, Robert Ruf, at the Presbyterian Church in Lebanon. They began their married life on a farm near Wilsonville, Nebraska. Two children blessed their union, Ryan and Sarah.

During this time, Sherri attended the University of Nebraska at Kearney and earned a bachelor's degree in elementary education in 1991. She then taught at a country school near Marion, Nebraska.

In 1995 the family moved to Oberlin. Sherri taught at Oberlin Elementary School, mostly in the fourth grade. In addition, she coached volleyball for 15 years and helped coach track.



Sherri loved her "kids" and made a big impact on the lives of the students she taught and coached over the years.

Bob and Sherri made many good friends during their marriage and enjoyed getting together with them, especially to play cards. Sherri was a loving wife, mother and grandmother who loved her family dearly. She treasured time spent with family, especially her four grandchildren who were her pride and joy.

Sherri's passing leaves a void in so many lives, but memories of her warm smile, kind heart and gentle spirit will forever dwell in our hearts.

Survivors include her husband, Bob; son and daughter-in-law, Ryan and Jamie Ruf of Quinter; daughter, Sarah Smith of Oberlin; grandchildren, Jax and Bo Ruf and Giada and Giuliana Smith; brother, Mark Kennedy of Danbury, Neb.; sisters, Kelly and Rick Bethel of Wilsonville, Neb., and Roxanne Kennedy and Shelley McGhie of Snohomish, Wash.; in-laws, Ed and Ruth Ruf of Wilsonville, Neb.; sisters-in-law, Barb and Kevin Hitt of Long Island and Bev and Bill Mooreberg of Keller, Texas; nephews and nieces; other relatives and friends. Sherri was preceded in death by her parents.

Funeral services will be Wednesday, Oct. 23, 2013 at 10 a.m. at the Gateway in Oberlin, with Rev. Nancy Proffitt and Pastor Peter Paul officiating.

In lieu of flowers, the family suggests contributions to the Sherri Ruf High School Scholarship Endowment.

Burial will be at the Oberlin Cemetery in Oberlin.

Arrangements are by Pauls Funeral Home, Oberlin & Selden, Kansas. www.paulsfh.com

Christine Mae Hardman

Jan. 27, 1965 - Oct. 20, 2013

Christine Mae Hardman, of Hays and a former area resident, died Oct. 20, 2013 at the Good Samaritan Hospital in Kearney, Neb., at the age of 48.

The daughter of Dwayne and Rose (Thummel) Hardman, Christine was born Jan. 27, 1965 in Hill City and worked as an office manager and loved to cross stitch for her family and friends.

She is survived by her parents, Dwayne and Rose (Thummel) Hardman, Hill City; son, Cole Dallas Peters, Lindsborg; sisters, Diana Baumann, Nor-

ton and husband Tom; Dorothy Heim, Hoxie and husband Mark; and one brother John Hardman, Lenora. Nieces and nephews she loved dearly include Quincy Scott, Lawrence; Kaci Smith and sons Aaron and Tyler, Park City; Joel Scott and Steiner Scott, Hays; David Smith and Lizzie Smith, Norton.

A Wake Service will be held at Immaculate Heart of Mary Catholic Church in Hill City at 7:30 p.m. Wednesday, October 23.

Funeral services will be Thursday, Oct. 24 at 10 a.m. at

the Immaculate Heart of Mary Church in Hill City, with Father Henry Saw Lone officiating. Burial will be at Memorial Lawn Cemetery in Hill City.

Memorials are suggested to the Christine Hardman Memorial Fund or to the Immaculate Heart of Mary Catholic Church for Mass Intentions for Christine.

Visitation will be at the Stinemetz Funeral Home on Wednesday, Oct. 23 from 2-5:30 p.m.

Edna Lena Capstick

Oct. 14, 2013

Edna Lena Capstick, formerly of Norton, passed away Monday, Oct. 14, 2013 at the Sunshine Meadows Retirement Community in Buhler, at the age of 94.

Survivors include her son, David, of Hutchinson; daughter, Pam Rush, of Salina; sister, Fayetta Moline of Lincoln, Neb.; four grandchildren; six

great-grandchildren and two step great-grandchildren.

Funeral services will be held Wednesday, Oct. 23, 2013 at 1:30 p.m. in the Norton United Methodist Church, Norton, with Pastor Lyn Linde officiating. Burial will follow in the Norton Cemetery.

Visitation will be Tuesday from 4 p.m. - 8 p.m. at the

church and again Wednesday morning from 10 a.m. until service time.

Memorial contributions may be given to the Sunshine Meadows Retirement Community or the Norton United Methodist Church.

Olliff-Boeve Memorial Chapel, Phillipsburg, is in charge of arrangements.

Access to ObamaCare data not available

On Monday, Oct. 7, Congressman Tim Huelskamp requested information from the Health and Human Services Department in regards to the number of Kansans who have actually signed up for the Affordable Care Act in the first week. Yesterday, HHS denied the information request and refused to release such data. HHS provides daily data files to insurance providers on the number of people who have successfully applied for ACA services, so there is no doubt the information is readily available. Representative Huelskamp shared this response to the decision of Secretary Kathleen Sebelius to hide this critical data:

"It's amazing to me that while President Obama claims to know just how many people visited the ObamaCare website on the first day of the roll-out, Secretary Sebelius refuses to reveal how many Kansans actually signed up for the ObamaCare exchange. The data simply must be pretty awful if the Secretary won't even reveal the numbers - if there even were any - of ObamaCare signups in her home state.

"Just like in so many other instances, President Obama campaigned on transparency - but in reality, they refuse to reveal even the most basic data on their premiere initiative. Hiding this information from the American public - particularly as it relates to Sebelius' home state of Kansas - can only lead me to conclude that the ObamaCare implementation is an embarrass-

ing failure. For a law this is unaffordable, unpopular and unfair - now add to it -- unworkable."

Congressman Tim Huelskamp represents the First District of Kansas in the U.S. House of Representatives. In addition to his membership on the Veterans' Affairs Committee, Rep. Huelskamp serves on the Small Business Committee.

Oct. 18- Oct. 23

Showing at the

NORTON THEATRE

Gravity - in 3D

1 Hour, 41 Minutes (PG-13)
Friday and Saturday: 8:00 p.m.
Sunday: 5:00 p.m.
Mon., Tues., Wed.: 7:00 p.m.

Insidious

CHAPTER 2
 1 Hour, 56 Minutes (PG-13)

Insidious is \$7.00 for adults and \$6.00 for children 12 and under. \$3/tx on Sunday
 Gravity is \$7.00 for adults and \$6.00 for children 12 and under. \$3/tx on Sunday

FRI., OCT. 25 - BAD GRANDPA
FRI., NOV. 1 - FREEBIRDS
FRI., NOV. 8 - THOR 2: THE DARK WORLD
FRI., NOV. 21 - THE HUNGER GAMES
FRI., NOV. 27 - FROZEN

Let's Go to the Movie



This ad is brought to you by The Norton Telegram

One in six people will have a stroke

Teri Ackerson was driving to Starbucks with her son - until suddenly she lost control of her left arm and became unable to speak.

Ackerson, a 43-year-old nurse, mother and triathlete, was having a stroke. After pulling over, she pointed to the clock in the car for her son to note the time, knowing just how important it would be for doctors to know when symptoms began. Fortunately, she was able to receive tPA, the clot-busting drug that must be administered within three hours of the onset of stroke.

"Even though I was a bit in denial, my son and I both recognized the warning signs of a stroke and sought immediate medical attention," Ackerson said. "I know stroke is something that can happen to anyone at any time, and if it does, you have to act quickly. The longer you wait, the worse it can be."

One in six people worldwide will have a stroke in their lifetime. In the United States, someone has a stroke every 40 seconds.

In recognition of World Stroke Day on Oct. 29, the American Heart Association/American Stroke Association urges those who care for others to learn the stroke warning signs, since bystanders often need to act fast in an emergency.

A new survey commissioned by the American Heart Association/American Stroke Association found that many people who care for family or friends at high risk for stroke don't know the potentially life-saving warning signs.

Only 41 percent of people who care for individuals with health concerns other than stroke know three or more stroke warning signs as compared to 58 percent of those who care for stroke survivors.

Knowledge of three or more stroke warning signs was slightly better (46 percent) among people who care for individuals with high blood pressure, a major risk factor for stroke.

Virtually all surveyed said they would call 9-1-1 if they thought someone was having a stroke, but a recent study showed more than a third of stroke patients don't get to the hospital by ambulance.

"The patient doesn't always

recognize their own stroke and when they do, sometimes their symptoms make calling for help difficult, if not impossible," said Dr. Lechtenberg, neurologist and chairperson of the Kansas State Stroke Task Force. "Just like we need to learn CPR to save someone else's life, we need to learn how to spot a stroke and act fast for the best chance of a positive outcome."

The American Stroke Association's Together to End Stroke initiative, nationally sponsored by Covidien, a global healthcare product company, teaches the acronym F.A.S.T. to remember stroke warning signs:

F - Face Drooping: Does one side of the face droop or is it numb? Ask the person to smile.

A - Arm Weakness: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S - Speech Difficulty: Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence like, "The sky is blue." Is the sentence repeated correctly?

T - Time to call 9-1-1: If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

"Those with loved ones who have stroke risk factors should make it a priority to learn F.A.S.T. and teach others," said Dr. Lechtenberg. "Recognizing

a stroke and calling 9-1-1 gives the patient a greater chance of getting to an appropriate hospital quickly and being assessed for life-saving treatment like a clot-busting drug or medical device."

The association offers a free mobile app to help people spot a stroke and identify award-winning hospitals nearby.

This year, 795,000 people in the United States will have a first or recurrent stroke. Other than a prior stroke, major stroke risk factors include:

·High blood pressure - It's the most important controllable risk factor for stroke. About 77 percent of people who have a first stroke have blood pressure higher than 140/90 mm Hg. An estimated 78 million Americans have hypertension.

·Transient ischemic attack - About 15 percent of strokes are preceded by a TIA (or "mini stroke").

·Atrial fibrillation (Afib) - It increases stroke risk up to five times and affects more than 2.7 million Americans.

·Smoking - Current smokers have two to four times the stroke risk of nonsmokers or those who quit more than 10 years ago. In 2011, 21.3 percent of men and 16.7 percent of women 18 or older were cigarette smokers.

For more information about the stroke warning signs and mobile app, risk factors or Together to End Stroke, visit www.StrokeAssociation.org.

Fall Supper

Prairie View Reformed Church

410 Holland Street, Prairie View

WEDNESDAY, OCTOBER 23
 5:30 to 7:00 p.m.

CHURCH SUPPER

Come for Turkey, Dressing and all the Trimmings

Free Will Donation

Grace Reeves

is Celebrating her 99th Birthday on Friday, October 25

Help her celebrate with a card shower - Send cards to the Andbe Home at 201 West Crane, Norton, KS 67654

For help with your advertising needs please give Dana a call 877-3361

email: dpaxton@nwkansas.com

MY KIDZ STUFF

Children's Consignment Sale

Friday, Oct. 25 9:00 a.m. - 7:00 p.m. **Saturday, Oct. 26** 8:00 a.m. - 2:00 p.m.

National Guard Armory, Norton, Kansas

- SELECT ITEMS WILL BE 1/2 PRICE ON SAT. FROM NOON-2 P.M. -

Over 2,000 like-new children's, teen and maternity clothing, nursery items, baby equipment, books, videos, and toys already consigned with more to come!

VENDORS AT THE SALE WILL BE: Embellishments with hairbows, tutus and all things girly!; **Diecut Darlings** with doll clothes, shoes, accessories for the American Girl Doll and all 18" dolls; **Scentsy** will have new warmers, scents and bulbs!

BENEFIT BAKE SALE

FOR DOUG AND KIM GALLETINE TO HELP WITH MEDICAL EXPENSES

For more information visit www.mykidzstuff.com
 or Email: pam@mykidzstuff.com
 Call: Pam - 785-877-3775 or Staci - 785-871-0017

Congratulations to Melba Witt

for winning the Almena State Bank "Win a trip to the Bahamas" contest. Almena State Bank was promoting going green with paperless statements. They asked their customers to sign up for electronic statements by March 31, 2013 and they could win a free vacation. The first part of April, Melba Witt's name was drawn out of over 120 names to be the lucky winner.

- Melba and Ed Witt -

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