BITUARIES

Dale Capstick May 26, 2009

Former area resident Dale Capstick died Tuesday at Promise Reson at the age of 95.

Services will be held Saturday at 1:30 p.m. at the Oliff-Boeve Memorial Chapel, Phillisburg, with Pastor Buzz Lambrecht officiating. Burial will follow at the Norton Cemetery.

He will lie in state today from 9 a.m. to 9 p.m. at the funeral

He is survived by his wife Edna of the home in Buhler; a son David gional Medical Center in Hutchin- of Hutchinson; a daughter Pam Rush of Salina; and four grandchildren and six great-grandchil-

> Memorial contributions may be given to the Sunshine Meadows Retirement Community of Buhler.

> Oliff-Boeve Memorial Chapel of Phillipsburg is in charge of ar-

Museum needs your stuff Every time an item is donated

to the museum, a little more of our Norton County history is preserved. How do we get them? Some walk in through the front door as a box of papers, pictures and items of seeming little value. If you sort carefully through them you may find a letter signed by Kansas Governor Alf Landon (1936 Presidential candidate) to Ida Walker in 1932. Or, believe it or not, a handwritten original manuscript for Lillie Bowman Whitney's book "Fun of the Past," copyrighted in 1943.

Or you may get an e-mail message asking if we want a wooden shopping cart that was used in the Chandler Grocery Store, Almena. Then after answering in the affirmative, you meet with Larry and Reva Brown at a local service station and pick up a unique folding cart used (in the 1920s) by the folks in Almena. Another time asking if we wanted some Buffalo Wool form the Norton area (haven't gotten that one yet).

Today we get everything instantly on the tube, computer or a cell phone. Not true of the past! Before 1935, the Norton County newspapers did not have the lithograph capability to publish pictures. So unless we get old photos, we have only the written knowledge of the Like a short story taken in front of the Norton County Courthouse

A Bit of **History**Joe Ballinger

on Declaration Day (1923) of World War I veterans in uniform on the steps fronted by a rank of 10 Grand Army of the Republic Civil War vets standing in front of them. Again, believe it or not, the names of the GAR vets have been found from older pictures at the American Legion, but the research is still going on for the World War I vets.

Another old photo was sent to us by the McPherson Museum of a corn harvest in 1896 taken by the Reed Studio, Norton. There are three piles of corn, at least 15 feet high with five horse drawn wagons fully loaded and noted on it is "200 acres, 10,000 by, raised by G.W. Chase, Norton. Without that picture who would ever know we could grow corn like that with the old methods of farming.

Perhaps the above will show you that running a museum is a little like being a detective in a mystery book. Family pictures and old photos are clues to help us solve the past of Norton County! The more you bring in that we can events that happened before that. copy keeps the history of Norton alive for future generations.

from across the state and sharing

tices, the learning opportunities

are unlimited, said Tami Larson,

Midwest Dairy Council's Kan-

sas school nutrition program

manager, and member of Kansas

Action for Healthy Kids. We are

very excited and grateful to host

the workshop at no cost to Kansas

Participants will complete a

variety of teen-focused, hands-on

health and fitness activities de-

signed to keep them active and en-

gaged. Planned activities include

a scavenger hunt using hand-held

GPS devices, miniature golf and

bowling activities, a healthy snack

creation challenge and writing and

producing YouTube videos. Dur-

ing the PEP Rally, school spon-

sors will meet to share ideas and

discuss school wellness policies

Kansas native Paul Shirley

will serve as guest speaker for the

workshop. Shirley participated

in high school and college athlet-

ics, and also played for 13 pro

basketball teams, including the

Chicago Bulls. Shirley is now a

professional speaker, an author

the rally is eligible for grant funds

for developing and implementing

a wellness plan for the 2009-2010

school year," Larson said.

"Each school team that attends

and a writer for ESPN.

with colleagues.

high schools.

Healthy Kids Rally set

According to the Centers for University. Disease Control and Prevention, "By bringing together students children consume the number health and wellness best pracof healthy food servings recommended by the federal government, and fewer than half participated in daily physical activity.

Teens everywhere, including here in the heartland, have more options when it comes to meals and how they spend their free time. Given the multitude of choices available, students often struggle with choosing healthy options.

Kansas Action for Healthy Kids believes teens can be inspired to make healthier lifestyle and food choices. In response to the teenage obesity epidemic, the non-profit organization is holding the first statewide Teen Wellness PEP Rally, June 8-9 at MidAmerica Nazarene University in Olathe. PEP, which stands for Peers Encouraging Peers, will give workshop participants the opportunity to share and learn from other Kan-

sas teenagers. All high schools in Kansas are invited to send a team of two to four students and an adult sponsor to the PEP Rally. There are no registration or attendance fees to participate in the rally, as Kansas Action for Healthy Kids secured grants to cover all expenses, including food and overnight lodging in the residence halls at MidAmerica Nazarene

Duplicate Bridge — Three tables met at the Norton Manor Wednesday, May 27. First place went to Norman Walters and Claudia Bridges, second place was won by Joyce Sumner and Jackie Porter.

<u>Correction</u>

02 5-29-09 Social.indd 1

In the photo of the Firing Squad at the Memorial Day ceremonies at Almena, Leroy Roeder was incorrectly identified. This should have been Gail Harbers. Reading the names of the deceased soldiers was Rick Crowder.

Good story



Children listen to a story read by Cindy Mordecai at the grades can attend at a later hour. Story hour is always a Norton Public Library on Thursday. The 10:30 story hour is for young children. Children in the third through sixth

popular event at the library.

- Telegram photo by Erica Bradley

Stories that touch the heart

for a little love lift. One of my Carlyle companions says a day without laughter is a day wasted so he and I make a point of sharing jokes at breakfast. After all, life is too short to waste a single day, particularly when one lives in a retirement home. So today I share with you a few heart warmers that have crossed my path through the years. May they brighten your day and make you smile.

My daughter kept encountering a guy at the grocery store one day. His cart held only a packet of frozen pizza rolls and a large box of wine. After passing each other several times on different aisles he finally stopped her and said, "How can I make a romantic dinner for a girl?

I can't cook and I don't know what to buy." After gently explaining that pizza rolls were probably not the best choice, she introduced him to frozen entrees, bagged salad, and a fancy dessert in the hearts a little happier. Let's hope the girl appreciated his intentions if not his culinary expertise.

Romance is heart warming, even when it doesn't involve food. An Air Force vet I knew didn't have a quick and easy courtship. He fell in love over the telephone. The general's secretary had a voice he just couldn't forget. It took him months to discover her name and finagle a meeting, weeks to get a date and a year to convince her he wasn't just "another fly boy" Too bad that marriage only lasted 60 plus years!

Flowers, especially when unexpected and unanticipated, will warm any girl's heart but the way in which they are presented can start a conflagration. Is there a mother who hasn't dissolved into a puddle of happiness when a grubby child presents her with a handful of sticky dandelion blossoms? I know a girl whose heart just plain melted when her

Most days would be the brighter their way, strangers still, but with and handed it to her, saying, "No flower is pretty enough for you." The farm boy I married once transplanted a wild bluebell bush to a spot near my bedroom window after I'd admired one while on a pasture ramble with him. It not only impressed me, but it made my mother his staunch ally. And no florist arrangement ever equaled the armload of lilac branches he "pruned" from the hedge in the Highway 36 park at ten thirty one

> An accidental heart warmer was the result of an impulse buy when I moved into this retirement home. A power chair gets me around the halls here so to cheer myself up I stuck a great big Kansas sunflower on the back of it.

To my amazement, it has served to cheer up many other folks, not only in the building but total strangers I meet on the street or at the nearby Wal-Mart. A lot of shared joy from a \$3.00 investment. Speaking of small it, you'll giggle and warm your bakery section. And each went date picked a simple wildflower investments, how about a ten own heart!

Child of the **40s** Liza Deines



cent balloon or two? Uncle Herb carries a few in his pockets and makes balloon animals for little kids who are wriggling and bored in checkout lines at the market. Lifts the hearts of all concerned for a dime or two.

What warms my heart? Hugs, of course, and fan mail and a clean and clever joke in the morning email. You've probably all had the one with the church bulletins suffering severely from typos. My all-time favorite is the one that advises you to "say hell to someone who doesn't care much for you" — obviously the typist missed an extremely essential "o"! Now I can guarantee the original approach won't work at all but if you add that errant "o", it could qualify as a heart warmer.

And every time you think of

Question is very simple: to bleach or not to bleach?

Cleanliness in the kitchen is a concern for many homemakers especially kitchen counter tops and cutting boards. So families are wanting to know if it is wiser to use a sanitizer to clean counter tops and cutting boards, or does hot water and soap do the job?

Although a soap and hot water combination cleans reasonably well, it may not eliminate all bacteria. Using some type of sanitizer is recommended. That way, you're making sure that surfaces that look clean actually are clean.

Bleach or commercial cleaners designed for kitchens are the best sanitizers, as long as they're used properly, according the Food and Drug Administration's Center for Food Safety and Nutrition. For example if you use bleach or sanitizer that comes as a concentrate, be sure to follow product directions when you dilute it. Check the label. For bleach, a teaspoon per quart of water should do the

Cutting boards are especially important to keep clean. Here are some recommendations:

 $\sqrt{\text{The easiest types of cutting}}$ boards to keep clean are smooth cutting boards free of cracks or crevices made of hard maple, plastic or other non-porous mateHome ed Tranda Watts, **Extension** specialist



rial. Avoid cutting boards made of soft, porous materials.

 $\sqrt{\text{When you wash cutting boards}}$, use hot water, soap, and a scrub brush to remove food particles. Then sanitize the board with a commercial sanitizer or bleach solution, or by washing the cutting board in the dishwasher.

√Always, always, always wash and sanitize cutting boards after using them for raw foods that you plan to cook -- especially raw meat or fish — and before using them for ready-to-eat foods. You might consider keeping two cutting boards on your counter - one only for foods that will be cooked and the other for ready-to-eat foods, such as bread, cooked meats, and fresh fruit and vegetables.

√After a study of 10 commercial sanitizers, researchers found that all of the products were effective

when used according to manufacturer's directions. Those that required a longer surface time (some as long as 10 minutes) weren't necessarily better at killing the bacteria than those that required less exposure

 $\sqrt{\text{Another finding was that}}$ Listeria monocytogenes can survive on cutting board surfaces that were not sanitized for

up to six days. If left on a surface too long, this particular bacterium can form a biofilm that makes it harder to kill. Ideally, surfaces such as cutting boards should be sanitized immediately after being used.

(If you have food safety questions, please feel free to contact Tranda W. Watts at twwatts@ksu. edu, or phone (785) 443-3663. She is Extension Specialist Foods, Nutrition, Health and Safety for Norton, Decatur, Gove, Sheridan, and Trego Counties.)

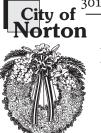
877-3361

City of 301 E. Washington Street, P.O. Box 160 Norton Attention Norton Residents!

The City of Norton will flush hydrants on Tues., June 2 beginning at 8 a.m.

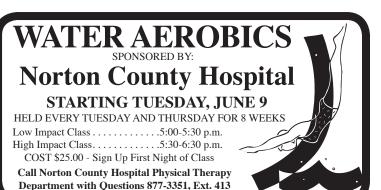
(WEATHER PERMITTING)

Please refrain from doing laundry on this day



City of 301 E. Washington Street, P.O. Box 160

Norton The City of Norton would like to remind citizens that all flowers at the cemetery must be picked up by 8:00 a.m. on Tuesday, June 2





Parents of Cadet Michael Sprigg invite you to a reception in honor of his Graduation from USMA June 3, 2009 at the Norton Library Meeting Room at 7:00 p.m.

Thank you to each one of you who encouraged and supported Michael in achieving this goal

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