

OBITUARIES

Opal V. Ruth

October 8, 1926 - June 5, 2011

Opal V. Ruth was born October 8, 1926 in Vernon, Colorado to Orba and Ruth (Fisher) Brown. She died Sunday, June 5 at the Norton County Hospital in Norton at the age of 84.

Opal graduated from high school in Colorado. Opal married Forrest Ruth in 1948.

Surviving relatives: son, Jim

and Marla Ruth of Almena; daughter, Shirley Moore of Thornton, Colo.; sister, Pauline Guinn of Wray, Colo.; brothers, Willie Brown and Wilbur Brown of Wray, Colo.; 7 grandchildren and 5 great-grandchildren

Opal was preceded in death by her husband.

Private family services will be

held later at the Ft. Logan National Cemetery in Denver, Colo.

Memorials are suggested to the family. A message of condolence, tribute or memory can be left at www.hlmkfuneral.com. Horner Lieske McBride and Kuhl Funeral and Cremation Services in Kearney is in charge of arrangements.

Earl Pinzenscham

April 1, 1951 - June 7, 2011

Earl Pinzenscham, son of Philip Earl and Nellie (Reese) Pinzenscham, was born April 1, 1951, in Denver, Colorado, and passed away at the Hays Medical Center in Hays, on June 7, at the age of 60.

Earl grew up in Strasburg, Colorado, and graduated from the local high school.

On January 19, 1975, he mar-

ried Loreena Wood in Denver. Loreena passed away October 4, 1999. Earl's career was with the U.S. Army and later he was a truck driver.

Earl was a member of the Deer Trail American Legion and V.F.W.

Survivors include: his fiancée September Dockery, Norton; one daughter, April Moppin,

Almena; one son, Heath Pinzenscham, Norton; one brother, Jim Pinzenscham, Littleton, Colorado; four grandchildren; other relatives and friends.

Earl was preceded in death by his parents and his wife.

Memorial services will be held at a later date. Arrangements are by the Enfield Funeral Home of Norton.

Crystal L. McDonald

September 16, 1959 - June 7, 2011

Crystal L. McDonald was born in Logan on September 16, 1959 to Avice and Bob Stanton. She died Tuesday, June 7, at the Good Samaritan Hospital in Kearney, Neb. at the age of 51.

Crystal worked as a School Psychologist in Logan and surrounding areas.

Preceding her in death were an infant son, Jason and infant daughter, Megan.

She is survived by her husband, Jim, of Logan; her son, Robert, of Madison and daughter, Elizabeth Schemper, of Prairie View; her parents, Bob and Avice Stanton of Logan; her sister, Judy Stanton, also of Logan; and three grandchildren.

Funeral services were held Friday, June 10 at 10:30 a.m. in the Logan United Methodist Church with Rev. Delbert Stanton and

Rev. Dean Gilbert officiating. Burial followed in the Pleasant View Cemetery, Logan.

Visitation was Thursday from 9:00 a.m. - 9:00 p.m. at the Logan Funeral Home, with the family receiving friends from 7:00 - 8:00 p.m. that evening.

Memorial contributions may be given to Logan School Special Education or CASA.

How to improve your performance in athletics

Is one or more of your children or grandchildren an athlete? Just because it is summer, it doesn't mean that families should not be concerned about their athletes' nutrition. Good nutrition (especially enough fluids, calories, carbohydrate, protein and fat) before during and after exercise can help children maintain energy, maximize performance, improve exercise recovery time, maintain a healthy body weight, replenish glycogen stores, and build and repair muscle tissue.

Before exercise, be well-hydrated, and eat familiar high-carb foods moderate in protein but low in fat and fiber. During exercise, drink enough fluid to balance sweat losses, and eat 30-60 grams of carbohydrate per hour. After exercise, drink 2 to 3 cups of

Home ed Tranda Watts, Extension specialist



fluid for every pound of weight lost during exercise. Eat 5 - to 7 grams of carbohydrate for every 100 pounds of body weight in the first 30 minutes, and again every 2 hours for 4 to 6 hours after the event. Drinking chocolate milk or sports beverages before, during and after long bouts of exercise helps maintain blood sugar levels, provides fuel for muscles, and decreases the risk of dehydration or low salt levels that may occur

with profuse sweating. Athletes should not use severe weight loss practices or eliminate entire food groups from their diets. Supplements are not needed if an athlete eats a variety of foods. Nutritional ergogenic aids should be used with caution, if at all.

Younger children who are not necessarily athletes should consume water rather than sports drinks on a regular basis because there is a high sugar content in many commercial drinks which is not the best choice for children.

Source: Medicine and Science in Sports and Exercise, 2009;41:709-731. If you have food, nutrition, health or safety questions, please feel free to contact your local K-State Research and Extension Office or e-mail: twwatts@ksu.edu.

Student News

Two surrounding area students of Northwest Kansas Technical College (Northwest Tech), located in Goodland, recieved degrees at the commencement exercises held this spring. Lenora - Kayla Scheetz, Associates Degree in Respiratory Therapy. Norcat - Tracey L. Temple-Hartzog, Associates Degree, Medical Assistant

Michael Douglas Newell of Norton received a Master of Science degree from Pittsburg State University on Friday, May 13.

Michaela Berg, a resident of Logan, received a degree at the commencement exercises held on Saturday, May 7. Berg received a Bachelor's in Biology. She is the daughter of Christie and Deb Berg of Logan.

Several area students are included on Fort Hays State University's Deans Honor Roll for the spring 2011 semester. The roll includes only full-time (12 credit hours or more) undergraduate students who earned at least a 3.60 grade-point average for the semester.

Almena: Ashley Kingham, senior; Lenora: Lacy Ellis, senior; Norton: Tonya Arias, special student, Richard Foley, senior, Karlynn Kent, sophomore, Charli Lawson, junior, Valerie Wagoner, senior.

Inflatable carnival at Jubilee

The Lenora Jubilee Association has great news for kids with lots of energy! This year's inflatable carnival will be offered at no additional charge!

"The inflatables are a big hit with the kids," explained Eric Patterson, Vice-President of the Lenora Jubilee Association. "For the last several years, kids could get a wristband for \$5-8 and enjoy unlimited bouncing for the entire four hours that the event was offered."

Why is it free this year? "We had more individuals and businesses step up to sponsor this event for the kids," said Julie Peterson, coordinator of the inflatables for the Lenora Jubilee Association. "This free event is made possible by generous donations from Nextech Mobile Radio, Wolf Estates, Larry and Lorena Taylor, Bridges Group Insurance and Midwest Energy."

Tickets are still required to enter Larrick Park, and are just \$20 for adults and \$10 for children ages 5-12. You can purchase a ticket each night at the gate, but if the ticket was purchased by June 10, it is effectively a "weekend pass" and works for both nights.

"Ticket information and driving directions are available at our website, www.lenorajubilee.com," explained Lenora Jubi-

lee Association President, Scott Sproul. "The complete schedule is kept current there, and you can get information on how to get in the parade or be a vendor. There are also links for more information on many of our performers and sponsors."

Be sure to visit www.lenorajubilee.com often to get the latest news on the Jubilee, or become a fan on Facebook and join the conversation. See you at the Jubilee!



In celebration of the
65th Wedding Anniversary
of
Virgil and Joyce Price
a reception will be held on Saturday
June 18th, 2011 2 - 4 pm
at the Norcat - Educational Bldg.
All are welcome, no gifts please.
Cards can be sent to 302 E. Opelik Norton, KS

"Oohs and Ahhs" of Magic



At the "Wacky World" presentation, Kira Englesmen (left) learned a magic trick with magician Eric Vaughn on Thursday at the Recreation Center gym. This presentation was brought to us by the Norton Public Library.

-Telegram photo by Brandi Diederich

Mulch is a gardening gift

Kay Melia

vkmelia@yahoo.com

Alright, fellow gardeners; today, let's talk about mulch. Yeah, mulch! Does that send a shiver of excitement down your back? Probably not. But if you were a row of potatoes, a grouping of tomatoes, or a patch of peppers, you would have a visible smile of satisfaction on your face, or however potatoes, tomatoes, or peppers react when they are very happy.

First, let's define the terms. There may be a few youngsters out there who have not experienced the joys of mulching the backyard garden. Mulch is defined in the "big book" as "any material, such as straw, spread on the ground to protect the roots of plants from heat, cold, or drought, or to keep the fruit clean."

For a few of us fanatics who religiously mulch our garden crops each year, the preceding definition by Mr Webster certainly wasn't wrong, it just didn't go

far enough. Please allow this old duffer to give you MY definition of mulch.

Mulch can be defined as "any material, such as straw, dry grass clippings, leaves, pine straw, shredded newspaper, or compost that can be spread around vegetable, flower, or tree plants to protect the roots from heat, cold, or drought, as well as to smother sprouting weeds and other unwanted plant life, and then, in the fall of the year when plowed into the soil, adds untold nutrients that will aid next year's garden crops and provide food for earthworms embedded in the decomposing material which will aerate the soil and give it a wonderful consistency for the future."

Did you get that? You may want to read it again. Mulch is a gardening gift, and anyone who plants a garden should use it. Do not apply it until soil temperatures reach at least 60 degrees, making application right now a must. When you do it, you'll see remarkable

improvement in any crop that has been protected within a week or ten days.

I use leaves as my mulch of choice. I have a friend who provides me with a huge pile of shredded leaves, also containing small amounts of grass clippings, in late October or early November. I simply stuff the material into dozens of those big plastic trash bags and happily store them until mulching time the following year. I honestly don't believe I would plant potatoes if I couldn't provide them with 5 or 6 inches of mulch between the rows.

Mulch does many nice things for my garden every summer. Surely, all gardeners have access to some kind of mulching material.

Find yourself a bale of straw... call a farmer friend to see if he might happen to have some old rotting hay available, or, as soon as you finish reading this paper, shred it and put a handful of mulch around your tomato plant.

WATER AEROBICS CLASSES
to be offered by Norton County Hospital's
Physical Therapy Department
Norton Municipal Swimming Pool
Tuesdays and Thursdays, Weather Permitting,
JUNE 14 THROUGH AUGUST 4
Low Impact Classes: 5:00-5:30 p.m.
High Impact Classes: 5:30-6:30 p.m.
\$25.00 Paid First Night of Class at the Pool
• NO EARLY REGISTRATION REQUIRED •

June 10-
June 15

Showing at the
**NORTON
THEATRE**
Bridesmaids
2 Hour, 15 Minutes (R)
(Presented in Digital Surround Sound)
Friday and Saturday: 7:00 and 9:30 p.m.
Sunday: 5:00 p.m. and 7:30 p.m.
Monday, Tuesday, Wednesday: 7:00 p.m.

Fast Five
2 Hours, 20 Minutes
(PG-13)

All passes accepted
for Bridesmaids
All passes accepted for Fast Five

Bridesmaids is General Admission \$6.00 & \$5.00 - \$3.00 Sunday Discount
Fast Five is General Admission \$6.00 & \$5.00 - \$3.00 Sunday Discount

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