

# OBITUARIES

## Nila Sheneman

Nov. 11, 1924 - July 15, 2011

Nila Sheneman was born November 11, 1924, in Clayton, to Glenn and Blanche Brooks. She died Friday, July 15, at the age of 86. She was a contract bridge life master and avid Bronco fan.

She is survived by her brothers and their wives, Weldon and Merri- rice Brooks; Dale and Virginia Brooks; sons, David and Toni Sheneman, Rick Sheneman, and Kevin Sheneman; grandchildren,

Ethan Sheneman, Naomi Sheneman, Michael and Jennifer Sheneman, Trisha Sheneman and Carly Sheneman; she was also pleased to meet her great grandchild, Addison Sheneman.

A graveside service will be held in Clayton, Kansas.

In lieu of flowers, donations can be sent to National Association of the Deaf organization - www.nad.org.

## Couple Celebrates 50 Years



The children of Paul and Lois Myers wish to invite you to help celebrate their parents 50th wedding anniversary. There will be an open house at the Norton Christian Church on Friday, July 28th, from 3 to 5 p.m.

## Duplicate Bridge

There were three tables at Duplicate Bridge on Wednesday. Tie for first went to Bob Jones and Carla Latimer and Mary Jane Wahlmeier and James Persinger.

## Community Center Menu

- July**
- Monday 25 - Baked Fish, Macaroni and Cheese, Cook's Choice Vegetable, Bread, Mandarin Oranges
- Tuesday 26 - Meat Balls in gravy, Mashed Potatoes, Seasoned Carrots, Bread, Watermelon
- Wednesday 27 - Ham, Scalloped Potatoes, Peas, Bread, Gelatin with Apricots
- Thursday 28 - Chicken Alfredo, Broccoli, Applesauce, Garlic Bread, Noodles
- Friday 29 - Chef Salad, Strawberries and Bananas, Bread Sticks, Brownies

## Work those muscles



A group of about 40 ladies gathered Wednesday evening at the Norton public swimming pool for a water aerobics class. Led by Connie Glenn, the class meets each Wednesday from 5:30 to 6:30 p.m. at the pool. The activities include games, water running and walking and stretching.

-Telegram photo by Dana Paxton

## Try something new in your garden

Kay Melia  
vkmelia@yahoo.com

I cannot remember ever buying a packet of bad vegetable seed, but I have discovered during about seven decades of gardening that some packets contain seed that is better than others.

I have no idea how many times I have uttered or written those words. If there is a single facet of gardening that inspires my passion, it is the seasonal decisions we make when we select our seed and transplants. Without any doubt whatsoever, I have proven to myself that certain varieties of seeds and plants are more productive in my garden than others. Not only do I get higher production, but I get better taste, plus "bred-in" disease resistance. I doubt that I have convinced very many other gardeners of my varietal ideas, but I'm still trying.

Over the years, when trying to answer a question posed to me by a fellow gardener about a problem they may be having in their garden, I inevitably will answer their question with another question. (Back in 4th grade, Miss Dunn instructed me to never answer a question with another question). But it is important to me to know the variety of the species they are growing in their gardens before I try

to answer their question. The usual response to my question is that they have no idea. The seed packet said "sweet corn" so it must have sweet corn seed on the inside. The transplants they picked up at the big box store looked like tomato plants, so they must have been tomato plants. So I proceed to suggest to the inquirer that it is very important to know what you're planting. Some varieties have been proven to be better than others, not by me but by those whose job it is to develop more viable garden crops.

Here's a comparison I like to make. When I was a young farm kid, my Dad planted wheat varieties that today's wheat farmers wouldn't think of planting, even if the seed were available. I'm talking about varieties like Turkey, Tenmarq, Blackhull, or Wichita. Vegetable varieties in those days included Rutgers and Sioux tomatoes, Black Seeded Simpson lettuce and Early Alaska peas. There were few choices in those days, so you planted what you could get. Some of those old varieties are unfortunately still available.

So, you might ask... "OK smart guy... how do you know which varieties are tastier, disease resistant and more productive?" A good way to start is to read the label on the packet, or check the

variatal information on the transplant. Read the description in your seed catalog to see if the seed offers some things that other varieties do not. Actually try something new! If you've always bought Big Boy tomato plants at your friendly garden center, try buying one they are offering that you have never heard of.

That's how I found Super Tasty and Northern Expose tomatoes, although I bought the seed since I grow my own. Varieties such as Early Girl, Better Boy and Best Boy cannot begin to match the production and quality of some of the new ones. Or select an All America winner, which has been proven to produce well in every section of the nation. Talk to a horticulturist or Master Gardener or a friend who always seems to have a better crop of cucumbers or cabbage than you do. Or you can check out Chapter 3, page 13 of my book, and read very nearly the same thing that I have written in this piece. If, for any reason you are dissatisfied with the name or variety of what you are growing this year, then next year TRY SOMETHING NEW!

I've never bought a packet of bad seed, but I've discovered beyond a shadow of a doubt that some varieties are better than others!

## Reducing risks in summertime heat and humidity

In recent years, reusable water bottles have taken on stylish new looks, but making a fashion statement pales in comparison to the value of the life-saving role fluids play in reducing risks from too much summertime heat and humidity.

Drinking eight to 12 cups of fluid a day is recommended under normal circumstances to replenish essential body fluids, and more is needed as summer temperatures and humidity rise.

We sometimes forget that 55 to 75 percent of the body's weight is water; the brain is 70 percent water; blood is 82 percent water, and the lungs are nearly 90 percent water. Water carries nutrients and oxygen to cells; cushions organs, tissue, bones and joints; removes waste; and regulates body temperature.

In high heat, humidity, and times of high activity, such as working outdoors or participating in athletic activities, water is lost through perspiration, which helps cool the body through the evaporation of fluids on the skin.

Exposure to the sun or a sunburn will speed fluid loss, and so will drinking beverages containing caffeine or alcohol, which both act as diuretics.

Excessive water loss or dehydration can impair body function and lead to heat exhaustion and/or heat stroke that can be life

## Home ed Tranda Watts, Extension specialist



threatening.

Fluid replacement is essential, but it's best to not wait until you're thirsty. People often become slightly dehydrated before they become thirsty.

Checking to see if your body is well hydrated is easy. If urine is pale yellow in color, fluids intake are likely adequate. If urine is dark yellow or appears concentrated, more fluids are needed.

Water is recommended for the majority of the fluid replacement because it is readily absorbed; cool water is preferred because it is absorbed more readily than warm, hot or ice water.

Other good sources of fluids include milk, 100 percent fruit juice, low-sodium vegetable juices and foods that have a high water content, such as melons and other fruits, tomatoes and other vegetables, and soups, smoothies, puddings, gelatin salads and other foods made with milk, fruit juices or broths.

Beverages that contain caffeine, including coffee, tea and some soft drinks, or alcohol act as

a diuretic that speeds fluid loss, so are not recommended as essential fluid replacements.

Only half of the amounts of these beverages should be counted towards total fluid replacement.

Sports beverages may be helpful for athletes who are exercising more than one hour and are in need of lost electrolytes and quick energy, but diluting them with an equal part of water to help replenish fluids and reduce calories is recommended.

Low-fat chocolate milk also can be a good fluid replacement for athletes.

Sugary sports drinks or carbonated beverages can add unnecessary calories.

Before working in the heat, exercising or participating in athletics, drink 14 to 22 ounces of cool water. Drinking 1-1/2 cups of water every 15-20 minutes during exertion is also recommended. Parents are encouraged to make sure that children take frequent water breaks (one-half cup after each 15 minutes of activity).

Older adults need to drink fluids, even if they are not thirsty. The ability to sense thirst declines over the years, leaving older people unable to rely on their thirst to prompt them to drink enough fluids.

The ability to regulate body temperature easily also declines

with age. So, if a care giver is thirsty, a dependent older adult, infant or small child probably is, too.

In order to make sure that people who work outdoors, athletes and active children get enough fluids to replenish fluid loss, weigh before and after an activity and drink 16-24 ounces of water for each pound lost.

Parents also are encouraged to monitor their children's (including infants and toddlers) fluids.

Water is recommended for infants who have started on solid foods. Weighing children before and after play or participation in an athletic event can be helpful in gauging a child's fluid loss and replacement needed.

In addition to replacing fluids, wear a hat with a brim and sunglasses; choose loose, comfortable clothes that breathe; use sun screen; and take occasional breaks to help minimize the effects of heat and humidity.

For more information about nutrition, health, and managing summer meals and snacks contact your local K-State Research and Extension office or e-mail Tranda Watts at twwatts@ksu.edu.

**HAPPY BIRTHDAY**

## Andbe Home

*We turn 50 years old for providing care in this building*

**COME HELP US CELEBRATE**

### Sunday, July 24, 2011

Events Happen at the Andbe Home  
201 West Crane, Norton, Kansas

**SCHEDULE OF EVENTS**

12:00	REGISTRATION BEGINS
1:30 P.M.	POKER RUN TOURS
1:30 P.M.	PRAIRIE MEADOWS, BIEBER COTTAGE TOURS
2:45 P.M.	AWARD PRIZES
3:00 P.M.	TURTLE RACES
3:30 P.M.	DREAM TO REWARD PROGRAM
4:45 P.M.	RECEPTION - BIRTHDAY CAKE AND PUNCH
5:15 P.M.	CLOSING CEREMONY

July 22 - July 24

The family of Opal Hickman is requesting a card shower for her, celebrating 90 years!

Greetings can reach her at:  
Opal Hickman  
% Elzinga  
1189 So. Egrew Ct.  
Erie, CO 80516

Showing at the

## NORTON THEATRE

### The Green Lantern

1 Hour, 55 Minutes - (PG-13)  
Presented in Digital Surround Sound

Friday and Saturday: 7:00 and 9:25 p.m.  
Sunday: 5:00 p.m. and 7:25 p.m.  
Monday through Thursday - Closed for Floor Remodeling

### Harry Potter and the Deathly Hallows

PART 2 - (PG-13)  
2 Hrs. 20 Min.

All passes accepted for Green Lantern  
Only premiere passes for Harry Potter

Green Lantern is General Admission Price \$6.00 & \$5.00 - \$3.00 on Sunday  
Harry Potter is Premiere Price \$7.00 & \$6.00 - NO Sunday Discount

**Visit our Website: nortontheatre.com**

**COMING SOON**

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## Bridal Registries

COUPLES CURRENTLY REGISTERED:

Savannah Feehan and Casey Wegener . . . . . to be married August 6  
Whitney Newell and Dakota Criqui . . . . . to be married August 13  
Crista Rhoades and DeLane Sauvage . . . . . to be married September 3  
Ashley Ebner and Josh Wonderly . . . . . to be married September 17  
Amber Milnes and Herbie Johnson. . . . . to be married September 24  
Melissa Hillebrand and Brandon Wright . . . . . to be married September 24  
Lisa Henderson and Brandon Herman . . . . . to be married October 1  
Trina Shields and Jon Harding . . . . . to be married October 15  
Abigail Rhoades and Jacob Crandall. . . . . to be married November 19  
Klaire Mann and William Brumbaugh. . . . . to be married November 26

**Destination Kitchen**

115 W. MAIN  
NORTON, KANSAS  
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