

OBITUARIES

Darrell Mulder

March 6, 2014

Logan resident, Darrell Mulder, passed away Thursday, March 6, at the Logan Manor in Logan, at the age of 76.

Survivors include his brother Gary and wife Doris of Logan; two sisters-in-law, Arlene Mulder of Fremont, Neb., and Nancy Mulder of Silver Spring,

Md., and several nieces and nephews.

Funeral services were held on Monday, March 10 at the Prairie View Reformed Church, with Pastor Troy Buss officiating. Burial followed at the Prairie View Cemetery in Prairie View with military honors by Fort Ri-

ley.

Memorial contributions may be given to the Logan Manor or Hospice Services.

Online condolences may be sent to www.olliffboeve.com.

Logan Funeral Home is in charge of arrangements.

Plant trees to celebrate spring

The Arbor Day Foundation is making it easy for everyone to celebrate the arrival of spring by planting trees.

Join the Arbor Day Foundation in March 2014 and receive 10 free white flowering dogwood trees.

"White flowering dogwoods will add beauty to your home throughout the year," said John Rosenow, founder and chief executive of the Arbor Day Foundation. "Dogwoods are known for their showy spring flowers,

scarlet autumn foliage and red berries that attract songbirds during winter."

The free trees are part of the nonprofit Foundation's Trees for America campaign.

The trees will be shipped postpaid with enclosed planting instructions at the right time for planting between March 1 and May 31. The six-to-12-inch trees are guaranteed to grow or they will be replaced free of charge.

Arbor Day Foundation mem-

bers also receive a subscription to Arbor Day, the Foundation's bi-monthly publication, and The Tree Book, which contains information about tree planting and care.

To become a member of the Foundation and receive the free trees, send a \$10 contribution to Ten Free Dogwood Trees, Arbor Foundation, 100 Arbor Ave., Nebraska City, NE 68410, by March 30, 2014. Or join online at arborday.org/march.

Radishes, the first true taste of spring

Kay Melia

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Peter Garnham operates a 60 acre garden-farm near Amagansett, N.Y., in the Hamptons, toward the north end of Long Island, with easy access to Louse Lake and Wood Tick Road. Mr. Garnham's farm is nestled in between lush golf courses and beautiful old New York homes, and he finds time to write garden articles regularly for Horticulture Magazine. He is a Master Gardener.

And he writes very well, thank you! In the July-August edition of last summer, he wrote lovingly about radishes. That may be about the only thing Peter Garnham and I have in common. We both really enjoy radishes. But he has a 60 acre garden and mine is about 70 feet by 60 feet. But we both like radishes because they are one of the earliest and easiest garden vegetables to grow, and offer one of the most unique flavors of all the things we grow.

The radish is a member of the brassica {cabbage} family, and is often dismissed as mere decoration. However, they offer decent quantities of potassium, folate, vitamin C and fiber, and the leaves when picked early and cooked as a green vegetable

are delicious and even more nutritious.

Mr. Garnham says the range of shapes and colors of radishes are just amazing--red, pink, purple, white, yellow, red and white, and even black. The Chinese red meat radish is green on the outside and red on the inside, like a tiny watermelon. Then, there is the rat-tail radish, and despite its name, Mr. Garnham says it is delicious. I'll take his word for it.

As Peter Garnham says, there are not many vegetables that are so easily successful in the garden and the kitchen as radishes. He grows many, many long rows of just about all the radishes you might see in your average garden catalog. He is also a member of the Seed Saver's Exchange, and as such, he has access to many old and unusual varieties that we never see. Mr. Garnham says the market for radishes is very good right now and they seem to be in great demand.

Peter Garnham says we all may be missing the most important flavor and healthful aspects of radishes by throwing out the tops. When picked young, he enjoys the leaves sliced into green salads. Indeed, the spicy flavor can add a different essence to a

spring salad. He also cooks the young tops for a unique flavor of greens not found in spinach and chard.

Radishes are also fast growing and can be used to mark a row of carrots which are notoriously slow to germinate. Most of the radishes will be harvested by the time the carrots are emerging.

You must keep an eye out for those miserable little hopping flea beetles. I dispatch them at first sight with a pyrethrum compound called five percent Sevin Dust. Mr. Garnham, an organic gardener, admits to using Sevin as a last resort to save his radish crop, although he calls it "an extreme measure." I call it extremely effective.

My favorite variety of radish is an oldie called German Giant, a dependably large red globe with true radish flavor. It is never hot, never pithy, always productive. Another excellent choice is Fire'n Ice from Burpee, a three to four-inch long radish that is red on top and white on the bottom.

Radishes, to me, are the first true taste of spring. Anyone can grow them successfully, and you'll be enjoying them only 30 days after planting. Do it!!

Emma Chase Cafe, keeping the small town spirit alive

By Ron Wilson

Huck Boyd Institute

Australian guitarist Nick Charles is performing in New Zealand. He's playing an original song called "Down at the Emma Chase." The song refers to a remarkable small town café, far away in rural Kansas. How did this come about?

Sue Smith is the owner and operator of the Emma Chase Café in Cottonwood Falls, Kan. The café is just the beginning of the entrepreneurial initiatives which she has helped spawn in this community.

Sue was raised in Cottonwood Falls and was trained as a nurse. She moved to Texas and eventually met a rancher named Monty who she married and brought back to Kansas, where she became director of nursing at the local nursing home.

One of the local landmarks in Cottonwood Falls is the Emma Chase Café, which was founded by Linda Thurston (who went on to a career in academia at K-State) and Linda Woody. In 1998, Sue leased the Emma Chase.

The Emma Chase Café offers country home cookin' in downtown Cottonwood Falls. Then Sue and her mother started making homemade fudge and decided to sell it in the building next to the café. That building is now the Emma Chase Country Store which features homemade jams and jellies and assorted merchandise.

Along with good food, Sue

was also seeking good entertainment. On Oct. 1, 1999, the Emma Chase started holding Friday night musical jam sessions on the street in front of the café. Those jam sessions attract fans and musicians.

One of those is the famous Australian acoustic guitarist, Nick Charles, of whom Sue Smith has long been a fan.

"One day I was taking a nap when the phone rang," Sue said. "A British-sounding voice said, 'Hello, I'm calling on behalf of Nick Charles.'" "Yeah," Sue replied, "and I'm Queen Elizabeth."

Eventually she was convinced that the call was legitimate. Nick Charles was to perform at the Walnut Valley Bluegrass Festival in Winfield and had learned about the Emma Chase.

Ultimately, he came to Cottonwood Falls and performed at a Saturday night concert. He came back in subsequent years and even wrote a song titled "Down at the Emma Chase."

Meanwhile, a large building came available down the street from the café. Through the years, this building had been a skating rink, dance hall, Duck-walls store, armory, and municipal building. "The building had good acoustics and was perfect for music," Sue said. "We also knew that there were wonderful craftsmen in this area."

The two ideas came together. The building now contains both the Emma Chase Music Hall, which is a space for performanc-

es in the center of the building, and an area called Prairie Past-Times which displays local artisans' products around the walls.

"We have 45 artisans with products for sale," Sue said. These include blacksmiths, woodworkers, quilters, stained glass artists, blown glass artists, fiber artists, and musicians. Organized as an artisans cooperative, their products are displayed for sale along with such products as baby clothes, doll clothes, and antique musical instruments and furniture.

"Everything in here but the antiques and books were made in the Flint Hills by people who live here," Sue said. The artisans themselves take turns manning the store. Sue's husband Monty does the books.

A remarkable variety of visitors have come here. People who have signed the guest book come from places from California to Maryland and as far away as Japan, Italy, Denmark, and China.

That's impressive for a rural community like Cottonwood Falls, population 962 people. Now, that's rural.

Sue is also involved with ongoing festivals put on by the community. These include a Statehood Ball in January, the Prairie Fire Festival in April, Flint Hills FolkLife Festival in June, Broomweed Festival in September, and more. For more information on these events and the café itself, go to www.emmachasecafe.com.

Keeping with tradition!



Keeping with tradition, Rodney O'Hare was one of several men of the Norcatur United Methodist Church who prepared and served pancakes, eggs and sausage Sunday for the church's annual pancake supper. Over 70 people braved the frigid temperatures to attend the fund-raiser, held in the Methodist Educational Building.

Telegram photo by Carolyn Plotts

Reap the benefits of physical activity

Physical health benefits from regular exercise are no secret - lower blood pressure, better management or prevention of diabetes, lower blood cholesterol, and more. While these health improvements develop over a period of time, there is one immediate benefit to physical activity. You feel better.

Feeling better is the most powerful reason to move your body more. When you feel better, you have a better outlook on life, you are better able to handle stress that comes your way, you feel more energetic, and you rest better at night.

Why do you feel better after exercise? Physical activity delivers oxygen and nutrients to your tissues, and your heart and lungs work more efficiently. That is why you feel more alert and have more energy to do things you enjoy.

Physical activity is one of the best ways to energize your body after a long day at work. Walk-

Home ed
Tranda
Watts,
Extension
specialist



from regular physical activity at any age. Feeling better is your greatest reward.

If you have questions about making healthier choices regarding fitness and nutrition or how you and a team can get signed up to participate in Walk Kansas, please feel free to contact your local K-State Research and Extension Office or you may contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at twatts@ksu.edu or you may phone 785-443-3663.

ing may not be what you feel like doing when you get home, but it could be exactly what you need. Exercising regularly clears your mind and you can actually accomplish more. You can reap the benefits

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