

'Walk Kansas' Norton area results are in

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The 2009 Walk Kansas fitness program, sponsored by Kansas State Research and Extension in most Kansas counties has just been completed.

Here is a summary of the results as they have been turned in to the local Extension Office for the Norton area:

The latest information turned in state wide is that the Walk Kansas program has grown again. More than 20,000 people participated in the program this year. This is several hundred more than last year.

In Decatur, Gove, Norton, Sheridan and Trego Counties 76 teams consisting of six individuals participated for a total of approximately 456 participants.

In Norton County, there are 23 teams or 184 participants. These people have been walking or doing some form of moderate physical exercise and reporting the amounts to the Extension Office since March 8.

The goal is to walk 423 miles (or the equivalent of walking across Kansas) as a team during the eight week period ending May 2.

All 23 teams reported walking across Kansas. The teams and the miles walked are as follows: (Captains in parentheses)

1. Midnight Special- 2,397 miles (Jeannie Poage).
2. Walkabouts - 1,730 miles (Bill Goscha).
3. Wewalkalotta - 1,574 miles (Jenny Braun)
4. The Walkin' Rednecks - 1,543 miles (Jeana Yost).
5. The Madd Pacers - 1,323 miles (Diana Smith).
6. The Reflectors - 1,200 miles (Kathy Donaldson).
7. NebKans - 1,182 miles (Sandi Ross).
8. Fit-to-Go

- 1.132 miles (Bob Cotton).
9. Wizard Walkers - 1,020 miles (Jane Kersenbrock).
10. FSBT - 1,015 (Gloria Cole).
11. Hope Alongs - 996 miles (Ann Becker).
12. The Strutters - 993 miles (Pam Menagh).
13. The Browsers - 947 miles (Kim Gallentine).
14. Almema Walk-a-Bouts - 901 miles (Karla Anderson).
15. The Bold and the Beautiful - 892 miles (Deb Lydic).
16. Windy City Waddlers - 867 miles (Julie Peterson).
17. The Birds - 855 miles (Lori VanEaton).
18. Kan-Do - 805 miles (Rhonda Browning).
19. Last Minute Gang - 704 miles (Connie Green).
20. The Biggest Loser - 623 miles (Mindy Harting).
21. The Transformers - 606 miles (April Karnopp).
22. C.J.'s Walkers - 560 (C.J. Woodmansee).
23. The Energizers - 547 miles (April Karnopp).

Increased consumption of fruits and vegetables is also encouraged during Walk Kansas. The top three teams that reported eating the most fruits and vegetables (5 cups are recommended daily) are:

1. Fit to Go;
2. The Bold and the Beautiful;
3. Midnight Special.

These are the only three teams that met the minimum requirement of eating 5 servings of fruits and vegetables daily for the eight week period of Walk Kansas.

The top five individual walkers (based on the team logs received) were:

1. Tim Gill - 851 miles (Midnight Special);
2. Kortney Cunningham - 695 miles (Walkin' Rednecks);
3. Julie Schrum - 642 miles (Walkabouts);
4. Jeannie Poage - 567 miles;
5. Matthew Woodyard - 424 miles (Wewalkalotta).

These five individuals walked across Kansas as individuals.

These individuals, while not in the top five, walked at least half way across Kansas or more by themselves: Rhonda Browning, Nicole Rhea, Vicky Gallentine, Delores Stapp, Nan Smith, Jennie Patterson, Donna Nelson, Doug Ray, Jane Burton, Fonda Lawrence, Mike Stalder, Gale Hays, Sandy Kaiser, Diana Smith, Danette Lyon, Linda Becker, Jenny Braun, Sally Thomas, Sondra Petrie, Bill Goscha, Blaine Marble and Daryl Kats.

The top two individual consumption of fruits and vegetables (from those who reported) were:

1. Blaine Marble (Midnight Special);
2. Ron Zwickle (Fit to Go);
3. Bob Cotton (Fit to Go);
4. Cathy Engel (Bold and the Beautiful);
5. Vicky Gallentine (Browsers).

Others who met the minimum were: Anna Foley, Mindy Harting, Rhonda Browning, Craig Foley, Blake VanEaton, Karen Griffiths, Doug Griffiths, Deb Lydic, Karla Anderson, Pauline Poage, Alberta Geil, Aurelia Jackson, Marla Kuhn, Fonda Lawrence, Sandy Kaiser, Danette Lyon, Julie Schrum, and Jennie Poage.

Award winners as teams were:

Top Walking Team - Midnight Special (consisting of Jennie Poage, Blaine Marble, Daryl Kats, Tim Gill, Craig Knapp, and Kristine Posson) — metal wind chimes.

Top Fruit and Vegetable consumption team - Fit to Go (consisting of Bob Cotton, Jane Burton, Marla Kuhn, Fonda Lawrence, Gloria Zwickle and Ron Zwickle). — wooden wind chimes.

Top individual walkers - Tim Gill and Kortney Cunningham — gift certificates.

Top individual fruit and

vegetable consumers - Blaine Marble and Ron Zwickle — gift certificates.

Individual incentive winners and incentives won were:

Bill Goscha - Walkabouts, tool box

Matthew Woodyard - Wewalkalotta, 55 quart cooler

Natasha Yost - Walkin' Rednecks, wheeled duffel bag

Danette Lyon - Madd Pacers, 32 piece dinner wear set

Gale Hays - Reflectors, 100 foot garden hose

Sandi Ross - Neb-Kans, Blue Jays Stadium Chair

Becky Smith - FSBT, Soft cooler and thermos cooler

Kollean McMullen - Hope Alongs, 2 bed pillows

Wendy Haresnape - Strutters, Bocca Ball Game

Kim Gallentine - Browsers, Dry Erase Board

Karla Anderson - Almema Walkabouts, Laundry Sorting Center

Cathy Engel - Bold and the Beautiful, throw rug

Deborah Anderson - Windy City Waddlers, toaster oven

Cheryl Buss - Birds, 2 burner stove

Cindy Linner - Kan-Do, George Forman Super. Champ

Vicki Bainter - Biggest Loser, Glass ware

Jamie Blochinger - Transform-

ers, air bake cookie sheets

Cheryl Mann - C.J.'s Walkers, Insulated tote

Lynette Jones - Energizers, non-stick cook wear

Penni Sell - Last Minute Gang, Alarm clock

Richard Burd - Wizard Walkers, thermos combination

April Karnopp - mixer

Jenny Braun - Wewalkalotta, sleeping bag

Incentives may be picked up at the Extension Office. For team incentives, it is asked that team captains pick them up.

If you have further questions, please feel free to contact tw-

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'Hurry, please?'



Jason Dial and Brian Hickman took advantage of the nice weather last week to continue working on the new restroom at Elmwood Park. With activity soon to increase and the races set to start, the restroom is certain to draw plenty of visitors too.

- Telegram photo by Dana Paxton

Tag renewal deadline near

May 31 is the last day to renew vehicle tags if your last name begins with "E", "F" or "G" or your business name begins with "E", "F" or "G".

Remember to bring your proof of insurance on each vehicle to the county treasurer's office. Vehicle business is conducted from 8 a.m. to 4:30 p.m. daily, said Cindy Linner, treasurer.

Driver's license renewals can be processed from 8 a.m. to 4 p.m.

Remember to bring along your social security card or something that has your social security number on it for verification.

Instructional permits (IP) and Driver Education restricted licenses can be done in the office by appointment. You will need to bring an original, certified birth

certificate, social security card and a utility bill with current address plus the driver's license of the parent that brings the child.

If you have questions, please call the office at (785) 877-5795. All CDL renewals need to be renewed at a full service station in Phillipsburg, Hays or Colby.

Agency ready to help travelers

With the summer travel season kicking off, the Kansas Department of Transportation reminds travelers that it provides travel information resources to assist them in planning their trips and as they travel.

The Kansas 511 Advanced Traveler Information System and <http://511.ksdot.org> can help make trips safer and less frustrating.

Call 511 anytime from any phone in Kansas or 1-866-511-KDOT (5368) from anywhere in

the U.S. to find out about the latest driving conditions, work zone and travel weather information for the Kansas Turnpike and any Interstate, U.S. or state highway in Kansas and Nebraska.

A phone number is also provided for Motor Carrier Information such as registration, permits and credentials.

Phone numbers for road conditions in states adjacent to Kansas are also provided.

Information is provided 24 hours a day and is free from a lan-

dline phone. For cellular phone users, cell minutes may apply but there should be no roaming fee.

With weather updates every 15 minutes, Kansas 511 can be a resource to help travelers learn about changing weather conditions.

With summer being the height of road construction projects, summer travelers may encounter work zones or detours. By calling 511 before traveling, callers can find out if their routes are impacted by road work and make other plans, as needed.

Antiques, Furniture, Souvenirs, Dishes and Household Sale

Jane Kelling Estate

Saturday, May 30, 2009 - 9:00 a.m.

4-H Building, Park Street — Norton, Kansas

- Antique Furniture
 - Furniture
 - Linens
 - Dishes
 - Flatware
 - Silverware
 - Household Accessories
 - Dishes Sets
 - Speciality Glass Items
 - Antique Lamps and Clocks
 - Appliances
 - Children's Items
 - Books, Clocks and Wall Hangings
 - Antiques and Collectibles
 - Pottery
 - Souvenirs
 - Kitchen Items
 - Outside Items
- Lots of Beautiful Items for Sale!

Auctioneer Notes:

This estate sale for Jane Kelling has many, many small items. They are of good quality for use on Antique Sale Shelves or to add to a collection. The furniture pieces are in excellent shape. Some have come from the Esther Scott home and all are of the antique decor. The listing is as complete as it can be with the numerous amounts of items offered by the family. Do plan to experience this one of a kind sale the last Saturday in May.

LUNCH STAND AVAILABLE

Visit our website @ www.krvn.com Select Auctions, and choose 5/30 or www.nwkansasonline.com search for McEwen Auction

Not responsible for accidents or items after sold. Terms: Cash day of sale on personal property. All announcements day of sale take precedence over printed material. Sales tax will not be collected.

McEWEN AUCTION
 Auctioneer-Salesperson
 East Hwy. 36-601 E. Holme
 Norton, Kansas
 785-877-3032

Green Rewards

Customer Appreciation Event

Green Rewards is a customer loyalty campaign that rewards you for being a great customer. Your business is valued, and we want to show our appreciation!

Please join us for a FREE lunch and a chance to win some great prizes!

May 28, 2009

American Legion

N. Highway 283, Norton

11:00 a.m. to 1:00 p.m.

Win a new flat screen TV!

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