

OBITUARIES

Dale Capstick

May 26, 2009

Former area resident Dale Capstick died Tuesday at Promise Regional Medical Center in Hutchinson 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 home.

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

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

Oliff-Boeve Memorial Chapel of Phillisburg is in charge of arrangements.

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, Alma. 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 Alma. 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 events that happened before that. 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 copy keeps the history of Norton alive for future generations.

Healthy Kids Rally set

According to the Centers for Disease Control and Prevention, fewer than one percent of U.S. children consume the number of 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 Kansas 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

University. "By bringing together students from across the state and sharing health and wellness best practices, the learning opportunities are unlimited, said Tami Larson, Midwest Dairy Council's Kansas 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 high schools.

Participants will complete a variety of teen-focused, hands-on health and fitness activities designed to keep them active and engaged. 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. During the PEP Rally, school sponsors will meet to share ideas and discuss school wellness policies with colleagues.

Kansas native Paul Shirley will serve as guest speaker for the workshop. Shirley participated in high school and college athletics, and also played for 13 pro basketball teams, including the Chicago Bulls. Shirley is now a professional speaker, an author and a writer for ESPN.

"Each school team that attends the rally is eligible for grant funds for developing and implementing a wellness plan for the 2009-2010 school year," Larson said.

FYI

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.

Correction

In the photo of the Firing Squad at the Memorial Day ceremonies at Alma, 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 Norton Public Library on Thursday. The 10:30 story hour is for young children. Children in the third through sixth

grades can attend at a later hour. Story hour is always a popular event at the library.

- Telegram photo by Erica Bradley

Stories that touch the heart

Most days would be the brighter 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 bakery section. And each went

their way, strangers still, but with 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 date picked a simple wildflower

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 night.

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 investments, how about a ten

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 it, you'll giggle and warm your own heart!

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 to 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 trick.

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

√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 material.

Home ed Tranda Watts, Extension specialist



Avoid cutting boards made of soft, porous materials.

√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 time.

√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 twatts@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

301 E. WASHINGTON STREET, P.O. BOX 160
City of 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

301 E. WASHINGTON STREET, P.O. BOX 160
City of 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

WATER AEROBICS
SPONSORED BY:
Norton County Hospital
STARTING TUESDAY, JUNE 9
HELD EVERY TUESDAY AND THURSDAY FOR 8 WEEKS
Low Impact Class 5:00-5:30 p.m.
High Impact Class 5:30-6:30 p.m.
COST \$25.00 - Sign Up First Night of Class
Call Norton County Hospital Physical Therapy Department with Questions 877-3351, Ext. 413

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