

# OBITUARIES

## Robert F. Mindrup Sept. 23, 1948 - Sept. 2, 2009

Robert F. Mindrup died Sept. 2 at Norton County Hospital. He was 71-years-old. Robert was born to Bernard Mindrup and Anna Netting on Sept. 23, 1937.

He was raised in New Almelo and attended New Almelo schools. On June 25, 1960 Robert married Glenda Hutchinson. On April 5, 2001 he married Myrna Hawkins.

Robert retired from Rural Telephone and operated Mindrup Terracing.

Survivors include his wife Myrna Mindrup, Lenora; his son Troy and wife Lisa Mindrup, Lenora; his stepson Kyle Steinmetz, Phoenix, Ariz.; his daughter Tamera and husband Donald Shamberger, Hoxie; his daughter Tonya and husband Randy Dreiling, Sharon Springs; his daughter Tosha Mindrup, Salina; his stepdaughter Lana and husband Eric Bracjman, Phoenix, Ariz.; his stepdaughter Rhea

Steinmetz, Phoenix, Ariz.; his stepdaughter Diana and husband Steve Seaton, Lenora; his brother Bernard Mindrup, Lenora, his brother-in-law Dennis Hutchinson, Hill City; his sister Bernice and husband Dennis Miles, Ore.; his sister Agnes Lyon, Norton; Maryann Grawey, Denver, Colo.; his sister Genevieve and husband Elmer Van Vleet, Denver; his sister Rosalie and husband Doral Allen, Ozawkie; sister-in-law Doris and husband Boyd Gregory, Russell; grandchildren and stepgrandchildren.

Robert was preceded in death by his first wife Glenda, parents Bernard and Anna Mindrup and siblings Alfie, Dennis, Loretta DeSanti and Dorothy Mindrup.

Services will be held at St. Joseph Catholic Church in New Almelo tomorrow at 10:30 a.m. Reverend Vincent Thu Laing will officiate. Burial will take place at St. Joseph Cemetery.

## Follow me



The Kansas Department of Transportation continued their work on east Highway 36 this week, causing delays for many travelers headed through town. Vehicles had to wait

for the pilot car to escort them through the construction zone. The road work ended late this week.

-Telegram photo by Erica Bradley

## Area couple plans wedding

Rebecca Torson and Logan Campbell are proud to tell of their engagement and upcoming wedding.

Rebecca is the daughter of Gilbert and Carol Otter, Norton.

She is an alumni of Norton Community High School and the University of Kansas.

Logan is the son of Steve and Lisa Campbell, Dighton.

He is an alumni of Dighton High School and Fort Hays State University.

The wedding will be held on Dec. 19 in Dighton.



Logan Campbell and Rebecca Torsen

## School Calender

**Norton High School**  
**Tuesday**  
 7:30 a.m. Jay singers  
 1 p.m. Tennis, Phillipsburg  
 S.A.D.D meeting, AP period  
 5 p.m. Varsity/junior varsity volleyball  
 6:30 p.m. JV football, Phillipsburg  
**Wednesday**  
 Scholars board organ meeting, AP period  
**Thursday**  
 7:30 a.m. Jay Singers  
 9 a.m. MCL meeting at P-Ville  
 1 p.m. JV tennis at Trego  
 FCCLA meeting, AP period  
**Friday**  
 Jazz, AP period  
 7 p.m. Football at Oberlin  
**Junior High School**  
**Tuesday**  
 Kay board, AP period  
**Wednesday**  
 Stuco, AP period  
**Thursday**  
 7:45 a.m. SIT  
 4:30 p.m. Volleyball at Ellis  
 5 p.m. Football at Ellis  
**Friday**  
 10 p.m. FCCLA MORP dance, junior high gym  
**Elementary School**  
**Thursday**  
 3:40 p.m. 5/6 G.L.M  
**School Menus**  
**High School/junior high school**  
**Tuesday**  
 Breakfast: Bacon, cheese omelet, fruit or juice or cereal, milk  
 Lunch: Chicken strips, mashed potatoes, gravy, carrots, fruit or chef salad  
**Wednesday**  
 Breakfast: Coffee cake, fruit or juice or cereal, toast, milk  
 Lunch: Pizza casserole, garlic bread, pasta salad, rosy applesauce, chocolate cake or chef salad, milk  
**Thursday**  
 Breakfast: Monkey bread, fruit or juice or cereal, toast, milk  
 Lunch: Slivered ham sandwiches, corn, peanut butter brownie, fruit or chef salad, milk  
**Friday**  
 Breakfast: Breakfast pocket, fruit or juice or cereal, toast, milk  
 Lunch: Hamburger, french fries, fruit or chef salad, milk  
**Elementary School**  
**Tuesday**  
 Breakfast: Golden waffles, maple syrup, peaches or cereal, toast, juice, milk  
 Lunch: Peanut butter and honey

sandwich, cottage cheese, peas, celery stick, mandarin oranges, milk  
**Wednesday**  
 Breakfast: Breakfast burrito, fruit, milk, grape juice or cereal, toast, juice, milk  
 Lunch: Potato boats, baked beans, fruit, whole wheat roll, milk  
**Thursday**  
 Breakfast: Canadian bacon/cheese biscuit, apple juice, milk or cereal, toast, juice, milk  
 Lunch: Macaroni and cheese, little smokies, mixed veggies, rosy applesauce, french bread, milk  
**Friday**  
 Breakfast: Pumpkin bread, rosy applesauce, orange juice, milk or cereal, toast, juice, milk  
 Lunch: Sloppy joe, homemade bun, corn, tater tots, banana spears, milk  
**Northern Valley**  
**Tuesday**  
 5 p.m. High school volleyball vs. Norton/Phillipsburg at Norton  
**Thursday**  
 8:30 a.m. - 1130 a.m. Mentoring meeting at Hays  
 4:30 p.m. High school CC rock hills inv. at Mankato  
 6 p.m. - 8 p.m. Instrument displays for beginning band students in music room  
**Friday**  
 6 p.m. High school football at Stockton  
 Saturday  
 6 p.m. High school volleyball, Gove Co. Classic Grainfield/Grinnell  
**Lunch Menus**  
**Tuesday**  
 Breakfast: Breakfast bucket, hash-browns, watermelon or cereal  
 Lunch: Barbecue beef on a bun, potatoes, green beans, butter-scotch pudding  
**Wednesday**  
 Breakfast: Cinnamon Raisin Biscuit/links, scrambled eggs, banana slices or cereal  
 Lunch: Chicken enchiladas, tossed salad, spanish rice, watermelon  
**Thursday**  
 Breakfast: Scrambled eggs, toast, sausage patty, hashbrowns or cereal  
 Lunch: Shaved ham, bun, potato salad, broccoli, banana cream pie  
**Friday**  
 Breakfast: Streusel top muffin, ham slice, eggs, juice or cereal  
 Lunch: Cavatini, tossed salad, french bread, cauliflower, peach crisp

## Steps to prevent diabetes

In the U.S., about eight percent of the population, 24 million children and adults, has diabetes.

The Centers for Disease Control and Prevention also reports that about 57 million Americans have pre-diabetes, and that one in three children born after 2000 is at risk of developing the disease.

Genetics factor into whether or not an individual will develop diabetes, yet everyday choices can increase vulnerability.

Early symptoms of the disease can include blurred vision, excessive thirst, frequent urination, hunger, unexplained fatigue or irritability.

Some who have diabetes may not identify symptoms with the disease.

An example might be an unexplained - and uncharacteristic - irritability. Others who have the disease may not experience any symptoms. T

The medical community encourages an annual health screening that includes measuring fasting blood sugar levels.

An early diagnosis can be an advantage and prevent serious problems, since uncontrolled diabetes can lead to amputation of the feet or legs, blindness, kidney failure and sexual dysfunction in men and women.

If not controlled during the first trimester of pregnancy, diabetes can cause birth defects or the death of an unborn child.

If not controlled during the second or third trimester, diabetes may lead to a large baby and put mother and child at risk.

Up to 58 percent of the people diagnosed with pre-diabetes, and as many as 71 percent of adults ages 60 and over who are diagnosed with pre-diabetes, can delay or prevent the development of type 2 diabetes. Here are some preventative health tips:

- Get an annual health screening, including a fasting blood sugar test.

- Strive to maintain blood sugar, blood pressure and cholesterol at healthy levels.

Research from the Diabetes Control and Complications Trial, conducted from 1983 to 1993, has shown that keeping blood sugar levels as close to normal as possible can reduce damage to the eyes by 76 percent and damage to kidneys by 35 to 56 percent.

- Reduce body weight by five to seven percent, if overweight. A person weighing 200 pounds can experience health benefits from losing as little as 10 pounds.

- Be physically active for at least 30 minutes most days to improve blood sugar levels, decrease insulin resistance and reduce the risks of a heart attack or stroke. If pressed for time, try exercising at five or 10 minute intervals to accumulate 30 minutes of physical activity.

Try parking the car at the far end of the parking lot and walking, or taking the stairs, rather than the elevator.

- Avoid tobacco use.
- Color your plate - choose brightly colored vegetables and moderate portions of fruit, whole grains and proteins such as cooked dried peas and beans, soy foods, low-fat or skim dairy products, fish, nuts, seeds, chicken or turkey (without skin), lean cuts of red meat or eggs.

**Home ed**  
**Tranda Watts,**  
**Extension specialist**



- Reduce intake of saturated or solid fat, salt and added sugar.
  - Learn how to cope with necessary stresses; reduce or eliminate unnecessary stresses.
  - Brush and floss teeth daily to protect teeth and gums.
  - Report changes in eyesight to a health care professional.
- Contact your local K-State Research and Extension Office for more tips to reduce risks from diabetes or e-mail [twatts@ksu.edu](mailto:twatts@ksu.edu).

## Shop local, shop Norton

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Leanora J. Braun will be celebrating her 90th Birthday on September 5.

We invite you to share in this occasion by sending a card of congratulations to Leanora at 7265 RD W 7, Norton

*Happy Birthday, "Toots"*  
*From Your Family*

2009-2010

## SEASON TICKET EVENTS AND HOMES TOUR MEMBERSHIP DRIVE

Sunday, September 13, 2009  
 2:00 - 4:00 P.M.

- Rick and Denise Schwab - 513 W. Woodfield - (Formerly Priscilla Johnson Home)
- Mark and Montica Leitner - 3 Robinson Creek Lane
- Norman and Gloria Nelson - 505 Sunset Drive

PURCHASE MEMBERSHIPS AT ANY OF THE HOMES - \$10.00 ADMISSION IF MEMBERSHIP IS NOT PURCHASED

**Join Us for Refreshments at the Nelson Home**

Sunday, October 25 — 2:00 p.m., **Brent Dellinger, Spinmaster** (Yo-Yo Champion)  
 Adults-\$4; Reciprocity-\$2; Jr and High Students-\$2; 12 and Under-\$1

Saturday, November 14 — 9 a.m.-4 p.m.; **Annual Craft Fair**

Saturday, November 28 — 7:00 p.m., **Joseph Hall as Elvis**  
 From "America's Got Talent" 2008 (Placed in the top ten)  
 Adults-\$15; Reciprocity-\$7; Jr and High Students-\$5; 12 and Under-\$2

Sunday, January 24 — 2:30 P.M., **Jeff Davidson Band**  
*Celebrate Kansas Day!*  
 Adults-\$8; Reciprocity-\$4; Jr. and High Students-\$2; 12 and Under-\$1

Thursday, February 11 — 7 p.m., **Flying Debris** (Juggler)  
 Adults-\$4; Reciprocity-\$2; Jr. and High Students-\$2; 12 and Under-\$1

Sunday, March 14 — 3:00 p.m. **Wild Clover Band**, Kearney, NE  
*Happy St. Patrick's Day*  
 Adults-\$10; Reciprocity-\$5; Jr. and High Students-\$4; 12 and Under-\$2

Sunday, April 11 — **Gladys the Riveter**, Time and Location TBA  
 Adults-\$4; Reciprocity-\$2; Jr. and High Students-\$2; 12 and Under-\$1

**Save by Purchasing a Membership!!**  
 SINGLE — \$25.00 • FAMILY — \$50.00 • PATRON — \$100.00

## Norton County Arts Council Inc.

For more information, or to purchase memberships, call Carol at 877-5611 or Ruth at 877-2627