

# Club News

## Pilgrims from the East Capture Pitch Crown

By JAKE DURHAM

What kind of a day was it, well they were shivering outside but it was plenty warm inside as thirty plus two gathered for the November Pitch Tournament. The odds makers were picking the Rangers in five and the Chiefs to win their fifth. The local Gridiron boys were moving right along and hopes were high they would go all the way. The knock game was getting a little noisy, the Muddy River Boys were going over last minute preparations, and the Ladies Coalition was preparing for a victory march just in case things might go their way; while over in the corner, the Witch Doctor was putting a voo doo hex on the whole bunch. Meanwhile the clock on the wall was pointing to the magic hour but there was still one team short when a couple of Pheasant hunters from Nebraska entered through the south door claiming they needed to rest their dogs. They were immediately signed in on the bottom line and the black eyed girl shouted "Begin to commence", as the gong sounded to start the action.

Now in seven point Pitch, there is a possible twenty-eight points in a round of four hands and the usual high round score is somewhere in the neighborhood of seventeen-twenty points but a score of 120 after ten rounds will most likely be the winner. When the scores were posted after round one, the Muddy River Boys had taken the honors with only 14 points which indicated there must have been some over bidding taking place. The Black Hat Kid and the Red Neck tied with the Ladies from Lyle for round two honors. Meanwhile the Odd Couple, playing together for the first time, found the right combination and captured the honors on round three.

The gong rang to declare a break after round four and as the scores were posted, there was a rush to the scorer's table to assess the situation. The Golden Girls had taken the honors on round four but the Odd Couple, carrying an average of thirteen points a round were in the lead by a narrow margin of only three points. It was early in the game and not much change was expected as the gong rang to start round five. The pushers were at it again, forcing the bids to the maximum. Team Double K took the honors on round five but the Odd Couple, playing solid was still at the top of the leader board. By now the Auctioneer was calling for bids so his partner threw in the high one on round six. The Blue Dawgs could be heard barking across the room so a break was declared after round seven. As the scores were posted, the Red Neck and the Black Hat Kid had taken the honors and scored the first Double of the evening to take the

lead as well.

With only three rounds left, there appeared to be some serious skull sessions taking place during the break. It was obvious those close to the bottom of the board were going to go for broke but those near the top needed to take caution but within limits as a negative score could spell disaster but a failure to bid 'em if they have them could be just as crucial.

As round eight got underway, the bidders seemed more deliberate and an air of caution fell over the room, Lil Abner and Daisy May took the honors on round eight but the lead went to Team Double K as The Odd Couple hit the wall and gave up the lead after three continuous rounds. As round nine began, it appeared to be the makings of a three team race to the finish as only five points separated the top three teams. The crucial ninth round as always, considered the make or break round by many got underway as silence fell over the room. You could almost hear the gritting of teeth as the round was played out and as the scores were posted, Team Double K had taken the honors and posted the second Double of the evening at a most opportune time, giving them a six point lead and the hot seat going into the tenth and final round. All good things come to an end and as the scores were posted at the end of round ten, the Dutchmen had taken the honors but it was too little too late for them, team Double K had held and taken the championship.

Team Double K had been in the hot seat on many occasions so this wasn't a new experience, they took their accolades with dignity and humility and vowed to return to defend their title as "Pitch tournament Champions."

Top five teams in order were: 1. Ron and Sondra Kester 2. John Hildebrand and Coy Christy 3. Larry Harmon and Tony Hildebrand 4. Eleanor Jensen and Joyce Sumner 5. Barb McKie and Corriene Gee. Other teams in random order were: J.D. Daffer and Duaine McEwen; June Jolly and Margaret Magers; Norm Walter and Doug Spatz; Richard Conner and Jerry DeWitt; Darren McMullen and Dave Brooks; Cyrena Kester and June Hoover; Bill Glennemeier and Dave Sheley; Mary Jane Wahlmeier and Jackie Porter; Ed and Cynthia Glennemeier; Arnold and Dorothy Zillinger; Phillip Zillinger and Thelma Bushnell.

As the evening came to a close, there seemed to be a lot to talk about as no one seemed to be in a hurry to leave. In the background you could hear Willie Nelson singing one of his best, "My Heroes have always been Cowboys." As time went on and the crowd began to wear down, someone noticed the first Sunday in December would be on the fifth, so bring your partner and sign in early to guarantee a seat at the table.

## FYI

The United Methodist Women of Norton are sponsoring a "Cookie and Candy Walk" again this year. This will be held at the Norton Senior Center, 208 W. Main, on Wednesday, Dec. 1, from 9:30 a.m. to 1 p.m.

Trays of cookies and candies, made and provided by church families, will be displayed on tables. You can choose the kind

and quantity that you want. The cookies will be sold for \$5 a pound and candy for \$6 a pound.

You can also purchase a homemade cinnamon roll and your morning coffee at the center.

The proceeds go to mission projects. This is an opportunity to get a variety of holiday sweets for family and/or entertaining.

potatoes, spinach, bread, mixed fruit with banana.

**Dec. 2:** Taco salad, Dole Tropical Fruit, bread sticks, fruit cobbler.

**Dec. 3:** Smothered steak, parslid potatoes, mixed vegetables, dinner roll, rosy pears.

## Senior Menu

**Nov. 29:** Chicken and Noodles, stewed tomatoes, peaches, bread and cooks; choice complement.

**Nov. 30:** Chili with beans, gelatin with carrots and pineapple, crackers and cinnamon roll.

**Dec. 1:** Pork roast with gravy, mashed

## 80th Birthday will be celebrated

Delores Keiswetter of Hill City will celebrate her 80th birthday with an open house from 2 p.m. to 4 p.m. on Saturday, Nov. 27, at Graham County Community Center, 700 W. Main, Hill City.

Delores requests no gifts. Hosts will be her children, grandchildren and great grandchildren.

Delores was born on Dec. 25,

1930, in Grandview, Mo.

In 1948 she married Leonard Keiswetter. They made their home on the family farm northeast of Hill City until Leonard passed away in December 2000.

Delores is a cook and waitress at Hill City Livestock Co.

Cards may be sent to 303 S. West Street, Hill City, KS, 67642.

## Putting up Santa's address!



Santa's helpers prepare his house for the jolly old elf himself to take up residence Friday, Nov. 26. Matt Wyatt, left, swings a sledge hammer while Don Kaus

holds the street sign in place. Curtis Eveleigh, behind, looks on.

Telegram photo by Judy Sherard

# Personal gifts for your health

As the holiday season approaches, take some time to plan how you will maintain the healthy lifestyle changes you have made throughout the winter months. Think of time you devote to these healthy lifestyle practices as a "personal gift." Here are suggestions to consider.

Put exercise and healthy eating into perspective. Physical activity is important and so is spending time with family and friends. To get the most out of your holiday season and celebrations, balance social activities with self-care.

If you can't carve 30 minutes out of your schedule for physical activity, try for a 10 minute walk in the morning and another later in the day. Any physical activity is better than none at all.

If you have lost weight during the past year, adjust your expectation to weight maintenance for the next several months. The holiday season is not a good time to work

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toward weight loss goals.

Good self-care also includes getting adequate rest. You can be more productive and will enjoy holiday activities more if you get enough sleep.

Alter your schedule. If possible, schedule physical activity first thing in the morning. An evening workout or walk can be easy to ignore if you have holiday parties and family events scheduled.

Weave exercise into your holiday activities. Time you spend with family and friends can include physical activity.

Organize a caroling party or enjoy a brisk evening walk through

festive neighborhoods with holiday lights. If you are headed to a mall, walk briskly for 10 minutes before you start shopping.

Use physical activity to deal with stress and improve your mood. Holidays are stressful, and even happy occasions can be tense at times.

A good way to relieve stress and refocus is by taking a brisk walk or an exercise/stretch break.

If you are traveling, take advantage of the opportunity to walk in airports or stop regularly if traveling by car.

If you have pain from a chronic health condition, remember that

exercise can help manage these symptoms.

Return to your routine after the holidays are over. Perhaps this is the most important thing to remember.

Setbacks are normal when you make lifestyle changes, and the best thing you can do is plan for them. Plan for how you will get back on track as soon as possible.

If you have related questions, please feel free to contact your local K-State Research and Extension Office of you may contact Tranda Watts at twatts@ksu.edu.

## BIRTH

Toby Lee Wells was born on July 28 to Andy and Devaney Wells of Norton.

Toby weighed 6 pounds 1 ounce and was 19 inches in length. His - Maternal Grand - parents are Gary and Carol Flanigan, Norton.

His Paternal grandparents are Sharon Wells, Norton and the late Emery Wells.



Toby Wells

Buy Holiday Goodies at the **Cookie and Candy Walk**

Wed., December 1  
9:30 a.m.-1:00 p.m.  
Norton Senior Center  
208 W. Main

Also Cinnamon Rolls and Coffee for Your Coffee Break

SPONSORED BY: UNITED METHODIST WOMEN

**American Legion Auxiliary**  
*Welcomes Everyone*  
to dine with us for our  
**Sunday Buffet 11:00 a.m. to 2:00 p.m.**

**Thursday Nights:**  
**5:00 to 9:00 p.m.**  
Members and Guests Welcome

**We Will Cater Your Christmas Parties**

Nov. 24- Dec. 1

Showing at the  
**NORTON THEATRE**  
**Harry Potter and the Deathly Hallows-**  
PART 1 (PREMIERE MOVIE)  
2 Hours, 36 Minutes (PG-13) Presented in Digital Sound  
Wednesday, November 24: 7:00 p.m.  
Thurs., Fri., and Sat.: 6:30 and 9:10 p.m.  
Sunday: 4:00 and 6:45 p.m.  
Mon., Tues. and Wed.: 7:00 p.m.

**Tangled**  
1 Hour, 50 Minutes (Premiere) (PG)

Only premiere passes accepted for Tangled and Harry Potter and the Deathly Hallows

Tangled is the Premiere Price of \$7.00 and \$6.00-No Sunday Discount  
Harry Potter is the Premiere Price of \$7.00 and \$6.00-No Sunday Discount

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