

# OBITUARIES

## Elizabeth Hamilton

Oct. 11, 1938 - July 10, 2011

Elizabeth "Liz" Hamilton, daughter of Raymond and Winifred (Dunbar) Hamilton, was born October 11, 1938, in Lyons, Kansas, and passed away July 10, at the Wesley Medical Center in Wichita, at the age of 72.

Liz's father was in the grocery business and the family made their home in Pratt, Lyons, Newton, and Norton.

Liz graduated from the Norton Community High School and received her Bachelor's Degree in Education from Kansas University. She moved to Texas, and spent most of the next 27 years in Dallas and Austin. She spent many of those years teaching special education and also did quite a bit of traveling in the islands, Mexico, and all over the United States.

In 1987, she returned to Norton

to care for her mother and in 1988, attended Kansas State for a year and received her Master's Degree. She accepted a teaching position in Garden City and taught special education in the middle school for 16 years. She retired in 2005, and moved to Wichita.

Liz was a member of the Calvary United Methodist Church.

Survivors include: her cousins, Pat and John Delphia, Columbus, Ohio; other relatives and friends.

Liz was preceded in death by her parents.

The funeral service was held Wednesday, July 13 at the Enfield Funeral Home. Memorials can be directed to the Norton Public Library or Chronic Obstructive Pulmonary Disorder.

Arrangements were by Enfield Funeral Home of Norton.

## Dale J. Butler

Nov. 8, 1920 - July 13, 2011

Dale Butler, son of Charles Melvin and Nettie Dale (Waton) Butler, was born Nov. 8, 1920, on the farm north of Norcat, and passed away at the Decatur Health Systems in Oberlin, on July 13, at the age of 90.

Dale grew up on the family farm just north of Norcat, attended the Hudson Pillar Rural Grade School, and graduated from the Norcat Rural High School with the class of 1939. On April 20, 1940, Dale and Patricia Joyce Eicher were united in marriage in Barnum, Colo. In 1943, he entered the United States Army and served for three years in the 70th Division Signal Corps during World War II. Following his discharge in 1946, Dale and Patty returned to Norcat, where they spent their summers and wintered in Denver. Dale worked as a maintenance man for the Brown Hotel while in Denver. In 1985, they made Norcat their permanent home. Patty passed away on June 6, 1996.

Following Patty's death, Dale became very close to his neighbors, the Sumners. He helped

lend an extra hand on the farm for many years assisting with the hay business running the swather, which he took great pride in doing and enjoyed every minute of it. Dale always said to his neighbors, "I may not be able to do much, but anything I can do to help you guys, I'll help you," and he did so until he was no longer able. While living in Norcat, Dale was a member of the United Methodist Church in Lyle.

Survivors include: his close friends and neighbors.

He was preceded in death by his parents; his wife, Patricia; and three sisters, Marguerite Fullerton, Mildred Bryan, and Neva VanOtterloo.

Funeral services will be held Saturday at 10 a.m. at the Enfield Funeral Home, Norton. Interment will be in the Norcat Cemetery.

Memorials can be directed to the Lyle Community Building. Friends may call at the Enfield Funeral Home Friday from 3 - 8 p.m.

Arrangements are by Enfield Funeral Home.

## Duplicate Bridge

There were three tables at Duplicate Bridge on Wednesday. First went to Jack Graham and David Graham, second, Myron Veh and Jerry Moritz, third, Joyce Sumner and Jackie Porter.

## FSA meeting scheduled

The Norton County Farm Service Agency (FSA) will be conducting an informational meeting for the upcoming County Committee Election on July 20 at 1 p.m. at the Norton County Farm Service Agency Office at 11506 Pineview Dr.

The purpose of the meeting will be to discuss the duties of the County Committee, explain the Farm Service Agency Local Administrative Area (LAA) that is open for a candidate, and the process for submitting a nomination for the ballot.

If you cannot attend the meeting you may call our office anytime for information about the upcoming Contra Costa County election process by calling the office at 785-877-5156 or visit the office at 11506 Pineview Dr.

The deadline to submit a nominee is August 1.

## Community Center Menu

**July**  
Monday 18 - Tater Tot Casserole, Mixed Vegetables, Bread, Rosy Pears

Tuesday 19 - Beef and Noodles, Green Beans, Tomato Cucumber Salad, Bread, Peaches

Wednesday 20 - Pizza Burger, Broccoli Cauliflower Salad, Cinnamon Apple Slices, Bun, Cook's Choice Complement

Thursday 21 - Pork Roast, Mashed Potatoes and gravy, Cantaloupe, Bread, Birthday Cake

Friday 22 - Turkey, Sweet Potatoes, Pineapple, Bread, Pudding

# Workin' at the carwash



The Norton Catholic Youth held a car wash Saturday afternoon in conjunction with the Classic Cruisers Car Show. The car wash helped raise proceeds for the young people

to attend a Christian youth convention in Indiana later this year. Pictured are Brae Bigge and Brooklyn Winkel.

— Telegram photo by Carleen Bell

# Get your body moving

Whether you prefer to exercise in the privacy of your home or at your local fitness center, you'll find that dancing is a great way to get your body moving! A person weighing 150 pounds can burn approximately 200 calories in 30 minutes with light dancing, such as ballroom dancing. More intense dancing, such as ballet, can burn upwards of 275 calories per 30 minutes of activity.

Dancing is a great way to improve cardiovascular fitness, muscle strength, endurance, and flexibility.

Experts also say that certain dancing styles offer different benefits. For example, if you are looking to improve muscle tone in your legs and stomach, ballet or reggae dancing should be your choice.

## Home ed Tranda Watts, Extension specialist



If you are looking to improve cardiovascular fitness, then tap, jazz, and African dance would be the best for you. The wonderful part about dancing is that you do not have to follow a certain style (e.g., ballet, tap, jazz) to get the health benefits. You can just pop in a CD, play the music of your choice, and start boogying in your living room!

If you have young children, get the whole family involved by

having a dance competition. Have the children pick out their favorite song and let them create their own moves. Want to try something new with your spouse? How about enrolling in a ballroom dance class? It may take a while to convince your partner that it will be fun, but once the class begins, it will be a guaranteed good time!

Check with your local park and recreation services to find where classes might be offered near you.

As with any type of exercise, it is recommended that you consult with your physician before starting a new exercise.

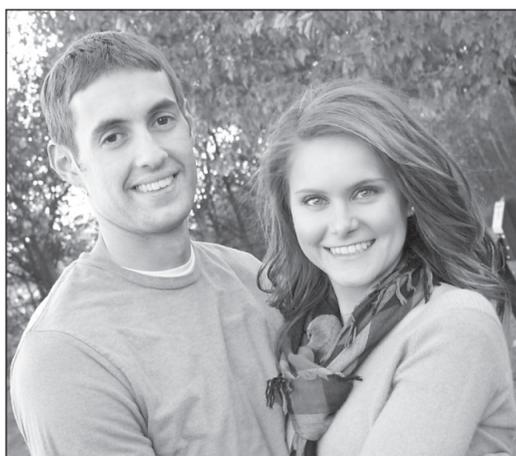
If you have health and fitness questions, contact your local K-State Research and Extension Office or e-mail Tranda Watts at twatts@ksu.edu.

# Wedding Announcement

Kevin Lentz, son of Michael and Catherine Lentz, Norton, and Ava Dinges, daughter of Darrell Dinges and Laura Dinges, Denver, announce their wedding.

Kevin graduated from Norton Community High School in 2004 and attended Kansas State University where he studied Political Science and Geography and graduated in 2008. He is employed with the United States Department of Defense in Washington, D.C., as a civilian analyst, and is also attending graduate school at The Pennsylvania State University.

Ava graduated from John F. Kennedy High School in Denver, Colorado in 2005. She attended the University of Kansas where she studied Atmospheric Science and graduated in 2009. She is currently employed with WBAL TV in Baltimore, Maryland as an on-air meteorologist.



The wedding ceremony is to take place on July 30, at Our Lady of Mount Carmel Church in Denver.

# Celebrating her 100th birthday



Nina M. Melroy, Norton, will celebrate her 100th birthday from 2 to 4 p.m. Sunday, July 17, at the Norton Senior Center, 208 W. Main St., Norton.

Cards may be sent to 508 W. Woodfield, Norton, KS 67654-1525.

The honoree was born in

Norton County July 19, 1911. She married Bernard L. Melroy Nov. 29, 1934. Mr. Melroy passed away Feb. 1961.

Nina is the mother of Thomas O. Melroy, Norton and Janice Ann Henson, Warriors Mark, Pa.

## FYI

USD 211 is preparing to mail the back-to-school and enrollment packets the last week of July and we do not want to miss anyone!

If you have moved since school was out last year or are new to Norton, please contact the USD 211 office at 877-3386 with your address.



**10% Off Everything**  
IN STOCK  
**SATURDAY, JULY 16**  
10:00 A.M. - 2:00 P.M.  
at Bella Sole in Norton

*The Topsy Topsy*  
Clothing & Accessories

# Dealing with tomato hornworms

Kay Melia  
vkmelia@yahoo.com

Let's see now.....so far this gardening year, I've had visits of excessive heat, strong winds, light hail, three cloudbursts, heavy frost, grasshoppers, amaranth-type pig weeds, puncture vines, hen-bit, zucchini, leafy spurge, deer, and aphids. And now comes those delightful little dudes known as tomato hornworms.

Sounds like a pretty normal summer, doesn't it? I would bet that every gardener reading this, and some who aren't, have experienced many of the same calamities. That's just the way it is when you choose to commune with nature by dropping seeds and plants in the ground with the intention of harvesting lots of good stuff.

Most of us old-timers understand that many of those things will actually happen during the course of a normal gardening season, but we are quick to remind newcomers and non-gardeners that there are a lot more victories than there are losses.

When we dig that first potato or pull that first onion; when we pick those first green beans or cut those first spinach leaves; or when we

sample that first head of cabbage and harvest that first ripe tomato....only then does our heart beat with joy and our taste buds go nuts! Just getting to that point makes it all worthwhile.

But tomato hornworms!! Is there anything in the garden as ugly? Squash bugs, perhaps. But hornworms will desecrate a tomato vine quicker than you can say New York Yankees. And many times they can be difficult to locate because they are the exact same color as what they eat, which happens to be just about every leaf on the vine. When you see a tomato plant branch that has had it's leaves eaten off, just follow the trail. You'll always find that big fat sucker. I dispose of them by carefully plucking them from the vine. (very carefully or you'll squish yourself with a bit of green slime, which actually won't hurt you). I then dig a small hole in the ground, deposit that bad boy, and cover with several inches of your best garden soil. I then proceed to tromp on the soil a few times. You'll never see him again, but there may be better methods of disposal.

Tomato hornworms are native to the United States, and are common throughout the northern states. They feed only on solanaceous

plants, members of the nightshade family, which includes potatoes, egg plant, peppers, and of course tomatoes. The adult stage of the varmint is the "sphinx" or "hummingbird" moth, a large heavy-bodied moth with a four or five inch wingspan that lays eggs on the underside of leaves. The resulting green caterpillar gets its name from a black projection, or horn, on the last abdominal section of its body.

I suppose there are sprays or dusts that will rid your plants of these little beauties, but there are never very many around at a time. But you absolutely must check your plants daily to determine if they are there, and believe me when I say you'll spot the damage very quickly because an entire branch will likely be devoid of leaves. Just follow the trail to locate the beast, and then do whatever you think is the best way to dispose of him.

Then, go out again tomorrow, and the next day, and everyday until the first frost to see if there are others hanging around. If you find others, consider wearing gloves and a long sleeve shirt when you pluck them from the vine!

July 15 - July 20

Showing at the  
**NORTON THEATRE**  
**Transformers 3**  
**DARK OF THE MOON**  
2 Hours, 44 Minutes (PG-13)

Friday and Saturday: 6:30 and 9:20 p.m.  
Sunday: 4:00 p.m. and 7:00 p.m.  
Monday, Tuesday and Wednesday: 7:00 p.m.

**Harry Potter**  
**and the Deathly Hallows**  
PART 2 - (PG-13)  
Digital Sound  
2 Hrs. 20 Min.

Only premiere passes accepted for Transformers 3; Only premiere passes for Harry Potter

Transformers 3 is Premiere Price \$7.00 & \$6.00 - NO Sunday Discount  
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