

OBITUARY

Carol Lynn Clough June 11, 1943 - March 21, 2009

Carol Lynn Clough, born June 11, 1943, died Saturday, March 21, 2009 at Hays Medical Center at the age of 65. She was born in Dodge City to Charles and Edna (Allen) Reynolds. She married David Otis Clough on July 11, 1962 in Greensburg. She was raised in Dodge City and graduated from Fort Hays State University with a Bachelor's and Master's degree. She taught school in Grainfield/Grinnell for two years and in Norton for 16 years. She moved to Hays in 1971

and owned Carol's School for Dance and taught dance for 12 years. She coached the Marian High School Buffetts for many years and choreographed many stage productions for Hays High School and Fort Hays State University. She and her husband owned and operated the Star Dust Skate Center in Hays for many years. She was preceded in death by her father. Survivors include her husband, David O. Clough, of the

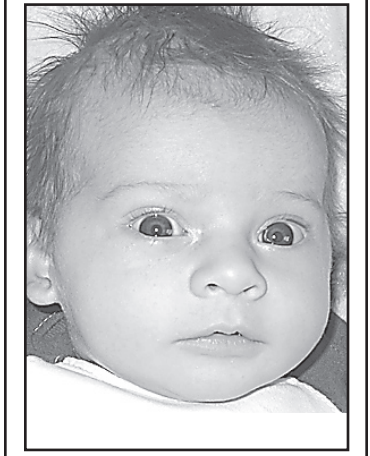
home; one son, David Andrew Clough, Aurora, Colo.; one daughter, Christina Lynn Lueth, Sliver Lake; her mother, Edna Reynolds, Dodge City; one brother, Allen Reynolds, Dodge City, and five grandchildren. Services were held today at 10 a.m. at Cline's Mortuary of Hays. A private family inurnment will be held in Dodge City at a later date. Memorials may be made to the Multiple Sclerosis Easter Kansas Chapter at 5350 SW 17th Street, Topeka, Kan. 66604.

4-H'ers receive ribbons

The Norton County 4-H Club Day event held last Saturday at the Norton Junior High School brought out different events that helped the members to "Make the Best Better," as the 4-H motto goes. Presentations given and placings were as follows:
Tell Me
Dustin Harting - Blue
Project Talks
Quentin Wentz - Regional Blue
Rebecca Wentz - Regional Blue
JR. Demonstration/ Illustrated Talks
Bryndon Wentz - Regional Blue
Quentin Wentz - Regional Blue
Amy Wentz - Regional Blue
Shane Cozad - Blue
Senior Demonstrations/ Illustrated Talks
Wyatt Wentz - Regional Blue
Carissa Wentz - Regional Blue
Megan Wentz - Blue
Public Speaking
Tyler Montgomery - Regional Blue
Vocal Solos
Megan Wentz - Top Regional Blue
Tyler Montgomery - Blue
Carson Montgomery - Blue
Katie Johnson - Red
Instrumental Solo
Molly Maddy - Blue
Diedre Kramer - Regional

Blue
Rebecca Wentz - Blue
Shane Cozad - Red
Carson Montgomery - Red
Carson Wallace - Blue
Talent - Skit
Cedar Ridge 4-H Club - Regional Blue
Model Meetings
Busy Jayhawkers 4-H Club - Regional Blue
Other Dance
Cedar Ridge Club Dance - Regional Blue
Cassie Field - Regional Blue
Megan Wentz - Blue
Senior Reading
Michael Callaway - Regional Blue
Judges for the events were: Marla Matkin from Hill City, Bonnie Anderson from Oberlin, Gayle Carlson from Oberlin, Jackie Goeken from Hill City and Andrea Spanier from Oberlin. Committee members that helped with Club Day were: Mary and Carissa Wentz, Diedre Kramer, Anthony Wente, Christopher Maddy, Jacob Van-Skike, LeeAnn Shearer, Phillip and Eric Becker, Michael and Jeanette Callaway, Beverly Kindler, Cassie and Kayla Field, Tyler Montgomery, and Jamie Wentz. These members that received a Regional Blue will be competing at the Regional 4-H Club Day event in Norton on Friday.

It's a boy!



Caden Joe Enfield
Trevan Enfield welcomed home his new baby brother, Caden Joe Enfield, who was born on Feb. 2, 2009 at the Norton County Hospital. Caden weighed 7 pounds, 13 and a half ounces and was 19 inches long. The boy's parents are Jody and Jessica Enfield of Norton. Grandparents are Larry and Diana Enfield, Norton, and Jim and Connie Gustafson, Beaver City. Great-grandparents are Darel and JoAnn Boston and Larry and Vicki Enfield, all of Norton; Eldon and Valerie Gustafson, Phillips, Neb.; and Shirley Rasmussen, Giltner, Neb.

Norton Community High School Students of the Month - March



Amanda Ray

Student: Amanda Ray
Parents: Doug and Kerri Ray
Grade: Junior
Nominating Staff Member: Mrs. Lindsey Bailey
Comment from nominating person:
"She is a hardworking individual who comes to class prepared everyday. She is a great leader in the classroom by answering questions and is always willing to help those around her."
Factoids about Amanda
Favorite Class: Algebra II and Video Tech

Favorite Drink: Propel
Favorite Color: Blue
Favorite Food: Chinese food.
Favorite Movie: The Guardian
Favorite Saying: "Get used to it!"
Favorite Song: Seasons of Love
Favorite Hang out: The lake.
Personal Hero: Mrs. Bailey
Future Plans: Attend KU or K-State, major in Biology and attempt to get accepted into medical school to become an orthopedic surgeon.



Logan Kelly

Grade: Senior
Nominating Staff Member: Mr. Eric Richards and Mrs. Regina Stark
Comment from nominating persons:
"Logan has a wonderful work ethic and always has his work completed to the best of his abilities when assignments are due. Logan is a quiet student in the classroom, but contributes to class discussions with his opinions and knowledge when he has the opportunity." Mr. Eric Richards
"Logan is always punctual to class and is very polite. He is courteous to other students and adults. He is very quiet but completes assignments and enters in class discussion." Mrs.

Regina Stark
Factoids about Logan
Favorite Class: Calculus
Favorite Drink: Pepsi
Favorite Color: Blue
Favorite Food: Chicken Fajita
Favorite Movie: The Rock
Favorite Saying: "The difference between mankind and beasts is the ability to reason. That difference gets smaller each year."
Favorite Song: Two Weeks by All That Remains
Favorite Hang out: At my house.
Personal Hero: My dad.
Future Plans: I plan on attending K-State University, majoring in Engineering next fall.

It's a girl!



Hannah Rae Garwood

Blood drive draws near

The American Red Cross will be holding a blood drive in Norton on Thursday, April 16 from noon to 6 p.m. at the St. Francis of Assisi Catholic Church fellowship hall. Walk-ins are welcome, but participants are encouraged to make appointments by calling the American Red Cross at 1-800-GIVE-LIFE. Since World War II and the days of Franklin Delano Roosevelt, March is proclaimed American Red Cross Month by U.S. presidents. Throughout the month of March, 750 Red Cross chapters across the country will celebrate in a variety of ways, including holding special events, volunteer training or fundraisers to give people an opportunity to support the organization through donations of time, money or blood. "One way of celebrating is to continue the mission by donating a unit of blood at a Red Cross donor center or neighborhood blood drive," said Pam Head, Chief Executive Of-

ficer of the Central Plains Region. "A single donation, which actually takes only a few minutes, can help save the lives of three individuals. It just doesn't get much better than that." Each year the Red Cross collects approximately 6.5 million units of blood, from roughly 4.5 million volunteer blood donors. From these donations, the Red Cross distributes around 9.5 million blood products to patients at approximately 3,000 hospitals and transfusion centers across the country. Individuals 17 years of age and older (16 in Kansas with completed Parental Consent Form found at www.giveblood.org), weighing at least 110 pounds and in general good health, may be eligible to donate blood. The entire process — from check-in to refreshment time in the canteen after donation — normally takes about an hour. Donors are reminded to bring photo identification.

American Diabetics Alert Day today

At TOPS Club, Inc. (Take Off Pounds Sensibly), support and attention is given freely to members coping with life-impairing health conditions, which often stem from obesity. These health issues can include high blood pressure, high cholesterol, mobility problems, and diabetes, among others. The American Diabetes Alert Day today is a one-day, "wake-up" call to inform the public about the seriousness of diabetes. TOPS supports American Diabetes Alert Day and continues to educate members about the process of losing weight while managing diabetes. Members sometimes ask, "Is it possible for a person with diabetes who is using insulin to lose weight?" Registered Dietitian Ann Ruelle, R.D., C.D.E., C.L.S.C., a certified diabetes educator, author, and nutrition consultant for TOPS, says losing weight while on insulin is difficult, but not impossible. Before a person with diabetes is prescribed insulin therapy, tests reveal how much of the food eaten is still floating in the blood and has not been carried off to cells by the body's own insulin. Leaving food in the blood makes it difficult for the heart to pump blood. This leads to complications from diabetes, including heart attack, stroke, loss of vision, neuropathy,

and/or kidney problems. Prescribed insulin adds to the insulin already in the body, in order to keep food moving and prevent complications. Physicians will adjust the dosage of insulin to ensure that the patient is properly absorbing the food consumed, but this is where a weight problem can occur. Before a patient's insulin therapy began, food built up in the blood or was emptied in the urine. With sufficient insulin, the food now is being absorbed, which can inadvertently lead to extra pounds. It is possible to lose weight when an insulin dose is prescribed to match what you are eating; ask your health care professional for more information. If a patient chooses to eat less, a decrease in rapid-acting insulin can be requested. Another option is to have the medical provider demonstrate how to match insulin to foods a patient does choose to eat, done by matching insulin to the carbohydrates in those foods. One approach is to start with a two-week trial of insulin-matching so the patient can demonstrate determination to apply himself or herself to this regimen. For more diabetes information, consult your physician. For tips on healthy living, visit the TOPS Web site at www.tops.org.

TOPS Club, Inc. (Take Off Pounds Sensibly), the original, nonprofit weight-loss education and support organization, was founded more than 60 years ago to champion weight-loss support and success. Founded and headquartered in Milwaukee, Wis., TOPS promotes successful weight management with a philosophy that combines healthy eating, regular exercise, wellness education, and support from others at weekly chapter meetings. TOPS has about 170,000 members in nearly 10,000 chapters throughout the United States and Canada, and several chapters in Europe. Visitors are welcome to attend their first TOPS meeting free of charge. To find a local chapter, view www.tops.org or call (800) 932-8677 for more information.

John and Michelle Garwood welcomed the birth of their daughter, Hannah Rae Garwood, on Jan. 23, 2009. She weighed 7 pounds, 15 ounces and was 20 inches long. Her brothers and sisters are Collyn Auker, 9, Sylence Auker, 8, and Alex and Abbey Auker, 6. Grandparents are Mike and Mona Coffey, Norton; Tom Garwood, Logan; Mary Milleson and Chris Kemlofki, Frederick, Colo. Great-grandparents are Jim and Myrna Milleson, Lander, Wyo. She was born at the Norton County Hospital. Attending physician was Dr. Jeff McKinley.

Call us at 877-3361

Thank you!

For help with your advertising needs please give Dana a call 877-3361

HAPPY Birthday!
Lisa Marie

We Love You!
Dad, Mom, Angela, James

United Northwest Federal Credit Union
will be serving
Cookies, Tea and Coffee
all day **Thursday, March 26**
as a farewell to
Mark Keilig
Stop in and Wish Him Well
912 N. Archer, Norton
785-877-5191

March 20 - March 25
Showing at the
NORTON THEATRE
Inkheart
(PG) 1 Hours, 55 Minutes - Presented in Digital Surround Sound
Friday and Saturday: 8:00 p.m.
Sunday: 5:00 p.m.
Mon., Tues., Wed.: 7:00 p.m.
The Uninvited
1 Hours, 37 Minutes (PG)
Since both movies are non-premieres, all passes accepted
Both movies are the general admission price of \$6.00-\$5.00 \$3.00/Ticket for Either Movie this Sunday)
Premiering in Norton March 27
Monsters vs Aliens (PG)
Taken (PG-13)
This ad is brought to you by The Norton Telegram

FYI
The family of Lee Hogan requests a card shower in honor of her 80th birthday on March 30. Cards can be mailed to 1007 Eisenhower Drive, Norton, Kans., 67654.
(Items for this column may be e-mailed to nortontelegram@nwkans.com, subject line "FYI".)