

# OBITUARIES

## Florence Zodrow July 1, 1922 - June 22, 2009

Florence Zodrow died on Monday at Hays Medical Center at the age of 86.

She was born July 1, 1922 in Sheridan County to Bernard Kruse and Barbara Geisinger.

She was raised on a farm in Sheridan.

Florence attended Leoville High School and Marymount College.

She was married to Seraphine Zodrow on Sept 17, 1946 in Leoville and had 11 children.

She was preceded in death by her husband Seraphine, her parents Bernard and Barbara Kruse, her son Michael, daughter Jeanette Voss, brother Joe Kruse and sisters Mary Ann Zodrow, Loretta Woodall and Rita Kruse.

Survivors include her sons

Raymond Zodrow of Leoville, Leo and his wife Carrie Zodrow of Oberlin, Jim Zodrow of Leoville, David Zodrow of Leoville, her daughters Betty and husband Gary Newman of Hoxie, Mary and husband Larry Schlick of Colby, Elaine and husband Gayle Haag of Bartley, Neb., Virginia and husband Birney Feldt of Hoxie and Lucille and husband Ed Heim of Hoxie and her sister Germaine and husband Ray Weis of Dresden.

Florence had 30 grandchildren and 10 great-grandchildren.

Services were held at Immaculate Conception Church in Leoville today.

Donations can be made to the Florence Zodrow Memorial Fund.

# Walking off the munchies

Fairs are right around the corner, and with that the temptation to indulge in lots of the regular fair munchies we all love. Fairs involve a lot of walking, so we'll probably burn off those extra fair food calories — right? Well... Maybe if we walk up to 1.5 miles for a bag of cotton candy and three miles for a funnel cake!

Big portions with lots of sugar and fat calories characterize many of the foods we traditionally associate with fairs. For many of us, attending the fair wouldn't be nearly as much fun without these tasty treats. Some may be once-a-year foods for us, and we look forward to cotton candy or home made ice cream at the fair.

So... how much exercise does it take to walk off our favorite foods? We know on average, we have to walk about one mile to burn 100 calories. To visualize how far that is, think approximately 12 city blocks to the mile. While calories per our favorite

fair food can vary depending on portion size, recipe, and more, burning off the calories of that cotton candy could be an 18 block

## Home ed Tranda Watts, Extension specialist



walk. Following are the approximate distances we likely need to walk to burn off the calories of some popular fair foods:

- 3 Caramel apple: 3 miles
- 3 Corn dog, large: 4.5 miles
- 3 Cotton candy: 1.5 miles
- 3 Fried candy bar on a stick: 4.5 miles
- 3 Funnel cake, inch diameter: 3 miles
- 3 Soft drink, 32 oz.: 2.5 miles
- 3 Sno-cone: 2.5 miles

3 Soft pretzel: 3 miles  
Does this mean we need to load a picnic basket with carrot and celery sticks before heading to the fair? No. With a little planning, it's possible to fit in many favorite fair foods. Here's how:

√Quench your thirst with a small soft drink instead of the larger sizes. Better yet, buy or bring along bottled water. Save your fair-day calories for something else.

√Split foods among several people. For example, share a large funnel cake with friends. Everyone gets a taste, and no one gets overloaded!

√Plan times when you'll sit down and eat, rather than graze your way from one end of the fair to the other. It's hard to keep a handle on how much we're eating when we're walking, talking and eating at the same time.

√Limit yourself to one treat. Choose reasonable serving sizes of lower sugar and lower fat items

for the rest of your foods. √Dress in comfortable shoes so you're more likely to walk off some calories. Wear a pedometer and see how many steps you can take at the fair. One mile equals about 2,000 steps, or around one third of the calories in a typical caramel apple.

√Check all the food booths before making your selections. Imagine you have a "calorie salary". Enjoy the foods you like the most for your "salary".

√Finally, if you do indulge a little too much, remember to return to a more balanced way of eating the next day. A day or two of overeating won't affect our weight that much — weeks of it will! Eating 100 extra calories daily can result in a 10 pound weight gain yearly.

For more food questions, contact your local K-State Research and Extension Office or e-mail [twatts@ksu.edu](mailto:twatts@ksu.edu).

## Danny J. Spresser June 20, 1984 - June 23, 2009

Danny Joe Spresser died on June 23 at the age of 25 at the scene of a car accident in Colby. He was born to Gaylen and Roni Spresser on June 20, 1984 in Hutchinson.

He worked as a laborer for Red River Commodities in Colby.

Survivors include his parents, Gaylen and Roni Spresser of Gentry, Ark., his grandparents Butch and Arleen Spresser of Norton; his

brothers Jonathan Harvery, Bobby Harvey and Jimmy Harvey of Quinter; his sister Johann Yoxall of Kensington, and his companion Cindy Ford of Colby.

A memorial service will be held at 2:00 p.m. on Saturday at the Kersensbrock Funeral Chapel in Colby.

There will be no visitation. Burial will be at a later date.

# Hail pounds wheat in area

By KIMBERLY DAVIS  
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Quarter-size hail may have cleared out some wheat fields around Selden last week, but other fields are expected to produce a big harvest with hot weather predicted this week to speed the ripening process along.

Last Monday, a storm that formed north and west of Selden covered the ground in white hail stones.

Jacque Boultinghouse, emergency management director for Decatur and Sheridan counties, said much of the hail fell about three miles east of the junction of U.S. 83 and K-23, east of Selden in the "Y" between K-23 and K-383. Along both highways, she said, a two to three mile stretch got hail.

Some of the hail was quarter size, she said, adding that she

isn't sure in some of those fields what's left to cut. From Leoville on east, she added, the hail wasn't as big.

In Selden, mostly pea sized hail fell with a little bit of quarter size mixed in. Ms. Boultinghouse hasn't heard of any reports of damage in town.

Vickie Bailey, with Decatur County Title and Abstract, said she hasn't received any insurance claims yet on hail-damaged fields, but she has heard of some.

Most were in the west and southwest part of the county, near the Rawlins County line. The storm cell formed there before moving toward Leoville.

At Fredrickson Insurance Agency, owner Tami Fredrickson said the agency has received about 10 claims so far for either hail or multiperil insurance, a policy people can buy that covers

most things that cut crop yields, not just hail. Mrs. Fredrickson said the claims have been on fields around the Lund Covenant Church and near Selden on Tuesday, June 2.

Damage reported to her office so far amounts to about 900 acres, she said.

In Thomas County, a storm on Thursday, June 11, left 70,000 acres partly destroyed or totaled, said Ross Sloan, county executive director for the U.S. Farm Service Agency.

He added that about one-third of those acres were a total loss while others received 10 to 20 percent damage.

Brian Olson, area agronomist with K-State Research and Extension, said he's heard lots of reports of hail damage, including a bunch in southwest Thomas County.

It seems with the recent storms,

he said, there's been quite a bit of hail, though many fields that remain untouched.

The wheat is looking really good, said Mr. Olson. There was some late leaf rust, but with the temperatures up, he said, the heat should take care of the disease before harvest.

Overall, he added, the area should have a pretty good harvest, but we won't know for sure until the wheat is in the bins.

Mostly, he said, the harvest will depend on the yield numbers and how much is left lying on the ground because of the weather.

That National Weather Service in Goodland is forecasting a 20 percent chance of a thunderstorm tonight, but other than that, the weather is expected just to be hot, between 94 and 98 degrees every day this week.

# STUDENT NEWS

One hundred fifteen students earned their place on Colby Community College spring semester honor rolls, according to Megan Augustine, college registrar.

The President's Honor Roll lists 71 students, while the Dean's Honor Roll lists 44 more.

To earn a place on the honor roll, students must earn 15 or more credit hours and have no failing grades. The Dean's Honor Roll includes students with grade point averages of 3.75-3.99. The President's Honor Roll includes only students with a perfect 4.0

## GPA.

Students named to the President's Honor Roll and their hometowns are as follows:

Almena — Bryce Marble. Jennings — Demetria Stephens. Lenora — Jessi Day. Norton — Melissa Vogt.

Students named to the Dean's Honor Roll and their hometowns are as follows:

Dresden — Brittany Ritter and Nicole Wessel. Lenora — Maggie Herman. Norcatar — MeLinda Dempewolf.

# FYI

A card shower will be held for Gerald and Judy Jackson in honor of their 50th wedding anniversary. Their special day is July 5. Cards can be sent to P.O. Box 24 Norcatar, Kan. 67653.

On Wednesday, three tables met for duplicate bridge at Norton Manor. First place was won by Joyce Sumner and Jackie Porter and second place was won by Norman Walter and Claudia Bridges.

# Correction

Last week's briefly item about this Sunday's 1-4 p.m. reception for Lawrence "Sonny" Ruff and Reno Hildebrand, said that Mr. Ruff has been with the Logan Fire Department since 1950; it should have read 1960. This was a reporting error.

The two men are retiring from their leadership roles with the fire department — Mr. Ruff as chief and Mr. Hildebrand as assistant chief.

The reception to which the public is invited will be held in the Logan City Building.

# Accident Reports

June 8 — Shawna Engelsman sideswiped Michael Robeson's car when she turned left from highway 36 to K-283.

June 14 — Brian Linden was

traveling west on K-9 when he struck a deer.

June 19 — Joshua Wonderly backed into Shaylyn Boteler's vehicle on Archer Street.

# Budget cuts close ranch

The Historical Society is closing Cottonwood Ranch, located in Studley, due to state budget cuts, Norton City/County Economic Development Director Diane Becker reported at the travel council meeting on Tuesday.

Ms. Becker told The Telegram the travel council will write to congressmen to advocate saving the ranch.

The Historical Society bases their budget on how many visitors each site receives each year, Ms.

Becker said.

Also at the meeting:

•The council reported they have finished selling advertisements for the Ultimate Guide to Kansas. They sold as many advertisements as last year.

•They also discussed which trade shows to attend. They attend four per year, but they have not decided which ones to attend this year. The shows focus on outdoor sporting.

•The new economic development web site was also discussed. Shopping, accommodations and restaurants will be featured on the site, in addition to economic development.

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

**Go ahead and tell it... in The Telegram 877-3361**

**GARAGE SALE**  
**GIGANTIC 1-DAY SALE!**  
**SATURDAY, JUNE 27**  
8:00 A.M.-6:00 P.M.  
**PRICED TO SELL** — Queen Anne Antique Table, Amberware, Norman Rockwell Plates, Records (78's), Knick Knacks, Porcelain-Dolls, Authentic Mexican Furniture, Tons of Electronics including New Karaoke Machine, Books on Tape, CD's, Computer, Printer, Fax and More. Lots of Household Furniture, Yard Furniture, Weight Bench, Books, Clothing of all Sizes-Infant on up, the Mystic Moonstone Remains and so Much More at the Norton Armory  
Everything 1/2 Price  
4 p.m.-6 p.m. No Early Sales

**It's a blast!**  
**Arehart's Fireworks**  
**LOCATION:**  
**Eagles Club Road**  
**OPEN:**  
**June 27- July 5**  
30 YEARS SAME LOCATION

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Please help us provide you with accurate and eye-catching advertisements by observing these deadlines:

REGULAR DISPLAY ADS:	PUBLICATION DAY	COPY DEADLINE
Monday/Total Market Coverage	.....	Thursday Noon
Country Advocate	.....	Thursday Noon
Tuesday	.....	Friday Noon
Friday	.....	Wednesday Noon
CLASSIFIED DISPLAY:		
Monday/Total Market Coverage	.....	Thursday Noon
Tuesday	.....	Friday Noon
Friday	.....	Wednesday Noon
CLASSIFIED LINE ADS:		
Monday/Total Market Coverage	.....	Thursday Noon
Tuesday	.....	Friday Noon
Friday	.....	Wednesday Noon
LEGAL PUBLICATIONS:		
Tuesday	.....	Friday Noon
Friday	.....	Wednesday Noon

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