

OBITUARIES

Richard L. Rule Feb. 9, 1943 - Aug. 11, 2009

Richard L. Rule, son of Verle and Aletha (McCabe) Rule, died Aug. 11 at his home in Norton at the age of 66. He was born Feb. 9, 1943 in Norton.

Richard attended Norton grade school and high school, graduating in 1961.

He married Elaine Nelson on April, 26, 1964 in Norton. They made their home in Norton, and Richard was a very talented and well-known repairman in the area.

Richard was a member of the Norton Christian Church where he had served as a Deacon and Sunday School teacher for several years. He had also been a 4-H leader. He enjoyed fishing and the outdoors, but his greatest love was his family.

Survivors include his mother Aletha Rule, Norton; his wife

Elaine Rule, Norton; his son Kevin and wife Crissy Rule, Wichita; his daughter Sandy and husband Tom Brown, Norton; his daughter Susan and husband John Gilgenbach, Norton; his brother John and wife Carolyn Rule, Steamboat Springs, Colo.; his brother Phil and wife Di Rule, Lenora; his sister Sharon and husband Phil Knox, Brewster; grandchildren Ethan, Lexi and Maddi Rule, Austin, Jordan and Owen Brown, Jessica and Alec Gilgenbach, other relatives and many friends.

He was preceded in death by his father, Verle Rule.

The funeral service was held today at 10:00 a.m. at Enfield Funeral Home, and interment was at the Norton Cemetery.

Memorials can be made to Hospice Services of Norton County.

Linda F. New May 9, 1956 - Aug. 7, 2009

Linda Faye New died Aug. 7 at Sheridan County Health Complex in Hoxie.

She was 53-years-old.

Linda was born to Joe and Mary Sumlin on May 9, 1956 in Panama City, Fla.

She attended school in Apopka, Fla.

Linda moved to Clayton in August of 1999. She married David New Nov. 11, 1999 in Oberlin.

He was the owner of Broken Wheel Bar and Grill in Jennings. She enjoyed raising plants in her spare time.

She was preceded in death by her step brother Paul Chandler and her grandmother Connie Ellis.

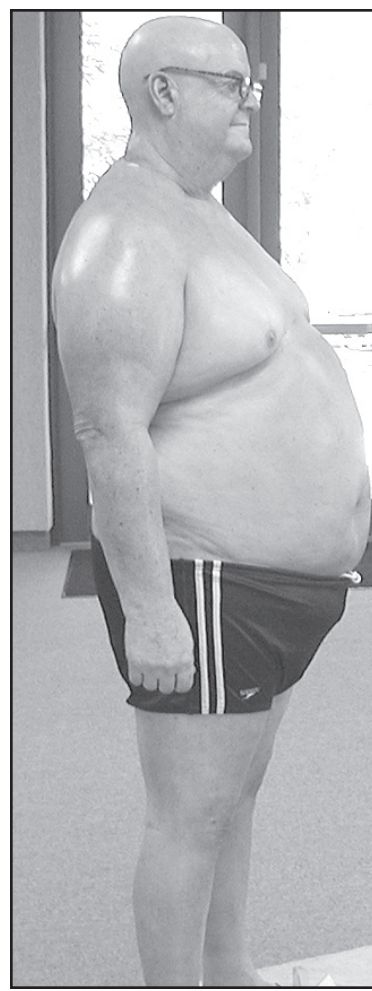
Survivors include her husband David New, Jennings; her father Joe Sumlin, Apopka, Fla.; her mother Mary Chandler, Midland City, Ala; her son John Lahr and

his wife Christine, Orlando, Fla.; her son Jeff Lahr and his wife Karen, Perry, Fla.; her daughter Tara Lahr, Jennings; her daughter Summer Evans, Orlando, Fla.; her daughter Megan Natali, Edgewood, Fla.; her brother Allen Sumlin and his wife Maurine, Apopka, Fla.; her step-brother Jerry Chandler, Midland City, Ala.; her step-brother Jodi Chandler, Midland City, Ala.; and her sister Brenda Adkins and her husband Ron, Apopka, Fla. and three grandchildren.

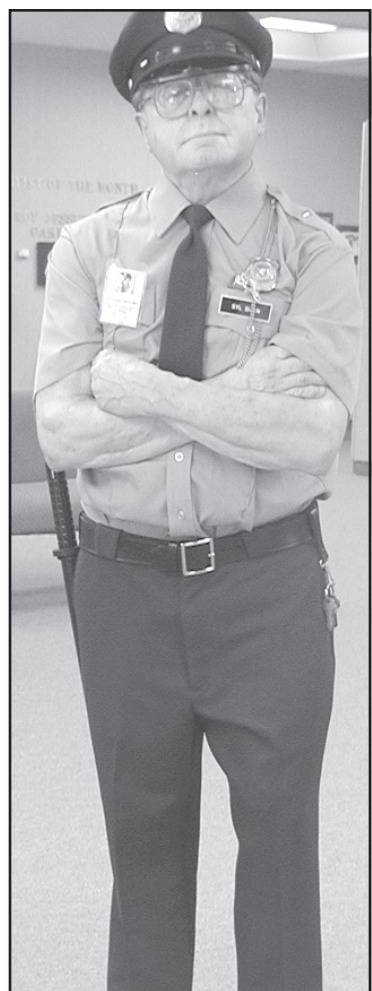
A memorial service will be held tomorrow at the Broken Wheel Bar and Grill in Jennings.

A potluck meal will start at 5:00 p.m. and a sunset memorial service will start at 8:00 p.m.

A memorial fund has been set up in Linda's name at Pauls Funeral home in Oberlin.



The Hansen Museum in Logan is showing the "Ultra-Realistic Sculptures by Marc Sijan" display. The display shows sculptures so realistic you can see the pores on their faces. The exhibit will run through September.



—Telegram photos by Erica Bradley

Hansen offers new display

By SHIRLEY HENRICKSON
Hansen Museum Director

The Dane G. Hansen Memorial Museum at Logan is now showing, "Ultra-Realistic Sculptures by Marc Sijan". This showing is part of a national tour over a two and a half year period containing five full-size figures, two torsos and 10 portraits. The tour was developed and managed by Smith Kramer Fine Art Services, Kansas City, Mo. This "Ultra-Realistic Sculptures by Marc Sijan" exhibit runs through Oct. 4.

Internationally recognized artist Marc Sijan, with his life-size realistic sculptures, has been featured in over 40 one-man museum exhibitions, half of which set attendance records. One museum director boasted that the attendance was even greater than a recent exhibition they had by

some fellow Degas.

Sijan's exhibitions are always the talk of the town, and the viewer often comments that you wouldn't believe it until you see it. The work has been classically described as homages to humanity. His startlingly lifelike representation of real people is considered the leading contemporary example of realistic sculpture. Far from static, the security guard, dancer or lounging ladies present a cross section of American life — a frozen sense of motion, rather than in inert passivity.

Sijan's method is distinct and exacting. First, he works from live models, to produce a negative mold in plaster, and sculpts the interior with special tools and a magnifying glass to assure accurate detail. Then, he casts the figure in a polyester resin. To

achieve realistic flesh tones, Sijan applies 25 coats of paint and adds varnish. Sijan uses oil paint in the final stages of the work.

—hm—

Our August Artist of the Month is Roy Jessup from Oakley. Roy has many beautiful watercolor paintings on exhibit and for sale. Please stop in and check his work out. He is truly a gifted artist!

—hm—

Museum hours are M-F 9-12 & 1-4; Sat. 9-12 & 1-5; Sun. & holidays 1-5. We are handicapped accessible, there is never an admission fee and we have a free Wi-Fi Hotspot in the Community Room. For more information about this and other exhibits, contact Shirley at 785-689-4846 or check out our web at www.hansenmuseum.org.

An ideal sports drink

For years, athletes and those engaging in extended vigorous exercise have reached for one of the well-known commercial

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recovery drinks.

These drinks are carefully formulated to replenish electrolytes lost during prolonged physical activity.

Basically, they contain carbohydrates (some form of sugar — such as glucose, fructose or sucrose) along with electrolytes like sodium and potassium replacement for those nutrients that have been excreted through perspiration that occurs during endurance or strenuous exercise.

Chocolate milk, a longtime favorite drink in school cafeterias, has taken on a new role as a sport recovery drink.

Not only is it well suited for dehydration, but it also offers an ideal ratio of carbohydrates to protein, which is important for refueling muscles after exertion.

Several small studies with athletes, such as one with cyclists at Indiana Universities (2006), have found that chocolate milk is just as good as popular commercial alternatives for recovery from strenuous exercise.

Recently, a study published in the Journal of the International Society of Sports Nutrition (Dec. 2008) found that muscle recovery among soccer players, consuming drinks with a carbohydrate-protein mix, such as that found in milk, is very effective.

Chocolate milk used as a post-exercise dehydration beverage may even help reduce exercise-induced muscle damage.

Roberta Anding, RD and spokesperson for the American Dietetics Association, recommends chocolate milk to her young athlete clients, saying that it makes good sense to take advantage of an excellent recovery drink that is inexpensive, effective and provides some nutrients that many young people are not getting enough of such as calcium and vitamin D.

What is the take-home message for consumers?

Although commercial recovery beverages do the job, the edge for chocolate milk may come from its protein content that encourages muscle recovery.

In addition, a real bonus the nutrient-dense chocolate milk offers is calcium and vitamin D that children and teens' diets typically lack.

For further information about food and nutrition, contact: twatts@ksu.edu.

Public Record

Municipal Court

These transactions were taken from the records of filings in the offices of the Norton Municipal Court. The traffic and criminal cases were given to the paper with the date of the hearings.

Traffic

July 30 — Christopher Hall, Phillipsburg, speeding 41 in a 30 mph zone and failure to have verification of insurance. Fine \$36, court cost \$75.

July 30 — Andrew Black, Norton, minor in possession of alcohol. Driver's license suspended for 30 days. Must continue District Court sanctions' pay appointed attorney fees. Fine \$200, court cost \$75.

July 30 — Kathy Runnion, Norton, inattentive driving, fine \$100, court cost \$75.

July 30 — Van Kirk Gallentine, Norton, failure to have driver's license on self.

July 30 — John Monier, Thornton, Colo., failure to stop at stop

sign, PBT refusal and driving while under the influence of alcohol or drugs. Pled not guilty. Trial set.

Criminal

July 30 — Michael Zink, Norton, minor in possession of alcohol. Driver's license suspended for 90 days. 30 days jail time to be suspended if enters Unity House and successfully completes one year. Fines \$200, court cost \$75.

July 30 — Seth Batson, Norton, minor in possession of alcohol. Driver's license suspended for 30 days. Must continue District Court sanctions' pay appointed attorney fees. Fine \$200, court cost \$75.

July 30 — Christopher Schleicher, Norton, minor in possession of alcohol. Diversion for 6 months. Diversion fee \$100, assessment fee \$100, court cost \$75.

District Court

These transactions were taken from the records of filings in the

offices of the District Court clerk at the Norton County Courthouse. Traffic, criminal and wildlife parks cases are given to the paper when the fines are paid. Limited action and small claim cases are reported only after the defendant is served.

Traffic

July 23 — William G. Angel, Colorado Springs, Colo., speeding 83 in a 65 mph zone, fine \$98, court cost \$66.

July 23 — Nicole D. David, Goodland, speeding 84 in a 65 mph zone, fine \$93, court cost \$66.

July 23 — David L. Eogel, Crawford, N.J., speeding 80 in a 65 mph zone, fine \$69, court cost \$66.

July 23 — John M. Gardino, Colorado Springs, Colo., speeding 79 in a 65 mph zone, fine \$74, court cost \$66.

July 23 — Anthony C. Pisano, Denver, Colo., speeding 74 in a 65 mph zone, fine \$50, court

cost \$66.

July 30 — Stanley N. Gentry Jr., Owasso, Okla., speeding 74 in a 65 mph zone, fine \$50, court cost \$66.

July 30 — Tyler D. Harting, Norton, improper stamp lamp or signal and connecting and safety equipment while towing a vehicle, fine \$80, court cost \$66.

July 30 — Katrina M. Lechner, Colorado Springs, Colo., speeding 78 in a 65 mph zone, fine \$57, court cost \$66.

July 30 — Eugene A. Peterson, Orleans, Neb., speeding 78 in a 65 mph zone, fine \$68, court cost \$66.

July 30 — Todd A. Siverson,

Mobridge, S. D., speeding 82 in a 65 mph zone, fine \$92, court cost \$66.

Wildlife & Parks

July 23 — Victoria Bailey, Jennings, personal flotation devices not available. Fine \$70, court cost \$66.

July 23 — Xai Chang, Denver, insufficient personal flotation devices and without a throwable personal device. Fine \$30, court cost \$66.

Animal Shelter

Found

July 11 — Male black Lab, red collar. 600 block of N. Archer.

July 10 — Female gray and white shorthair cat, Elmwood Park.

FYI

Duplicate bridge was held at the Norton Manor on Wednesday evening with three tables present. First place went to Bob Jones and Carla Latimer, second place went to Joyce Sumner and Jackie Porter and third place went to Dewaine Stapp and Charlotte Meints.

Accident Reports

August 6

Rachelle Davis' vehicle hit Richard Davis' parked vehicle on N. Graves. The owners were unaware of the accident and did not know who attempted to drive Mrs. Davis' vehicle.

August 8

Donald Hildebrand was traveling southbound on Highway 283 when a deer ran onto the road. Mr. Hildebrand was unable to avoid the deer.

Club news

The Norton After-5 Club invites all area women to the Aug. 20 dinner and meeting at 6:30 p.m. at the Town and Country Kitchen, E. US Highway 36. The cost of the dinner and meeting is \$8.00 per person; free babysitting is included.

"Today's Woman" is the theme. The special feature for the evening is, "Million Dollar Woman" to be presented by Maxine Sieleman, Des Moines, Iowa. She shows her wardrobe wonders to help you look like a million dollars on a limited budget.

Ms. Sieleman is a radio personality and former wedding coordinator. She reflects on the past, looks to the future, but learns to live for today as a "Woman of Madison County." She lives in Madison County where the book and movie "Bridges of Madison County" originated.

The Norton After-5 Club is non-denominational and part of Stonecroft Ministries. Please make reservations and cancellations by calling Mary Jane Hadley (877-5897) by Tuesday, Aug. 18.

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