

# Results are in for 2010 Walk Kansas event

The 2010 Walk Kansas fitness program, sponsored by Kansas State Research and Extension in most Kansas counties has just been completed.

Here is a summary of the results as they have been turned in to the local extension office:

The latest information turned in state wide is that the Walk Kansas program has grown again.

Over 20,000 people participated in Walk Kansas this year.

In Gove, Sheridan and Trego Counties as well as Twin Creeks Extension District, 72 teams consisting of six individuals participated for a total of approximately 432 participants.

In Norton County, there were 20 teams or 120 participants.

These people have been walking or doing some form of moderate physical exercise and reporting the amounts to the extension office since March 7.

The goal is to walk 423 miles (or the equivalent of walking across Kansas) as a team during the eight week period ending May 1.

Nineteen of the 20 teams reported walking across Kansas.

The teams and the miles walked are as follows: (Captains in parentheses)

1. Midnight Special - 2,892 miles (Jeannie Poage)
2. Willing Walkers - 1,965 miles (Nancy Arehart)
3. Walkabout - 1,779 miles (Bill Goscha)
4. FSBT - 1,102 miles (Gloria Cole)
5. Fit to Go - 1,057 miles (Bob Cotton)
6. Reflectors - 1,054 miles (Kathy Donaldson)
7. Little Bit - 994 miles (Ann Pollock)
8. Windy City Walkers - 973 miles (Deborah Anderson)
9. The Hi-Ho's - 921 miles (Karen Griffiths)
10. Some Beach - 916 miles (Mindy Harting)
11. Team Rwethereyet? - 909 miles (Ann Becker)
12. Norwest Walkers - 813 miles (Valerie Elliott)
- 13 - The Loafers - 805 miles (Lori Van Eaton)
14. Unliklies - 686 miles (Cheri Renner)
15. The Strutters - 636 miles (Pam Menagh)
16. Walkin Mama's - 626 miles (Ruth Schillig)
- 17 PLE Transformers - 608 miles (April Karnopp)
18. Wewalkalotta - 607 miles (Jenny Braun)
19. Kan Do - 505 miles (Rhonda Browning)
20. Weebles - 338 miles (Gwen Loyd).

Increased consumption of fruits and vegetables is also encouraged during Walk Kansas.

The top five teams which reported eating the most fruits and

vegetables (5 cups are recommended daily) are:

1. Midnight Special
2. Fit to Go
3. Norwest Walkers
4. Some Beach
5. Walkabout.

The top individual walkers (based on the team logs received) were:

1. Julie Schrum - 849 miles (Walkabout)
2. Jeanie Poage - 796 miles
3. Blaine Marble - 583 miles
4. Kristen Knapp - 517 miles (all three from Midnight Special)
5. Barb Brooks - 480 miles (Team Rwethereyet?)
6. Barb Geoken - 439 miles (Willing Walkers)
7. Craig Knapp - 423 miles
8. Daryl Kats - 370 miles (both of Midnight Special)
9. Tammi Bainter - 365 miles (Willing Walkers)
10. Don Mordecai - 360 miles (Unliklies!). (Some logs were not received so others may have had higher results but could not be included).

Most of the individuals above walked Kansas by themselves or at least half way across Kansas.

There were several more that walked half way across Kansas. Congratulations!

The top 15 individual consumers of fruits and vegetables (from those who reported) were: Blaine Marble and Jeannie Poage (both

Midnight Special), Mindy Harting (Some Beach), George Seamon (Norwest Walkers), Pauline Poage (Reflectors), Janice Hattan (PLE Transformers), Bob Cotton (Fit to Go), Doug Griffiths (The Hi-Ho's), Betty Pfannenstiel (Some Beach), Kristen Knapp (Midnight Special), Julie Schrum (Walkabout), Marla Kuhn (Fit to Go), Valerie Elliott (Norwest Walkers), Daryl Kats (Midnight Special) and Joan Bolt (Walkabout).

These individuals were the only ones who met the daily minimum of five, one cup servings of fruits and vegetables daily.

Incentive winners and incentives won were:

Top Walking Team and the Top Fruit and Vegetable consumption team was - Midnight Special consisting of Jeanie Poage, Blaine Marble, Daryl Kats, Jodie Poage, Kristen Knapp and Craig Knapp - Water bottles

Top individual walker - Julie Schrum - (Walkabout) - BBQ tool set.

Top individual fruit and vegetable consumer - Blaine Marble (Midnight Special) BBQ tool set.

Individual team incentives

(random drawing)- Jeannie Poage - Midnight Special, Barbara Geoken - Willing Walkers, Kelly Gill - Walkabout, Bev Burns - FSBT, Gloria Zwickle - Fit to Go, Ranelle Hays - Reflectors, Ann Pollock - Little Bit, Tanya Juenemann - Windy City Waddlers, Donna Foley - Hi-Ho's, Vicki Bainter - Some Beach, Barb Brooks - Team Rwethereyet?, George Seamon - Norwest Walkers, Lori Van Eaton - The Loafers, Craig Renner - Unliklies!, Pam Shelton - The Strutters, Niki Kinderknecht - Walkin Mama's, Jamie Blochlinger - PLE Transformers, Barbara Thompson - Wewalkalotta, Rhonda Browning - Kan Do.

Random drawing incentives Sharon Smothers, Riana Mays (Weebles), Megan Arehart, Cassie Walker, Deb Jones (Willing Walkers), Donna Goscha, Gail Roy, Joan Bolt (Walkabout), Steve Cole, Gloria Cole, Pat Otter (FSBT), Marla Kuhn, Fonda Lawrence, Ron Zwickle (Fit-to-Go) Kathy Donaldson, Kirsten Baird, Roger Archer (Reflectors) Rhonda Jacques, Hazel Peterson (Little Bit) Nicole Rhea, Bonny Jordan (Windy City Walkers) Karen Griffiths, Deanna Herreds-

berg (Hi-Ho's) Natalie Linner, Zach Bainter (Some Beach) Kolean McMullen, Gaylene Cuzick (Team Rwethereyet?) Valerie Elliot, Leslie Bell (Norwest Walkers) Ashley Van Eaton, Craig Foley (The Loafers) April Karnopp, Kirsti Gibble (Unliklies!) Pam Menagh, Joan Streck (The Strutters) Sabrina Cooper, Kassandra Speer (Walkin Mama's) Jeanette Deneault, Lynette Jones (PLE Transformers) Jenny Braun, Andrew Nelson (Wewalkalotta) Patsy Maddy, Cindy Linner (Kan Do).

Hang In There Award - Bob Goscha - Boche Ball Set

Team Captain Award (random) Bob Cotton - Stadium seat

Congratulations to all 2010 Norton County Walk Kansas participants for a job well done.

Plan to join us next year for 2011 Walk Kansas.

Walk Kansas incentives may be picked up at the K-State Research and Extension Office - Norton County.

If you have further questions, please feel free to contact your local K-State Research and Extension Office or e-mail Tranda Watts at twwatts@ksu.edu .

## Grads

(Continued from Page 1) more sources than just textbooks, though. It came from our teachers, from each other, and from somewhere inside each one of ourselves.

"While we won't necessarily remember all the laws of physics, the leaders of great wars, or the sentence beginnings in English, we will remember the classes that we were in, the people we were with, and the experiences that we had while learning them," she said.

Bethany said the final milestone date is graduation.

"So here we are. May 23, 2010. The first day of the rest of our lives. And as we flashback through the years and the milestone dates: 1997 when we started kindergarten, 2006 when we started high school, and today, when we graduate, we remember all the good times that we've had and all the things that we learned. Yet we also realize that there is so much more to come . . . great things lie ahead, awaiting us. We have more milestones to accomplish.

Bethany urged the class to take the lessons they learned, friendships they made and memories with them.

"Do amazing things in your lives, but promise to remember your roots, to remember where you came from, and to never forget that you were a part of the Norton Community High school class of 2010," she said.

Rudy Perez, Norton Community High School principal, presented the class after talking about how much they have accomplished.

The graduating class included: Pamela Araujo, Marissa Baker, Raven Brown, Justin Chandler, Brent Cody Cook, JoAnna Cummings, Austine Dole, Ashton Draper, Stephanie Eagleburger, Kendra Engelbert, Ashley Esslinger, Tonielle Fiscus, Kirstie Gibble, Brandi Graham, Landon Hamel, Marcus Herman, Gage Hoft, Shelby Jones, Emily Juene-mann, Kaenon Keiswetter, Kayla Lee, Christopher Maddy, Grant McClymont, Matthew Miller, Miranda Mock, Kelsey Nuzum, Zane Perez, Tiffany Peters, Connor Pfannenstiel, Matthew Pollock, Amanda Ray, Jessica Reeves, Casey Robison, Jake Romey, Bethany Roy, Ashlie Stewart Alyssa Thomson, Caleb Vanover, Hannah Waggoner, Bethany Winkel and Kaityln Wolf

## Outreach

(Continued from Page 1) ested in. The college is conducting a survey to gauge the interest of different classes. It can be found online, <http://www.surveymonkey.com/s/JVHJYK7>.

Stiles will continue to meet with Northwest Tech to finalize the details. The old Sewing Box, located at 113 S. State Street, is being considered for the outreach center. Mills said they are looking

at doing an evening format so more adults will be able to take advantage of the program.

"We'll just keep putting this together," he said.

He said they are working with Gail Boller, Natoma, Corp. president, to develop courses.

"We're really looking forward to developing that collaboration. The possibilities are endless," Mills said.

## Services

(Continued from Page 1) Spreser. The Selden Amercian Legion will follow with a rifle salute. "Taps" will be played by Janell and Jacob Antholz.

### HERNDON

Memorial services will begin at 3 p.m. on Monday at the Herndon Veterans of Wars Post in Herndon, according to Commander Chris Niermeier. Refreshments will follow.

### WAKEENEY

Norman Staab, past National Veterans of Foreign Wars Commander-in-Chief, will be guest speaker at the Kansas Veterans' Cemetery for the Sixth Annual Memorial Day service at 10 a.m. on Monday. The cemetery is located at 403 S. 13th in WaKeeney. The north gates will be open for additional parking.

Memorial services on Monday include: Stuttgart, 9:00 a.m.; Prairie View, 9:30 a.m.; Almena, 10:00 a.m.; Luctor, 10:00 a.m.; Woodruff, 10:45 a.m.; Long Is-

land, 11:15 a.m.; Hendley, 9:30 a.m.; Beaver City, 10:30 a.m.; Logan, 10:00 a.m.

**Bogue Alumni DANCE**  
Sat., May 29  
9:00 p.m.-1:00 a.m.  
Bogue Township Hall

Jimmy Dee and the Fabulous Destinations  
Public Invited



**Western Sprinklers,  
your complete  
Irrigation Store.**

*For all your irrigation needs.*

- Pump Repair •
- Gear Heads •
- Electric Motors •
- Pivot Insurance •
- Underground PVC Pipe & Wire •
- Valley Pivots •
- Pivot Parts - All Brands •

**Western Sprinklers Inc.**  
Colby, Kan. 67701  
785-462-6755



**Need help wrapping up your planting this spring?**

Custom planting and spraying of corn, soybeans, and milo available. Equipped to accomodate the unique needs of your farming operation.



Call  
**402-631-7301**  
for more information

MEMORIAL DAY

5-31-10

There will be NO paper on  
Monday, May 31 or  
Tuesday, June 1

This is due to the holiday weekend and the office being closed on Monday, May 31. The Monday EXTRA and Tuesday's paper will be combined and distributed Wednesday, June 2 just as the regular Monday EXTRA would be, free to everyone in Norton

Ad Deadline for Memorial Day

With no paper on Monday, May 31, we will need ads for the Wednesday, June 2 paper no later than **Thursday noon on May 27.**  
**THIS PAPER GOES FREE TO EVERYONE IN NORTON, SO NOW IS THE TIME TO ADVERTISE!!**

THE NORTON TELEGRAM

CONTACT DANA PAXTON FOR YOUR ADVERTISING NEEDS  
dpaxton@nwkansas.com  
215 South Kansas Avenue, Norton - Phone 785-877-3361