

# Lose aging weight gain

A combination of factors, including hormonal and metabolic changes, often make it easy for women to put on pounds as they age. But weight gain is not inevitable, and it's not impossible to reverse.

In fact, a study recently published in the New England Journal of Medicine offers hope. The study tracked 93 obese people 65 and older and found that by combining exercise and dieting, participants lost 9 percent of their body weight but also retained lean body mass, a concern for older people who lose weight. They also increased their oxygen consumption and improved their strength and balance.

Participants who simply dieted (reducing calorie intake by 500 to 700 calories a day) lost a similar amount of weight, but didn't see the other health benefits.

Other participants who didn't diet but did the exercise (90 minutes of weight machines and aerobics, three times a week) lost no weight.

Depending on the individual's current activity level and eating habits, a woman might be able to make some modest changes to see positive effects.

For example, if she isn't very active, she should be encouraged to take a brisk walk several times a week while at the same time increasing vegetable consumption and cutting back on sweets and fatty foods. By doing so, she might find that she feels more energetic and decide to do even more. A goal of losing 10 percent of body weight over six months would be beneficial, and may not

**Home ed**  
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**specialist**



seem overwhelming for her.

Before making any substantial changes in diet or activity, see a family doctor just so any health or medical issues she needs to be aware of will be known.

In the meantime, there are several resources that offer guidelines for older adults. Here are some:

The National Institute on Aging (NIA) offers some great tips for "Healthy Eating After 50" including amounts of fruits, vegetables, grains, meat or beans, and milk older adults should consume each day, including how many calories and how much fiber. See it at <http://1.usa.gov/50diet>.

The Mayo Clinic offers tips on "Menopause Weight Gain: Stop the Middle Age Spread" at <http://bit.ly/mayomemo>.

The NIA also offers guidance for older adults on setting exercise goals, including safety tips, at <http://www.nia.nih.gov/Go4Life>.

Maintaining a healthy weight helps reduce the risk of chronic disease, including cardiovascular disease, diabetes and hypertension.

If for some reason, you are not able to access these sites, you may e-mail me at [twatts@ksu.edu](mailto:twatts@ksu.edu). I will be glad to help you get further information if you need it.

## Who needs a drum anyway!



Monday evening in the Norton East Campus auditorium at the final vocal concert of the school year, 5th grade performers from Eisenhower Elementary showed what can be done with an empty bucket. The students gave a demonstration of talent and skill in the art of drumming on the buckets in their first showing of "Bucket Drums" Pictured, left to right are Ryan Johnson, Johnathan Gassmann and Michael Ball.

-Telegram photo by Harriett Gill

# Full Circle-an aging expo

Are you experiencing the challenges of aging personally or as a family member or as a caregiver? If you answered yes to any of these questions, there is still time for you to register for Full Circle... An Aging Expo. Full Circle is a one of a kind conference which discusses various aspects of aging and how to do it (or help someone else do it) well and gracefully.

Full Circle will be held on Friday, April 29th at the Huck Boyd Community Center in Phillipsburg and will begin with registration and a resource fair from 9:15 - 9:45 a.m. The regular conference will kick off at 9:45 a.m. and is sponsored by Kansas State University Research and Extension Offices in Northwest Kansas and the Northwest Kansas Area Agency on Aging.

You do not even have to pre-register. Just come Friday morning. The only thing not guaranteed is the meal if you are not pre-registered.

If you come, you will get to hear Dr. Joseph Galichia, M.D., F.A.C.C. who is the founder of the Galichia Medical Group in Wichita. Dr. Galichia is a native Kansan who graduated from the University of Kansas Medical School and also studied in Germany, England, Sweden and Switzerland.

Dr. Galichia is internationally

recognized for his pioneer work in the field of interventional cardiology and for being an early adopter of the balloon angioplasty technique for treating heart and vascular disease.

In 2001, Galichia founded the Galichia Heart Hospital. The hospital is one of the only centers in the region that is involved in research with carotid stenting, robotic surgery, and electrophysiological advances.

You may know Dr. Galichia better from his appearances on one of the noon talk shows on CBS where he answers medical related questions for people who call in to visit with him. These include questions across the board on many different medical problems.

Why don't you plan to attend Full Circle...An Aging Expo and be a part of a one of a kind educational programming effort which affects everyone?

If you have questions about registration or about the availability of Continuing Education Units which are available for attendees, please feel free to call the

Northwest Area Extension Office at 785-462-6281 and ask for Libby or Becky. You may also e-mail Tranda Watts at [twatts@ksu.edu](mailto:twatts@ksu.edu) to get questions answered and to get registration information.

## Police Log

**April 16 (cont. from 4-19)**  
12:49 p.m. Report of transient  
9:34 p.m. Report of fire in county, controlled burn  
10:10 p.m. Request to remove individual off property  
10:28 p.m. Report of individual wanting to fight another individual in park  
10:31 p.m. Told individual in park to go home  
11:07 p.m. Report of someone ringing doorbell and running away

**April 17**  
2:58 a.m. Noise complaint  
4:03 a.m. Report that apartment did not have electricity  
7:50 a.m. Welfare check  
12:20 p.m. Assist Kansas Highway Patrol  
1:30 p.m. Report of e-mail scam  
7:29 p.m. Report of dirt bikes driving up and down alley  
Norton City Police Department reports: 13 vehicle stops; 5 animal calls; 3 keys locked in vehicle in period April 11 to April 17

# The weather rules the garden

**Kay Melia**  
[kvmelia@yahoo.com](mailto:kvmelia@yahoo.com)

I greatly value the input of my loyal, faithful, veteran readers... all five of you. So, in an attempt to please you, I decided to write something different this week. I wanted to write about something with wide appeal to all gardeners, and so I asked my regulars to come up with a subject that has universal interest. And by a vote of 3 to 2, their decision was...THE WEATHER!! After last week's big blow, it would seem that the weather is on nearly everyone's mind these days, not just gardeners.

Just about all my life, I have talked about the weather on the radio, or heard other people talk

## FYI

The Fort Hays Stamp Club will hold it 21st Annual Stamp and Coin Show on Sunday, May 1, from 9 a.m. to 4 p.m. at the Ramada Inn, 3603 Vine Street, Hays.

Admission and parking are free. For more information please call

about it.

"When the wind is in the east, it's not fit for man or beast."

"It's an I'll wind that blows no good."

"If you don't like the weather now, just wait a few minutes."

In 1949, Marcellus Cox observed that "One way to help the weather make up it's mind is to hang the wash on the line." (You old timers may need to explain to the youngsters about the days when we hung the wash on the line.)

Weather forecasters are often the target of displeasure when they miss the mark, which seldom happens anymore. Forecasting the weather these days is a science and thousands of times more accurate

785-625-3066 or 785-628-2341.  
★★★★★

There were three tables at Duplicate Bridge on Wednesday. First, Myron Veh and Jerry Moritz; second, Jack Graham and David Graham; third, Bob Jones and Carla Latimer.

## Wheat school in May

Wheat producers and agricultural professionals can learn the latest in wheat management and technology at the 2011 Wheat Diagnostic School. Attendees can also earn up to 10 certified crop advisor credits, four commercial pesticide applicator credits in agricultural plant pest control and a core hour for commercial pesticide applicators.

K-State Research and Extension agents, professors and specialists from a variety of fields will speak at the conference, which will cover topics such as GMOs

in wheat, herbicide performance, nutrients, GPS, fungicides and more.

The conference will be held from May 11 to 12 at the K-State Southwest Research-Extension Center at 4500E. Mary St. Garden City. Early bird registration is due May 4 with a fee of \$75. Registration at the door will be \$100. Fees include informational materials, lunch and beverages.

For more information, contact Kent Martin or Lynn Harshbarger at 620-275-9164 or [kentlm@ksu.edu](mailto:kentlm@ksu.edu).

than when I was a kid. People used to say that the forecasters were "flying by the seat of their pants", whatever that meant. Jean Paul Kaufmann wrote that "the economy depends about as much on economists as the weather depends on forecasters."

Charles Dudley Warner wrote this in an editorial in the Hartford (Conn.) Courant on August 24, 1897. "Everybody talks about the weather but nobody does anything about it". Mark Twain later used Warner's observation in his speeches.

Mark Twain DID have this to say in 1876. (No, I wasn't there to hear the speech). He said, "The weather gets through more business in the spring than any

other season. In the spring, I have counted one hundred and thirty six different kinds of weather inside of 24 hours."

I like what Sir Anthony Helps wrote in his book, Companions of My Solitude. "To be sure, there was chilliness in the air, but if you walked with vigor and said it was a charming morning, it would probably become so."

I appreciate your "weathering" today's column. No question about it, the weather, hot or cold, wet or dry, windy or calm, plays such an important part in the life of every gardener!

**Happy Easter**  
from  
**The Norton Telegram**

## Senior Menu

**April 25:**  
Cook's choice entrée, gold rush casserole, seasoned corn, bread, plums.

**April 26:**  
Chicken parmesan, cheesy broccoli, mixed fruit, garlic bread, spaghetti or noodles.

**April 27:**  
Pork roast, mashed potatoes, gravy, seasoned carrots, roll, pears.

**April 28:**  
Chili, orange pineapple salad, crackers, cinnamon roll.

**April 29:**  
Steak fingers, mashed potatoes with gravy, green beans, bread, cinnamon apple slices.

**Denise Schmitz**  
is the new  
**Bar Manager**  
for the Norton  
**American Legion**  
Call 877-5662 or  
871-0464 for Bookings

**NORTON COUNTY YOUTH FORUM**  
**For Fifth and Sixth Graders**  
**Thurs., May 5 - 5:30-8:30 p.m.**  
**at the Rock Youth Center**  
**Free Pizza and a Movie**  
- Drug and Alcohol Abuse Presentation -  
**SPONSORED BY: NORTON COUNTY COUNCIL ON ALCOHOL AND OTHER DRUGS**

April 22- April 27  
Showing at the  
**NORTON THEATRE Rio**  
1 Hour, 42 Minutes (G)  
Friday and Saturday: 7:00 and 9:00 p.m.  
Sunday: 5:00 p.m. and 7:00 p.m.  
Monday, Tuesday, Wednesday: 7:00 p.m.  
**Hop**  
Presented in Digital Sound  
1 Hour, 40 Minutes (PG)  
Rio is Premiere Admission \$7.00 & \$6.00 - No Sunday Discount  
Hop is General Admission \$6.00 & \$5.00 - Sunday Tickets \$3  
Visit our Website:  
**nortontheatre.com**  
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