

# Walk to improve health

People of all ages can walk to improve health and fitness, and for many of us it is much better than running. So how does walking differ from slow running? Pace is not what differentiates the two. Race walkers can easily move past recreational joggers. Walkers have one foot on the ground at all times, while runners are entirely airborne during a part of every stride.

Running is a high-impact activity; walking is not. Each time runners land, they subject their bodies to stress equal to about three times their body weight. It is easy to understand why runners have a much higher risk of exercise-related injuries than walkers do.

Set a goal this week to not only get out and walk but to improve your walking technique. Use your arms to power forward and increase your pace. Pay attention to your posture. Picture this. You should be able to draw a straight line from your ear down to your shoulder, to your hip, knee, and ankle. (This is true of standing also). Tighten your stomach muscles and tuck your pelvis under your torso.

When walking, move your

## Home ed Tranda Watts, Extension specialist



shoulders naturally and freely, and avoid drawing your shoulders toward your ears. Swing your arms with each step, and bend arms at the elbow. Bending your arms will enable you to burn 5 to 10 percent more calories and increase your upper body strength. It will also reduce swelling, tingling, and numbness of the fingers or hands. Keep your hands relaxed and loosely closed. Pump your arms to increase your walking speed and to help you walk up hills.

Your stride should feel natural. Land on your heels and then roll forward to push off with your toes. Work at a level of intensity where you can just barely talk. If you can sing or easily carry on a conversation, you are not working hard enough. Pick up the pace or pump your arms

more.

During any type of physical activity, watch for signs of overexertion. If you feel pain or pressure in your chest, abdomen, neck, jaw, or arms, stop exercising immediately and see your physician. Do the same if you experience nausea or vomiting, dizziness or fainting, extreme fatigue, excessive fatigue, excessive shortness of breath, or if your recovery from exercise is very slow. These are warnings signs you should not ignore.

While your are out walking, give some thought to attending Full Circle...An Aging Expo which is being held this year on Friday, April 25 at the Messiah Lutheran Church in Hays. It covers a wealth of information on issues that are important to all of us - especially as we age. Contact your local K-State Research and Extension Office, visit this web site://www.northwest.ksu.edu/p.aspx?tabid=98 or contact Tranda Watt, Multi-County Extension Specialist - Food Nutrition, Health and Safety at twwatts@ksu.edu. You may also call 785-443-3663.

# Andbe Home visitors!



Rosalie McMullen's preschool class visited the residents at the Andbe Home on Tuesday. (Pictured) Pauline Holterman and Hannah Garwood work together to make their pizzas. The class teaches the kids where the ingredients for a pizza come from and the residents enjoy their visitors.

-Telegram photo by Mike Stephens

## SCHOOL CALENDAR

NCHS  
Tuesday, April 1  
Jay Singers, 7:30 a.m.  
Cheer Test, A.P.  
Cheer Tryouts: Stull Gym, 4 p.m.  
Forensics at Phillipsburg, 4 p.m.  
Wednesday, April 2  
FCCLA Board Meeting, 7:45 a.m.  
MTSS Team Training at USD office, 8-11:30 a.m.  
Prom Royalty Election, 8:30 a.m.  
Winter Awards Assembly: Stull Gym, 2 p.m.  
Thursday, April 3  
Cheer Fundraiser begins  
Jay Singers, 7:30 a.m.  
Meeting for FCCLA members going to State, A.P.  
Prom server practice, 6:30 p.m.  
K.U. Honors Dinner at Dane Hansen Museum; Logan, 6:30 p.m.  
Prom decorating begins, 7 p.m.  
Friday, April 4  
S.A.C. Hats On Day  
Saturday, April 5  
Forensics at Colby, 8 a.m.  
FFA Livestock Contest at Phillipsburg, 9 a.m.  
PROM: "May I have this dance?" The Great Gatsby  
Prom decorations open to public viewing, 1-4 p.m.  
Promenade: Stull Gym (line

up at 6 p.m.), 6:30 p.m.  
Banquet, 7 p.m.  
Dance, 30 minutes after banquet, until 11:30 p.m.  
Coronation, 10:15 p.m.  
Post Prom at East Campus, midnight to 3:30 p.m.  
Sunday, April 6  
Clean-up, 2 p.m.  
NJHS  
Tuesday, April 1  
Stuco Meeting, 8:05 a.m.  
Wednesday, April 2  
KAY Board, 7:45 a.m.  
Thursday, April 3  
Vision screening (8th grade only)  
Track photos, 4 p.m.  
EES  
Wednesday, April 2  
Faculty meeting; Music Room, 3:40 p.m.  
Thursday, April 3  
I.E.P. Day  
4th Grade Family Fun Night; EES Gym, 6:30 p.m.  
Friday, April 4  
5/6 Vocal concert rehearsal at East Campus Auditorium, 8:30 a.m.  
Northern Valley  
Monday, March 31  
Stuco trip to visit 8th graders, 8-8:45 a.m.  
FFA Banquet, 7 p.m.  
Tuesday, April 1  
5th grade reading State Assessments, 8 a.m.  
7th grade reading State Assessments, 10 a.m.

5-8 Germany presentation, 2:30 p.m.  
Forensics meet at Phillipsburg, 3:30 p.m.  
Wednesday, April 2  
KAY meeting, A.P.  
Junior High Music Contest at Logan, 9 a.m.  
6th grade reading State Assessments, 1 p.m.  
Stuco election at high school gym, 3 p.m.  
8th grade Cheer Tryouts, 3:25 p.m.  
Thursday, April 3  
5th grade math State Assessments, 8 a.m.  
7th grade math State Assessments, 10 a.m.  
6th grade math State Assessments, 1 p.m.  
Spring Media Day, 3:45 p.m.  
Friday, April 4  
No Preschool  
8th grade reading State Assessments, 8 a.m.  
7th grade science State Assessments, 10 a.m.  
8th grade math State Assessments, 1 p.m.  
Sandra Dole ECD meeting in Phillipsburg, 9 a.m. - Noon  
Writing Skills Class in Hays, 9 a.m. - Noon  
Saturday, April 5  
Forensics Meet at Colby, 7:30 a.m.  
FFA Livestock judging at Phillipsburg, 9 a.m.

## SCHOOL MENU

NCHS-NJHS  
Monday, March 31  
Breakfast-Breakfast Tornado, Picante Sauce, fruit, juice and milk.  
Lunch-Pigs in a blanket, pork and beans, rosy applesauce, broccoli and cauliflower salad and milk.  
Tuesday, April 1  
Breakfast-Pancakes, syrup, sausage links, juice and milk.  
Lunch-Steak fingers, whipped potatoes, country gravy, carrots, rolls w/margarine, pears and milk.  
Wednesday, April 2  
Breakfast-Assorted cereal, toast w/margarine, fruit, juice and milk.  
Lunch-Stuffed crust pepperoni pizza, carrots, dill pickles, peaches and milk.  
Thursday, April 3  
Breakfast-French toast sticks, syrup, fruit, juice and milk.  
Lunch-Chicken fajitas, lettuce and chopped tomato, Picante Sauce, onions and green peppers, rolls, Mandarin oranges, corn and milk.  
Friday, April 4  
Breakfast-Apple Frudel, fruit, juice and milk.  
Lunch-Beef and noodles, whipped potatoes, broccoli, Mandarin oranges/peaches, cottage cheese, rolls w/margarine and milk.

EES Menu  
Monday, March 31  
Breakfast-Monkey bread, apricots, orange juice and milk.  
Lunch-Chicken fry, whipped potatoes, gravy, cucumber slices, mixed veggies, fruit cocktail and milk.  
Tuesday, April 1  
Breakfast-Rolled-up sausage links, tater tots, oranges, apple juice and milk.  
Lunch-Western bean bake, cheese stick, corn, pears, cornbread and milk.  
Wednesday, April 2  
Breakfast-Scrambled eggs/ham, fruit cocktail, toast with jelly, grape juice and milk.  
Lunch-Pigs in a blanket, sweet potato french fries, dill spear, baby carrots, rosy applesauce and milk.  
Thursday, April 3  
Breakfast- Warm cereal with toppers, bananas, apple juice and milk.  
Lunch-Hamburger gravy, whipped potatoes, warm peas, peaches, peanut butter twist and milk.  
Friday, April 4  
Breakfast-Banana bread, applesauce, orange juice and milk.  
Lunch-Tunatini, tossed salad, strawberry fruit cup, french bread and milk.  
Northern Valley Menu  
Monday, March 31

Breakfast-Western omelet quesadilla, hash browns, pear half and assorted cold cereal.  
Lunch-Lasagna, tossed salad w/dressing, seasoned green beans and oranges.  
Tuesday, April 1  
Breakfast-Streusel top muffin, hash browns, links and assorted cold cereal.  
Lunch-Chicken strips, sauce, mashed potatoes, seasoned peas, sliced peaches.  
Wednesday, April 2  
Breakfast-Pizza bagel, eggs, fruit and assorted cold cereal.  
Lunch-Corn dogs, potato wedges, pork-n-beans and grapes.  
Thursday, April 3  
Breakfast-Oatmeal w/toppings, toast, hash browns, juice and assorted cold cereal.  
Lunch-Soft shell taco, tossed salad w/dressing, corn chips, salsa and pineapple tidbits.  
Friday, April 4  
Breakfast-Sausage biscuit, hash browns, applesauce and assorted cold cereal.  
Lunch-Fish sandwich, potatoes, coleslaw, kiwi and cookie.



**Your Vote would be Appreciated**

**VOTE**

**Ron Briery**

**for Councilman Ward 3**

Paid for by Ron Briery

**If you had a money machine?**

How much would you insure it for?

*Is that money machine YOU?*

What is your Human Life Value? \$\$\$\$

How much are YOU insured for???

Best Practices  
Bridges Group, Inc.  
INSURANCE

117 N. Kansas, Norton, KS  
785-877-4016  
Bridgesinsurance.com

**Community Meeting:**

**USD 211 Bond Issue Election**

**Sunday, March 30 at 4:00 p.m.**

**in the East Campus Auditorium.**

The public is encouraged to attend this very important meeting. Tours of the Eisenhower Elementary School and the Junior and Senior High Schools will be given at 3:00 p.m. and immediately following the meeting.

April 1st, Norton County

**Voting Locations**

- City of Norton, Wards I, II and III  
Courthouse Lobby  
Rural USD #211  
Courthouse Lobby
- City of Lenora Highland #1  
USD 211 Voters
- Lenora Community Center  
(Normal Voting Location)

**NORTON CONSIGNMENT**

**Auction** Farm Related Items

Location: 3 Miles North on Hwy. 283 to Rd I, then 3 Miles East to Rd E3; or 3 Miles East on Hwy. 36 to Rd E3, then North 3 Miles to Rd I

**Saturday, April 26**

STARTING TIME: 10:00 A.M.

To Consign: E-mail Item Description to dmcewen41@gmail.com or call 1-785-877-2279 Doris or Drop Off At McEwen Auction Office

CONDUCTED BY:  
**McEWEN AUCTION**

Need Consignments by Saturday, April 5 for Advertisement

*Garden Gate Florals Etc.*

IS PROUD TO ANNOUNCE THEIR ADDITIONAL LOCATION

**Garden Gate Garden Center**

207 N. Kansas, Norton

Full Service Garden Center Featuring:

- Trees • Shrubs • Roses
- Perennials • Annuals
- Soil • Pots • Tools

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