

Gardening can reduce injury

Gardening brings us things we value, from homegrown tomatoes to curb appeal. In addition, gardening is a lot better exercise than most of us realize.

With any form of exercise, there is risk of injury, and gardening is no exception.

Even so, research has found gardening can strengthen limbs, help the cardiovascular system and develop both flexibility and hand-eye coordination. It's adaptable to a range of physical disabilities. It even relieves tension while providing sunshine and fresh air.

Here are some tips to help gardeners benefit from the exercise, but reduce the risk:

Learn to recognize your tolerance for exertion, and don't exceed your limits. Vary activities, pace yourself and take rests.

If you get muscle aches and pains, rest and apply a cold pack at intervals throughout the day. Save heat treatment for a few days later, and combine it with stretching exercises.

Don't forget that heat-related illness can kill. The younger or older you are, the more vulnerable you are. For everyone, the risk goes up in tandem with the air temperature and dew point. So, monitor the resulting heat index — the perceived heat your body will be reacting to.



Home Time

By **Tranda Watts**
Multi-county Extension Agent

Air temperatures of 82 degrees, combined with a dew point of 82 percent equals a heat index of 95 degrees.

Drink water or juice, but not beer or caffeinated beverages. Alcohol and caffeine dehydrate.

Don't depend on thirst to tell you when to drink. Drink a pint of water before going outside and eight ounces after each 30 minutes of gardening.

Use sun screen to prevent burns and to head off skin cancer.

Wear a wide-brimmed hat and sunglasses to reduce your risk for developing macular degeneration of the eyes.

Learn to lift properly. Keep your back straight and knees partially bent. Use leg and buttock (NOT arm and back) muscles to provide the strength.

Use labor-saving devices such as garden carts and wheelbarrows to

move heavy objects.

Be sure to wear gloves when gardening. Cotton gloves can help reduce the number of scratches you get, plus prevent the blisters that often result from repetitive work.

Leather gauntlets provide even greater protection if you're working with thorny plants. Any gloves cut the odds for cuts, abrasions, torn fingernails and infections.

Finally, take time occasionally just to walk through your garden and enjoy the fruits — the value — of your labors. Some people say they feel an almost spiritual renewal from being outdoors in beautiful surroundings.

Tranda Watts is multi-county extension specialist in food, nutrition, health and safety for Decatur, Gove, Norton, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail twatts@oznet.ksu.edu. For more information, call 475-8121.

Mount Pleasant News

By **Dianne Bremer**

The Brad Euhus family, accompanied by Stuart Euhus, left Tuesday for their home in Carol Stream, Ill. En route they stopped in Missouri to visit the cemetery where their ancestors were buried and then toured Mark Twain's boyhood home in Hannibal, Mo. Stuart re-

turned home Saturday morning.

Guests the past week at the home of Walter and Betty May were Arnold and Lois Behrmann of Orange, Calif., and Arthur and Lillian Rutsch of Vista, Calif.

Weekend guests of the Roland May family were Janice Jordan,

Jahna and Joey, Fallbrook, Calif., and Steve Rutsch, Vista, Calif.

Randy Rutsch of Boulder, Colo., was a weekend guest at the John Bremer home, arriving Friday evening and returning home Monday morning.

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Golden Plains Unified School District No. 316

Honor Roll — Fourth Nine Weeks

		Principal (3.0-3.9)	Superintendent (4.0)
6th Grade			
Alyssa Babcock	Shaun Gilbert	Michael Roehl	Isaac Broeckelman
Michelle Becker	Melissa Lobato	Corey Shaw	Jonathan Broeckelman
Erika Best	Karly Miller	Jordan Spresser	
Jessica Bieker	Drake Moss	Aisha Walter	
Jenna Bruggeman	Dylan Moss		
7th Grade			
Oriana Beltran	Kelton Jones	Ivonn Vargas	Kendra Spresser
Tate Bruggeman	Tanner Moss		Brianna Taylor
			Candee VonLehe
8th Grade			
Alisha Blacketer	Tiffany Kyle	Jennie Staats	Andrew Broeckelman
Ameree Friniger	Daniel Rogers	Levi VonLehe	Caitlyn Moss
Brandy Ginther			
9th Grade			
Ryan Brantley	Clay Phillips	Elizabeth Staats	Stephanie Juenemann
Ashlee Hudson	Amanda Rall	Drew Stevenson	
Megan Jueneman	Brett Spresser	Jami Wark	
Maranda Mosier			
10th Grade			
Ashley Albers	Mark Juenemann	Sean McCurdy	Valerie Broeckelman
Jennifer Eatherly			Scott Johnston
			Jessica Shaw
11th Grade			
Stephen Mackey	Darcie Spresser		Jesse Miller
			Nichole Spresser
			Kristin Wark
12th Grade			
Courtney Albers	Casey Lewis	Adam Sabatka	Dana Broeckelman
Jesse Colson	Abbie Miller	Dusty Spresser	Samantha Juenemann
Matthew Giesenhagen	Brent Moss	Randi Stevenson	Kelsey Spresser
Jeremy Gould	David Purcell		Landon Truetkin

Honor Roll — 2nd Semester

		Principal (3.0-3.9)	Superintendent (4.0)
6th Grade			
Alyssa Babcock	Shaun Gilbert	Corey Shaw	Isaac Broeckelman
Michelle Becker	Karly Miller	Jordan Spresser	Jonathan Broeckelman
Erika Best	Drake Moss	Aisha Walter	
Jessica Bieker	Dylan Moss		
Jenna Bruggeman	Michael Roehl		
7th Grade			
Oriana Beltran	Tanner Moss	Ivonn Vargas	Kendra Spresser
Tate Bruggeman	Kelton Jones		Brianna Taylor
			Candee VonLehe
8th Grade			
Alisha Blacketer	Brandy Ginther	Jennie Staats	Andrew Broeckelman
Samantha Dice	Tiffany Kyle	Levi VonLehe	Caitlyn Moss
Ameree Friniger	Daniel Rogers		
9th Grade			
Ryan Brantley	Clay Phillips	Elizabeth Staats	Stephanie Juenemann
Alan Bruggeman	Amanda Rall	Drew Stevenson	Megan Juenemann
Ashlee Hudson	Brett Spresser	Jami Wark	
Maranda Mosier	Katelyn Spresser		
10th Grade			
Ashley Albers	Mark Juenemann	Samuel Meserve	Valerie Broeckelman
Jennifer Fatherly			Scott Johnston
			Sean McCurdy
			Jessica Shaw
11th Grade			
Brett Dible	Jesse Miller	Kristin Wark	Nichole Spresser
Stephen Mackey	Darcie Spresser		
12th Grade			
Courtney Albers	Casey Lewis	David Purcell	Dana Broeckelman
Jesse Colson	Abbie Miller	Dusty Spresser	Samantha Juenemann
Matthew Giesenhagen	Brent Moss	Randi Stevenson	Kelsey Spresser
Jeremy Gould			Landon Truetken

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