

Local grad's work tapped for display

Jered Sloan, sculptor, student at Fort Hays State University and 2004 Norton Community High School graduate, will have two of his sculptures on display during the Spring Gallery Walk in Hays.

The Spring Gallery Walk is sponsored by the Hays Arts Council. It features art in many locations in downtown Hays, the Fort Hays State University campus and all around the city. Local as well as regional talent display their interpretation of art in a variety of visual and live performing art shows demonstrated throughout the community. The Hays Gallery Walks provide a mix of entertainment venues for everyone, and admission is free for all ages.

A Fistful of Awesome, works by Mr. Sloan and fellow art student Reece Farness, will be on display at 1010 Main Street, next to the God Book Store on Main Street, in Hays. Both sculptures and paintings will be exhibited. Grand opening is set for next Friday at 6:30 p.m. and will be open until 9:30 p.m. The exhibit will also be open on Saturday, April 25 from 10 a.m. to 5 p.m.

Mr. Sloan is also part of the exhibit at the Smoky Hill Art Exhibit which will have its grand opening and reception next Friday. This is a state-wide juried fine arts competitive exhibition that runs



"Bigfoot" is an iron casting created by Jered Sloan. More of Jered's work will be on display at the Annual Spring Gallery Walk in Hays next Friday. Jered is the son of Jon and Wendy Sloan.

- Courtesy photo

through June 6.

He is a senior at Fort Hays State University and will graduate this spring with a Bachelor of Fine Arts Degree. He has been awarded an assistantship for the 2009 fall semester at Southern Illinois University in Carbondale, where he will continue his art studies, working toward a Masters of Fine Arts and Sculpture. He is the son of Jon and Wendy Sloan, Norton.

Asparagus easy to prepare and cook

Now that spring is in full swing, you should be able to find all sorts of freshly picked produce. Consider asparagus either from your home garden or your favorite store.

All you have to do is wash asparagus by rinsing it in cold water when you are ready to use it. Eat. How easy is that?

Look for asparagus with deep green or purplish tips that are close and compact. Stalks should be straight and green for most of their length with a nicely rounded shape.

Avoid spears that are shriveled, twisted or flat as they will be tough and stringy. After purchase, store asparagus in the fridge with the cut ends immersed in about one inch of water or wrap the ends in a damp paper towel and refrigerate.

To trim asparagus before cooking, hold a spear in both hands. Bend the stalk 'til it snaps. It will naturally break

Home ed
Tranda
Watts,
Extension
specialist



where the asparagus starts to turn woody.

Size is not directly related to quality. Spears may be thick or thin and still be excellent for eating. For even cooking, it is best that the spears be uniform.

How much will you need to buy? Figure about 1/2 pound per person. An appropriate serving would be 1/2 cup of chopped asparagus or 3 spears.

Though asparagus is usually eaten cooked, raw asparagus is just as tasty! Dip raw asparagus in low-fat dip for a crunchy snack.

Spread low-fat cream cheese

on your favorite crackers and top with pieces of asparagus which can be raw or cooked.

For grilled asparagus, drizzle asparagus with a bit of olive oil. Wrap in foil and put it on a medium hot grill for 5 - 10 minutes. Garnish with toasted walnuts.

Even if fresh vegetables and fruits didn't taste so good, there is another great reason for eating fruits and vegetables.

They can reduce your risk of developing diabetes, heart disease, cancers and strokes. Fruits and vegetables are great tasting, high in fiber, low in fat and calories, and snackable.

If you grow your own asparagus you know that asparagus is quickly replaceable. An asparagus stalk can grow up to ten inches in one day!

If you have further questions about individual vegetables or fruits, contact your local K-State Research and Extension Office or e-mail twatts@ksu.edu.

Girl Scouts sell 1.3 million boxes of cookies

More than 9,000 Girl Scouts across the state proved to be skillful entrepreneurs in this tough economy by selling more than 1.3 million boxes of cookies during the 2009 Girl Scout Cookie Sale. The money raised will benefit individual Girl Scouts and their troops, as well as council programs such as the financial aid program for families, community-service projects, summer camp offerings, troop trips, educational opportunities for Girl Scouts and their leaders, program

development and much more.

"People believe in the mission of the Girl Scouts and want to help the girls learn the entrepreneurial skills that are so much a part of the cookie program," said Shelly Chenoweth, Chief Executive Officer, Girl Scouts of Kansas Heartland. "We appreciate the hard work and dedication of the girls, volunteers, parents and staff members who made this year's sale a success, and we couldn't have done it without such terrific community support."

With the cookie sale now completed, Girl Scouts will soon be enjoying the benefits of their hard work. Forevery 30 boxes of cookies sold, girlsearn \$10 worth of "Cookie Credits" that are commonly used to pay for summer camp activities. These credits make it possible for many girls to attend camps in June, July and August where they can participate in a variety of activities such as ride horses, perform in music theater, sail, swim, camp, canoe, play team sports, hike and explore science and nature.

Camp registration is currently underway and is open to all girls ages 5 to 17. Girls do not have to be registered Girl Scouts to sign up for summer camps; they only need to pay an additional \$10 membership fee at the time of sign-up to begin their summer of fun and adventure. Individuals who want more information about camp sign-up can contact council staff at (785) 625-5671, toll-free at (888) 811-8832.

children living with diabetes. We serve families from Central and Western Nebraska and Northern Kansas.

Duplicate bridge met Wednesday at the Norton Manor with three tables present. Dewaine Stapp and Charlotte Meints won first place, Myron Veh and Jerry Moritz won second place.

(Items for this column may be e-mailed to nortontelegram@nwkansas.com, subject line "FYI".)

FYI

Kids In the Diabetes Zone Family Support Group announces an afternoon of fun at the Big Apple Fun Center in Kearney on Sunday, April 26 from noon to 4 p.m. Children with diabetes and their families can enjoy lunch, activities, educational speakers talking about insulin pumps and sports, and diabetes vendors. For more information or to RSVP, contact Roger Kenkel at daddyroger@frontiernet.net or 308-234-1382.

Kids In the Diabetes Zone was formed in 2005 to provide support and education to families and

Notice to County Residents

COUNTY-WIDE BURNING

Norton County Commission requests residents to use extreme caution during controlled burning. There are important steps necessary prior to doing a control burn.

(FIRST) — Contact the Norton County Sheriff's Office (785-877-5780) to obtain a permit.

(SECOND) — Sheriff's Office will contact the Rural Fire Chief to arrange your burn.

Please contact the Sheriff's Office with questions prior to any controlled burn

Happy 99th Birthday

Florence Capstick

The family is requesting a card shower in honor of her 99th Birthday on April 20th

Birthday Greetings can reach her at:
Box 314
Almena, Ks 67622

A little twisty history - and recipes

From a leaflet published by the Christian History Institute come some fascinating facts about pretzels that I never knew. Originally pretzels were an unleavened bread made by the Romans to feed the poor. Because meat and dairy foods were forbidden during the days leading up to Easter, early Christians adopted the pastry, which was made with only flour, water and salt, as a penitent food.

The distinctive pretzel knot indicated repentance by its shape, that of two arms folded across in prayer. In Latin the phrase for little arms is "bracelae," which eventually translated into German as "brezel" or pretzel. Through the years, as pretzels became popular across middle European countries, the recipe was altered to include yeast.

My experience with pretzels was limited to those crisp, brown ones sold in bags on the potato chips aisle. That style of pretzels requires a lye bath so the creation of those is best left to factories, but with a little practice and patience soft pretzels can be made easily and inexpensively at home. On a trip to Philadelphia I encountered my first homemade soft pretzels served with hot German mustard. What a revelation!

Here's the recipe from a fellow Rotary wife who lived in Paramus, New Jersey. She often made these for her big family, so I cut the recipe down to a dozen. They're so good, though, that may not make enough to suit your crew.

Collector
Chat
Liza Deines



SARAH'S SOFT PRETZELS (a dozen knots or two dozen sticks)

- One tablespoon dry yeast granules
- One tablespoon sugar
- One teaspoon salt
- Two tablespoons softened butter (not oleo)
- One cup warm water
- Two and three quarter cups flour (divided)

Put ingredients in a glass mixing bowl, using only one cup of flour and stirring water in last. Stir until it is all smooth and the yeast begins to bubble. Mix in the rest of the flour until it gets too stiff to stir, then begin kneading and knead until the dough no longer sticks to the bowl or your hands. Cover with a square of wax paper and set to rise until double in size.

While dough is rising, grease a cookie sheet well or line it with parchment paper. Make a mixture of five teaspoons baking powder and a quart of water in a non-aluminum kettle and set it to heat. Prepare a small bowl of kosher or coarse ice cream salt, a large slotted spoon and some cooling racks.

When dough has doubled, punch it down, knead just another minute or two, divide into twelve equal portions. Roll each portion into a half-inch diameter rod

about twelve inches long. Work quickly to prevent toughening the dough. For simple sticks, cut each rod in half. To make knots, form into traditional crossed arms shape and twist to secure. Place on waxed paper to rest for a couple of minutes while the soda water is brought up to a rolling boil. With slotted spoon, dunk one pretzel at a time into the soda bath, count slowly to 70, flip and count slowly to 70 again. Fish out and dry a bit on cooling racks before placing pretzels on cookie sheet. Brush with egg wash (one egg beaten up well should do the whole batch) and sprinkle generously with salt. Bake 15 minutes in a preheated 475 degree oven. Eat while warm, dipped in your favorite dip. Plain old melted Velveeta is great, so is spicy mustard.

CRUNCHY PRETZEL PIE CRUST

Commercial crunchy pretzels make an interesting change from a graham cracker pie shell. Use a rolling pin to crush a pound of pretzels, stir in half cup melted butter and two tablespoons of chunky peanut butter. Mix well, pat into two pie pans or a 10x13 glass dish and chill. Heap in your favorite creamy filling. Tasty and a nicely unexpected sweet but salty tang.

FROM THE COOK: In a recent column the expression "pot likker" was changed to "pot licker" — "taint right!" "Pot likker" is what's left in the bottom of the kettle after something yummy has been cooked. You do tend to lick it up though.

Chronic pain program rescheduled

Do you feel embarrassed because you are unable to easily do the things you used to do without even thinking about it?

Do you live with constant pain? Do you have increased medicine and equipment expenses? Here is a possible answer to some of your questions.

A rare opportunity for Gove County residents and others living in surrounding communities has been rescheduled.

It is an educational program designed to help individuals living with chronic disease or to help those who live with and help care for those living with chronic disease.

Beginning on Wednesday, April 29 and continuing for the next five weeks, K-State Research and Extension — Gove County, the Gove County Health Department and the Kansas Department of Health

and Environment will be sponsoring the Chronic Disease Self-Management Program.

Sessions will be held at the East Commons Area of the Assisted Living Apartments — GCMC, Quinter, from 6:00 p.m. until 8:00 p.m.

There will be a registration fee of \$20.00 per person but scholarships are available for those attending.

The need for this program is based on the realization that almost all individuals, as they age, will have to deal with not one but two or more chronic diseases. So it applies to everyone.

No specific chronic disease will be emphasized. This is because of the following reasons: People with chronic conditions have similar concerns and problems.

People with chronic conditions must deal not only with their disease(s), but also with

the impact these diseases have on their lives and emotions.

The major purpose of the program is for participants to learn the general principles of self-management.

Management techniques will be taught and group members will be asked to practice some of the techniques.

All those who suffer and their spouses or other friends and family members are encouraged to attend.

Registrations may be made by calling K-State Research and Extension Monday through Thursday at 785-938-4480 and are due no later than Tuesday, April 28th.

If you have further questions relating to the Chronic Disease Self-Management Program, you may call the Gove County Health Department at 785-938-2335, call Tranda Watts at 785-443-3663 or e-mail twatts@ksu.edu.

Military

Army National Guard Private Perrell S. Stanley has graduated from Basic Combat Training at Fort Sill in Lawton, Okla.

During the nine weeks of training, Private Stanley studied the Army mission and received instruction and training exercises in drill and ceremonies, Army history, core values and traditions, military courtesy, military justice, physical fitness, first aid, rifle marksmanship, weapons use, map reading and land navigation, foot marches, armed and unarmed combat, and field maneuvers and tactics.

Stanley is a 2007 graduate of Norton Community High School. He is the son of Shelli Stanley of Norton.

A Friendly REMINDER

Norton Flowers, Gifts and Greenhouse invites you to celebrate

Professional Assistants Day
Wed., April 22

Call Us for Our Specials

209 N. Kansas Ave., Norton
PHONE: 785-877-3345

CASINO NIGHT

ENJOY A NIGHT OUT WITH THE ENTIRE FAMILY

SATURDAY, MAY 2, 2009

AT THE NORTON EAGLES

FOOD — 5:00 TO 7:00 P.M.
Caffish, French Fries, Coleslaw, Drink

FUN — 7:00 TO 10:00 P.M.
Casino Games — with Funny Money

Fundraiser for the Diabetic Research Center at the University of Iowa.
Partners with the Fraternal Order of Eagles to find a Cure

AUCTION — 10:00 P.M.
Many Great Prizes to Bid on with Your Funny Money Earnings

EVERYONE WELCOME — YOUR HELP IS NEEDED TO MAKE THIS A WONDERFUL SUCCESS!

April 17 - April 22

Showing at the

NORTON THEATRE

KNOWING

(PG-13) 2 Hours, 11 Minutes - Presented in Digital Surround Sound

Friday and Saturday: 8:00 p.m.
Sunday: 5:00 p.m.
Mon., Tues., Wed.: 7:00 p.m.

Race to Witch Mountain

1 Hour, 48 Minutes (PG)

Let's Go to the Movie

All passes accepted for both movies
Check the Theatre Website at nortontheatre.com

Knowing, General Admission Price of \$6.00-\$5.00; Race to Witch Mountain, General Admission Price of \$6.00-\$5.00, Both Movies \$3 Tickets on Sunday

COMING SOON

The Haunting in Connecticut
Hannah Montana: The Movie
X-Men: Wolverine

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