

BIRTH

Jeremiah and Sarah Johnson of Norton are proud to announce the birth of their second son, Dominic Wesley, born Sept. 29. Dominic weighed 6 pounds and was 18 inches long. Dominic has a brother, Jiah Michael Johnson.



Dominic Johnson

Grandparents are Allen and Susan Ward, Norton, Glory Jenkins, Norton and Wesley Johnson, Virginia Beach, Va. Great-grandparents are Gwynn and Judy Ward of Loveland, Colo. and Amy Bauer of Larned.

Pumpkin as another option

Canned pumpkin (or fresh, for that matter) is, in fact, a healthful, filling food. Adding it to recipes, or substituting other ingredients with pumpkin, is a great way to boost the nutrition of the foods you eat without adding a lot of calories.

A half-cup of canned pumpkin has just 40 calories, but is loaded with more than 3 grams of fiber and very little fat. It also offers more than three times the vitamin A you need in a day in the form of beta carotene. That's more than you'd get from most supplements. And it's also a good source of vitamin C, vitamin K, iron and manganese.

Fresh pumpkin that's been cubed, boiled and mashed has fewer calories (about 25 per half-cup), but also less fiber (about 1-2 grams per half-cup) and somewhat less of other nutrients, but it's still a healthful if less convenient choice. If opting for fresh, choose smaller "sugar" or "pie" pumpkins instead of the large jack-o-lanterns for best results. You can also cook pumpkin, as you would any squash, by baking, microwaving or steaming it. Just rinse the outside well, cut it in half, scoop out the seeds and cook as desired until the flesh is soft.

If you decide canned is a better option for you, choose a salt-free version; canned pumpkin with salt contains almost 300 milligrams of sodium in a half-cup. And don't make the mistake of buying pumpkin pie filling,

Home ed
Tranda
Watts,
Extension
specialist



which has almost three times the calories, instead of canned pumpkin (sometimes called pureed pumpkin).

Ideas for using canned pumpkin are incredibly varied. Or if you are an adventurous cook, try experimenting with your own recipes:

Add canned or mashed cooked pumpkin to cookies, muffins, quick breads and pancakes. Experiment with the amount—pumpkin is moist, but too much can make products like these heavier than you're accustomed to.

The next time you make a pot of chili, include a can of pumpkin. It helps thicken up the chili and gives it some stomach-filling substance with very few calories. The pumpkin flavor blends in with chili spices.

Add pumpkin to soup (it's especially good with bean soup), or make a creamy pumpkin soup with canned or fresh pureed pumpkin, broth, onion, and milk, and flavored with cinnamon, nutmeg and pepper.

If you have further food preparation related questions, please feel free to contact your local K-State Research and Extension Office or e-mail twatts@ksu.

Heritage Quilt Club shares projects

The Heritage Quilt Club met Oct. 5 at the Prairie Land basement. President Kay Strevey opened the meeting by reading "Quilters Husband Lament". The speaker was the owner of Sew Country in Belleville, who talked about new trends in quilting. She demonstrated and told about new quilting tools. She had many new patterns and some patterns that were her original designs. She showed new fall and winter fabrics and panels. After her presentation members had the opportunity to shop.

Members shared projects which they had made, wall hangings and baby quilts for the hospital and Sudoku quilt. Members shared the first block for the mystery border of the year. The instructions were handed out for next month's border.

Thank you messages were read which told about the fifteen fleece blankets the members of the club made last spring and were sent to soldiers in Iraq and Afghanistan. Some of these were sent to soldiers that were family members of the club.

The club will make an opportunity quilt this year. Each member will make blocks for this quilt. A committee was named to take care of details for this project.

The next meeting will be Nov. 2 at the Prairie Land basement. This will be guest night with a trunk show by Kay Weber of Hoxie.

Stuttering awareness information available

International Stuttering Awareness Day is Oct. 22, and it's a great time to remind your readers that there are speech-language pathologists in your area who specialize in helping people who stutter.

The nonprofit Stuttering Foundation provides a free list of local specialists for your readers. Just call 800-992-9392, or visit the web site of www.stutteringhelp.org. Click on "referrals" to see this list.

In addition, there are materials in 8,500 libraries nationwide. To see if your local public library shelves has materials from the Stuttering Foundation, just click on "Check Your Library" at the web site listed above.

FYI

Earl Holbrook would enjoy getting mail while he is in Kearney receiving radiation treatments. You can send mail to: Earl Holbrook, c/o St. Johns, 3414 Central Ave., Kearney, Neb., 68848.

Duplicate bridge met at the Norton Manor with three tables present. Jerry Moritz and Jack Graham won first and there was a tie for second between Jackie Porter and Joyce Sumner and Jim Frey and Nancy Brown.

NATIONAL BUSINESS WOMEN'S WEEK OCTOBER 19-25



Kansas Council of District Governors. They are, from left, front row: DG Bill Fairchild, CC Bryce Day, DG Susan McDonald; back row: DG Bill Phillipi, DG Terry Weldin, DG Dan Funke.

—Courtesy Photo

Lions State Council to meet

Approximately 120 Lions from all parts of Kansas will gather in McPherson for the annual meeting of the State Council of Governors, Oct. 30 - Nov. 1, at the Best Western Motel Complex on E. Kansas Ave. in McPherson. Hosted by the Lions Clubs of McPherson County, the State Lions Club leaders will be meeting to continue developing plans for the year of Community Service to the 299 hometown communities

where Lions serve in Kansas.

District Governor Dan Funke of Goddard will serve as host DG for the meeting of State Council of Governors, which also includes DG Bill Fairchild of Larned, DG Bill Phillipi of Marysville, DG Susan McDonald of Auburn and DG Terry Weldin of Burlington. The State Council of Governors is Chaired by CC Bryce Day of Wellington.

Various State Committees will

also meet to make further plans for the efficient and effective delivery of the varied services provided by Kansas Lions.

The International Association of Lions Clubs is the largest service organization in the world with 1.4 million Lions serving in 45,720 clubs in 205 countries of the world, including Iraq. There are 7,124 Kansas Lions serving in 299 clubs that cover the entire state of Kansas.

Mid Century GFWC learns about H1N1

Mid-Century GFWC met Oct. 10 at Prairie Land Electric for their Federation Day Brunch. On a cold, rainy morning it was nice to be greeted with beautifully red, white and black decorated tables. Beverly Kindler, president, welcomed the 18 members and guests with the reading of "The Beatitudes for Women". Guests were Gina and Kara Frack, Susan Anthony and members of the Coterie Club. And from Alma were Shari Archer, Georgie Rorabaugh and Donnell Stewart.

Gina Frack, Director of the Norton County Health Department, gave a presentation entitled "H1N1 vs. Seasonal Flu - What Seniors Need To Know". The hope is that with proper education and precautions, we will be able to prevent a pandemic of the H1N1 flu. What is important - Get a flu shot, wash, wash, wash your hands, stay home when feeling ill, cough or sneeze into a tissue

and stay healthy by eating a balanced diet, drinking plenty of water and getting adequate rest and exercise.

Susan Anthony, a former member of Mid-Century GFWC, gave a travelogue of "The Culture of Turkey". Susan lived and taught for a year in Istanbul, Turkey. She said that Istanbul is a beautiful city and she had enjoyed her year there. She showed beautiful slides of the ancient city and also the beautiful country side.

Ms. Kindler gave everyone a scroll that featured rainbow colors with fun but true information called wisdom in one line: "Life is a journey, not a destination" and "Live your dreams as you dream them, otherwise the 'right time' may never come" are two of the one liners.

Roll call was answered with "A country I would like to visit". Hostesses were Carolyn Applegate, Darlene McEwen, and Rosalie McEwen.

Senior Center Menu

- October 26
Chicken vegetable, casserole, apricots, biscuit and cooks choice of other item
- October 27
Chili, orange pineapple salad, cinnamon roll
- October 28
Turkey dressing casserole,

- mashed potatoes and gravy, california blend veggies, tropical fruit
- October 29
Sloppy joes, pork and beans, plums, potato salad
- October 30
Chef salad, strawberries and bananas, bread sticks, fruit cobbler

Sheriff's Log

- October 15
5:30 a.m. A subject called and had run out of gas on Hwy 283.
- 5:31 a.m. Paged Under Sheriff Wenzl of the above.
- 1:28 p.m. Received a call from a subject referencing car tracks that had cut up a wheat field near Norton.
- 1:31 p.m. Under Sheriff Wenzl will meet the reporting party at the scene.
- 11:37 p.m. Received a call of a rollover on Hwy 383.
- 11:37 p.m. Advised Deputy Annon of above.
- October 16
5:16 p.m. Received a call from a subject referencing a pickup on Hwy 283 throwing beer cans out and driving all over the road.
- 5:28 p.m. Deputy Bohl advised that he followed the vehicle several miles and everything seems to be fine.
- 6:08 p.m. Received a call from a subject that their vehicle is broken down and there is a dog that is not letting him walk.
- October 17
12:57 p.m. Received a call from a subject about someone who had not finished a job that was paid up front for. Subject was put through to Deputy Bohl.
- October 18
10:48 a.m. Received a call from a subject who is going to retrieve his vehicle that someone took without permission. They would like to request a Deputy meet with them to get the matter solved.
- 10:50 a.m. Advised Deputy Bohl of the above.
- 5:17 p.m. Received a call from a subject needing an officer present while they get some belongings from a residence.
- 5:17 p.m. Advised Deputy Bohl of above.
- October 19
4:03 p.m. Received a call from a subject catching someone steal-

- ing something from a pickup.
- 4:30 p.m. Advised Deputy Land of above.
- October 20
11:32 a.m. Received a call from the Phillips County Dispatch of a house that has fire coming out of the Chimney at a residence in Alma.
- 11:33 a.m. Paged Alma Fire Department of above.
- 11:33 a.m. Paged Under Sheriff Wenzl of above.
- October 21
10:40 p.m. Received a call from Rawlins county that there is a truck that is stuck on a county road.
- 10:44 p.m. Advised Deputy Bohl of above and he will pick up the subject.

NORTON COUNTY ARTS COUNCIL, INC.
PRESENTS

SpinMaster
Brent Dellinger
World and National
Champion

SUNDAY, October 25
2:00 P.M.
Norton East
Campus Auditorium

Brent was the "National Champion" at the 2002 National Yo-Yo Contest in Chico, CA. He has been yo-yoing since August 1999. As the Spinmaster, Brent dazzles people everywhere with his yo-yo mastery. He performs freestyle routines to lively music using four different types of manipulation. Brent has been performing professionally since February 2000.

Adults-\$4.00; Jr. & Sr. High-\$2.00; 12 & Under-\$1.00; Reciprocity-\$2.00

Fall Supper
Prairie View
Reformed Church
WEDNESDAY,
OCTOBER 28
5:30 to 7:00 p.m.

CHURCH SUPPER

Turkey and Ham Dinner
with all the Trimmings
Pies and Desserts
Free Will Donation

Oct. 23 - Oct. 28

Showing at the
NORTON THEATRE
Zombieland

1 Hour, 36 Minutes (R) (Presented in Digital Surround Sound)
Friday and Saturday: 8:00 p.m.; Sunday: 5:00 p.m.
Mon., Tues., Wed.: 7:00 p.m.

Cloudy with a Chance of Meatballs

Fri.: 9 p.m.; Sat.: 8 p.m.; Sun.: 5 p.m.
Mon.-Tues.-Wed.: 7 p.m.
1 Hour, 28 Minutes (PG)

Since both movies are non-premieres, all passes accepted

Both movies are the general admission price of \$6.00 and \$5.00
\$3.00 per person for either movie this Sunday

PREMIERING IN NORTON — FRIDAY, NOVEMBER 6
A Christmas Carol (PG)

PREMIERING IN NORTON AT 12:01 A.M. — FRIDAY, NOVEMBER 20
Twilight Series: New Moon (PG-13)

This ad is brought to you by The Norton Telegram

Come join us at the Norton Theatre for Halloween Spook-tacular 2009 (if you dare). On Halloween night (Sat., October 31), the Norton Theatre will be holding a **Halloween Costume Contest**. Come dressed up at the 8:00 p.m. or the 12:00 a.m. (midnight) movies and you'll be entered into our drawing for the best dressed costume contest. The top three costumes will be awarded prizes at each showtime. At 8:00, the theatre will run the movies as normal for a Saturday Night. At midnight, we will have two special scary movies with no admission charge. We will feature Steven King's 1408 (PG-13) and the original 1984 cult classic A Nightmare on Elm Street (R) (starring Robert Englund as Freddy Kruger). For admission to A Nightmare on Elm Street, you must be 17 years old or be accompanied by an adult at least 17 or older. **HAPPY HALLOWEEN!**

The Norton Andbe Home, Inc.
received a \$100,000 gift from the
Dane G. Hansen Foundation of Logan, KS.
This grant is to be used for such
purposes as the Andbe Home's
governing body determines advisable.

A report regarding the use of funds
will be communicated to the Trustees
of the Dane G. Hansen Foundation.

The Andbe Home Board of Directors
and staff say

THANK YOU
to the Foundation for its generous gift.

PAID ADV.