

OBITUARIES

Donna M. Kortokrax

March 12, 1933 - August 22, 2010

Donna M. Kortokrax, Kalida, Ohio, died Sunday, at Medical Center of the Rockies, Loveland, Colo. at the age of 77. She was born March 12, 1933 in Norton, to the late Clifford and Winifred (Taylor) Preston.



Donna Kortokrax

On July 7, 1956 she married Richard "Dick" Kortokrax and he survives in Kalida, Ohio.

Also surviving are her children: Richard (Mary) Kortokrax of Kalida, Ohio, Randy (Mindy) Kortokrax of Columbus, Ohio, Deb (Phil) Clark of Cincinnati, Ohio, Diana (Mike) Morrow of Van Wert, Ohio, Dana (Tom Bellmann) Kortokrax of Estes Park, Colo., Beth (Keith Nartker) Kortokrax of Delphos, Ohio and Susan (Ron Parisi) Kortokrax of Kalida, Ohio; daughter-in-law: Cindy (Paul Chavez) Kortokrax

of Kalida, Ohio; 27 grandchildren; and 2 brothers: Orvis (Monya) Preston of Los Alamitos, Calif. and Lee (Joyce) Preston of Norton.

She was preceded in death by a son: Robert "Rob" Kortokrax.

Donna retired in 1997 from the Ottoville Local Schools where she had been a third grade teacher for most of her 37 years.

She also taught at Fort Jennings, Delphos St. John's and Spencerville Schools.

Mass of Christian Burial was today, at St. Michael's Catholic Church in Kalida, Ohio, with Fr. Mark Hoying officiating. Burial followed in the church cemetery.

Condolences may be expressed at: www.lovefuneralhome.com.

Arrangements were by Love-Heitmeier Funeral Home.

Ann Hazlett

December 26, 1931 - August 24, 2010

Ann Hazlett, daughter of William W. Rouse and Winifred (Corley) Rouse, was born on Dec. 26, 1931, in Norton and died on Aug. 24, at the Mitchell County Hospital in Beloit at the age of 78.

Ann attended the Norton Community School Systems. She graduated from St. Mary College, in Salina, receiving her degree in accounting. She married Lyle Webb on Feb. 5, 1951, and to this union four children were born. She later married Walter Hazlett on April 7, 1979.

She worked in her father's bank in Norton for most of her life, retiring in 1995. She enjoyed playing bridge, golf and spent many years working with the girl scouts.

Survivors include: her husband, Walter Hazlett, Norton; four children, Diana Craig, San Clemente,

Calif., Mike Webb, Natoma, Janette Bertholf, Clearwater, Fla., JoAnn Washburn, Steamboat Springs, Colo.; two stepchildren, Joyce Quinn, Almena and Dan Hazlett, Norton; one sister, Judith Rooney, Satanta., nine grandchildren and six great-grandchildren.

She was preceded in death by her parents, brother-in-law Archie Rooney, and two sons-in-law Max Craig and Keith Bertholf.

Funeral services were held Thursday at Enfield Funeral Home with Jim Rowh officiating. Burial was in Norton Cemetery. A memorial has been established for Whispering Pines, Norton. Condolences may be left at www.enfieldfh.com.

Arrangements were by Enfield Funeral Home of Norton.

Junk food has many secrets

We know that the best sources of dietary fiber and vitamins are fresh fruits and vegetables, and whole grains. So why do processed, fortified, packaged "junk" foods scream for our attention? Food marketers tweak the truth in many ways to get our food dollars. Be aware of three major ways, described below.

Whole grain versus "Made with" whole grain. Look for ingredient lists showing whole wheat, oats or another whole grain first. This assures that you're getting whole grain foods and the valuable nutrients they provide. A whole grain food gets more than half of its weight from one or more whole grains. (By definition, "whole" means that all three parts are present - the bran, germ and endosperm). Food labels list the ingredients in order of weight.

Home ed Tranda Watts, Extension specialist



A food labeled as being "made with" whole grain or multi-grain gets less than half of its weight from whole grain. "Refined wheat flour" will likely be the first ingredient on the list.

Added Sugars. It's very difficult to calculate how much added sugar you eat. Did you know that the average American eats 22 teaspoons of added sugars each day? That far exceeds the six to nine teaspoons a day recommended for adults. Food products are not

required to list how much sugar is added. Ingredient lists use a variety of names for added sugars. When all of the different forms of added sugars are combined, you may find that sugar, in some form or another, is the main ingredient of a product. Regular (not diet) soft drinks are the main source of added sugars in the U.S. To reduce your intake of added sugars, drink 36 or fewer ounces per week of all sugar-sweetened beverages.

Dietary fiber. Fiber is associated with lower blood cholesterol and blood sugar levels, with improved "regularity", and with weight loss, to name just a few benefits. Many health experts recommend increasing dietary fiber intakes. However, many products on the market advertise a higher fiber content because of added isolated fibers, mostly purified powders

called inulin, polydextrose and maltodextrin. Isolated fiber that's added to foods that are not traditional sources of dietary fiber (such as ice cream, yogurt, juices and drinks) does not have all the health benefits of natural dietary fiber.

Bottom line: People living in the U.S. spend 90% of their food dollars on processed foods. Yet processed foods provide less nutrition and fewer health benefits than fruits, vegetables and whole grains.

By decreasing our intake of processed foods, we could save money. We'd save on our health-care costs, too.

For further information, please feel free to contact your local K-State Research and Extension Office or you may e-mail twatts@ksu.edu.



Ardith and Raymond Scheetz

Together for 45 years

Raymond Scheetz and Ardith Thibault were married Sept. 4, 1965 in Esbon. After a honeymoon in the Colorado mountains they began married life in the rural Jennings area, where the first three children were born; Michelle, Christopher and Steven. They then moved onto the family farm located between Clayton and New Almelo where Jared and Sara were born and where they still reside. Through the years they have welcomed sons and daughters' in-law with grandchildren and a great-grandchild to add to their circle of life and love.

Michelle and husband Alan Goldsby and their children; Chris and wife Julie Scheetz and their daughter; Steve and fiancée Janice Jacobs and children; Jared and wife Stacy and children and Sara and husband Troy Collins and children, invite you to join them in wishing Ray and Ardith a happy and joyous 45th anniversary at a dance hosted for them in New Almelo, at the St. Joseph gymnasium, beginning at 8 p.m. on Sept. 4.

The couple requests no gifts please, your presence is gift enough.

FYI

Norton Community High School Class of 1970 is having their 40th reunion on Sept. 11 at the PDRA Recreation Center. Teachers, friends and family are invited to attend the social hour from 6 p.m. to 7:30 p.m.

There were three tables at Duplicate Bridge on Wednesday. First place went to Joyce Sumner and Jackie Porter; second place went to Bob Jones and Karla Latimer; third place went to Norman Walter and Claudia Bridges.

American Red Cross Blood Donor Trina Shields of Norton, is a recent winner of a \$100 gas card.

Anyone who presents to give blood at a Red Cross blood drive or donor center through Sept. 15 is automatically entered to win a \$100 gasoline card. There will be one lucky winner each day. All winners can be found online at www.redcrossblood.org/RCR/gaswinners.

Shields, winner of the Aug. 4 drawing, is also entered into a drawing for a 2011 Ford Fiesta.

Parents at events

Children are typically pleased when parents attend school events, yet, for many parents, it's simply not possible to attend every event, a Kansas State University specialist said.

Supporting a child and his or her activities matters; it helps a child to know parents encourage his or her education, participation, growth, development and accomplishments, said Charlotte Shoup Olsen, K-State Research and Extension family systems specialist.

Yet, helping a child understand that there are many demands on a parents' time also may be a growth opportunity for the child, she said.

When not able to attend an event, explain to the child that you are sorry to miss the event, but that you will look forward to hearing about it, said Olsen, who encourages parents to make sure that they then make time to listen.

Allowing a child to manage on his or her own occasionally

(without parents in the cheerleading section) also can help a child become a more self-confident individual, the family systems specialist said.

More information on managing family relationships successfully is available at county and district Extension offices and online at: www.ksre.ksu.edu.

K-State Research and Extension is a short name for the Kansas State University Agricultural Experiment Station and Cooperative Extension Service, a program designed to generate and distribute useful knowledge for the well-being of Kansans. Supported by county, state, federal and private funds, the program has county Extension offices, experiment fields, area Extension offices and regional research centers statewide. Its headquarters is on the K-State campus in Manhattan.

For more information: K-State Research and Extension News Media Services Elaine Edwards, coordinator elaine@ksu.edu.

Student News

Travis L. Ray, a 2008 graduate of Norton Community High School, has been chosen to receive the 2010-11 award honoring the Outstanding Freshman Chemistry Student at Fort Hays State University.

Travis received a copy of the CRC Handbook of Chemistry and Physics and a certificate announcing the award.

"In making this award the chemistry faculty recognizes your outstanding performance in the first two chemistry courses and encourages you to continue to excel in the field of chemistry," wrote James R. Hohman, Chair and Professor Chemistry, Fort Hays State University.

Travis is the son of Kerri and Douglas Ray, Norton.



Mike and Reta Barlow

Married for 45 years

Mike and Reta Barlow, Lenora, will be celebrating their 45th Wedding Anniversary on Aug. 28.

They were married in Atwood in 1965.

Children of the couple are Troy and Lori Barlow of Ulysses, Teresa and MSgt. Kelly Jones, Honolulu, Hawaii, Trendy and Rex Striggow, Norton, EOD

1 (Retired), Tracy and Angie Barlow, Bloomington, Ind. and BOD 1 (U.S. Navy Bomb Squad), Trevor and Lisa Barlow, Bloomfield, Ind.

They have 19 grandchildren and 2 great grandchildren.

Cards or notes can be sent to Mike and Reta at P.O. Box 253, Lenora, KS 67645

Field day at Colby

The Northwest Research-Extension Center in Colby will host its 2010 horticulture field day on Wednesday, Sept. 1.

The field day features the latest research and other information from Kansas State University, including the results of the annual Prairie Star flower trials.

Registration begins at 5:30 p.m. at the NW Research-Extension Center, which is approximately 1 mile south of Hwy. 24 on Experiment Farm road. There is no cost to attend the field day.

Topics to be discussed include: local insect populations and pests,

turfgrass maintenance, the Prairie Star annual flower trials, and tree selection and care.

In addition, local Master Gardeners will be available before and after the presentations to provide information about their program, which is supported by K-State Research and Extension throughout Kansas.

The program is expected to conclude by 8 p.m. For more information, interested persons may call the NW Research-Extension Center at (785) 462-6281, or e-mail Vicki Brown at vbrown@ksu.edu.

NCHS Class of 1950 60 Year Reunion

Friday, September 3, Norton American Legion 6-10 p.m. for Family and Classmates
Saturday, September 4, Attitudes 6-10 p.m. for Family and Classmates

Open House at the Norton County Museum 2:00-4:00 p.m. Saturday, Sept. 4 and Sunday, Sept. 5

BIRTH

Jeremy Allen Janssen was born July 20 to Kelsey and Jesse Janssen.

Jeremy weighed 7 pounds 4 ounces and was 21 1/2 inches in length.

Grandparents are Dewayne and Aurelia Jackson, Norcatour,



Jeremy Allen Janssen

Donna and Chuck Czeschin, Rosebud, Mo.

His great-grandparents are Forrest and Inez Jackson, Norcatour, Warren Smith, McClave Colo. and Kenneth and Evelyn Bohl, Rosebud, Mo.

Aug. 27-Sept. 1

Showing at the

NORTON THEATRE

Inception

2 Hours, 39 Minutes (PG-13) Presented in Digital Surround Sound

Friday and Saturday: 6:30 and 9:15 p.m.
Sunday: 4:00 and 6:45 p.m.
Monday, Tuesday & Wednesday: 7:00 p.m.

Dinner for Schmucks

2 Hours (PG)

General Admission: \$6.00 and \$5.00 for Inception/\$3 Ticket Sunday
General Admission: \$6.00 and \$5.00 for Dinner for Schmucks/\$3 Ticket Sunday

Since both movies are non-premieres, all movie passes accepted

Check the Theatre website for Upcoming Events nortontheatre.com

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