

OBITUARIES

Geraldine Hutchens

August 15, 1930 - March 23, 2011

Geraldine May Hutchens, daughter of John Henry and Clara Lu Nettie (Mayer) Steinke, was born Aug. 15, 1930, in Beaver City, Neb. and died at the Good Samaritan Hospital in Kearney, Neb., on March 23, at the age of 80.

Geraldine grew up on the family farm and attended the schools at Beaver City. On Feb. 8, 1950, she married James Hutchens in Norton. They made their home in several communities including Oxford and Holdrege, Neb., Walnut, Iowa, and Hendley, Neb., before moving to a farm northwest of Norton. In 1958, they moved into Norton.

Geraldine was a member of the Norton Christian Church.

Survivors include: her husband, Jim Hutchens, of their home in Norton; three daughters, Rebecca, and husband, Larry Van Sickler, Bella Vista, Ark.; Brenda,

and husband, Eric Glenn, Rogers, Ark.; Dottie Poage, Rapid City, S. D.; 5 grandchildren; 9 great-grandchildren; one sister, Clara-bell Brakhahn, Arapahoe, Neb.; other relatives and friends.

Geraldine was preceded in death by her parents, her grandson, Chester Poage, her son-in-law, David Poage, two brothers, Raymond and Ivan Steinke, and four sisters, Ernestine Kinne, Pauline Morse, Christine Petersen, and Martha Sturtevant.

Funeral services will be Saturday, March 26, at 10:30 a.m. at the Enfield Funeral Home, 215 W. Main, Norton. Burial will be in the Norton Cemetery. Memorial is to Norton Senior Center. Friends may call at the Enfield Funeral Home today from 3 p.m. until 8 p.m.

Arrangements are by Enfield Funeral Home of Norton.

Learn about Sugar Alcohols

Home ed
Tranda
Watts,
Extension
specialist



containing more than 5 grams of sugar alcohols, take half of those grams and subtract them from the total grams of carbohydrates listed on the label. So, if a food has 6 grams of sugar alcohol and a total carbohydrate count of 15, then subtract 3 (half of 6 grams) from 15, and count that food as having 12 grams of carbohydrates.

When you do the math, you might find that foods with sugar alcohols may not really have more carbohydrate grams than comparable foods made with regular sugar, corn syrup or other caloric sweetener. But sometimes the adjusted carbohydrate count might be higher - it just depends on the food. Perhaps replacing sugar with sugar alcohol requires the addition of other carbohydrates to make the formulation work.

This shows how important it is to always look at the Nutrition Facts label.

Sugar alcohols have less of an effect on blood sugar than other carbohydrates partly because they are not completely absorbed into the bloodstream. While that's an advantage for blood sugar levels, it also can cause digestive problems. Many people report bloating, gas or even diarrhea when they consume too much sugar alcohol.

How much is too much? Everyone is different. If you're not accustomed to eating foods with sugar alcohol, be aware of the potential disadvantages.

If you have further questions, please contact your local K-State Research and Extension Office or e-mail twwatts@ksu.edu.

If you are a person with diabetes, you will want to learn as much about "sugar alcohols" as possible.

Some foods contain sweeteners called "sugar alcohols," including sorbitol, mannitol, maltitol, xylitol, isomalt and erythritol. These sweeteners aren't sugar or alcohol, but their chemical structure is somewhere in between, hence the name.

Sugar alcohols have half the calories of regular sugar, 2 calories per gram, compared with 4 calories per gram for sugar and other carbohydrates. Because of that, they're often used in products to reduce calories but stay sweet. You might find them in a broad range of products, including chocolate, candy, chewing gum, ice cream and other frozen desserts, cook-

ies and other baked goods, fruit spreads, and even toothpaste and mouthwash.

But this adds a complication for people with diabetes or anyone else who counts carbohydrates as part of their intake. Grams of sugar alcohols are listed on Nutrition Facts labels, but they don't need to be counted as much as regular carbohydrates. The American Diabetes Association recommends doing some math: For any food

Local sixth grader serves as House page

Carson Wallace, son of Bryan and Lee Ann Shearer, Norton, served as a page in the Kansas House of Representatives on Wednesday, March 16th. Carson is a sixth grader at Norton Northern Valley in Long Island.



Carson Wallace

There were over 40 other pages from counties across Kansas. Carson's day consisted of checking in at the page office, getting to shake the hand of Governor Brownback and have a photo taken with the Governor and Rep Cassidy, being sworn in as an employee of the House, working as a page on behalf of Representative Ward Cassidy and other Representatives, lunch with Rep. Cassidy and a guided tour of the historic Capital. While Carson was paging, the house voted on three bills and one ACT was read on the floor.

Mr. Wallace is to give a short report at the Republican committee Meeting scheduled for the first Thursday of April.

Rebecca Wetter was very helpful in setting up the page assignment and can be contacted for those interested in the same opportunity.

Inside seed planting time

Kay Melia
vkmelia@yahoo.com

And now, soon to come, one of the most enjoyable and productive gardening projects of the year. That's my humble opinion. It is time to grab a few seeds and some quality starting soil mix and grow a few of your own transplants! It's a project more of us should tackle, and here's why.

When you start your own transplants, you have the freedom of selecting the variety of tomato or the type of pepper you really want to grow in your garden. If you haven't been overly pleased with the variety [or quality] of the store bought transplants in the past, it just makes sense to try growing your own. It also gives you the opportunity to get yourself involved in the gardening process earlier in the season. Let me be very clear here. Very few of us ever have a quarrel with the transplants we purchase each spring at the community's reputable greenhouse and garden center, if we're fortunate enough to have one. But for those of us

who don't, or if we are insistent on growing a specific variety, this "grow your own" project is most worthwhile.

It's simple to determine when to start your transplants. In the case of tomatoes or peppers, remember that it will be May 10th to 15th before you should plant them outside. To grow a garden-ready transplant requires about 7 weeks of indoor care before they are ready to go outside. Cabbage and broccoli plants can withstand a bit of frost, so they can go outside about May 1st, or earlier. So, just count back 7 weeks from the outside planting dates and you should come up with March 22nd to March 27th. The time to act is very near.

So, pick up a small bag of seed starting formula soon. Do NOT try to start your seed in regular garden soil. Locate some kind of plastic tray or pan in which to start your seeds. Now comes the most critical part of the procedure. Just as soon as the plants emerge, move the tray into an area of very bright light, but not direct sun.

Failure to follow that step in the process will result in tall, leggy, yellow, useless plants. So-called "grow lights" are best, but there are very few homes that cannot provide an area where there is 10 to 14 hours per day of very bright light. Again, failure to do so will result in project failure.

When the little plants get their first set of true leaves, repot them into their own individual little 2 x 2 inch peat or plastic cubicle. Keep them in the intense light until outdoor planting time. During their final week of indoor captivity, let them outside on nice days for a couple of hours so that they will get used to what is in store for them at planting time.

It's a fun project, allowing you to plant what you specifically desire. It also allows you to get your hands dirty just a little earlier. Questions? Call me or send me an Email at vkmelia@yahoo.com.

BIRTH

Randy and Teresa Clydesdale, Norton, are proud to announce the arrival of Luke Robert.

He was born on February 25 and weighed 7 pounds 2 ounces and measured 19 1/2 inches long. Luke was welcomed home by older



Luke Clydesdale

siblings Mackenzie & Derek.

Grandparents are Robert and Sally Clydesdale, Edmond, Frieda and Bernard Goetze, Oberlin, and Victor Ritter, Jennings.

Great-grandparents are Doris Clydesdale, Norton, and Lloyd and Glenna Sproul, Norton.

Student News

The University of Nebraska at Kearney has announced the names of students who have earned a place on the Deans' List for the fall semester.

To earn a place on the Deans' List, university students must complete 12 credit hours, or more, with a 3.5 or better overall average. At least 12 of the hours must be for quality points, i.e., 4.0 for and "A", 3.0 for a "B"

and 2.0 for a "C". Courses taken on a credit/no credit basis do not earn quality points, and cannot be included among the necessary 12 credit hours.

Deans' List students will receive a certificate from their respective deans.

Students from Norton that are on the Deans' List are: Austine Dole and Alyssa Kaus.

Projects are needed

The Norton Junior High School Service Learning Day will be held on April 25th from approximately 1-3 p.m. This day provides the students an opportunity to give back to the community, work together, and instill a sense of pride in helping others.

We are currently looking for projects for this year's Service Learning Day. The students have provided a variety of help over the past years.

Some of the work that can be done includes: picking up trash/branches, weeding, painting, general clean-up, washing cars/windows, sweeping and many other jobs. All students will be accompanied by an adult and will be in groups of 6-7 students. Many individuals and businesses have benefitted from the students help in the past.

FYI

There were three tables at Duplicate Bridge on Wednesday. First place went to Myron Veh and Jerry Moritz. There was a three way tie for second: Norm Walter and Jake Durham; Jackie Porter and Joyce Sumner; Jack Graham and David Graham.

Senior Menu

March 28:
Hamburger, potato rounds, corn, bun, apricots.

March 29:
Chili with beans, orange pineapple salad, crackers, cinnamon roll.

March 30:
Chicken dressing casserole, mashed potatoes, gravy, seasoned carrots, rosy pears.

March 31:
Swiss steak with tomatoes, seasoned broccoli, applesauce gelatin, bread, cook's choice complement.

April 1:
Baked fish, hash brown casserole, coleslaw with carrots, bread, fruit mix.

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**CONSTRUCTION EQUIPMENT
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AUCTION**

**Bidding starts to close Thurs.,
March 31 at 10 A.M. CDT**

Excavators: '07 Bobcat, '06 Badger, '04 CAT, '06 Komatsu PC400LC, JD 200LC **Graders:** '97 Champion, '94 CAT **Dozers:** CAT D3G LGP **Backhoe:** JD 3105E **Grinders:** '09 Duratech **Trenchers:** Vermeer V-120, V-8100, & T-655 **Paving:** Gomaco GT3600 **Loaders:** '98 & '93 CAT, '90 JD, **Skid Steers:** '08, '05 & '03 Bobcats, **Plus:** cranes, tractors, heavy trks, trailers, autos, boom lifts, fuel/lube, and many more.

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**Club and social news can be called in to
Harriett at 877-3361**

March 25-
March 30

Showing at the
**NORTON
THEATRE**
Gnomeo and Juliet

1 Hour, 30 Minutes (PG)

Friday and Saturday: 8:00 p.m.
Sunday: 5:00 p.m.
Monday, Tuesday, Wednesday: 7:00 p.m.

I Am Number 4
(Presented in Digital Surround Sound)
1 Hour, 52 Minutes
(PG)

All passes accepted
for I Am Number 4, all passes
accepted for Gnomeo and Juliet

Gnomeo and Juliet is General Admission \$6.00 & \$5.00 - Sunday Tickets \$3
I Am Number 4 is General Admission \$6.00 & \$5.00 - Sunday Tickets \$3

COMING SOON

FRIDAY, APRIL 1
Battle LA (PG-13)
**PREMIERING IN NORTON
RIO (PG)**

This ad is brought to you by The Norton Telegram

Bella Sole
tanning-aqua massage-infrared sauna

will open
Monday, March 28

Bella Sole is under new management and the new owners are very excited for everyone to come check us out. Give Mindy a call for an appointment for: uv tanning, aqua massage, sauna treatment, body wrap, or a spray tan in the mystic tanning booth.

**OPEN AT 9:00 A.M. ON
MONDAY, MARCH 28
212 W. PEARL, NORTON
785-874-4014**

**Master
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200 W. 8th, Hays, KS
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will have a pick up and delivery location at:

**Moffet Drug
Pharmacy** 102 S. State
Norton, Kansas
785-877-2721

**Clothes that the driver picks up on Tuesday's
will be returned on Thursday's; clothes picked
up on Thursday's will be returned Tuesday's**

Effective Tuesday, March 22