

# OBITUARIES

## John G. Campbell

January 14, 1927 - March 29, 2011

John Gerald Campbell, 84, Hoxie, died Tuesday, March 29 at the Sheridan County Health Complex, Hoxie. He was born January 14, 1927 to John and Mary Margaret (Zimmerman) Campbell at Hays.

Gerald was a farmer and lived in Sheridan County all his life. He was a member of the Immaculate Conception Catholic Church, Leoville, and the Hoxie Elks Lodge.

Gerald was preceded in death by his four brothers, Bernard, Maurice, Robert and Donald,

and his sister, Geneva. Survivors include one sister-in-law, Louise Campbell of Manassas, Va., and many nephews, nieces, cousins and other relatives.

Funeral services were held today at the Immaculate Conception Catholic Church, Leoville, with burial following in the church cemetery. Memorials are suggested to the church, Sheridan County Health Complex or the Sheridan Amusement Company.

Arrangements were by Mickey-Leopold Funeral Home of Hoxie.

## Dorothy Cole

November 24, 1924 - March 26, 2011

Dorothy Erickson Cole, youngest child William and Florence Erickson, was born on a farm west of Norton on Nov. 24, 1924. She died on March 26 in Wichita Falls, Texas at the age of 86.

Dorothy attended a rural school near the family farm through the eighth grade. She attended Norton Community High School, graduating with the Class of 1944. After graduation, she worked at Browne's Clothing Store, the County Register of Deeds and Worden's Jewelry in Norton. She married Loren Cole on Nov. 24, 1948 in the Congregational Church in Almena. They were married 62 years and three months. Two children blessed this union, Carla and Allen. Both were born in Cheyenne, Wyo. In 1958, the family moved to Burkburnett, Texas where they still reside.

Dorothy was preceded in death by her parents; two sisters, Edna Erickson Lesh and Audrey Erickson Nystrom; brother-in-law, Gilbert Lesh; and brother, Perry

Dale Erickson.

Dorothy was a member of the First United Methodist Church of Burkburnett, Texas where she was a life member of the Ethel Melton Circle Class. She was a 50 year member of the Burkburnett Order of the Eastern Star.

She is survived by her husband, Loren; daughter, Carla; son, Allen; four grandchildren; three great grandchildren; several nieces and nephews and many friends.

Dorothy's favorite times and memories were spending time with her family and friends at the lake house at Possum Kingdom Lake. She loved her family and friends, the First United Methodist Church, the Order of the Eastern Star and the Burkburnett community where she lived.

Memorial services will be conducted on Saturday, April 2 at 1 p.m. at First United Methodist Church of Burkburnett, Texas, with the Rev. Don Pellikan officiating.

# BIRTH

Jacob Connor Smith was born Feb. 21 at Mercy Regional Health Center, Manhattan.

Jacob weighed 8 pounds, 6 ounces and was 20 inches in length.

His parents are Bryan and Yawna Smith, Blue Rapids. Jacob has a four



Jacob Smith

year old brother, Zachary.

His Maternal grandparents are Dennis and Helen Moennich, McPherson.

His paternal grandparents are Rebecca Smith, Norton and the late David Smith.

# 4-H NEWS

The Annual Regional 4-H Club Day event was held at Smith Center on Friday, March 25. Top selections from Norton, Phillips, Graham, Rooks, Ellis, Trego, Smith Counties were involved. A total of 71 individuals and group entries were given representing Demonstrations, Talks, Readings, Music Selections, Talent, Skits and Model Meetings.

The results for Norton County were as follows:

Quentin Wentz, Project Talk, Red; Bryndon Wentz, Junior Demonstration, Blue; Amy Wentz, Junior Demonstration, Blue; Rebecca Wentz, Senior

Demonstration, Blue; Wyatt Wentz, Senior Demonstration, Top Blue; Wyatt Wentz, Public Speaking, Blue; Cedar Ridge Club, Dance, Red; Cedar Ridge Club, Skit, Blue; Amy Wentz, Dance, Blue; Rebecca Wentz, Instrumental, Red; Jace Ruder and Ryan Johnson, Instrumental Ensemble, Blue. These selections were the top numbers chosen from each respective county club day event held earlier in March.

Keith Vanskike, Twin Creeks Extension District, Norton County Agent, attended and procured the talent judge, Andrea Spanier from Oberlin.

# FYI

The annual Norton Community High School Track meet will be held on Friday, April 8, at Travis Field. Competition will begin at 3:30 p.m. Due to the large number of staff and students involved with this event, Norton Community High School will dismiss at 2:45 p.m. on that day, buses will run at normal times. The early dismissal affects students in grades 9 - 12 only.

Duplicate bridge had two tables on Wednesday. First went to Myron Veh and Jerry Moritz; there

## Senior Menu

**April 4:** Cheeseburger macaroni, Italian blend vegetables, peaches bread, pudding.

**April 5:** Polish sausage with kraut, mashed potatoes, gelatin with fruit, bread, butterscotch squares.

**April 6:** Oven fried chicken, potato salad, baked beans, roll,

cook's choice fruit.

**April 7:** Liver and onions, gravy, green bean casserole, beets, bread, pineapple upside down cake.

**April 8:** Tuna and noodles, peas, country tomatoes, roll, strawberries and bananas.

# Tips to lower salt intake

## Home ed

Tranda Watts, Extension specialist



Children are much like adults, in that they, too, are consuming significantly more than the recommended daily allowance for sodium. Researchers have reported that some four year old's were consuming 4.7 grams of sodium a day, which was more than three times the then daily recommendation of 1,500 milligrams.

We all need salt, which works in tandem with potassium to regulate pressure inside and outside the cells in our bodies. Too much salt can cause retention of fluids, and that makes it more difficult for potassium to do its pump-like job in regulating body fluids and causes blood pressure to rise.

Physicians are seeing high blood pressure in young children, and have linked it to asthma, as well as osteoporosis and stomach cancer in later years. The research is ongoing, and the new United States Department of Agriculture Dietary Guidelines released early this year have lowered the recommended daily allowances for sodium to 1,000 mg (for young children) and encourages no more than 1,500 mg for older children.

Trimming the salt from meals and snacks is best when it's a gradual process. Making food an issue isn't likely to create harmony.

Salt is an acquired taste, and, while some salt occurs naturally in foods (such as milk), processed and fast foods are the primary source of sodium for most Americans.

Children often will be introduced to salt through baby and toddler foods that may have been salted to improve taste. Parents are encouraged to read labels and choose lower salt versions of processed foods.

Parents do, however, have an opportunity to effect change, as they choose the food brought into the home and, at least, for young children, can guide selections in restaurants. Parents are urged to evaluate the sodium in the family's current diet and to begin a offering more foods that are lower in sodium at home and away from home.

Model healthy choices. We've all seen parents or grandparents

eating at a restaurant with a toddler nibbling on French fries, which, in addition to being salted, have been deep fried.

Carrying along a small reusable container with carrot strips, apple wedges, veggies and low-fat dip, or dry whole-grain cereal or crackers can satisfy a child, or an adult for that matter, without encouraging a taste for foods high in sodium that can harm health. These tips are offered for parents to improve the family's eating habits: Ease into gradual change, rather than going cold-turkey. Put the salt shaker away. Begin reducing processed foods, and increase health-promoting fruits and vegetables into daily meals and snacks. Read Nutrition Facts Labels to know what you are eating, and re-read labels periodically on frequently used processed food products because formulas can change. Look for foods with labels that say "No Salt Added" and, again, read Nutrition Facts Labels. If a claim of "lower" or "reduced" sodium, the question becomes "lower than what?" or "reduced from what?" Be aware, as formulas for reduced sodium products may contain more sugar or other sweeteners. Compare Nutrition Facts Labels on similar

products from different sources, and choose the product that is lower in sodium. For example, in checking the sodium in graham crackers, we found that a national brand of honey grahams and store brand each contained 180 mg of sodium per serving, and store brand with cinnamon 105 mg per serving.

The reduced salt version of a popular whole-grain cracker contained 60 mg of sodium per serving, while the original version of the cracker offered 230 mg per serving.

In checking frozen, family-sized pizzas, we compared the sodium per serving in three offerings with similar toppings, and found that the sodium per serving offered choices for consumers: 680 mg; 800 mg; and 810 mg per serving.

Does that mean the family will need to give up pizza?

No, choose the product with the lowest possible sodium content or making a pizza together for family fun and savings on grocery dollars.

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

# 40's Big Bands and potatoes

Kay Melia

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I'm not sure why I'm sitting here writing about potatoes (while listening to some fine old Big Band music that I grew up with in the 40's...Artie Shaw, Glenn Miller, Bennie Goodman, etc.) when 95 percent of those who plant potatoes in their gardens have their own precise ideas about how to plant, nurture, harvest and store, and whatever I say about growing spuds will result in extreme boredom.

Maybe it's the music. Those wonderful old Big Bands were dominant in the pop-music world when I was a kid down in Ford County 70 to 75 years ago when almost every family planted at least a half acre of spuds each spring, and stored them in the root cellar for the winter. About the 1st of March each year, my Dad would hitch up the two row lister (with power lift) to the old 10-20 International tractor and list about 15 rows, 50 yards long. Then we would go to J.M. Maricle's Grocery and pick up a 100 pound sack of white Irish Cobbler seed potatoes, and another 100 pound gunny sack full of Red Warbas. We saved the gunny sacks (and many others) for fall storage. It would take almost a week to cut the potatoes into seed pieces, let them cure for a few days, and then plant them about St. Patrick's Day in those previously prepared lister rows.

After the spuds emerged, the work began. My parents appointed me to walk up and down the potato rows with a coffee can half full of kerosene (we called it coal oil) flicking the hoards of Colorado Potato Beetles into the can, one at a time. Failure to do so would of course result in crop

failure. Today, a light sprinkling of five percent Sevin dust does the job. At harvest time, out would come the lister and the 10-20 and the spuds would be dug, cleaned, and stored in the gunny sacks in the root cellar. The next year, the process would be repeated. Everybody ate lots of potatoes in those days!

That was in Ford County, many miles south of Goodland, Colby and Norton, where it made good sense to plant potatoes on St. Patrick's Day because their season is about two weeks ahead of us and the soil temperature is always close to 50 degrees while ours is closer to 40. Other garden crops such as peas, onions, radishes, and spinach enjoy cool soils, but potatoes, which are slow to emerge anyway, will kinda just lie there.

I'll plant my potatoes about the 15th of April, maybe even the 10th if the soil has warmed a bit. Just as soon as the plants emerge, I'll be on red alert for the beetles, which are almost sure to raise their ugly heads. When they are six to eight inches tall, I will mulch heavily, almost to the point of covering up the plants, with many bags of leaves that I saved from last fall. A deep mulch in the potato patch is the most important step to a bumper crop!

Today's best seed potato varieties are Kennebec (white), Yukon Gold (yellow), Red Pontiac, Norland (red), Dakota Crisp (white) and Norkotah Russet. Always buy Certified Seed at your favorite garden center. And if the proprietor can provide you with an album of Harry James or Tommy Dorsey music, I guarantee you that your potato crop will thrive, beetles and gunny sacks not withstanding.

## Easter Musical planned

The Church of God Choir will be presenting the Easter Musical "The King Is Coming" on April 14th and April 17th.

On Thursday, April 14th at 7 p.m. the performance will be at Whispering Pines. On Sunday, April 17th there will be two performances. The first performance

will be at the Church of God at 10:45 a.m. The second performance will be at The Andbe Home in the Activity Room at 2 p.m.

The cantata is narrated by Phil Loughry, and a solo will be sung by Terry Hillman.

The public is invited to attend any of the performances.

## Employee is honored

Eugene Burton, Refrigeration and Air Conditioning Service Technician Senior, was recently recognized for 10 years of service

with the Kansas Department of Transportation. Burton works for District Three, in Norton.

## Your vote counts! Vote on April 5!



Help Us Celebrate  
50 Years Together

**Jim and  
Georgia  
Moser**

Open House

April 9, 2011  
2:00-4:00 p.m.

At the  
Cross Roads Church  
311 West Lincoln  
Norton, Kansas

## Vote on Tuesday!

**Jerry Moritz**

**VOTE** for  
City  
Council

**WARD 3**

I WOULD APPRECIATE YOUR VOTE

PAID POLITICAL AD BY JERRY MORITZ

Showing at the  
**NORTON THEATRE**  
**I Am Number 4**

1 Hour, 53 Minutes (PG)

Friday and Saturday: 8:00 p.m.  
Sunday: 5:00 p.m.

Monday, Tuesday, Wednesday: 7:00 p.m.

**Battle: Los Angeles**

(Presented in Digital Surround Sound)  
2 Hours, 3 Minutes  
(PG-13)

All passes accepted  
for I Am Number 4, all passes  
accepted for Battle: Los Angeles

Battle: Los Angeles is General Admission \$6.00 & \$5.00 - Sunday Tickets \$3  
I Am Number 4 is General Admission \$6.00 & \$5.00 - Sunday Tickets \$3

**PREMIERING IN NORTON**  
**FRIDAY, APRIL 15**  
**RIO (PG)**

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