

# Learn how to limit salt — and like it



## Home ed Tranda Watts, Extension specialist

You weren't born with a love of salt. The good news is that you can retrain your taste buds. If you gradually decrease the sodium and salt in your diet, you will find that your taste for salt declines. The less you consume, the less you want. By using spice and herb blends instead of salt you can add satisfying flavor to just about any recipe.

Salt is one of the four basic taste qualities — sweet, sour, bitter and salty. So, it is no wonder that, historically, salt has been the most valued flavor enhancer in our society. Despite its marked place in our kitchens, many health authorities have recommended that individuals limit their salt intake to no more than 2,400 mg. per day. The average American consumes 4,000 mg. per day. It is estimated that nearly one of four Americans have hypertension and middle-aged Americans have a 90 percent chance of developing high blood pressure at some time during their lifetime.

### Sources of Salt and Sodium in Your Diet

While some foods naturally contain sodium, most of the sodium in the typical American diet comes from salt added to foods during processing or preparation. Food processors add salt or other sodium derivatives during production as a preservative and for flavor. Popular foods with high sodium content include pickled foods, canned vegetables and soups, snack foods, cured meats, packaged mixes and frozen dinners. To moderate your sodium

intake from processed food, read the nutrition label on food packages. Look for no added salt or low sodium versions of your favorite foods.

- Sodium Free - a product that contains 5 milligrams or less of sodium per serving
- Very Low Sodium - a product that contains 35 milligrams or less of sodium per serving
- Reduced Sodium - a product that the usual sodium level was reduced by at least 25%
- No Added Salt, Unsalted - a product that no salt was added during processing; however, this does not mean that the product does not contain sodium.

Salt, whether added during food preparation or at the table, is the most common source of sodium. One teaspoon of salt contains about 2,400 milligrams of sodium. So think before you reach for that salt shaker. Instead, jazz up food with herbs and spices. Salt-free seasoning blends provide an easy way to give great flavor without the guesswork or added salt.

If you have further questions about sodium in your foods, contact your local K-State Research and Extension

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Norton, Decatur, Gove, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail [twatts@oznet.ksu.edu](mailto:twatts@oznet.ksu.edu). For more information, contact the county extension office, 877-5755.

# Artists abound at festival

Among local award winners at last year's High Plains Artfest at the Gateway Civic Center in Oberlin were Ken Tidball, Logan and Kylee Witt, Norton. Among Norton area artists already entered for this year's event the first weekend of April are Betty Baird, Craig Krizek, Mr. Tidball and Norton Community High School students. The adult and student art show and sale targets the tri-state region and includes high school juniors and seniors from area schools and community colleges.

"Last year's first-ever art show and sale was such a success we wanted to continue to have a venue for area artists to showcase their skills," said Connie Grafel, Gateway marketing director. "This event offers something new and different for residents in the tri-state area."

High Plains ArtFest will kick-off with a private gala reception honoring all artists and their guests on Friday evening, April 7. The exclusive Gala Reception in the Gateway arena opening night offers food and drink for artists and guests who are entering their works. Purchase patron sponsors pay \$100 per couple to attend the gala where they get to vote on the "People's Choice Award Winners" and taste some special hors d'oeuvres prepared by Gateway staff. Area musicians will also be performing as the viewing of fine art work takes place during the "Art Walk" that evening. Arts patrons will have the first chance at purchasing any of the works on display. The public showing begins Saturday morning at 9 a.m. and concludes at 3 p.m. Sunday hours are 10 a.m. to 3 p.m. The event comes on the heels of the Northwest Kansas League high school art show that will also be held at the Gateway this year on Tuesday through Thursday of that same week.

The idea for a regional art show was suggested last year by Norcatur arts and theater enthusiast, Ron Temple. That sparked an interest by other groups like the Oberlin Arts and Humanities Commission with their membership and program director Mary Henzel coming forward to help make the inaugural event a big success. So far this year there are 44 adult artists entered who are bringing more than 110 pieces to the show. A dozen area schools are each bringing five of the best works of their student artists.

Award winners in all eight categories will also be recognized and introduced during Friday evening activities. Both artists and art patrons will have a chance to network and visit as they view the displays. Last year, sales exceeded \$3,500 for 27 different pieces of work.

All works will be judged and all sales will include a 20 percent commission for the High Plains ArtFest committee so that the event can continue in the future.

For a prospectus for either adult entries or student entries, please contact Ms. Grafel at the Gateway by calling 785-475-2400. Entries will still be taken until March 29. Arts clubs in the area have been contacted as well as known professional artists and a data base of more than 300 names has been built. There are many unknown artists in our tri-state region and the organizers have attempted to

make contacts in most of the communities so word about the upcoming event gets out as much as possible, adds the Gateway marketing director.

Entries are being accepted in various categories including watercolor, acrylic, oils, pastels, original hand-made ceramics/sculpture, photography, drawing/charcoal, and other media which includes computer generated, batik processes and graphics.

Some of the funding for the event will come from a small grant awarded through the Kansas Arts Commission. Prize money for the event will exceed \$2,200.

Ms. Grafel said she sees the timing of an area art show as significant for several reasons.

"In contacting area high schools we have learned that many are downsizing their art programs in the schools. Therefore, every venue for promoting the arts must be utilized to its fullest extent," she adds. "Our committee sees this unique and unusual event for the tri-state region as another opportunity to promote a variety of artistic skills that often go unnoticed in rural communities."

"We hope to make this a special event that will grow in the years ahead and bring great exposure to new works of local artists and student artists."

In addition, involving many professional and amateur artists along with students should bring an influx of people from the tri-state region into Oberlin for a fun weekend. It's really a unique opportunity for artisans on the high plains to showcase their best and be recognized for their efforts, added Ms. Grafel.

## PUBLIC RECORD

### Jail Log

March 20 — Robert Williams, Norton, holding for Johnson County, released March 22.  
March 22 — Keith Hess, Walsh, Colo., third offense, driving under the influence, released March 22.  
March 22 — Martin Pena, Norton, holding for Department of Corrections.

### Municipal Court

These transactions were taken from the records of filings in the offices of the Norton Municipal Court. The traffic and criminal cases were given to the paper with the date of the hearings.

### Traffic

March 4 — Kasey Stanton, Norton, failure to use seat belt and child safety restraints, fine \$30, court cost \$60.  
March 8 — Amanda Majors, Norton, failure to provide proof of insurance, charges dismissed after verification provided.  
March 15 — Brandon Peterson, Norton, failure to stop at stop sign, fine \$60, court cost \$60.

### Criminal

June 22 — Nathan Martin, Alma, minor in possession, driver's license suspended for 30 days, fine \$200, court cost \$60.

### District Court

These transactions were taken from the records of filings in the offices of the District Court clerk at the Norton County Courthouse.  
Traffic, criminal and wildlife parks cases are given to the paper when the fines are paid. Limited action and small claim cases are reported only after the defendant is served.

### Traffic

Aug. 4 — Dustin W. Ephrom, Macoun, SOCIPO (Canada), speeding 83 in a 65 mph zone, fine \$74.75, court cost \$60.  
Feb. 23 — Shad B. Chandler, Alma, speeding 77 in a 65 mph

zone, fine \$42, court cost \$60.

Feb. 24 — Larry G. Conover, Columbia, Ky., false log book, fine \$150, court cost \$60.

Feb. 24 — Glenwood L. Lundberg, driving on left in no-passing zone, fine \$60, court cost \$60.

March 9 — Brooke C. Jarmin, Gothenberg, Neb., speeding 76 in a 65 mph zone and failure to wear seatbelt, fine \$46, court cost \$60.

March 11 — Joy L. Garrison, Otley, Iowa, speeding 76 in a 65 mph zone, fine \$36, court cost \$60.

March 11 — Kevin L. Garrison, Otley, Iowa, speeding 76 in a 65 mph zone, fine \$36, court cost \$60.

### Limited Action

March 2 — Pizza Management versus Kendra K. Heikes-Merchant, Norton, check for \$10.48, plus court cost and fees.

March 2 — Jamboree Foods versus Kendra K. Heikes-Merchant, Norton, check for \$151.84, plus court cost and fees.

March 6 — Discover Bank LLC versus Thomas Seeman, Alma, unpaid debt of \$8,002.17, plus court cost and fees.

### Marriage

March 10 — Joshua Roland Hulen, Norton, and Kenetta Jane McReynolds, Norton.

March 17 — Jarrod Stephen Davis, Norton, and Rachelle Lynn Gutzman, Norton.

### Animal Shelter

For Adoption  
1-3 year old, male, Bassett Hound mix.

5-6 month old, male, German Short Hair.

5-6 month old, female, mix breed.

### Found

March 21 — Blue Tick Coon Hound, State St. and Park.

## 4-H NEWS

### By ELIZABETH JOHNSON

On March 6, the Lone Prairie 4-H Club held their monthly meeting at the Phillipsburg Middle School. This was County Club Day, so it was a busy evening. Members shared pizza and refreshments.

The meeting was conducted by Shayne Thompson. There were 19 members, 10 parents, six leaders and several guests present, including Vivian Jansonius.

Michaela Girard gave the treasurer's report. Members were encouraged to have their Red Wheel food orders turned into Gloria DeWitt.

Other issues discussed were the 4-H carnival, judging, summer camp and parents' night.

The next meeting will be April 10. That will be Parents' Night.

The paper you read for the news you need!  
**THE NORTON TELEGRAM**

Northern Valley Schools Coordinated School Health will be hosting a community awareness night on Friday, March 31, 2006. There will be a FREE hamburger, hot dogs, chips, baked beans and a drink from 5:30-6:30 p.m., health related booths set up from 6:00-7:00 followed by senior faculty games at 7:00 starting with volleyball then basketball. As of now the following businesses will have booths set up for the health fair:  
Kansas Highway Patrol Seatbelt Safety; Toby Kuhn with Bicycle Safety; Colby Community College Nursing with Free Blood Pressure and Pulse Rate Checks; Camille Cox with Massage Therapy; Norton County Health doing Tobacco Cessation; Norton County Family Nutrition Extension; Advanced Food Class; American Cancer Society.  
If your business is interested in hosting a booth or you have any questions, please contact—  
Monica Wilson at 669-2445.

## MARKETS

At close of business March 23

Wheat	\$3.67
New Crop Wheat	\$3.64
Milo	\$1.62
Corn	\$1.84
Soybeans	\$4.83

— McCook Barbershop Show April 1. For tickets call Ron Scheimo, Phil Lesh or Clair Ruford. 3/24

The Duplicate Bridge met Wednesday evening at the Norton Manor for their regular weekly session with three tables present. Winners were: first, Sam and Bonnie Manning; and second, Myron Veh and Jerry Moritz.

— Norton County Health Department will be closed on March 31. 3/24

Jason Gosselin started working Feb. 13 for Rural Telephone as a Construction Assistant in Lenora. He has been working part-time since Sept. He assists with splicing and pulling cable, using bucket trucks as well as digging, trenching and other equipment. Mr. Gosselin maintains and repairs buried and aerial plant equipment, maintains right-of-way, and restores all disturbed surfaces after the work is completed. He studied telecommunications at the Northwest Kansas Technical College and lives in Bogue with his wife, Christie, and their three children.

The North Central Kansas Technical College with campuses in Beloit and Hays has listed the names of students who qualified for the school's honor rolls in the Fall 2005 semester.

Local students listed are: Ben Augustine, Lenora, Agricultural Equipment Tech II; Daniel Ruff, Logan, welding, and Michael Madden, Norton, Residential Electricity.

Receiving degrees from Fort Hays State University after the fall semester were: Amy Griffin, Alma; David Otter, Lenora; Abbey Keiswetter, Norton; and Ashley Elliott, Logan.

## Press club honors writers

More than 270 high school students recently competed in the Kansas State Press Association Regional Journalism contest at Fort Hays State University.

All contestants who placed first, second, third or honorable mention, will advance to the state contest to be held at the University of Kansas on May 6.

Local students and their placings are: from Norton Community High School, first place, Lacy Ellis, Infographics; third place, Andrew Aables, Sports Writing, Karlie Jones, Sports Photography, Tiffany Marx, News Writing.

Honorable Mention, from Norton, Andrew Aables, Editorial Cartoon, Alyssa Kaus, Advertising, Stephen Mizell, Editorial Cartoon, and Lacey Roe, Sports Photography; from Logan High School, first place, Kaitlyn Noone, Headline Writing, Third Place, Kaitlyn Noone, Editing, Honorable Mention, Heather Boys, Yearbook Copy Writing, and Kimberlea Edwards, Advertising.

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Monthly Coffee Sunday, March 26

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