Girl attends National 4-H Congress

the theme for the 2003 National 4-

H Congress held in Atlanta. The focus was environmental awareness. Norton County 4-H'er Patricia Hagman, Lenora, was a state delegate for this year.

"These kids come because they've excelled in the 4-H program at home," said Susan Stewart, National 4-H Congress

director. "They come from 48 states, the District of Columbia and Puerto Rico, and they're coming to Atlanta to learn more.

"4-H emphasizes leadership skills, youth empowerment and cultural diversity. Congress delegates will return home prepared to 'grow into the future' in their own communities. Atlanta provides an excellent backdrop for the diversity of cultural experience National 4-H Congress offers."

Miss Hagman attended with 35

"Growing Into The Future" was other 4-H members from Kansas Building, attended a museum tour received state and national recognition for her work in 4-H clothing projects. She took part in

for a local thrift shop.

project of sorting clothes

and was selected after she and listened to Miss America Ericka Dunlap.

"I had a total blast," she said. "The people were all so awesome and so nice, I did not have any a community service problems fitting in with them even from other states."

Miss Hagman has been a mem-She attended work- ber of the Norton County 4-H proshops on threats to alligagram for 12 years. She is the tors. She saw the U.S. daughter of Eugene and Nancy Olympic park, CNN Hagman of Lenora.

CLARIFICATION

Andy Nielsen, acting ambulance director for Norton County said that a question raised at the county commission meeting last rect or clarify anything that is week concerning Enfield Funeral wrong in a news story. Call our was only a misunderstanding. He office at 877-3361 to report errors. said that the funeral home and the We believe news stories should be ambulance service works well to- fair and factual, and want you to gether and any confusion in who tell us about any failure to live up

The Norton Telegram will cor-

should pick up the dead has been *to this standard*. Compact was 'the gift' for a girl

There was a time not so very long ago when a lady wouldn't think of going out without her compact tucked in her pocket or purse. In the 1940s a compact was sort of a rite of passage to a young

No girl bought her own first compact; it was always a gift and that gift was a visible sign that she was now a grownup. The first compact held fond memories and was often kept for years in a dresser drawer or a hope chest.

As a portable container for cosmetics, the compact truly became a necessity about the time women began going into the work force. When the men went off to World War II, Rosie the Riveter tied her hair in a bandanna, tucked her compact into the pocket of her coveralls, and went out to face the world with her nose properly pow-

A flat compartment filled with face powder, a mirror, and a slim puff comprised the basic compact, but many gadgets were added. Most common of these was a clamp at the side to hold a lipstick tube. Another handy device was a dainty filigree chain loop so the compact could be slung over the wrist while dancing. Sometimes there was a little compartment on the back for taxi or telephone The committee in charge of money or a tiny compartment for planning was Elaine Lofgreen, rouge. There were watches incorporated into some designs and

even tiny music boxes. As well as serving the purpose for which they were made, com-



pacts were marvelous fashion accessories. They came in all sizes and shapes, materials and motifs. Most were round or square and had polished lids with acid etched landscapes, pearls or jeweled flowers, enameled emblems, or classic Art Deco designs.

My sister had a large tortoise shell plastic one that I truly coveted. Materials varied from precious metals to plastic, with the addition of tassels or little charms. Some were made to look like tiny purses. A real find is a compact on a bracelet band.

Best of all, they were considered a suitable gift for a young man to give a girl back in the days when jewelry wasn't suitable unless you were officially engaged and giving a girl clothing was unthinkable.

A compact was just right to in- closer to spring.

dicate the beginning of serious intentions and could be counted on to thrill a girl's heart. One with your beau's fraternity crest on the lid was almost the equivalent of an engagement ring.

Among the most highly valued compacts are those with Bakelite lids, petit point inserts, or cloisonne patterns. Schlidkraut, DeCorday and Trifari are some of the older manufacturers that marked their products. Elizabeth Arden and Volupte also produced very fine lines. Because the compact became popular during wartime, patriotic designs or mes-

sages were popular. A group often collected is the series that had individual state maps engraved on the lids, usually in gold and silver, with perhaps a jewel to mark the state capital. These were produced for all the states at that time — 48 — and I have seen one for Hawaii. Even a few of them make a striking dis-

MYMAMASAID; Remember, every "Febuweary" day is one day



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from Brewster and Beverly Club, Flourless Quick Peanut Buties; Christopher Maddy, Busy The 4-H'ers selected table linter Cookies; Carson Montgomery, ens, place settings and centerpieces for their displays to repre-Cedar Ridge 4-H Club, Touchsent a table setting for a meal or down Snack Mix; Clinton Cole, Cedar Ridge 4-H Club, Spiced snack where their "favorite food" entree or dish would be served. Apple Twists; Wyatt Wentz, Prai-Judges met with each 4-H'er to rie Dog 4-H Club, Chicken Cheese Cedar Ridge 4-H Club, Streusel evaluate the table setting, the food Sandwich; Sarah Whitney, Cedar Coffee Cake; and Bryce Lofgreen, and nutritional information, and Ridge 4-H Club, Peanut Butter Busy Jayhawkers 4-H Club, Lay-Cookies; and Marissa Maddy, ered Raspberry Dessert. Four outstanding ratings were Busy Jayhawkers 4-H Club,

Food Judge Anita Horinek (below) samples Christopher Maddy's crockpot pizza at

the Norton County 4-H Favorite Food Show on Jan. 24. After all of the judging was

done, the public (above) was invited to taste a little bit of each 4-H'ers dish. There

were 21 entries this year.

4-H'ers

cook up

favorites

By KEITH VANSKIKE,

County Extension Director

Members of Norton County's 4-

H clubs were busy cooking up

dishes and designing place set-

tings, while leaders and parents

were giving plenty of help, for the

Annual 4-H Favorite Food Show

Judges consulted with 21 4-

H'ers about meal preparation

techniques and nutritional value of

favorite foods, how the favorite

food fits into a menu and the food

guide pyramid and the presenta-

tion of the food in a table setting.

The judges were Anita Horinek

Nutrition Levels. Level I —

Rebecca Wentz, Prairie Dog 4-H

Club, Frosty Orange Cups; Level

II — Carissa Wentz, Prairie Dog

4-H Club, All American Crispy

Chicken; Level III — Dana

Hillebrand, Prairie Dog 4-H Club,

Orange Glazed Cornish Hens; and

Level IV — Patricia Hagman,

Good Hope Boosters 4-H Club,

The following 4-H'ers also par-

Level I

Chocolate Chip Cheese Ball.

Food Show:

food safety issues.

on Jan. 24.

given, one in each of the Foods and Oscar's Trash Can. Level II

Wentz, Prairie Dog 4-H Club, Calzones; Anthony Wente, Busy Jayhawkers 4-H Club, Lemon Pudding Dessert; and Matt Miller, the tasting tables that were set up Busy Jayhawkers 4-H Club, No-Fuss Chicken.

Blue Ribbons — Melinda Becker, Busy Jayhawkers 4-H ticipants. These included cook-Club, Spaghetti Pie; Eric Becker, books, muffins pans, recipe cards Busy Jayhawkers 4-H Club, and chip clips. The 4-H Favorite ticipated in this year's Favorite Cheesy Chicken Soup; Tyler Food Show is sponsored by the Montgomery, Cedar Ridge 4-H Norton 4-H Events Council and K-Club, Hobo Bread; Morgan State Research and Extension for Blue Ribbons — Shelbi Bauman, Busy Jayhawkers 4-H those 4-H members enrolled in the

Jayhawkers 4- Club, Crock Pot Pizza; and Josh Gallentine, Busy Beavers 4-H Club, Lasagna.

Level III

Purple Ribbons — Alison Cole,

Mary Wentz, Lois Wentz, Kathy Purple Ribbons — Megan Holste, Keesha Holste, Staci Montgomery, Monica Cole, Stacy

> Whitney and Sue Hillebrand. More than 80 people attended to allow the public to sample the

Gifts were awarded to all par-McKenna, Busy Jayhawkers 4-H Club, Chocolate Caramel Brown-foods and nutrition project.



and the Almena Chamber of Commerce welcome

Body Essentials

to the business community

The new business is owned by Joy Sides and is located at 705 Pratt Avenue, Almena. Body Essentials services include hair, nails and tanning. Call 1-785-669-2127 for an appointment or more information.

Norton County Health Promotion Blood Draws WED., FEB. 11

AT: The Norton County Health Department TIME: 7 a.m.-12 noon—(No Appointment Necessary) PROVIDED BY A JOINT EFFORT OF THE NORTON COUNTY HEALTH DEPARTMENT AND THE NORTON COUNTY HOSPITAL

Need to be Fasting Before the Test (No Food or Drink After Midnight)

QUESTIONS? Call Norton County Health Department at 785-877-5745

PROFILE #1

"Health Profile & CBC" — \$35.00 Health Profile Contains:

ELECTROLYTES: (Sodium, potassium, chloride and total carbon dioxide). These are major indicators of kidney and hormonal functions. Electrolytes are essential for the body's acid-base balance and the operation of nerves and muscles,

especially the heart. KIDNEY FUNCTIONS: (BUN, creatinine). These indicators are used to monitor kidney function. LIVER FUNCTIONS: (Total albumin, globulin).

These tests can be used in detecting and/or monitoring liver function damage, tissue damage or inflammation. ALKALINE PHOSPHATE: (Uric acid, calcium, phosphorus). Used for detection and monitoring of

bone, tissue and parathyroid disease, such as arthritis, gout, bursitis and lupus. GLUCOSE: This test is to measure blood sugar levels and is used to help diagnose/monitor diaCHOLESTEROL: (Including HDL, LDL, VLDL, triglycerides and ratio of LDL/HDL). These are fats produced in the liver that combine with fatty oils in the blood stream. Cholesterol is further broken down and measured as HDL (good cholesterol) and LDL (bad cholesterol). The person who has higher levels of LDL is at greater risk of heart disease. Triglycerides determine the level of simple fats in the blood. CBC: (Complete blood count with differential). This is a series of tests of the blood that provides a tremendous amount of information about the hematologic system, immune response and many other organ systems.

PROFILE #2 (PSA)-\$20.00

-This test detects an enlarged prostate, infected prostate and/or prostatic cancer. It can be used to evaluate disease progression and to monitor treatment.

PROFILE #3 (TSH)—\$15.00 TSH—This test is used to evaluate thyroid function and detect if there is too much or too little hormone secreted by the thyroid.