

Children remember pets to raise money for shelter

"They were all winners," said Michelle Armbrister, of the seven entries in this year's Mittens for Kittens contest.

Mrs. Armbrister, organizer of the second annual fundraiser to benefit the Norton Animal Shelter said every child won a prize for writing a short essay about their favorite memory of their pet.

She said the prizes were at the Norton Animal Health Center. The veterinarians and Twice Sold Treasures sponsored the contest.

Because she had extra prizes, she said for a donation of \$5 to the shelter, anyone could have a prize. She said the children did an excellent job of writing about their pets and said the community was supportive of her efforts.

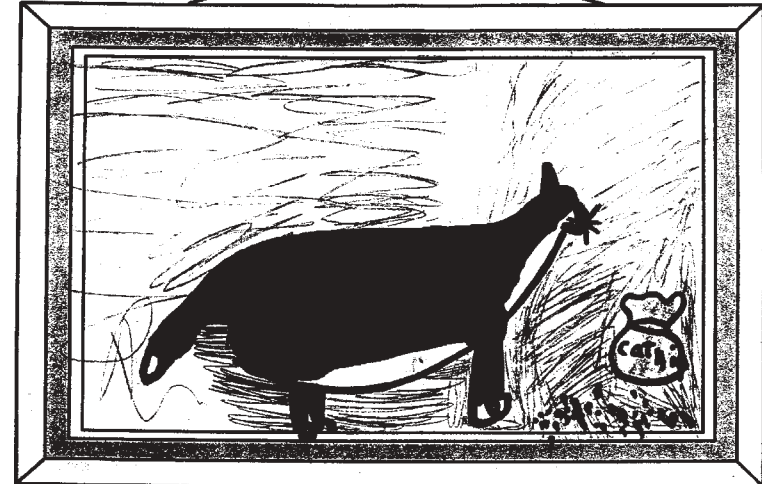
Any child who has not picked up their prize may still do so. The prizes are being held at the veterinary clinic.

Pet memories:
My pet's name was June Bug. He is a cat.
My favorite memory of June Bug was that he liked to play with me.

Connor Boxler, 7
**Editor's note: June Bug is dead.*

My pet's name is Socks. He is a cat.
My favorite memory is a truck ride from Utah. He was 6 weeks old. We drove in the snow to Kansas. When we moved here, my Dad, brothers and me and Socks, all in the front of my dad's truck. Socks is now 4 years old.
Shaelynn Gibson, 10

My pet's name is Oreo. He is a cat. Oreo saved my younger son, Rene's, life. Rene became ill with



Emma, the cat, by Rachel Jones, 8

croup. Following doctor's orders, we administered the prescribed medication. Rene went to bed, but at 2 o'clock at night, Oreo, beat me bloody, howling and clawing at me. Oreo zoomed upstairs into Rene's room.

Rene was sitting up in bed, struggling for breath. He had a bluish color around his lips. I called 911 and the ambulance crew saved my son's life. When Rene returned home, Oreo would not leave his side (only for food and water) until Rene was well and going to school again. Without Oreo waking me, we would not have found out about Rene's breathing problem.

We all believe Oreo saved Rene's life.
Rene's mother

My pet's name is Koda. He is a dog.
My favorite memory is when Koda hears a siren, he howls.
Rachel Jones, 8

My pet's name is Emma. She is a cat.

My favorite memory is when we give Emma catnip, she attacks the bag! Boy, she is crazy! She is black and white. We found her in the alley behind our house when she was a kitten.

She has grown a lot. Her belly drags on the floor when she walks.
also by Rachel Jones, 8

My pet's name is George. He is a cat.

My favorite memory is when he went outside and was in the snow.
Dawn, 8

My favorite memory is: Scrapy was a nice dog. I liked playing with him, giving him hugs and petting him. He is in Heaven now.
Nikolas, 6

My pet's name is Ernie. He is a hunting dog.

Ernie likes to follow me. I give him hugs then he keeps following me. He stands on the side of my house to "talk" to me through my bedroom window. I love my dogs. I hope they have a Merry Christmas!
also by Nikolas, 6



Town decked for holiday

Santa made his last stop in Norton Thursday night to discover the wants and wishes of children. He was climbing into a horse-drawn carriage driven by Larry Nelson (above) as he started the first leg of his trip back to the North Pole to get ready for Christmas Eve. Dozens of Norton homes have been decorated for the holiday season. Spiral trees (right) adorn a lawn on State Street.

— Photos by Carolyn Plotts



Don't skip meals during holidays

Skipping a meal can add stress, during the holiday season. Anyone can be vulnerable. Small children need to eat frequently. Teens and adults also are likely to benefit from regular meals and snacks.

Here are some food and nutrition tips for the holidays and after:

- Let the family know when and where food will be available. If 3:30 p.m. is a good snack time have children wash their hands and help set out fresh or dried fruit, whole grain crackers, bite-size raw veggies with low-calorie and low-fat dip, cheese, dry cereal, nuts, or a cereal and nut mix such as trail mix.
- Make snacks available for a specific time and then put them away. Don't leave snacks out for grazing. Younger children have a

**Home ed
Tranda Watts,
Extension
specialist**



eat when they are hungry. According to children's feeding specialist Ellyn Satter, children "self-regulate." That means they stop eating when full.

- Making healthy foods available is a parent's responsibility, but don't make an issue of food.
- Cook once, eat twice. When time is available, double a recipe and freeze extras for days when time is short.
- Keep a running grocery list to avoid extra trips to the store.

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. For more information, contact the county extension office, 877-5755.

short attention span and typically lose interest, while older children or adults may eat more than they need.

- Plan easy meals. A sandwich along with some bite-size raw vegetables and fruit can satisfy.
- At mealtime, sit down and eat together to slow the pace and allow time for the family to connect and, yes, to also check the schedule for the next holiday event.
- Don't be concerned if children eat less than you expect. Children

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Weed crew to help with snow

By VERONICA MONIER
The Norton County Noxious Weed Department crew will be helping out with snow removal this winter.

Noxious Weed Supervisor Reggie Beckman said his crew was doing little things like cleaning the shop and making equipment repairs during their slow season.

Commissioner Dean Kruse asked if they could help out Maintenance Supervisor Gary Matson on cold days.

"It's hard to get the walks cleared sometimes and if you don't have something immediate to do, we'd appreciate it if you could help out," he said. "It seems like he could use some help, but doesn't really have anybody to ask. It'd be a big help to him and to the county too."

Mr. Beckman said he didn't have a problem with that.

"It's our slow time," he said. "We're just trying to stay busy. Just let us know when we need to help out."

Mr. Beckman said he was in the process of doing his annual report. It's been a busy year, he said, and a lot of spraying has been done. He

said they will probably need to buy more chemicals next year.

In other business, the commission:

- Set the next meeting for 9 a.m. Tuesday, rather than Monday, since the courthouse will be closed. It will start at 9 a.m.
- Asked Don Lowry to talk to Road and Bridge Supervisor Tom Brannan to see if a bridge near his mother's home was on the five-year plan to be redone.
- Cleaned out their drawers and moved into their new 10-foot-by-4.5-foot oak conference table, made by the Oak Shop in Almena. The old table, which will be moved to the basement, had been in use since 1929.
- Learned that the Edmond Cemetery will be needing a new sexton.
- Heard that the county could get both an American and a Kansas state flag through the American Legion for the commission room.
- Received 20 Christmas ornaments from the Chamber of Commerce. The ornaments have a picture of the courthouse on them but are dated 2001. The commissioners wanted to purchase a few for the county and some personally.

• Had a request from Walt Skrdlant to work on a mile of Road F. The rest of the road has been redone, he said, but there is one mile that still needs work so that combines can get through.

• Reappointed the county surveyors — Wayne Dietz and Elmer Zerr — to another one-year term.

• Talked to Gary Matson, building supervisor, about getting him some help during storms to remove snow and about what products he would like to try to remove ice.

The commissioners congratulated him on how nice the courthouse looks.

• Heard that the courthouse roof probably needs a coat of protective covering to keep the warranty in effect.

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