

Norton County Walk Kansas teams meet challenge for 2007

By **TRANDA WATTS**

Multi-County Extension Specialist
Can you meet the challenge of walking 423 miles or the equivalent of walking across Kansas? This question and several others were answered recently about the 2007 Walk Kansas program. Twenty walking teams consisting of 120 individuals participated in 2007 Walk Kansas in Norton County. Sixteen of the teams reported walking more than the 423 miles needed to do a virtual walk across Kansas. The team reporting the most miles walked was the Walkabout team captained by Bob Goscha. The Walkabout team combined to walk a total of 1,480 miles during the eight-week walking period.

Other teams that walked enough miles to walk across Kansas and their captains included the Fit to Go (Bob Cotton) 1,473 miles; A-Team (Janice Poage) 1,090 miles; The Strutters (Pam Menagh) 1,047 miles; Team Mo (Jenny Braun) 898 miles; Wobbly Walkers (Cheryl Mann) 881 miles; Team Curly (Jenny Braun) 736 miles; First Security Bank Walkers (Gloria Cole) 705 miles; Get Up and Go (Karen Griffiths) 673 miles; Colby Community College (Deb Erickson) 671 miles; Hope A-Longs (Ann Becker) 662 miles; Easy Striders (Julie Peterson) 601 miles; Six Sensible Walkers (Bobbi Wiseman) 555 miles; Library Bookies (Leslie Bell) 543 miles; Wondering Wanderers (Rhonda Browning) 524 miles; and Wente's Walkers (Deena Wente) 480 miles.

Prizes were awarded to nine walkers. They were: Jane Burton, deck chair; Ron Zwickle, deck chair; Bob Goscha, meal carrying system; Marla Kuhn, cordless phone; Mary Mann, inflatable mattress; Cally Engle, deskjet printer; Deb Erickson, digital camera; Barbara Thompson, DVD player and recorder; and Bob Cotton, four-man tent.

The top five individual walkers whose reports were turned in, their teams and the number of miles walked were as follows: Bob Goscha (Walkabout) 437 miles; Cathy Brannan (Strutters) 382 miles; Sally Thomas (Team Mo) 370 miles; Jane Burton (Fit to Go) 306 miles; and Bob Cotton (Fit to Go) 303 miles.

Another feature of 2007 Walk Kansas was to encourage participants to keep track of the number of servings of fruits and vegetables which they consume on a daily basis. A surprising number of the walkers were not able to meet the minimum of five servings (5 cups) a day of a combination of fruits and vegetables. This has been true of walkers in many counties. Only nine individuals met the minimum of eating 280 servings of fruits and vegetables for the eight-week time period. Those individuals were Ron Zwickle (Fit to Go); Bob Cotton (Fit to Go); Craig Heskett (First State Bank and Trust); Pennie Bolt (Colby Community College); Blaine Marble (A-Team); Julie Neff (Get Up and Go); Jane Burton (Fit to Go); Marla Kuhn (Fit to Go); and Karen Griffiths (Get Up and Go).

None of the teams met the minimum of 1,680 cups of fruits and vegetables for the eight week period. Team placings were as follows: Fit to Go (Bob Cotton) 1,648, Hope A-Long (Ann Becker) 1,296, Get Up and Go (Karen Griffiths) 1,283, First Security Bank (Gloria Cole) 1,276, and Colby Community College (Deb Erickson) 1,114.

Leslie Bell, Bob Cotton and Cheryl Mann were the first three team captains to turn in all their paperwork so results could be tabulated.

Congratulations to all of the participants for a very good year in the Walk Kansas program. If you would like to participate in Walk Kansas - 2008, start to plan now. It is an exceptional opportunity to promote health and fitness for the entire family. It's also a great way to enjoy time together as a group or one-on-one with a child or teenager. This year it was an eye-opener for many to see how few fruits and vegetables were actually being consumed by most participants. Walk Kansas is an easy way to increase fruits and vegetable consumption as well as improving your health and physical fitness.

If you have further questions, contact your local K-State Research and Extension Office or

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Fire makes authorities suspicious

By **VERONICA MONIER**
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A suspicious fire had the Norton Fire Department out on Memorial Day weekend.

Fire Chief Mitch Jones said at 3:12 a.m. on Saturday, May 26, the fire department responded to a call at the residence of Terry Billings

and Teresa Horacek. The fire, he said, was initially knocked down by Norton Police Officer Curtis Black and was ruled suspicious because it appeared to be set. Chief Jones said there are no suspects at this time. He said 12 men and two units responded to the fire at 516 N.

Grant and were on the scene for about an hour and a half. Fire damage to part of a fence and the garage door was minimal with light smoke damage to a small part of the garage. The house is owned by Chris O'Hare.



Deputy Warden Joel Hrabec was next in line to donate a unit of blood at Wednesday's Red Cross Blood Drive held at Norton Correctional Facility. Two Red Cross employees prepare to take Mr. Hrabec's blood. — Telegram photo by Carolyn Plotts

Blood drive exceeds goal of 80 units

The Red Cross Blood Drive held Wednesday at Norton Correctional Facility exceeded its goal of 80 units.

Blood Drive coordinator, Jenny Braun, said 93 people showed up to donate. She said there were two first-time donors and very few deferrals. She said

the drive netted 81 usable units of blood.

T-shirts printed with "Give to Live" were presented to each donor along with "Be Nice to Me, I Gave Blood Today" stickers.

The blood drive was held in the medium visiting center at the facility. Donors were escorted be-

tween the main gate house and the visiting center by Jeff LeClair. Other volunteers that helped Mrs. Braun were Kathy Wilmot, Kathy Thibedeau, Pam Baker, Ardith Scheetz, Wade Younk, Craig Foley and Lisa Hardiek.



Michael Callaway, with his back to the camera, helped Skylar Johnson cut out his scrapbook project at Wednesday's 4-H Day Camp. Ready to offer assistance was Michael's older sister, Lisa Mussman, Phillipsburg. —Photo courtesy of Janette Callaway

4-H'ers make scrapbooks at day camp

Several Norton County 4-H'ers took part in 4-H Day Camp held Wednesday at the Norton County 4-H Building.

Janette Callaway, Almena, led the arts portion of the camp by helping the youngsters make a mini-scrapbook. Assisting her were Junior Leaders Diedre Kramer, 14, a member of Prairie Dog 4-H Club, and Michael Callaway, 15, a member of Cedar Ridge 4-H Club. Assisting with the day camp helped Diedre and Michael fulfill requirements for their 4-H Leadership project.

Also present was Tranda Watts, Multi-County Extension Specialist. Mrs. Watts showed the youngsters that food can be fun by letting them make "fruity faces". An orange slice became a face, raisins became eyes and banana slices cut in half turned into ears.

Add "pretzel hair" and the youngsters could, literally, eat their handiwork.

A life-skills judging class was conducted by retired county extension agent, Beverly Kindler.

Norton County Economic Development Director
Maintain and Improve the Quality of Life for the Citizens of Norton County
QUALIFICATIONS: Bachelor's degree from an accredited college or university with coursework in Business Administration, Public Administration, Planning or a Related Field; 3-Years of Increasingly Responsible Professional Experience in Economic Development, Grant Writing, Business or Public Sector Management, Including 1-Year Administrative Experience; Excellent Communication Skills; Outstanding Organizational Skills.
JOB SUMMARY: Responsible for planning, directing, managing and overseeing economic development activities for Norton County that will promote economic growth, including attracting quality employment opportunities, revitalizing downtown areas, and improving housing options.
SEND RESUMES TO: Economic Development Committee
c/o Norton County Clerk, P.O. Box 70, Norton, KS 67654
DEADLINE FOR RESUMES IS JUNE 15, 2007

Treasurer's Office in Norton will be CLOSED Tuesday, June 12 for Training
Second half of taxes were due May 10

At the SENIOR CENTER

- June 11** — Fajita Chicken (over rice), Cheesy Broccoli, Cook's Choice Veg, Seasoned Rice, Mandarin Oranges. **June 12** — Baked Steak, Scalloped Potatoes, Peas, Bread, Cranberry Apple Salad. **June 13** — Taco Salad, Fruit Cup #1, Chips, Brownie. **June 14** — Pork Roast, Steamed Cabbage, Carrots and Onion, Strawberries & Bananas, Blueberry Muffins, Pudding. **June 15** — Hamburger Patty, Tater Tots, Cottage Cheese Casserole, Bun, Peaches. **June 18** — Chicken & Noodles, Mashed Potatoes, Beets, Bread, Rosy Pears. **June 19** — Baked Fish, Coleslaw, Green Beans, Cornbread, Ambrosia Fruit Salad. **June 20** — Porcupine Meat Balls, AuGratin Potatoes, Broccoli Salad, Bread, Cantaloupe. **June 21** — Roast Turkey, Candied Sweet Potatoes, Mixed Fruit w/Cherries, Bread, Birthday Cake. **June 22** — Cook's Choice Entree, Gold Rush Casserole, Mixed Vegetables, Bread, Applesauce Gelatin.

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