

Showing off new digs



Jan Volgamore, Director of Physical Therapy Services, showed the new physical therapy room to Rita Speer Sunday afternoon during the Norton County Hospital's open house.

— Telegram photo by Brandy Leroux

Good treats to offer on Halloween

Halloween brings out the kid in all of us. It's fun to get dressed up in a costume and parade around the neighborhood or go to a party. Treats are a part of the fun. However, treats don't have to be sticky, gooey candy.

Treats to Give
When gathering the treats you will offer this year, think about some possible low-calorie, low-fat options. Here are some ideas to get you started thinking:

- Cheese and cracker packages
- Sugar-free gum
- String cheese
- Juice box packages
- Small packages of nuts or raisins

When children get home, check the treats and keep only treats which are unopened. Be sure to inspect fruits and homemade goods for anything suspicious... in fact, you may want to discard these items unless you only took children to homes of people you

Home ed Tranda Watts, Extension specialist



spiders or worms. Most children would also be thrilled with small amounts of money as well.

Trick or Treating
Make sure children eat a meal or snack before going trick-or-treating so they won't be as tempted to dig into their bag of goodies before they get home.

When children get home, check the treats and keep only treats which are unopened. Be sure to inspect fruits and homemade goods for anything suspicious... in fact, you may want to discard these items unless you only took children to homes of people you

know and trust.

It's better to eat trick-or-treat candy over several days as a substitute for dessert or a few pieces along with a healthy snack.

Halloween Party
Having a party for your children and a few friends can reduce safety concerns. Some nutritious treats for your party could include popcorn, apples, grapes, bananas, unshelled peanuts, and not-too-sweet cookies.

Kids could help with making the treats like "Pizza Faces." Let kids arrange sliced olives, green peppers, mushrooms, pepperoni, and other things on English muffins brushed with tomato sauce. Top with grated cheese for "hair" and heat in the microwave or oven until the cheese melts.

(For other nutrition and food safety questions, contact Mrs. Watts at 785-443-3663 or e-mail wwwatts@oznet.ksu.edu.)

Northern Valley Honor Roll

HIGHEST HONORS
Freshmen — Daniel Field, Melissa Hawks and Gunnar Hays
Juniors — Samuel Field and Amber Sheley
Seniors — Stanton Nelson

HONORS I
Freshmen — Cassie Field and Tyler Montgomery
Sophomores — Sean Braun,

Staci Dole, Matthew Dole and Kayla Field
Juniors — Alison Cole
Seniors — Drew Eagleburger, Taylor Hammond, Chaim McMillin and Watsaporn Pinyotankorn

HONORS II
Freshmen — Austin Herman, Kenzi Husted and Kynzie Stevens

Sophomores — Steven Brown, Kenzie Chandler, Dusty Eagleburger, Christopher Pinzenscham, Bryant Tharman and Zachary Vincent
Juniors — Christina Anderson, Megan Cole and Karen Wenzl
Seniors — Brittney Braun, Cody Callaway, Hannah Hawks, Ethan Hays and Eric Woodside

Stroke screening in Norton Nov. 17

Residents living in and around Norton can be screened to reduce their risk of having a stroke. The complete screening package now includes a new Heart Rhythm screening, checking for irregular heartbeat, which is a major risk factor for stroke.

Life Line Screening will be at the Norton County 4-H Building on Nov. 17. The site is located at 126 E. Park Street in Norton. Appointments will begin at 9 a.m.

A stroke, also known as a "brain attack," is ranked as the third leading killer in the world, and the leading cause of nursing home admissions. Stroke often occurs

without warning, but painless screenings can help identify risk for stroke, vascular disease or osteoporosis early enough for physicians to begin preventative procedures.

Screenings are non-invasive and easy to obtain. They help identify potential health problems such as blocked arteries and irregular heart rhythm, abdominal aortic aneurysms, and hardening of the arteries in the legs, which is a strong predictor of heart disease. A bone density screening to assess osteoporosis risk is also offered and is appropriate for both men and women.

Register for a Wellness Package with Heart Rhythm. All five screenings take 60 to 90 minutes to complete.

Life Line Screening was established in 1993, and has since become the nation's leading provider of vascular screenings. Ultrasound teams are on staff to travel to local communities, bringing the screening to local residents.

For more information about the screenings, including cost, or to schedule an appointment, call 1-877-237-1287 or visit the website www.lifelinescreening.com. Pre-registration is required.

Columnist on the road to recovery

Hello Friends,
Just a few lines to let you know that I am doing reasonably well. Doctor checkup Friday showed the healing at about the point where he expected. Four more weeks, at least, in the cast (grrrrr) with no weight on the leg. The cast is a lot like sleeping with a rhino and I had hoped for a smaller one or a shorter recovery, but it looks like Christmas before I will recover enough to return to The Carlyle, if then.

In the meantime I am doing all I can in therapy, eating as well as I can and TRYING to be patient. Oh, where oh where did I lose all

my patience? Frustration is my worst enemy and frankly, the leg pain is not bad. The pain caused in my "innards" by the use of pain medication is worse but I am off those pills now and praying for improvement.

The lack of control over my own time and activities is the worst of all — I am sure you understand that since you all know what a control freak I can be. Going back and forth to dialysis is a hurry up and wait situation that has me gritting my teeth sometimes but it must be done. I am doing slide board transfers there, pivot and turn with a gait belt here. Having the power

chair equipped with a leg lift helps immensely.

Please share this with anyone interested, specially at church and in my Carlyle devotions group. I miss all my former activities but AM being as patient as I can in hopes I will be back among the walking (limping, probably) soon.

Thanks to ALL so much for the wonderful cards and letters and heartfelt prayers — you have no idea how MUCH they brighten my days and give me so much courage and strength to go on.

Hugs to all from,
Liza Deines
Friend & Columnist

FYI

The Heritage Quilt Club will have a soup supper, and guest night in the Prairie Land basement Nov. 3, beginning at 6:30 p.m. Members A through J are to bring soup. The program will be Show and Tell. Members are to bring a quilt to share — best quilt, worst quilt, theme quilt or kid's quilt.

"Prayer Walk Through Israel," a power-point presentation and discussion, will feature Steve Graber of Graber Law Office, Norton, in the

public library's community meeting room, on Wednesday at 7 p.m. (Send your items to tom.d@nw-kansas.com, or call 877-6908.)

BIRTH

Abigail Lea weighed 5 pounds, 4 ounces and was 17 1/4 inches long when she was born on Sept. 9, 2008 in Lincoln, Neb., to Shelley Longsine

and Brandon Koll. She has a 4 year old brother, Nickolas Luke to welcome her home. Grandparents are Marguerite

and Lonnie Longsine and Shelly Koll of Lincoln. Great-grandparents are Audrey Longsine of Beaver City and Donna Hale of Norton.

Safety tips offered for families, drivers on Halloween

By BRANDY LEROUX
blerouxw@nwkans.com

This week, Halloween is on almost everyone's minds, whether they're getting excited about wearing costumes, planning the evening of trick-or-treating, or stocking up on candy for the neighborhood ghosts, pirates and witches.

Last week was National Teen Driver Safety Week. Each year, Kansas teens are involved in 16,000 car crashes.

"We all know that Halloween can be a fun night," Kansas Highway Patrol Colonel Terry Maple, Patrol Superintendent told The Norton Telegram. "However, teenagers and parents of teens both need to be mindful that these young drivers are not as experienced on the roadways. Inexperience, late-night driving and multiple passengers all increase the odds of teens being involved in a collision. In our state, a 16 year old driver is five times more likely to be involved in a fatal collision than a 20 year old driver."

According to the highway patrol, in 2006 on Halloween night, alcohol played a factor in 44 percent of all highway fatalities in the nation. In 2007, 3 people died on Halloween night on Kansas roads.

"Last year, 118 people were killed on Kansas roads in crashes

that alcohol played a contributing factor in," said Colonel Maple. "On Halloween, more people are out and it's a time to be aware — be aware of the activities of other drivers and pedestrians, and be aware of the grave impact that driving under the influence can have, whether it results in a crash or an arrest."

The City of Norton is again offering free rides home to residents living in Norton who have been drinking on Halloween night. Call Affordable Classic Limo Service at 202-0952.

The Kansas Highway Patrol is offering safety tips to help everyone have a fun and safe Halloween.

For families:

- Trick or treat as a group, and never leave each other's side.
- Stay on the sidewalks and use crosswalks. When you are crossing the street, make sure you are looking both ways and check each side twice. Don't dart out from behind parked vehicles.
- Wear brightly colored costumes. Make sure they don't block you or your child's vision and they do not drag on the ground. Reflective tape is recommended for those costumes that are not highly visible.
- Only go to familiar neighborhoods and homes with their lights on.

- Carry a flashlight.
- Try to complete your trick-or-treating before nightfall if at all possible.
- Parents should inspect candy before their children eat it.
- Remember to have everyone wear their seat belts and use child restraint devices.

For drivers:

- Drivers need to slow down and pay close attention to the curbs for pedestrians waiting to cross the street. It is important to remember that children are excited about the evening and possibly not paying attention to traffic. There will also be people in dark costumes, making them less visible.
- Never, for any reason, drive while you are impaired.

- Remember to fasten your seat belt and use child restraint devices.

For those planning to consume alcohol:

- If you are going out to drink and celebrate, designate a sober driver before hand and give them the keys. If a sober driver is not available, call a friend or family member to pick you up.
- See if your community has a sober rides program, and utilize them if you are out drinking.
- If you happen to see a drunk driver on the road, don't hesitate to call our local law enforcement. On the highway, you can dial *47 from your cell phone to get your local patrol dispatcher.
- Don't forget to wear your seat belt.

FRIDAY, OCTOBER 31 —
Fish Fry Dinner Buffet - 5-8 p.m.
SATURDAY, NOVEMBER 1—
Crab Leg Dinner Buffet - 5-8 p.m.

HIDDEN DRAGON
CHINESE RESTAURANT
118 S. State Street, Norton, KS — 1-785-874-4848

Showing at the
NORTON THEATRE
EAGLE EYE
(PG-13) - 2 Hours, 8 Minutes
BOTH MOVIES WILL PLAY AT THE NORMAL SHOWTIMES OF:
Friday and Saturday: 8:00 p.m.
Sunday: 5:00; Mon-Tues-Wed: 7:00 p.m.

High School Musical 3: Senior Year
(G) PREMIERE
1 Hour, 50 Minutes

Since HSM 3 is a Premiere, only premiere passes accepted. Since Eagle Eye is not a premiere, all passes accepted.

HSM 3 is the Premiere Price of \$7.00 and \$6.00
Eagle Eye is the General Admission Price of \$6.00 and \$5.00
(Sunday — Eagle Eye is only \$3.00/Ticket Price)

COMING SOON

Nov. 7 — Madagascar 2:
Escape to Africa
November 21 — Bolt

This ad is brought to you by The Norton Telegram

Debbie J. Graham
is relocating to the Razor's Edge at 212 E. Washington Effective Oct. 28. She can be reached at 785-877-3956

Hours: Tuesday through Friday: 8 a.m.-?

FAMILY CHRISTIAN FALL CARNIVAL
FRIDAY, OCT. 31, 2008
6:30 - 8:30 P.M.
TODDLER THROUGH 6TH GRADE

- Train Ride • Plinko • Cake Walk • Ring Toss • Tattoo Booth
- Dart Game • Jacob's Ladder • Veggie Tales Dance • Spinning Wheel • Milk Bottle Toss • Football Throw • Baseball Toss • Basketball Throw • Bible Trivia • Door Prizes • Maze of Life • Concessions; **LITTLE KIDS GAMES:** • Clown Bean Bag Toss • Animal Bean Bag Toss • Fishing Pond • Duck Pond • Jonah's Whale Toss • Sandy the Horse • Octopus Ring Throw
- AND MORE... **COME JOIN IN THE FUN!!**

A Trick or Treat Alternative at the
NORTON CHRISTIAN CHURCH
IT'S FREE!