

Chamber promotion off and running again

By **BRANDY LEROUX**
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 The Norton Area Chamber of Commerce's "12 Days of Christmas" contest is again off and running. According to the Chamber Executive Director Karla Reed, this is the seventh year.

Entering the contest is easy, she said. Participating sponsors will have a box with "12 Days of Christmas" on it. Fill out your name and phone number and drop it in the box. Every Monday, Wednesday and Friday, each sponsor will pick a name out of their box and send it to the chamber office. Once all the names are gathered, they are put together and two names are drawn from that pile. Those names are the winners of \$50 each in Santa Bucks, which can be spent at any of the participating sponsors.

"We do this for the community," said Ms. Reed. "We're keeping business in Norton, and helping our businesses out, and it doesn't cost a penny to drop your name in a box."

The last week of December, the drawings will take place on Monday, Dec. 22, Tuesday, Dec. 23,

with Wednesday, Dec. 24 being the drawing for 10 \$200 prizes. Winners will have until Jan. 31 to spend their Santa Bucks.

Co-sponsors for the contest are: The Norton Telegram, Adventures in Eating, Attitudes, Destination Kitchen, End Zone, First Security Bank and Trust, Fit To Go, Hall's Clothing, Kellie's Alltel, Craig Krizek, D.D.S., Nex-Tech, Norton Greenhouse, Norton Shop and Save, Pamida, Pure Prairie Natural Foods, Ruth's Antiques, Security Abstract, Stitch Up A Storm, Twice Sold Treasures, Valley Hope Association, Almena State Bank, Boxler Insurance, Don's Floor Covering, Engel's, First State Bank, Garden Gate Florals, Etc., Jamboree Foods, Kowpoke Supply, Moffet Drug, Norton Animal Health, Norton Glass Company, Pizza Hut/Taco Bell, Russ' Jewelry, Sander Furniture/Bed and Bath, Lamont Shirk, D.D.S., The Bank, United Northwest Federal Credit Union and Walter Motor Company.

"I'm very pleased with the number of sponsors we have this year," said Ms. Reed. "That means more shopping in Norton."

More black-footed ferrets freed in area

By **TOM BETZ**
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For the fourth time in a year, the population of the endangered black-footed ferret south of Russell Springs increased Friday afternoon as federal wildlife agents and volunteers released 13 of the tiny predators, bringing the total so far to 48.

Larry M. Haverfield, a Logan County rancher who's taken a lot of heat over his views on wildlife, especially prairie dogs, said the U.S. Fish and Wildlife Service brought 13 more ferrets out to his ranch to be released.

"We put some near the house," Mr. Haverfield said, "and took the others a couple miles north to another spot."

"It was a terrible day with the winds, and we had a much smaller group to help and watch the release. The ferrets came right out of the cages and went into the prairie dog holes. They did not put on as much of a show as they have on better days."

He said this brings the total released up to 48 on his property, with about 20 released on Nature Conservancy land along the Smoky Hill River.

This is the fourth release of the endangered ferrets in Logan County as part of a reintroduction project being coordinated through the Fish and Wildlife Service and the Kansas Audubon Society.

Ron M. Klataske, executive director of Audubon of Kansas, said Mr. Haverfield and two other landowners have invested thousands of dollars defending their right to conserve native wildlife on their land.

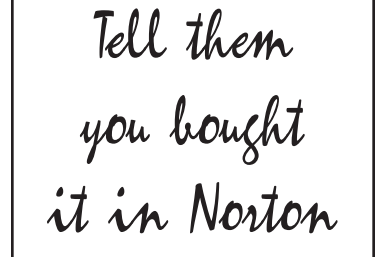
A century-old state law that allows county commissions to order eradication of prairie dogs and enter private land with poison violates every acceptable concept of property rights and modern conservation standards, he said.

Over the past two years, Mr.

Program Homework is the key

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that needs to be done, or some test that has to be studied for. The kids I see getting 'A's' are the ones I see walking out the school doors with class books."



Progress: teamwork involved

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big parts of why the Norton School District does such a good job on the tests.

"The teachers, because they are at the front line in education, teaching the students. Principals

for providing support to the teachers, helping the teachers however they can. The school board helps by keeping the classroom sizes small, providing support and setting student achievement priorities," he said.

And the beat goes on . . .



Mrs. Hillman's kindergarten class at Eisenhower Elementary School in Norton wore Indian headdresses and beat on their tom-toms in a performance for their parents, who

came to the school to take part in the annual Thanksgiving Day feast.

— Telegram photo by Brandy Leroux

Oberlin school boss to step down

Staff and teachers with the Oberlin School District received an e-mail last week from Superintendent Pat Cullen, saying that he plans to resign at the Monday, Dec. 8, school board meeting.

The letter, which became a public document when it was sent to the staff, is not an actual resignation. Dr. Cullen said Monday that nothing is official yet, and it won't be until he gives the board a letter. The Oberlin School Board is scheduled to make a decision on administrators' contracts at

the meeting. The board has voted several times in past meetings to take any action on administrators' salaries. The letter from Dr. Cullen praised the teachers for the job they do and relates that to the success of the district's students.

"The one thing I want to share with the staff before this information gets into the hands of others is that I will be resigning as the superintendent of USD 294 at the December 8th board meeting," he said. "This resignation will take effect at the end of my contract on

June 30, 2009.

"As I finish out my contract, I want to be as positive and productive as possible. This has been a very rewarding experience, serving as the superintendent of USD 294, and whatever I can do to help the district to move forward over the next seven months, I will do so.

"I have no recommendations for any changes for USD 294 over the next seven months. The only recommendations I have are to build and rely on the strength, ef-

orts and expertise of the staff and the administration of USD 294. These people are the backbone of this district."

The letter was dated Monday, Nov. 17, one week after the November board meeting. At that meeting, the board got letters from a teacher and two from parents suggesting that it look closely at the superintendent's contract. The board has held several closed sessions for personnel, with and without the superintendent, while considering the pay issue.

Few people know...

Diabetes shows up when eyes are examined

Diabetes, the number-one cause of acquired blindness, is detectable through a comprehensive eye exam. However, only two of five American adults who don't wear glasses or contacts have been to an eye doctor in the last two years.

This lack of vital eye care and overall health screening exists, even though more than 60 percent of adults know that diabetes can be detected through a comprehensive eye exam, according to the American Eye-Q™, a survey done by the American Optometric Association. "There is an obvious disconnect between adults' knowledge and their actions when it comes to comprehensive eye exams," said Julie Toon, O.D., president of the Eye Care Council. "This is very unfortunate considering that up to 24,000 people unnecessarily lose their vision yearly because of diabetes complications that can often be prevented through early detection and timely treatment."

Almost 21 million people in the United States have diabetes and more than six million of those are undiagnosed, according to the Eye Care Council. Additionally, an estimated 54 million Americans ages 40 to 74 have pre-diabetes, a condition that puts them at high risk for developing type 2 diabetes. Individuals who are at high

risk for diabetes need to have regular, dilated eye exams and all individuals with known diabetes need to have dilated eye exams each year, according to Dr. Toon.

"Kansas should consider an eye exam as the first line of detection for this serious disease and its complications," Dr. Toon said. "Fortunately, in nearly all cases, diabetic retinopathy, a potentially blinding complication of diabetes and sometimes the very first sign of diabetes, can be diagnosed during a dilated eye exam in which drops are put into the eyes."

Dr. Toon said that on many occasions, other health-threatening conditions may be discovered during an eye exam.


"We can uncover unique signs that may even save someone's life. The effects of high blood pressure, anemia and elevated blood cholesterol can be seen during a dilated eye exam because the eye is the only place within the body that blood vessels can be seen in their natural state."

According to Michael Duenas, O.D. and a health scientist at the Centers for Disease Control and Prevention Division of Diabetes Translation, "patients suffering from diabetic retinopathy may not notice any changes in their vision, especially during the early treatable stages of the disease. This

emphasizes the importance of all individuals with diabetes having yearly dilated eye examinations by an optometrist or ophthalmologist."

Key facts about diabetes:
 • More than 21 million people in the United States have the disease.
 • 6.2 million people with diabetes are unaware they have the

disease. • An estimated 54 million Americans ages 40 to 74 (representing 40.1 percent of the U.S. population) have pre-diabetes, a condition that puts them at high risk for developing type 2 diabetes. • Diabetes is the leading cause of new cases of blindness among adults ages 20 to 74. to develop glaucoma.



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- 2006 Dodge Dakota, quad cab, 4 wheel drive, flame red
- 2006 Dodge 1/2 ton quad cab, short box, 4 wheel drive, brilliant black
- 2005 Chevrolet 3/4 ton regular cab, 4 WD, charcoal gray
- 2005 Dodge Ram 3/4 ton quad cab, short box, 4 wheel drive, bright white
- 205 Dodge Dakota Club Cab, 4 wheel drive, bright silver metallic
- 2004 Dodge Ram 3/4 ton quad cab, short box, 4 WD, flame red
- 1996 Dodge Ram 3/4 ton quad cab, short box, 4 WD, two-tone emerald green and silver
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