

By SHIRLEY HENRICKSON
Museum Director

The Dane G. Hansen Memorial Museum is proud to announce the exhibit "The Flint Hills: A Kansas Treasure."

This exhibit opened Jan. 9 and will run through Feb. 1.

National Geographic Magazine's April 2007 issue examines the beautiful Flint Hills of Kansas through the lens of respected photojournalist and Kansas native, Jim Richardson. The 22-page feature section, titled "The Flint Hills: A Kansas Treasure" captures a glimpse of the majesty of this unique Kansas prairie-land.

Richardson took over 11,000 photos in the Flint Hills for this project.

To complement the magazine spread and further celebrate the Flint Hills, The National Geographic Society and the Kansas Division of Travel and Tourism are sponsoring this traveling exhibit of 32 large-scale photographs, some of which are featured in the magazine.

The Flint Hills extend from near the Nebraska border south into Oklahoma.

The region's core is roughly bounded by I-70 on the north, I-35 on the south and east and Kansas 15 on the west.

Within this area, the Flint Hills National Scenic Byway

stretches 48 miles along Kansas 177 from Council Grove, once a Santa Fe Trail staging area, south through Strong City and neighboring Cottonwood Falls, then on to Cassoday, a tiny ranch town that bills itself as the Prairie Chicken Capital of the World.

Explorer Zebulon Pike named the Flint Hills in 1806 for the cobbles of flint-like chert that glistened through the tall prairie grasses.

In this nearly treeless region of immense horizons, big bluestem grass nourished by minerals in the limestone grows so tall that early explorers wrote of having to stand up in the saddle to get their bearings.

The lush grass drew vast herds of buffalo that the native hunters followed.

Beginning in the mid-1800's, cattle rapidly replaced the buffalo, and the homesteaders displaced the Indians. The honey-colored limestone provided building blocks, even fence posts, for settlers in the wood-scarce landscape.

Today, because its rocky soil has stubbornly resisted the plow, the Flint Hills region retains much of its untamed character.

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The dance classes started Sunday, Jan. 11.

We had several couples in attendance at both the beginning class and advanced class. Instruction may include: Waltz, 2 Step, Swing & Polka, Texas 2 Step, Cha Cha and lots of new fun steps.

The class will continue to meet every Sunday afternoon through March 1. The Beginners Class will run from 2 p.m. - 3:30 p.m. and the Advanced Class will run from 3:30 p.m. - 5:00 p.m. You have missed only one class and can still sign up! Call 785-689-4846!

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Our January Artist of the month is Gordon Mai from Wilson, KS.

Mr. Mai has photography, pastels and watercolors on display.

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Museum hours are Monday through Friday from 9 a.m. to noon and 1 p.m. to 4 p.m.; Saturday from 9 a.m. to noon and 1 p.m. to 5 p.m.; Sunday and holidays 1 p.m. to 5 p.m.

We are handicapped accessible, there is never an admission fee and we have a free Wi-Fi Hotspot in the Community Room.

For more information about this and other exhibits, contact Shirley at 785-689-4846 or check out our web at www.hansenmuseum.org.

Easy does it



Ed Lively, a city employee, uses a loader to remove ice and snow north of Moffet Drug. The building casts a shadow where people park, making the ice and snow stay longer. Dan Bainter, also a city employee, helped direct the loader and traffic away from it.

— Telegram photo by Brandy Leroux

School menus

Tuesday, Jan. 20

Northern Valley — Breakfast — Breakfast taco, hash browns, apricots, cold cereal and milk — Lunch — Sierra chicken, tossed salad with dressing, buttered carrots, brownie and milk.

Norton Jr./Sr. High — Breakfast — Banana bread square, fruit or juice, or cereal and toast with margarine and jelly, and milk — Lunch — Beef enchilada, lettuce and chopped tomato, hot roll with margarine, fruit, or chef salad, and milk.

Eisenhower Elementary — Breakfast — Sausage pancake on a stick, warm maple syrup, strawberry fruit cup, or cereal and toast with peanut butter, apple juice and milk — Lunch — Taco crunch, corn, tossed salad, chocolate cake and milk.

Wednesday, Jan. 21

Northern Valley — Breakfast — Cheese biscuit with ham, scrambled egg, pineapple ring, cold cereal and milk — Lunch — Meatloaf, mashed potatoes, whole wheat roll, buttered peas,

chocolate pudding and milk.

Norton Jr./Sr. High — Breakfast — Monkey bread, fruit or juice, or cereal and toast with margarine and jelly, and milk — Lunch — Hamburger with fixings, lettuce, tomato and cheese slice, dill pickle slice, french fries, fruit, or chef salad, and milk.

Eisenhower Elementary — Breakfast — Banana spears, apple wedge, oatmeal muffin square, or cereal and toast with peanut butter, grape juice and milk — Lunch — Ham and cheese on a home made bun, pepper strips, pork and beans, pears and milk.

Thursday, Jan. 22

Northern Valley — Breakfast — French toast sticks, hash browns, sliced pears, cold cereal and milk — Lunch — Beef stew, crackers, relish plate, hot roll, pear half and milk.

Norton Jr./Sr. High — Breakfast — English muffin sandwich, fruit or juice, or cereal and toast with margarine and jelly, and milk — Lunch — Chicken strips, tater tots, coleslaw, hot roll with margarine, fruit, or chef salad,

and milk.

Eisenhower Elementary — Breakfast — Shipwreck, or cereal and toast with peanut butter, orange juice and milk — Lunch — Chicken supreme, green beans, baby carrots, fruit basket upset and milk.

Friday, Jan. 23

Northern Valley — Breakfast — Cinnamon butterflake biscuits, scrambled eggs, fruit cup, cold cereal, and milk — Lunch — Salisbury steak, mashed potatoes, french bread, buttered mixed vegetables, banana cream pie and milk.

Norton Jr./Sr. High — Breakfast — Pancake and sausage on a stick, syrup, fruit or juice, or cereal and toast with jelly, and milk — Lunch — Toasted ham and cheese sandwich, corn, pasta salad, fruit, or chef salad, and milk.

Eisenhower Elementary — Breakfast — Hot ham slice, hash brown patty, peaches, or cereal and toast with peanut butter, apple juice and milk — Lunch — BBQ beef on a homemade bun, potato salad, dill spear, banana pudding and milk.

Second Nine Weeks Honor Roll HIGHEST HONORS

7th Grade
Bailey Ambrosier, Kristen Burse, Leif Carlson, Katelyn Engelbert, Hannah Pollock and Johnnye Ruder.

HONOR ROLL

7th Grade
Darcy Bainter, Travis Cressler, Hannah Goss, Ashley Hildebrand, Marisa Maddy, Marc Miller, Cole Renner, Drew Schrum, Jared Shelton and Landon Slipke.

8th Grade

Ryan Bainter, Sierra Black, Katherine Boteler, Eli Bozarth, Jade Braun, Andrew Ellis, Kamilla Jones, Ruth Kendell, Katelyn Koch, Shelbi McKenna, Alec Melvin, Juliana Miller, Kayleigh Norwood, John Rise-wick, Joseph Schaefer, Emily Schulze, Rachel Slipke and Dylan Sprigg.

HONOR ROLL II

7th Grade
Gabriel Bird, Christopher Chambers, Zachary Esslinger, Sauna Gibson, Austin Hager, Megan Mannel, Kelsey Marx, Christopher Richard, Ethan Ross, Abbie Smith, Maggie Spradlin, Colton VanNortwick,

Danielle Wagoner, Haley Wallingford, Jessica White and Suzanne White.

8th Grade

Lane Archer, Lane Bigge, Jared Bohl, Dustan Daniels, Cassius Dole, Autin Duscher, Cody Ellis, Christopher Fisher, Samantha Gordon, Stephanie Hager, Jordan Hartwell, Julia Kent, Alexis Lively, Carson McKenna, Dalton Miller, Kelsey Mordecai, Teslee Nickell, John Renner, Alexander Riggins, Traven Rossi, Wyatt Wentz and Jeremy Williams.

First Semester Honor Roll

HIGHEST HONORS
7th Grade
Bailey Ambrosier, Darcy Bainter, Kristen Burge, Leif Carlson, Katelyn Engelbert, Marisa Maddy, Hannah Pollock and Johnnye Ruder.

8th Grade

Ruth Kendall
HONOR ROLL I
Travis Cressler, Hannah Goss, Ashley Hildebrand, Megan Mannel, Marc Miller, Christopher Richard, Ethan Ross, Drew Schrum, Jared Shelton and Landon Slipke.

8th Grade

Lane Archer, Ryan Bainter,

Lane Bigge, Sierra Black, Katherine Boteler, Eli Bozarth, Jade Braun, Andrew Ellis, Christopher Fisher, Samantha Gordon, Kamilla Jones, Katelyn Koch, Shelbi McKenna, Juliana Miller, Kayleigh Norwood, Alexander Riggins, John Rise-wick, Joseph Schaefer, Emily Schulze, Rachel Slipke and Dylan Sprigg.

HONOR ROLL II

7th Grade

Gabriel Bird, Zachary Bird, Christopher Chambers, Zachary Esslinger, Sauna Gibson, Austin Hager, Kolton Harting, Damian Lawson, Kelsey Marx, Cole Renner, Isaac Schaefer, Maggie Spradlin, Colton VanNortwick, Danielle Wagoner, Haley Wallingford, Jessica White and Suzanne White.

8th Grade

Rheanon Baker, Jared Bohl, Jacob Brooks, Kaitlyn Campbell, Javen Colip, Dustan Daniels, Cassius Dole, Austin Duscher, Cody Ellis, Lucas Engel, Stephanie Hager, Jordan Hartwell, Brianna Karnopp, Julia Kent, Alexis Lively, Carson McKenna, Alec Melvin, Dalton Miller, Teslee Nickell, John Renner, Traven Rossi, Wyatt Wentz and Jeremy Williams.

FYI

Reaching Out From Within, a humanitarian group from the Norton Correctional Facility, donated five boxes of food to God's Pantry this Christmas season.

This has been a tradition of this special outreach group for several years now.

They also gave a \$140 donation to God's Pantry in June.

Their future projects include Teddy Bears for the sheriff's department to carry with them when encountering children in crisis situations, donating to the Northwest Kansas Domestic and Sexual Violence Services and Shelter, and many other worthy causes in our county.

The motto of this caring, spiritual program is "Kindness Is Contagious — Catch it!"

Accident reports

Sunday, Jan. 18 — Deputy Pat Douglas responded to a deer-related accident on Highway 283. Guizel Urbina, Garden City, was traveling south on Highway 283 when a deer came onto the road. Ms. Urbina was unable to avoid hitting the deer. Damage was listed as more than \$1,000. Freddy Neri and Irvin Mozquita were listed as passengers in the vehicle. No injuries were reported.

Friday, Jan. 16 — Undersheriff Rich Wenzl responded to a one-vehicle accident on County Road C. Justin Hodges, Norton, was driving west on County Road C when his vehicle rolled into the south ditch. Mr. Hodges said he had a seizure and doesn't remember what happened. Damage was listed as more than \$1,000. No injuries were reported.

Winners announced

There were 22 \$100 winners in the Norton Area Chamber of Commerce's "12 Days of Christmas" giveaway.

Vicki Henderson, Ted Hull, Sylvia Wright, Priscilla Merriman, April Karnopp, Larry Enfield, Sr., Carol Woodmansee, Stephanie Weaver, Bill Goscha, Pat Barnard, Jana Keiswetter, David Porter, Sr., Tami Black,

Joyce Scott, Kathy Skrdlant, Herbie Johnson, Donna Goscha, Nikki Wright, Craig Renner, Merlyn Colip, Julie Neff and Darla Engel all won \$100.

Denise Clark, Chris Welch, Jean Johnson, Richard Martin, Sandy Smith, Cheri Renner, Donna Nelson, Sherry Hickman, Elaine Milnes and Tracy Hildebrand each won \$200.

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NOTICE OF NOMINATIONS FOR DIRECTORS TO THE ANDBE HOME BOARD
Three positions on the Andbe Home Board of Directors expire in 2009. These positions will be filled by election at the Annual Meeting which will be held on **THURSDAY, MARCH 12, 2009** at 7:00 p.m. Nominees will be chosen by the Andbe Home, Inc. Nominating Committee. A director must be a resident of Norton County. A director whose term is expiring may be nominated. Any person may propose in writing the name of a person for the committee to consider for nomination. Names must be submitted by February 15, 2009 to:
ANDBE HOME INC.
201 W. CRANE, NORTON, KANSAS 67654

Norton County Health Promotion Blood Draws
At the Norton County Health Department
Tuesday, Feb. 3, 2009
Time: 7:00 a.m. - Noon
Provided by a joint effort of the Norton County Health Department and the Norton County Hospital
Need to be fasting (no food or drink after midnight) before the test
NO APPOINTMENTS NECESSARY - FIRST COME, FIRST SERVE
QUESTIONS? CALL THE NORTON COUNTY HEALTH DEPARTMENT AT 785-877-5745

Profile #1 (Health Profile and CBC)\$40.00
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 diabetes mellitus.
Cholesterol - (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
PSA - 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.

ACCEPT CASH AND CHECK ONLY! INSURANCE BILLING NOT AVAILABLE!