

Sounds yummy



Ford Wilttrout, an employee of the Andbe Home in the environmental services department, was re-painting the trim at the Andbe Home Thursday morning. Mr. Wilttrout calls the colors "cookie dough" (on the walls) and "hot cocoa" (on the trim).

- Telegram photo by Brandy Leroux

Senior Center menu

Wednesday, April 1 — Liver and onions, hash brown casserole, green beans, bread and mixed fruit. Thursday, April 2 — Chicken pot pie, mandarin oranges, biscuits and cottage cheese. Friday, April 3 — Tuna noodle casserole, California blend vegetables, stewed tomatoes, bread and pineapple upside down cake.

Monday, April 6 — Sausage gravy, mixed vegetables, citrus slices, biscuit and cook's choice complement. Tuesday, April 7 — Taco salad, apricots, tortilla chips and applesauce crunch. Wednesday, April 8 — Oven fried chicken, mashed potatoes and gravy, peas, bread and gelatin with pears. Thursday, April 9 — Swedish meatballs, parslid potatoes, carrots, noodles and peaches. Friday, April 10 —

Baked fish, green bean casserole, strawberries and bananas, bread and cookie.

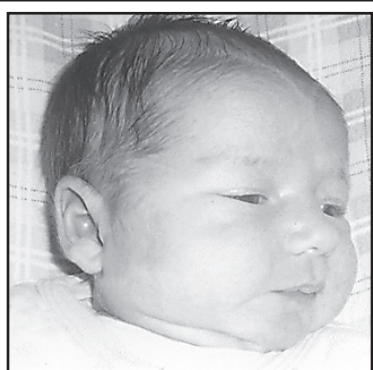
Monday, April 13 — Pasta, beef and tomato casserole, tossed salad, corn, garlic bread and pineapple. Tuesday, April 14 — Ham, sweet potatoes, coleslaw, bread and mixed fruit. Wednesday, April 15 — Chicken and rice casserole, Italian blend vegetables, plums, bread and yogurt. Thursday, April 16 — Meatloaf, scalloped potatoes, fruit cup #1, bread and birthday cake. Friday, April 17 — Cook's choice entree, cheesy broccoli, hot buttered apples, bread and butterscotch squares.

Monday, April 20 — Salisbury steak with gravy, mashed potatoes, seasoned carrots, bread and cook's choice fruit. Tuesday, April 21 — Chili with beans, orange

pineapple salad, crackers and cinnamon roll. Wednesday, April 22 — Chef salad, Dole tropical fruit salad, bread sticks and cherry cobbler. Thursday, April 23 — Oven fried chicken, potato salad, pork and beans, bread and mixed fruit with banana. Friday, April 24 — Sausage patty, hash brown casserole, cream-style corn, bread and applesauce gelatin.

Monday, April 27 — Ground beef stroganoff, winter mix vegetables, rosy pears, noodles and cook's choice complement. Tuesday, April 28 — Turkey, sweet potatoes, 5-cup salad, bread and pumpkin dessert. Wednesday, April 29 — Ham and scalloped potato casserole, peas, roll and peaches. Thursday, April 30 — Bierock casserole, mixed vegetables, cinnamon apple slices, bread and pudding.

It's a girl!



Emma Alise Collins

Emma Alise Collins was born on March 1, 2009, at the Norton County Hospital to Troy and Sara

Collins. She weighed 8 pounds, 2 ounces and was 19 inches long.

She has two sisters, Darrien, 13, and Ainsley, 2 and a half.

Grandparents are Raymond and Ardith Scheetz, Clayton; Carla Collins and Terry Minshall, Norton; and the late Terry Collins.

Great-grandparents are Ida Thibault, Smith Center and the late Jerry Thibault; Jim and Marge Collins, Truth or Consequence, NM; and the late Leland Pearl Dwinell and Leonard and Marie Scheetz.

Meals on Wheels schedule

The Meals on Wheels delivery schedule is as follows:

March 30 through April 12 — Mid-Century Federated Club.

Contact Eunice Neiltopp at 877-2439.

April 13 through 26 — Norton PEO. Contact Ada Arford at 877-

3052.

April 27 through May 10 — United Methodist Women. Contact Jean White at 877-3953.

Business notes

Mortensen Computer Services will be opening the Norton Technology Center next month, in the former H & R Block office next door. The center will be used to teach computer classes, such as basic computer skills, on up to intermediate Quickbooks, Microsoft Word and Excel, and possibly classes about eBay and web-designing in the near future. The projected opening date of the Norton Technology Center is April 15.

Kim Wicker, customer relations manager, said, "I proposed this to Shawn [Mortensen, owner of Mortensen Computer Services] about two months ago, after all the area lay-offs. This will help those who have become unemployed to possibly get jobs that require computer skills. MCS is not limiting the classes to only these people, but anyone who wants to learn to use computers and computer programs is welcome to take the classes."

Ms. Wicker said at the outset they will have Mortensen Computer Services personnel do the teaching, and will hopefully be able to add guest teachers as well. The center can also be used as a regional meeting area, which will have laptops, video-conferencing,

telecommunications and a projector for use.

"We would like Norton to have the most up-to-date technology at their fingertips," Ms. Wicker said.

She added, "We're also hoping to offer classes to businesses on subjects such as customer service, time management and prioritization, et cetera."

Feeding tips to prevent choking

According to the American Red Cross, more than 3,000 people die from choking every year.

The cause of many of these tragic events is food.

In children under age one, it is the most common cause of unintentional injury-related deaths. When an airway is blocked for more than four minutes, brain damage or death can be the tragic result.

While any small object can obstruct an airway, food is of great concern. According to the National SAFE KIDS Campaign, the majority of childhood choking instances are due to food.

Small, round pieces of food such as hot dogs, popcorn, can-

Home ed
Tranda
Watts,
Extension
specialist



• Have small children sit in high chairs while eating to reduce activity.

• Help the child slow down while eating.

• Feed infants soft foods that are easy to chew or don't need to be chewed.

• Cut foods like hot dogs and carrots into small pieces.

• Always supervise children while eating.

One of the best things a parent or care giver can do is to learn CPR and first aid for treating choking and other medical emergencies.

If you have further questions about food safety concerns, contact your local K-State Research and Extension Office or e-mail twatts@ksu.edu.

dy, nuts, carrots, and grapes are most common.

In 2002, 42 percent of the 168 children under age 14 who choked died from choking on food.

So what can be done to help prevent these tragic deaths?

Education is important. Every ounce of prevention expended can save a life.

Here are some important tips:

Student arts competition kicks off

Congressman Jerry Moran said entries are being accepted for the 2009 Congressional Arts Competition. All high school students in the First Congressional District of Kansas are encouraged to enter their artwork.

The winning artwork will be displayed in the U.S. Capitol for one year.

"Art plays an important role in the lives of Kansans," Moran said. "As a member of the Congressional Arts Caucus, it is very valuable to recognize and encourage the artistic talents of high school students from

across the First Congressional District of Kansas."

The Deines Cultural Center of Russell will host the 2009 competition. All submissions must be received at the Deines Cultural Center, 820 North Main Street, Russell, between Tuesday, April 21 and Friday, April 24 during the hours of 12:30 p.m. and 5:30 p.m. Awards will be given in the following artwork categories:

• Paintings: oil, acrylics, watercolor, etc.

• Collage: must be two dimensional

• Prints: lithographs, silk-

screen, block prints

• Mixed Media: use of more than two mediums such as pencil, ink, etc.

• Computer generated art

• Photography

Awards will be announced by Moran at a reception on Sunday, May 3 at 2 p.m. at the Deines Cultural Center of Russell.

Interested students and teachers can contact Moran's Hays district office at 785-628-6401 for more information.

Competition guidelines are available in the Services section of Moran's Web site at www.jerrymoran.house.gov/.

You look mahh-velous, dahling!



Beth Mustoe checked out her new hair style at the Andbe Home Thursday morning. Volunteers come to the Andbe home to do the residents' hair every week and nails every other week. Ms. Mustoe's hair was done by Connie Sanko from Connie & Co.

- Telegram photo by Brandy Leroux

FYI

The family of Lee Hogan requests a card shower in honor of her 80th birthday on March 30. Cards can be mailed to 1007 Eisenhower Drive, Norton, Kan., 67654.

AARP will be holding a defensive driving class on April 1 and 2, from 6 p.m. to 10 p.m. at the Norton County Hospital.

(Items for this column may be e-mailed to nortontelegram@nw-kansas.com, subject line "FYI".)

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Area Youth Eligible to Compete in Aquafina® Major League Baseball® Pitch, Hit and Run™ Competition

Norton Recreation Commission

will host a free Aquafina® Major League Baseball® Pitch, Hit & Run™ Competition for Area Youth

Saturday, April 25, 2009 - 1:30 p.m.

Busch Field (Elmwood Park)

Pitch, Hit & Run™ is the Official Skills Competition of Major League Baseball®

This grassroots program is designed to provide youngsters with an opportunity to compete, free of charge, in a competition that recognizes individual excellence in core baseball skills. Competitors are divided into four age divisions: 7/8, 9/10, 11/12, 13/14, and have the chance to advance through four levels of competition, including Team Championships at Major League ballparks and the National Finals at the 2009 MLB™ All-Star Game®.

The individual Pitching, Hitting and Running Champions, along with the All-Around Champion in each age group at the Local Competition will be awarded and advance to the Sectional Level of Competition.

All participants must bring a copy of their birth certificate and fill out a registration/waiver form prior to the start of the competition. For questions concerning the competition, please contact your Local Coordinators, Steve Schrum at 785-877-3087 or Joan Bolt at 785-877-2122. **REGISTRATIONS DUE BY 5:00 P.M. SATURDAY, APRIL 11**

The family of

Leo and Jerry Stalder

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"55th Anniversary"

with a Card Shower

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