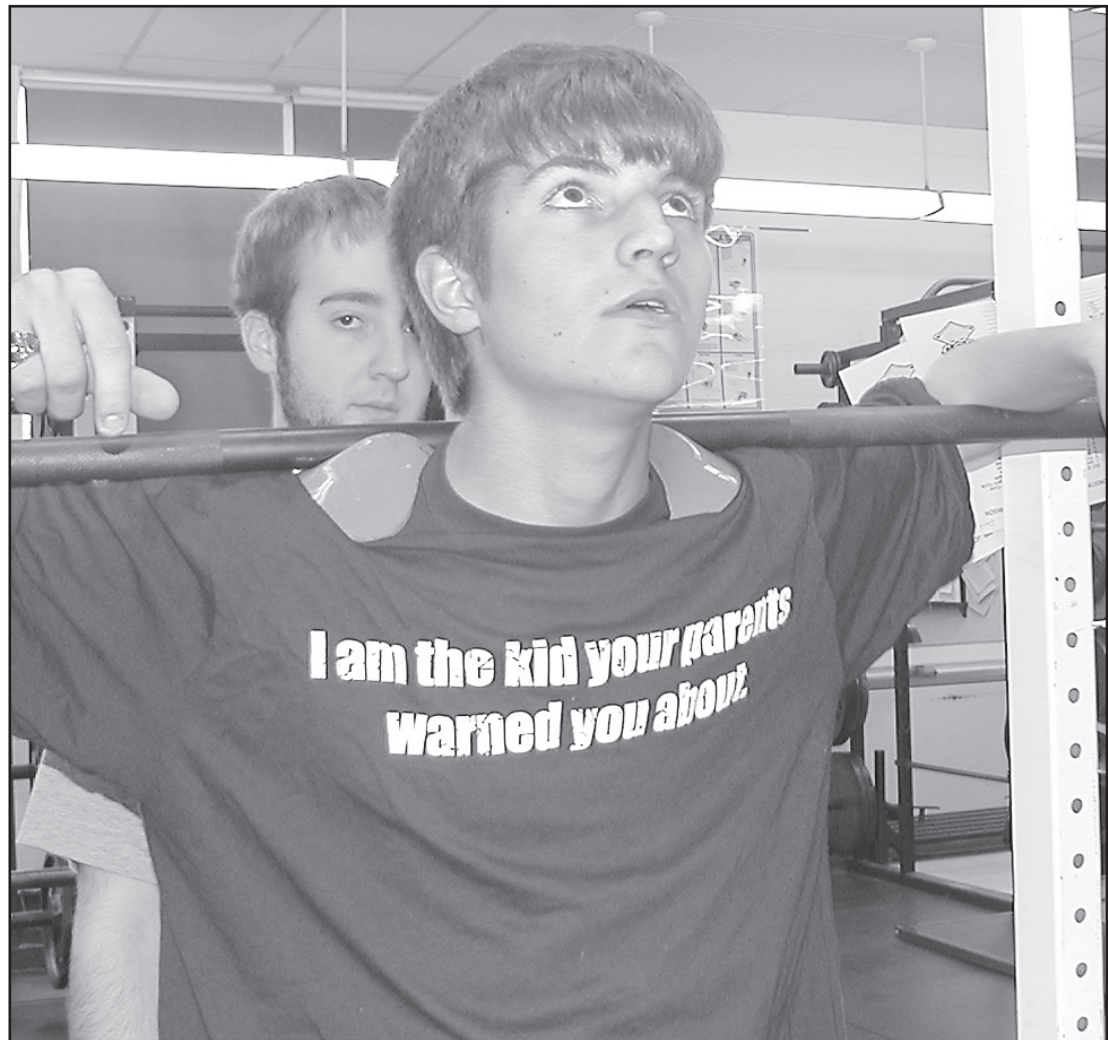


Looking in the right place...



Norton Community High School sophomore Zach Porter worked on his squats during second hour physical education class on Monday at the East Campus weight room. He was helped by junior Grant McClymont (behind.) After working on a set of exercises, the boys changed places.

- Telegram photo by Cynthia Haynes

Eyes focused on swine flu

With two cases of swine flu in Kansas, health department officials are being wary and watching for any spread of the disease across the state.

On Saturday, the Kansas Department of Health and Environment issued a statement saying that two cases of the worrisome disease had been found in Dickinson County, which is just southeast of Salina.

Both patients lived in the same household, the department said and one had recently traveled to Mexico flying in and out of Wichita. Both patients work in Salina and have been diagnosed with the same type of flu that has been found in Mexico, California and Texas.

"It's not yet known whether this will become the next flu pandemic," said Dr. Jason Eberhart-Phillips, state health officer and director of the department's division of health. "We are working closely with health agencies at all levels and are continuing to monitor these cases. We are taking this situation very seriously."

In Norton, however, County Health Nurse Gina Frack said that she is watching the situation but isn't unduly upset.

"This is not an issue of panic, just an issue of awareness," she said.

Ms. Frack noted that while it is not too late to get a flu shot, the county health department after giving out about 800 in the fall and winter, is out of vaccine and because this is a new strain of flu, the old vaccine would probably not be effective against it anyway.

The best way to protect yourself and those around you, she noted, is still good old fashioned hand washing.

Other steps to use to minimize the spread of the disease, recommended by the state health department, are staying home if you're sick; coughing and or sneezing into your elbow or a tissue; and generally staying healthy by eating a balanced diet, drinking plenty of water and getting adequate rest and exercise.

Symptoms of the disease include a fever greater than 100 degrees, body aches, coughing, sore throat, respiratory congestion and, in some cases, diarrhea and vomiting.

In the Kansas outbreak, the health department's office of surveillance and epidemiology received a report of unusual flu-like illness from Dickinson County on Friday afternoon. Respiratory specimens were collected from both patients and sent to the department that evening.

FFA contest

(Continued from Page 1)

Also judging on the Norton team were Jesse Gallentine, Keg-an Vanover; Tyler Esslinger and Clayton Esslinger.

About a dozen other FFA students from Norton helped put on the contest.

Animals for the contest were provided by area livestock busi-

nesses. Glenn Stewart, Alma, provided a pen of sheep and one of show lambs. The pigs were from Husky Hogs. Terry Nelson and Nelson Farms provided the market steers, Doug Gallentine, cross-bred heifers; Scott Bohl, commercial heifers; Ellis Farms and Brock and Scott Ellis, selection heifers; and Steve Washburn of Hub Short Horns, yearling bulls.

Retirement

(Continued from Page 1)

over the state, but the Norton and Graham County farmers are the best," she said.

She mentioned that her goal was "to see that everyone had the opportunity to participate in all the available programs at a time that is convenient for them."

And in what far off place will she retire? Hawaii? Florida? Cali-

fornia? No. "I will continue to live in Norton and look forward to seeing all of you from time to time," she said.

An open house in Vesta's honor will be held on Friday from 10 a.m. to 3 p.m. The public is invited and encouraged to attend. The event will take place at the Norton County Service Center, 11506 Pineview Drive.

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References Available

State park ready for Kids Day

The Kansas Department of Wildlife & Parks, in conjunction with Kansas Wildscape, will sponsor the 9th annual Outdoor Kansas for Kids Day on Saturday at Prairie Dog State Park.

For many youngsters, it will be an introduction to the beauty and enjoyment of the outdoors, for others a reawakening or reinforcing of their outdoor interests, according to Toby Kuhn, Park Ranger.

Kids will get the chance to enjoy a fishing clinic, sponsored by local fisherman and the Longspur Chapter of Pheasants Forever; an archery clinic, sponsored by

the Norton Archery Club; and a trap shoot for youth 10 and over, sponsored by the Kansas Department of Wildlife and Parks and Longspur Chapter of Pheasants Forever.

"We will also have the Kansas Department of Wildlife and Parks Laser Hunting and Shooting Simulator available for youth under the age of 10," Ranger Kuhn said. "The simulator will duplicate many hunting situations and target shooting scenarios and should be fun for the kids."

All the guns and ammunition, plus fishing poles and bait, will be

provided. The kids participating in the day's activities will receive a prize donated by Kansas Wildscape and the Norton Travel and Tourism Committee.

Events will start at 8:30 a.m. and will end around 12:30. All youth participants should meet at the park office.

Lunch will be provided by Jamboree Foods and the youth will be cooking hot dogs over a campfire.

Anyone interested in sponsoring an event or helping that day can contact the park office at (785) 877-2953.

Area foundation helps Public TV

Smoky Hills Public Television has been awarded a general support grant from the Dane G. Hansen Foundation of Logan. The grant is expected to be used principally for production of Kansas programming and the broadcast of children's programming by the station, according to Jayne Heller, the station's director of development.

"Once again, we are grateful to the Dane G. Hansen Foundation for its recognition and support," Heller noted.

"The Hansen Foundation's support of Smoky Hills Public Television, particularly our Kansas programming and children's programming, reinforces the station in its mission to nourish the curiosity and enrich the lives of the people of central and western Kansas and make Kansas a better place to live and work," Heller explained.

Smoky Hills Public Television has regularly produced Kansas programming in the past, including documentaries and specials

such as "Placing Out: The Orphan Trains," "The Miss Southwest Kansas Pageant," "Sampling Kansas," featuring highlights and history of the Kansas Sampler Festival, "Kansas' Biggest Rodeo: Highlights of the 76th Annual Phillipsburg Rodeo," "Stories From the Dust Bowl," and "Bombers on the Prairie: The B-29 in Kansas."

The station also has produced numerous programs related to public affairs in Kansas including "The Kansas Legislature," "Kansas Candidates," "A Conversation With Jerry Moran," and "A Conversation With Pat Roberts."

Smoky Hills also has produced various Kansas arts and culture series and specials including "Messiah," "Christmas on the Plains," "A Holiday Concert From Southwest Kansas," "The Audubon of Moths," an in-depth look at the work of internationally-renowned artist Dr. John Cody, "Through the Lens," featuring the Five-State Photography Competition and Exhibition sponsored by the Hays

Arts Council, "Cathedral Concert 2005," from St. Fidelis Catholic Church (The Cathedral of the Plains) in Victoria, and "Kansas Arts Today".

Other Smoky Hills productions focusing on Kansas include "Doctors on Call," "Scoreboard Show," "Kansas Spotlight" and various Kansas State High School Activities Association state championships in sports.

Smoky Hills Public Television received its first grant from the Hansen Foundation in 1982, the year the station went on the air, and has been a regular recipient of Hansen Foundation grants over the years.

The Hansen Foundation, established in 1965 following the death of its benefactor, Dane G. Hansen, is one of the major charitable foundations in the state, serving primarily northwest Kansas.

Smoky Hills Public Television serves 70 counties in Kansas and one in Nebraska. It is available in Norton on channel 9 on Nextech.

City council agenda noted

The Norton City Council meets Wednesday afternoon at 5:30 in the City Building. Pick up a friend and attend as all city meetings are open to the public.

Jake Durham will address the council on behalf of the American Legion concerning a flag burning

ceremony. Other items on the agenda include reports from the city administrator, and the Public Safety, Utility, Finance and Parks committees. Also, a building permit and demolition permit will be presented. Payment of bills is also on agenda.

New website helps credit worriers

MANHATTAN — A new, easy-to-use Federal Trade Commission Web site can help consumers calculate payments needed to eliminate credit card debt, a Kansas State University specialist said.

Suppose, for example, a consumer is carrying a \$1,000 balance on a credit card with a 17.5

percent interest rate. If he or she makes a minimum monthly payment of \$50, it will take five years (60 months) and \$346 in interest to clear the balance, said Carol Young, K-State Research and Extension financial management specialist. Increasing monthly payments to \$75 will clear the

debt in 15 months and offer a savings of \$225 in interest; making monthly payments of \$100 will retire the debt in 11 months and yield a savings of \$257 in interest, Young said. The Credit Card Repayment Calculator is at the FTC-sponsored Web site: www.ftc.gov/creditcardcalculator.

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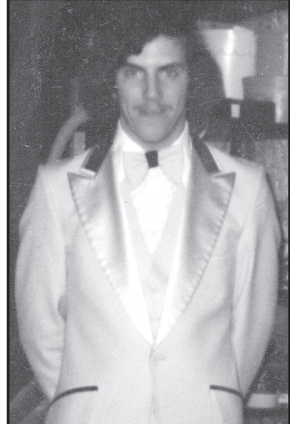
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Dine In or Out on the Patio

Happy Birthday, Dad!



We sometimes find ourselves wondering...Did we give you your due for all that you've done for us? Did we ever thank you for teaching us the value of hard work, good judgement, courage, and being true? The laughter, smiles, and quiet times we've shared...Did we ever thank you?

If we have forgotten, we're thanking you now. You taught us right from wrong...We hope you know how much you're loved and appreciated. We hope you, instinctively, knew it all along.

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