

PUBLIC RECORD

Swine flu...and you

Swine flu is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but there are human infections in the United States and even in Kansas currently.

The Center for Disease Control has determined that this swine flu virus is contagious and is spreading from human to human. However, at this time, it is not known how easily the virus spreads between people.

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people may have diarrhea and vomiting as well.

Spread of this swine flu virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with flu. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming

sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

To help keep from getting the flu the most important thing is to wash your hands often. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not to touch surfaces that may be contaminated with the flu virus. And avoid close contact with people who are sick.

People with swine flu virus infection should be considered potentially contagious as long as they are symptomatic and possibly for up to 7 days following illness onset. Children, especially younger children, might potentially be contagious for longer periods.

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person moving through the air is another possibility.

Somme viruses and bacteria can live 2 hours or longer on surfaces like key boards, phones, or money. Others may live much longer. Frequent hand washing will help you reduce the chance of getting

Home ed Tranda Watts, Extension specialist



contamination from these common surfaces.

There is no vaccine available right now to protect against swine flu. There are everyday actions that can help prevent the spread of germs. Take these everyday steps to protect your health.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

- Wash your hands often with soap and warm water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

- Avoid touching your eyes, nose or mouth. Germs spread this way.

- Try to avoid close contact with sick people.

- If you get sick, stay home from work or school and limit contact with others to keep from infecting them.

(If you have further questions about swine flu, contact your local doctors, health Department or your local K-State Research and Extension Office. You may also e-mail twwatts@ksu.edu.)

Jail Log

April 10 — Nickolass L. King, Department of Corrections, holding for Department of Corrections, released April 11.

April 14 — John T. Peters, Los Angeles, Calif., holding for Orange County, Calif., released April 15.

April 17 — Randy Willmes, Norton, served 5 days.

April 19 — Brenda Tarbet, Lenora, serving last 3 days of 5 day sentence.

April 20 — Seth Batson, Norton, probation violation.

April 23 — Tod Hinds, Norton, probation violation.

Municipal Court

These transactions were taken from the records of filings in the offices of the Norton Municipal Court. The traffic and criminal cases were given to the paper with the date of the hearings.

Traffic

April 16 — Tina Tanner, Nor-

ton, speeding 28 in a 20 mph zone. Amended to 65 in a 60 mph zone by City Prosecutor. Fine \$30, court cost \$75.

April 16 — Christina Shrader, Long Island, speeding 45 in a 35 mph zone. Amended to 65 in a 60 mph zone. Fine \$30, court cost \$75.

April 16 — Connie Gustafson, Beaver City, Neb., speeding 49 in a 40 mph zone, fine \$30, court cost \$66.

April 16 — Brett Thomson, Norton, speeding 46 in a 30 mph zone, fine \$66, court cost \$75.

April 16 — Jared Melcher, Kearney, Neb., defective tail lamps, fine \$30, court cost \$75.

April 16 — Joyce Kingham, speeding 50 in a 40 mph zone, fine \$30, court cost \$75.

April 16 — Laurel Massine, Norton, illegal tag, fine \$100, court cost \$75.

April 16 — Steven Simmons, Norton, basic speed. Plead not

guilty. Trial set.

April 16 — Jeremy Sproul, Norton, failure to wear seat belt, under age 18 and failure to have verification of insurance. Insurance verification provided at hearing. Fine \$60.

April 16 — Travis Somers, Norton, unlawful riding. Plead not guilty. Trial set.

April 16 — Shane Lentz, Almena, illegal tag. Tags were purchased right after arrest. Court cost \$75.

Animal Shelter For Adoption

Female Husky mix, 1 to 2 years old.

Male Lab mix, under 1 year old.

Female, domestic short hair, gray and white kitten, 6 weeks old.

Female, domestic long hair, gray and white kitten, 6 weeks old

Male Chihuahua, 1 to 3 years old.

Blue Jay musicians score high

On Thursday, April 16, the Norton Community High School choral and band students traveled to Colby High School for the large group State Festival.

Colby hosted 1A through 4A bands and choirs from all over northwest Kansas. Each group is judged by three judges who do not confer, and the judges ratings are "averaged" for the final rating for each group. Norton Community High School educators Tamra Cochran, choir, and David Will, band, thought their students represented Norton admirably, as they performed very well.

The choir received a II rating (missing a I rating by only three points), and the band received a I rating.

The Norton Community High School music department sent 47 of its students to the State Solo and Ensemble Music Festival as

a result of their earlier success at the local music play/sing-off held because the regional Solo and ensemble Festival in Oberlin was canceled by the state. The state allowed Norton a certain number of entries to go to the State Festival, and those students who received the highest scores at our own little "contest" qualified for State. So, on April 25, lots of young musicians gave up their Saturday, loaded buses and traveled to SE of Saline Schools for the State Festival. Each classification in Kansas has its own site, and the 3A site has been hosted by SE of Saline for several years. Norton musicians composed 22 entries with five ensembles and 17 solos.

Those 22 entries received four I's, 11 II's, and seven III's. That is not the number of higher quality ratings we are accustomed to, but the state has asked the judges to be

more demanding. Therefore the Norton musicians simply need to raise the bar and accept the challenge to be even better. Following is a list of the solo and ensemble entries and their ratings.

The following ensembles received III ratings:

Jay-Singers: Sopranos - Alexis Henson, Zoey Meyers, Kelsie Morel, Brittany Otter; Altos - Brae Bigge, Anna Cummings, Bethany Roy, Emily Scott; Tenors - Kurt Douglas, Jacob, Mitchell Shelton; Basses - Josh Gallentine, Justin Griffith, David Mizel, Jacob VanSki

Girls Ensemble: Brae Bigge, Melissa Byler, Austine Dole, Stephanie Eagleburger, Mariah Farber, Tonielle Fiscus, Alexis Henson, Kelsie Morel, Brittany Otter, tiffany Peters, Kaitlyn Ross, Bethany Roy, Emily Scott, Rachel Shepard, hannah Waggoner,

It's all about shoes

Perhaps somewhere in this world there exists a woman who doesn't love pretty shoes. If so, I've yet to meet her. Even though many of us, through circumstances beyond our control, cannot wear fancy footwear, we still long to do so. When forced to resort to sensible shoes, we mourn as we give away the high heels, the flip flops, the elegant silver-spangled evening sandals. We pause to stare into shop windows where elegant styles are displayed; we sigh and trudge on.

During my grade school years most girls only had two pairs of shoes. There were sensible tie-up brown oxfords for school and a pair of black patent Mary Jane pumps for "good". In the summer we ran barefoot every day but Sunday and oh my, did those patent shoes pinch when I had to struggle into them for Sunday School.

The year I was a sixth grader, however, things began to change. Mama let me order a pair of multi-color woven sandals from the catalog. No package was ever more eagerly awaited than that shoe box from Montgomery Ward. I loved those shoes and wore them until they were far too small. And for school that year I was allowed to buy penny loafers, a major fashion step forward. Next came my first heels, all of an inch and a half high, for eighth grade graduation. My love affair with pretty shoes had begun in earnest.

We all remember the adorable wedgies purchased even though they were a bit snug, calm in the assurance they would stretch. They never did. Did you ever survive on sardines and crackers for three weeks because the budget was blown on some darling little heels down at Al's Bootery? I did. A foolish foot flaw apparently runs in the family. Mama spent her first teaching paycheck on a pair of pointy-toed high button boots that hurt forever and created bunions. My sister came home after she'd collected a few paychecks sporting vivid green high heeled platform slings. Now there's a basic neutral for you. But I've no room to criticize for I once bought a pair of tomato red suede pumps with three-inch cork heels. Pretty snazzy in 1960, I can tell you. Right now I own a pair of black and yellow polka dot shoes. I may be old, but I ain't dead yet!

Louis the IIV started all this foolishness. Being a rather short gentleman, he had a cobbler put heels on his satin pumps to increase his stature. Ladies' shoes of that day were so delicate and fragile they were worn through within days. Edwardian England continued the trend as heeled and flimsy footwear quickly became a status symbol, distinguishing the upper class nobility from those who worked for a living.

Out of necessity American women were more sensibly shod

Child of the '40's Liza Deines



during pioneer days when sturdiness, not style became paramount. That didn't last long. Remember brown and white spectator pumps with stacked leather heels? And saddle shoes, and white bucks? Hard to keep clean but so IN. How I wanted a pair of T-strap shoes when they came into vogue, but alas, my square foot was never made for instep straps. Through the years we've seen spikes and French heels, Cuban heels, curvey Coca Cola heels, now cute little kitten heels. Don't forget Jackie Kennedy's straight set black suede pumps that made every other heel style passé overnight.

If you go shoe shopping today you'll find a lot of choices. Designers have learned at last that some of us will pay for comfort rather than style. Never fear, you'll also find nose-bleed stilettos with cockroach killer toes, six-inch Lucite wedges, leopard-skin slides, pink patent with rhinestones or flat as a flitter thong sandals in every color imaginable. Whatever suits your fancy... or your feet.

Every generation has had its "must have" trendy shoe so it's no surprise that styles move on from one extreme to another. I sometimes wonder about the first caveman who fastened his bearskin foot coverings with a sharp bone. Did he realize what he was unleashing on the world?

FYI

Conscious Discipline Module: Session 1, is scheduled for Saturday at the Norton Christian Church from 9 a.m. to noon. It is free and dress is casual. This session will discuss encouragement and composure. Conscious Discipline is a comprehensive classroom management program and a social/emotional curriculum. It is based on current brain research, child development information and developmentally appropriate practices. Conscious Discipline has been specifically designed to make changes in the lives of adults first.

For more information go to www.ConsciousDiscipline.com. This class is for anyone who works with children and cares about the future of our nation.

Duplicate bridge met at the Norton Manor with 4 tables present. First place went to Norman Walter and Claudia Bridges. Second went to Dewaine Stapp and Charlotte Meints, and third place went to Jackie Porter and Joyce Sumner.

(Items to tom.d@nwkansas.com, nortontelegram@nwkansas.com, mail to 215 S. Kansas Ave. 67635, call 877-3361 or 877-6908, or drop by the office.)

CASINO NIGHT

ENJOY A NIGHT OUT WITH THE ENTIRE FAMILY

SATURDAY, MAY 2, 2009

AT THE NORTON EAGLES

FOOD — 5:00 TO 7:00 P.M.
Cafish, French Fries, Coleslaw, Drink

FUN — 7:00 TO 10:00 P.M.
Casino Games — with Funny Money

Fundraiser for the Diabetic Research Center at the University of Iowa.
Partners with the Fraternal Order of Eagles to find a Cure

AUCTION — 10:00 P.M.
Many Great Prizes to Bid on with Your Funny Money Earnings

EVERYONE WELCOME — YOUR HELP IS NEEDED TO MAKE THIS A WONDERFUL SUCCESS!

Showing at the

NORTON THEATRE

X-Men: Wolverine

(PG-13) 1 Hours, 57 Minutes (Presented in Digital Sound)
Friday and Saturday: 7:00 and 9:05 p.m.
Sunday: 5 and 7:05 p.m.; Mon., Tues., Wed.: 7:00 p.m.

Fast and Furious

1 Hour, 48 Minutes (PG)

Star Trek

2 Hour, 17 Minutes (PG)
Special Premiere Showing
May 7, 7 p.m.

All passes accepted for X-Men and Fast & Furious. Check the Theatre Website at nortontheatre.com

X-Men: Wolverine and Fast and Furious general admission price of \$6.00-\$5.00 (\$3/Ticket Admission this Sunday for Either Movie)

Star Trek (PG-13)
Hannah Montana: The Movie (G)
Night at the Museum 2 (PG)

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Norton Library

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COLBY COMMUNITY COLLEGE

Summer Enrollment will be held on May 4 from 6:30 to 8:30 p.m. in the Norton Junior High School Cafeteria. Contact Angela Melvin at 785-877-3518 for additional information.

NO.	COURSE	CR.	INSTRUCTOR	PLACE	TIME/DAY	START DATE
SP176	Public Speaking	3	T. Fulton	NJHS	6:00-9:00p/M-W	6/1
PH103	Earth Science with Lab	5	G. Rossi	NJHS	6:00-9:00p/W	6/3
PS276	Developmental Psychology	3	B. Seamon	Hospital	Noon-5:00p	5/26 - 6/5
CH176	Fundamentals of Chemistry & Lab	5	J. Green	NCHS	1:00-5:00p/MWF	6/3
HE101	Basic Nutrition (ITV)	3	M. Kane	Hospital	8:30-11:30a	6/8 - 6/26
EN176	English Comp I	3	G. Seamon	NJHS	Tues.-Thurs.	6/9
EN177	English Comp II	3	G. Seamon	NJHS	Tues.-Thurs.	6/9
MA178	College Algebra	3	J. Jones	NJHS	5:00-8:00p/Tu-Th	6/2
	A & P	5	L. Killman	Hospital	1:00p	5/18 - 6/26
AL102	Med. Term	1	J. Zweygardt	ITV	12:30-2:30p	6/8,9,11,12,15,16