Tower

(Continued from Page 1) will be able to put out things the city usually does not pick up, like furniture and mattresses. Vote taken, motion passed.

• The intersection at Wabash Street, where the train derail-

Theft

(Continued from Page 1) from Wichita and Sherman counties in Kansas and Keith County, Neb., on Saturday. He was released later that day. Jones is the son of former Thomas County Sheriff Tom Jones. Jones' wife, Karen Jones, was also booked the same day and released on Saturday.

Officers reportedly were acting on a tip when they stopped and checked the stolen tractor.

Sheriff Rod Taylor said he couldn't comment on the case, referring all questions to the Federal Bureau of Investigation.

Bridget Patton, public affairs specialist at the Federal Bureau of Investigation's Kansas City

ment occurred on May 8, was re-opened

• Roberta Ryan reported that the Chamber of Commerce will meet once a week until Winter Circle is over.

Office, said the investigation continues and agents were waiting for charges to be brought by the U.S. attorney.

The equipment was rounded up and brought through town at about 8 p.m. Saturday evening. The Colby Police Department assisted sheriff's officers with roadblocks as the farm gear was taken to a fenced area by the city Public Works building for secure storage.

Blecha said several other county sheriff's offices are involved in the investigation, including those in Greeley, Wichita, Cheyenne and Scott counties. He said both the KBI and the FBI are assisting

Lunch: Country Style Steak,

Gallery

hours.

Kansas explorer.

(Continued from Page 1)

welcome after normal business

The 8 Wonders of Kansas was started by Von Rothenberger,

He approached the Kansas Sam-

pler Foundation, and with their

input it was decided to recognize

the eight elements of rural culture

and find the eight wonders of Kan-

sas, and then do a contest for each

of the 8 elements: architecture,

art, commerce, cuisine, customs,

Public vote determines the re-

Voting can be done online or by

picking up a ballot from First State

Bank. Mrs. Shearer said the bank

According to the 8 Wonders

of Kansas web site, each e-mail

address is eligible to vote three

You must vote for all eight cat-

Voting began Sept. 3 and ends

Oct. 20 at midnight. Paper ballots

must be postmarked by Oct. 20.

egories each time you vote.

geography, history and people.

sults of the competition.

will fax the ballots.

times.

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Pharmacy accepts e-prescriptions

By ERICA BRADLEY

ebradley@nwkansas.com Joining the ever-expanding trend of electronic prescription routing, all Pamida pharmacies now proudly accept e-prescriptions from physicians connected to the Surescripts® network.

E-prescriptions are computerbased, physician-generated prescriptions that are sent electronically to patients' pharmacies.

Karen Peterson, Norton Pamidapharmacy technician, said they have been taking E-prescriptions for the past month.

"It expedites the prescription process for the patient, the doctor and the pharmacy," she said.

According to Jeff Walsh, Pamida's vice president of pharmacy, the service helps reduce health care costs, improves the accuracy and efficiency of filling prescriptions and allows for rapid distri-

Ballots can be picked up at First H1N1 State Bank, 105 W. Main Street.

bution of health care information between patients, pharmacies, physicians and insurance carriers.

Other benefits include:

 Speedy arrival of prescriptions at Pamida which decreases wait time

• No prescriptions to drop off at pharmacies, which saves trips made by patients

• Faster, more convenient approval of refill requests between pharmacists and physicians

· Increased accuracy for pharmacists due to legible prescriptions

• Personal health information is kept private and protected by federal and state laws

"We're excited about being able to provide this service to our customers and hope they utilize all that it has to offer," Mr. Walsh said.

"Every day, Pamida strives to

bring added convenience and exceptional service to our customers. E-prescriptions is just another way of fulfilling this promise," he said.

Evidence of e-prescription's growing popularity is reported in a release by Surescripts®, which operates the largest national electronic prescribing network in the United States. At www.surescripts.com, it states that more than 100,000 prescribers now route prescriptions electronically in the United States.

It is also reported that the use of e-prescribing increased 61 percent during the first quarter of 2009, resulting in the exchange of more than 134 million messages between prescribers, payers and pharmacies.

And with the growing popularity of e-prescribing, the number will likely rise in coming years.

School Calender

Norton **High School** Monday 9 a.m. KSPA Fall Conference, FHSU Jay Singers, AP period 4:30 p.m. Volleyball C, Smith Center (H) FCCLA Andbe Home Party Tuesday 7:30 a.m. Jay Singers Model U.N., AP period 3 p.m. JV Tennis, Goodland 4:30 p.m. JV/V VB, Hoxie w/ Hill City Wednesday 8:30 a.m. Homecoming Elections 9 a.m. FFA Land judging, Cheylin 5 p.m. Site Council Thursday 7:30 a.m. Jay singers 7:45 a.m. SIT Meeting FCCLA, AP period 5 p.m. Cross Country, Hill City 6 p.m. Fall Play Auditions at East Campus Friday Homecoming 2:30 p.m. 7-12 Dismissed (buses run at regular time) 2:45 p.m. Parade 3 p.m. Pep Rally at Court House

6:45 p.m. Coronation 7:00 p.m. Football vs. Osborne 10 p.m. Dance at JH Gym

mashed potatoes w/gravy, carrots, bread, fruit or chef salad, milk Friday Breakfast: Canadian Bacon Sandwich, fruit or juice or toast, cereal, milk Lunch: Mr. Rib sandwich, lettuce 5 p.m. HS CC meet at Hill City and tomato, carrots, fruit or chef 8 p.m. Homecoming Bonfire at salad, milk **Elementary School** Monday Breakfast: Breakfast pizza, rosy applesauce, milk, orange juice Lunch:Taco crunch, corn, tossed salad, chocolate cake, milk Tuesday Breakfast: Scrambled eggs and ham, pears, milk, apple juice Lunch: Ham and cheese, homemade bun, pepper strips, pork and beans, pears, milk Wednesday Breakfast: Warm cereal w/toppers, grape juice, milk Lunch: Chicken supreme, green beans, baby carrots, fruit basket upset, milk Thursday Breakfast: Chilled yogurt, bagel w/cream cheese, milk, apple juice Lunch: Ham and beans, celery stick, cornbread, applesauce jell-o, cookie, milk Friday

Wednesday

9 a.m. Area Land Judging at Ellis 9 a.m.-2:30 p.m. yearbook Ad Sales in Norton Thursday Jr. High VB and FB at Hill City -VB at 4 p.m., FB at 6 p.m.

L.I. Friday

2:45 p.m. Homecoming Parade downtown in Almena

Dance in auditorium from 10 p.m.-12 p.m. 7 p.m. HSFB vs Southern Cloud at Almena - HOMECOMING

Saturday

9 p.m. FFA District Dodge-ball Trny. at Oakley

Lunch Menus

Monday Breakfast: French Toast Stix, ham slice, sliced pears, or cereal Lunch: Mexi-tot Supreme, french bread, tossed salad, buttered carrots or sliced peaches Tuesday

Breakfast: Cherry muffin, sausage links, scrambled eggs, apple juice or cereal

Lunch: Stromboli, Tri-tator, coleslaw, applesauce cake

Wednesday

Breakfast: Ham-n-cheese bagel, hash-browns, oranges or cereal

(Continued from Page 1) Mrs. Frack said.

home. People with flu symptoms should stay home until they are fever-free for 24 hours.

should be advised to go home. should be separated from others and sent home.

need to be seen by a doctor but should still be isolated.

at work to wash their hands often. Instruct employees to wash their hands with soap and water or use an alcohol-based hand cleaner, especially after coughing or sneezing.

• Protect employees who are at higher risk for flu complications. Pregnant women and people with certain chronic medical conditions like heart disease, diabetes and asthma should check with their doctor immediately if they

Encourage these employees to get vaccinated for seasonal flu and the H1N1 virus when the vaccine is available. Early treatment for high risk individuals is important because it can prevent hospitalization and death.

• Prepare for increased numbers of employee absences due to illness in employees and their family members. Plan ways for essential business functions to continue.

• Advise employees to take certain steps before traveling. Tell employees who are traveling how to seek health care if they become sick enough on the road to require care. Advise them to stay in their hotel room until their fever drops before continuing travel.

• Prepare for the possibility of school dismissals or temporary closure of child care programs. Allow workers to stay at home to care for their children. Encourage employees to arrange alternate child care if possible.

Mrs. Frack said the steps are important to reduce the spread of influence and the H1N1 virus.

"It's an effective means to reduce the spread of any disease, especially influenza," she said.

The symptoms of H1N1 are similar to seasonal flu symptoms including a fever greater than 100 degrees, body aches, coughing, sore throat, respiratory congestion and in some cases diarrhea and vomiting.

People should take the following steps to minimize disease:

• Wash your hands thoroughly with soap and warm water or use an alcohol based hand sanitizer. Avoid touching your eyes, nose and mouth.

 Stay home when you are sick.

• Cough or sneeze into your elbow or a tissue.

• Stay healthy by eating a balanced diet, drinking plenty of water and getting adequate rest and exercise.

The Telegram: 877-3361

Recommendations include: Sick employees should stay • Sick employees at work

Employees who appear to be ill

Cases of mild disease do not

• Encourage your employees

• Encourage your employees to cover their coughs and sneezes. Communicate the importance of covering coughs and sneezes and provide tissues.

• Clean surfaces and items that are more likely to have frequent hand contact. Additional disinfection beyond routine cleaning is not recommended.

 Encourage employees to get vaccinated.

become sick.

Saturday 8:30 a.m. Volleyball C, Hill City 9 a.m. FFA Dodge Ball at Stull Gym 9 a.m. Tennis at Trego

9 a.m. JV Tennis at Phillipsburg **Junior High School**

Monday

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4 & 5:45 p.m. B/A Football vs Goodland (T)

Thursday

4:30 p.m. Volleyball vs. Trego (T)

Friday

regular time)

Saturday

9 a.m. 7th Volleyball A&B at Hoxie **Elementary School**

Monday

5:30 Site Council

Tuesday

Grade 2 Diagnostic Reading Tests

Wednesday

Grade 2 Diagnostic Reading Tests

Friday

8 a.m. School Photos - Cafeteria School Menus

High School/junior high school Monday

Breakfast: Scrambled eggs, bacon, fruit or juice or toast, cereal, milk

Lunch: Chicken Fry Patty, mashed potatoes, bread, carrots, fruit cup or chef salad, milk

Tuesday

Breakfast: Banana bread square, fruit or juice or toast, cereal, milk

Lunch: Chicken and noodles, mashed potatoes, carrots, bread, fruit or chef salad, milk

Wednesday

Breakfast: Breakfast Quesadilla, fruit or juice or toast, cereal, milk

Lunch: Corn Dog w/fixings, macaroni and cheese, bread, fruit, chocolate cake, milk

Thursday

Breakfast: Biscuit and sausage gravy, fruit or juice, or fruit choice, toast, cereal, milk

juice, milk Lunch: BBQ beef, homemade bun, potato salad, dill spear, banana pudding, milk **Northern Valley** Mondav 1 p.m. Faculty Flu Shots in L.I. 4 p.m. HS JV FB vx Heartland Christian at Colby Tuesday TBD HS Pep Rally to send off VB

girls in front lunchroom TBD Vision and Hearing Screenings 2:307-12 Dismissed (buses run at 5 p.m. HS VB vs Logan/Alma at Alma

Breakfast: Fruit crispitos, grape Lunch: Shepard's pie, roll, cubed jello, snicker-doodle cookie Thursday

Breakfast: Blueberry Muffin, sausage patty, scrambled eggs, pineapple ring or cereal Lunch: Grilled chicken sandwich, ranch wedges, buttered peas, lemon pie

Friday

Breakfast: Pancake on a stick, scrambled eggs, orange juice or cereal

Lunch: Salisbury steak, mashed potatoes, roll, buttered broccoli, cherry crisp



Reminder to our customers:

We will be temporarily shutting down beef and hog processing October 30th for deer season. Please call at least two weeks ahead to schedule an appointment for your beef or hog.

Check our website for processing prices of DEER, BEEF, or HOGS.

www.oxfordlocker.com

We are taking carcass deer for archery season. 309 ODELL ST., OXFORD, NE · 308-824-3662

Telegram Advertising

Please help us provide you with accurate and eye-catching advertisements by observing these deadlines:

REGULAR DISPLAY ADS: PUBLICATION DAY

COPY DEADLINE

Monday/Total Market Coverage	Thursday Noon
Country Advocate	Thursday Noon
Tuesday	Friday Noon
Friday	Wednesday Noon
CLASSIFIED DISPLAY:	
Monday/Total Market Coverage	Thursday Noon
Tuesday	Friday Noon
Friday	Wednesday Noon

CLASSIFIED LINE ADS:

Monday/Total Market Coverage	Thursday Noon
Tuesday	Friday Noon
Friday	Wednesday Noon
LEGAL PUBLICATIONS	

UDLIGATIONS

Tuesday	 	Friday Noon
Friday	 	Wednesday Noon

NORTON ΗE

215 South Kansas Avenue, Norton, Kansas 67654, PH 785-877-3361 e-mail: nortontelegram@nwkansas.com