

(Continued from Page 1)
2008 estimates of the population up to age 24. County departments will choose how to distribute the vaccine.

"It's going to be a locally determined matter," Bremby said.

Once the initial needs have been met, he said, the state will recalculate based on total population.

The first vaccine to be distributed will be what is called the live attenuated vaccine. It is a nasal spray designed for otherwise healthy people ages 2-49. Children under two will need two doses.

Dr. Jason Eberhart-Philips, medical director of the department, said the vaccine was developed by the same process as the seasonal flu vaccine, and may have similar side effects, including soreness, swelling and redness around the injection.

Bremby said the Food and Drug Administration, the Centers for Disease Control and the department would be watching to make sure there are not any more serious side effects.

The National Advisory Com-

mittee on Immunization Practices has made several recommendations on who should get the vaccine first. Bremby said Kansas would be following those.

The committee recommends targeting pregnant women, children who live with or care for younger children, health care and emergency medical services personnel, everyone up to 24 and those ages 25 to 64 years who have a chronic immune disorder.

The vaccine has been approved by the Food and Drug Administration, but has not been licensed for use with pregnant women, people with chronic diseases or people over 49.

Bremby said that, while the vaccine should be considered safe, the manufacturer decided not to pursue a license for those patients because testing showed it worked best among younger, healthy patients.

Bremby said a second vaccine that would cover those groups could be out as early as two weeks from now.

Bremby said the state is contracting with many clinics to distribute the vaccine, and that as

a condition of the contract, they will have to distribute first to the recommended groups.

Eberhart-Philips said the department is encouraging people not to ignore the regular seasonal flu, and to get that vaccination as well.

Bremby said the H1N1 flu is unusual because it came much earlier than the normal flu season, mid-fall to mid-spring. It is also unusual because it struck a much younger demographic than the seasonal flu.

Bremby said that many flu viruses have been at their worst when they first begin infecting the general population and then become less virulent over time.

"It seems reasonable to expect that this virus will become a seasonal strain that will be around for a while," Bremby said.

He said the genetic makeup of H1N1 is fairly stable, meaning that if you have had it, you're unlikely to get it again unless the strain mutates down the road.

Six deaths have been attributed to H1N1 so far in Kansas, he said.

Choice

(Continued from Page 1)
have to be addressed.

"Every second from the time a child is removed from her biological home should be invested in her welfare by the foster care agencies, the schools, the churches, the foster parents, adoptive parents, children's organizational groups, the community. The only way this can happen is through education," he said.

Harvey has established a Fund of Choice to provide financial assistance to individuals who were in foster care, who were adopted

or who were from broken homes. He said \$1 from each sale will go to the fund and \$4 will go to a fund for Greg Woolf.

Woolf has non-hodgkin's lymphoma. He resides in Colby.

"It's All About Choice" is on sale in Norton, Colby, Oberlin, Hill City and other locations. It is available for purchase at First Stop, Moffet Drug Store and Pure Prairie Natural Foods in Norton. It is also available at drug stores in Colby, Hoxie and Oberlin.

Harvey resides in Quinter. He

and his wife Christie have adopted seven children, including six who were adopted from foster care. The couple went through a private adoption for their youngest who still lives with them. He has one biological son.

The Harveys have fostered over 50 children in the last 20 years.

To purchase a book or donate to the Fund of Choice visit www.choiceisit.com. To schedule a speaking engagement with Harvey call (785) 754-2301 or (785) 754-8233.

Fire

(Continued from Page 1)
ommended changing filters in furnaces and keeping things at least three feet away from a heat source.

"People don't usually think about these things, but they are important as we move into the colder months," he said.

Remember these tips to help prevent burns:

- Set your home's water heater to 120 degrees.
- Keep young children out of the kitchen.
- Wear tight clothing or short sleeves when cooking.
- Use back burners first and keep pot handles turned to the back of the stove so young children can't grab them.
- Keep children and pets at least three feet away from any heat sources like a stove or fireplace.
- Always make sure an adult is in a room where a candle is burning, space heater is running,

fireplace is heating, etc.

Fire Prevention Week was established to commemorate the Great Chicago Fire that killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures and burned more than 2,000 acres. The fire began on Oct. 8, but did most of its damage on Oct. 9, 1871.

While the Great Chicago Fire was the best-known blaze to start during this fiery two-day stretch, it wasn't the biggest. The Peshtigo Fire was the most devastating forest fire in American history. The fire, which also occurred on Oct. 8, 1871, roared through northeast Wisconsin, burning down 16 towns, killing 1,152 people and scorching 1.2 million acres before it ended.

Historical accounts of the fire say that the blaze began when several railroad workers clearing land for tracks unintentionally started a brush fire.

School

(Continued from Page 1)
An estimated 6,500 schools are expected to participate in International Walk to School Day this year, including 40 countries.

Fewer children walk or ride their bicycles to school than they did a generation ago. In 2001, 16 percent of students walked or biked to school, and in 1969 42 percent walked or biked. This can be attributed to there being a

bigger distance between schools and homes and perceptions about traffic being too dangerous for children.

Streck said the day raises community awareness about the need for making it safer for students to walk to school. She said she had problems planning out a route because there is not a continuous sidewalk from the unified office to the elementary school. Students

will have to walk on grass or on the side of the road for part of the walk.

Students have to let their teacher know by Monday if they are planning to participate. The event will not occur if it is raining, snowing or below 32 degrees.

Streck said parents need to review the pedestrian safety hand-out before the walk.

SCHOOL CALENDAR

Norton High School

Monday
A.P. Drama Club
7 p.m. KAY Board Meeting
4:30 p.m. CVB Quad @ Plainville, Phillipsburg & Smith Center
6 p.m. JV FB vs. St. Francis (H)

Tuesday
7:30 a.m. Jay Singers
A.P. S.A.D.D. Red Ribbon Week Committee Meeting
5 p.m. JV & Varsity VB vs. Smith Center & Trego (H) Sr. Night

Wednesday
KSHSAA 2010 & 2011 Football Scheduling Meeting - Salina
A.P. S.A.C.

Thursday
7:30 a.m. Jay Singers
A.P. FCCLA
4:30 p.m. MCL CC @ Phillipsburg

Friday
A.P. Jazz Band Practice
10 a.m. Tennis Regional Tournament @ Trego
7 p.m. FB vs Ellis (H)
10 p.m. FFA Lock-In

Saturday
9 a.m. Varsity Volleyball @ Scott City
10 a.m. Sub-State Tennis Tournament at Trego
10 a.m. C Volleyball @ Atwood

Junior High School
Monday
A.P. Stuco

Tuesday
4:30 p.m. 8th VB @ Phillipsburg

Thursday
A.P. KAYS
4:30 p.m./6:30 p.m. B/A Football vs. Colby (H)

Friday
10 a.m. MCEL Meeting @ Stockton

Saturday
9 a.m. MCEL VB Tournament @ Trego

Elementary School
Tuesday
1 p.m. EC-3 Fire Prevention Presentation
2:15 p.m. 4-6 Fire Prevention Presentation
3:40 p.m. EC-2 Grade Level Meeting

Wednesday
3:40 p.m. EES Faculty Meeting

Thursday
3:40 p.m. 3/4 Grade Level Meeting

School Menus
High School/junior high school

Monday
Breakfast: Long john, fruit or juice or cereal, toast milk
Lunch: Pig in a blanket, green beans, coleslaw, lime jello w/pears or chef salad, milk

Tuesday
Breakfast: Sliced ham, hash brown patty, fruit or juice or cereal, toast, mil,
Lunch: Grilled chicken sandwich, lettuce, tomato, potato puffs, fruit

cup or chef salad, milk

Wednesday
Breakfast: Blueberry muffin square, fruit or juice or cereal, toast, milk
Lunch: Salisbury steak, mashed potatoes w/gravy, bread, carrots, fruit or chef salad, milk

Thursday
Breakfast: Chocolate chip muffin square, fruit or juice or cereal, toast, milk
Lunch: Enchilada, lettuce and chopped tomato, bread, peanut butter bar, fruit or chef salad, milk

Friday
Breakfast: Breakfast tornado, fruit, juice or cereal, toast, milk
Lunch: Sloppy joe, baked beans, carrots, fruit cup or chef salad, milk

Elementary School
Monday
Breakfast: Sausage pancake stick, warm maple syrup, strawberry fruit cup, milk, apple juice
Lunch: Baked ham, scalloped potatoes, baby carrots, pineapple chunks, dinner roll, milk

Tuesday
Breakfast: Banana spears, apple wedge, oatmeal muffin, toast w/peanut butter, milk, grape juice
Lunch: Lasagna, tossed salad, peaches, garlic bread, milk

Wednesday
Breakfast: Ice cold strawberries, bagel w/cream cheese, milk, apple

juice
Lunch: Roast beef, whipped potatoes, gravy, corn, pepper strips, banana bread, milk

Thursday
Breakfast: Shipwreck, orange juice, milk
Lunch: Ike burger, bun, french fries, dill spear, pears, no bake cookies, milk

Friday
Breakfast: Hot ham slice, hash-brown patty, peaches, apple juice, milk
Lunch: Baked chicken, whipped potatoes, gravy, green beans, strawberry fruit cup, french bread, milk

Northern Valley
Monday
TBD HS Dance Team Practice
5 p.m. HS JV FB vs Cheylin at Alma

Tuesday
11 a.m. Jostens Rep
3 p.m. HS VB vs Golden Plains and Triplains at Winona

Wednesday
HS FB Scheduling meeting at Salina
Mandt training at Phillipsburg

Thursday
Jr. High VB and FB vs Thunder Ridge at Agra - VB at 4p.m. FB at 6 p.m.
KPERS meeting in Phillipsburg
Mandt training in Phillipsburg
TBD HS Dance team practice
4:30 p.m. HS CC at Phillipsburg

usually for 3 days, but may persist for 4 to 8 days. Sometimes fever will go away and return a day later.

• Aching muscles
• Cough
• Headache
• Joint aches
• Eye pain
• Feeling very cold or having shaking chills
• Feeling very tired
• Sore throat, runny or stuffy nose
• Diarrhea and vomiting

The elderly, children under 5, pregnant women, people of any age with chronic medical conditions (such as asthma, diabetes or heart disease) and people who are immunosuppressed are at higher risk of serious complications.

Stay home
If you have some of the above symptoms:

• Stay at home, get plenty of rest, drink fluids and take fever reducers such as acetaminophen or ibuprofen.

Recognize the symptoms
Symptoms of H1N1 flu virus are similar to symptoms of seasonal flu:

• Fever greater than 100°F

Friday
3:30 p.m. HS FB at Weskan

Lunch Menus
Monday
Breakfast: Krispie treats, cinnamon toast, scrambled eggs, sausage patties, cereal
Lunch: Hamburger, french fries, buttered peas, fruit cup

Tuesday
Breakfast: Monkey bread, hash-

browns, peaches, cereal
Lunch: Enchiladas, tossed salad, buttered green beans, vanilla pudding

Wednesday
Breakfast: Banana muffin, scrambled eggs, sausage links, cereal
Lunch: Sub sandwich, seasoned potatoes, broccoli, spice cake

Thursday
Breakfast: Sausage gravy, bis-

cuits, hash-browns, pear half, cereal

Lunch: Corn dog, ranch wedges, California blended vegetables, peach crisp


Friday
Breakfast: Cinnamon coffee cake, ham slice, scrambled eggs, fruit cup, cereal

Lunch: Beef stroganoff, french bread, carrots, pineapple ring

It's Not Just A Job - It's A Career!

If you enjoy meeting people, setting goals, taking on a good challenge . . . then we have an exciting position available in sales

This person will represent the newspaper, the Norton Extra and the Country Advocate with customers as part of a two-person advertising department. Pay is by commission - the more you sell, the more you make!




Call Dana to schedule an interview

877-3361

THE NORTON TELEGRAM

215 South Kansas Avenue, Norton, Kansas

The H1N1 Flu – Protect Yourself. Be Informed.

As with any illness or disease, educating yourself about the H1N1 Flu (Swine Flu) is one of the best means of protection. There are plans to have the flu vaccine available in mid-October, but meanwhile knowing the symptoms, knowing what to do, and knowing when further medical attention is needed will go far to prevent the spread of the flu virus. Most people will recover from H1N1 flu without needing any medical attention whatsoever. However, treatment is available for those who are seriously ill.

To help you determine if you should seek medical attention, Norton County Hospital, Norton, and Hays Medical Center have partnered to bring you a toll free information hotline to call before you call your healthcare provider.

Recognize the symptoms
Symptoms of H1N1 flu virus are similar to symptoms of seasonal flu:

- Fever greater than 100°F

- Avoid contact with others.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- If you must leave the house to seek medical care, wear a facemask.

Know when to seek further medical attention
If you believe you or a family member may need additional medical care, first call this toll free number:

H1N1/Swine Flu Hotline 1-877-261-7140

A service of Norton County Hospital, Norton, and Hays Medical Center

 HaysMedicalCenter
2220 Canterbury – Hays

More information is also available online: www.flu.haysmed.com