

Walk Kansas 2010 to begin in March

Walk Kansas 2010 begins March 7 and continues through May 1. It is a K-State Research and Extension health initiative and is in its ninth year. Many changes are taking place on the K-State campus, including the beginning of a new university administration under President Kirk Schulz. He and his wife, Noel, are joining the effort to support healthier lifestyles. Kirk and Noel invite you to join them as they participate in their first Walk Kansas.

Home ed
Tranda Watts,
Extension specialist



at the same time. Exercise may be done as an individual. To find out what other physical activities will be counted, you may contact the Extension Office or pick up a team packet and you will find a list of approved activities in the packet.

Walk Kansas is offered in almost every county across the state. For more information and to request registration material, contact your local K-State Research and Extension Office.

Co-workers, family members, friends and neighbors form teams of six people who will track minutes of physical activity and food choices during the eight week challenge.

Physical activity for Walk Kansas is reported in minutes, which is consistent with the Physical Activity Guidelines from the U.S. Department of Health and Human Services. The recommendation is 150 minutes - 2 1/2 hours - per week of moderate to vigorous physical activity.

Remember, team members may, but do not have to, exercise

There is no reason to wait until March 7 to get back to your activity routine. Take a pair of walking shoes to work and go for 10 minute walking breaks in the morning and afternoon. If you have been a team member in the past, step up to become a team captain and invite people who have never participated before to be your teammates. Let's make this a great Walk Kansas Year.

Registration is due back in the Extension Office by March 5.

For further information, contact your local K-State Research and Extension Office or e-mail twatts@ksu.edu.

Chamber of Commerce organizes for new year

The Norton Area Chamber of Commerce welcomed new board members and elected officers for 2010.

Officers will be: Joel Duscher, president; Scott Sproul, first vice president; Kathy Erbert, second vice president; and Carol Erlenschus, treasurer.

New members are: David Davis, Mike Haresnape and Gloria Zwickle.

2010 members include Don Kaus, Doug Ray, Roberta Ryan, city representative and Curtis Eveleigh, county representative.

Rich Hageman, Chad Manning and John Tacha resigned.

Flowers for a sweetie



Norton Flowers and Gifts personnel Annette Overlease, Angie Juenemann, Linda Walter and Lisa Donovan prepared bouquets for Valentine's Day orders. The flower

shop is open Saturday 9 a.m. - 5 p.m. and Sunday 10 a.m. - 3 p.m.

-Telegram photo by Erica Bradley

DEATH NOTICE

Bertha L. Atkinson, 102 years of age, of Holdrege, Neb., died on Feb. 10 at Phelps Memorial Health Center in Holdrege.

Funeral services are pending with the Nelson-Bauer Funeral Home in Holdrege.

FYI

February 10 three tables played duplicate bridge. First place went to Myron Veh and Jerry Moritz and second place went to Norman Walter and Claudia Bridges.



Beth Tier

Resident celebrates 90 years

The children of Beth Tier will celebrate their mother's 90th birthday on Feb. 20, with a lunch at Town & Country and a family gathering at her home, 609 N. State, Norton, in the afternoon.

A card shower and open house will be from 2 p.m. to 3 p.m.

Hosting the celebration are Anna Luhman, Hays; Betty Jo Luhman, Natoma; Frances Tatenhorst, Cuba, Mo.; Jane Hrabik, Lyons; Evan Tier, Overland Park; Noel Tier and Margaret Wyatt both of Norton.

In addition to raising her children, Beth was a teacher for approximately 35 years, beginning her career at the age of 16 in a one room school outside of Alma, Neb. She received her teaching degree from Midland College in Fremont, Neb. Beth passed along her love of teaching to two children and three grandchildren who became teachers themselves. Beth has 15 grandchildren and 15 great grandchildren. She is the wife of the late Joe Tier.

Senior menu

February 15: Chicken and rice casserole, broccoli, caesar salad, roll or biscuit, citrus slices. **February 16:** Ham, AuGratin potatoes, peas, bread, peaches. **February 17:** Baked fish, Lyonnaise potatoes, carrots, bread, strawberries w/topping. **February 18:** Swedish meat balls, winter mix vegetables, cook's choice fruit, noodles, cake. **February 19:** Chef salad (meat on the side), mixed fruit w/banana, garlic bread, blueberry dessert squares.

Club news

By **JULIE THOMPSON,**
Secretary

The meeting of the Beta Alpha Chapter of Delta Kappa Gamma International was held on Feb. 1 at the home of Julie Schrum. Co-hostesses were Wendy Haresnape, Jennie Patterson, and Sally Clydesdale. Twenty-one members and two guests were present.

Gail Roy presented an interesting and informative program about being a foster parent. She explained that she and her husband began offering foster care years ago in the community of Atwood. Their family has found the attachments of long-term care to be too difficult, so they tend to have shorter term placements or offer respite care. Gail explained the requirements to receive a

license for foster care. She feels one of the biggest challenges can be dealing with the system. However, she described the rewards of seeing the interactions of foster children and your own children. She and her husband also enjoy observing the foster children's reactions to new experiences. The Roy family usually has younger children placed in their care; however, Gail mentioned there is a huge need for foster homes for teenagers. She also went on to explain that they tend to "run a tight ship" parenting the foster children in much the same way as they have their own children. The Roys always have believed their family and its safety had to be their top priority and have made decisions based on that premise. Since some of the children have

remained in contact with the family, Gail says they have enjoyed watching the amazing change and growth of the kids.

President Lynn Hehn called the business meeting to order. She introduced the guests, Susan Anthony and Erin Manning. The minutes were read and approved. The treasurer's report was given. There was no Money the Fun Way prize this month. The chapter voted to give \$50 donations to Norton and Northern Valley Post Proms.

President Hehn mentioned several items of business at the state and national levels. The next meeting will be March 1 and will be a tour of Shepherd's Mill at Phillipsburg. The meeting was adjourned with the club collect.

Sheriff's Log

January 14

10 a.m. Under Sheriff Wenzl conducted a test 911 call.

10:26 p.m. Received a call from subject reference to kids drag racing around Alma then stopping and ringing the bell at the Methodist Church. One is a white pickup, two white cars and 2-3 other vehicles.

10:27 p.m. Advised Deputy Land of above.

10:49 p.m. Advised Deputy Bohl of above.

January 16

8:17 a.m. Received call from subject in Alma reporting someone has broken in and stolen money.

8:18 a.m. Public Serviced Under Sheriff Wenzl of above.

10:12 a.m. Under Sheriff Wenzl advised Dispatch that he received a report of another burglary in Alma and is en-route to that location.

10:26 a.m. Received call from subject inquiring if officer could return to location to take a further report of more items stolen.

10:37 a.m. Advised Under Sheriff Wenzl of above.

10:47 a.m. Received call from subject inquiring if officer could return to location to view further video evidence.

11:02 a.m. Advised Under Sheriff Wenzl of above.

January 17

5:51 p.m. Received 911 call

about a car trailer parked on W14 between Rd F and Rd G and its hard to see. The past couple of nights there was a semi parked and was also hard to see.

5:55 p.m. Advised Under Sheriff Wenzl of above.

7:13 p.m. Under Sheriff Wenzl advised to contact owner and see what is up with the car trailer and advise him that he needs to move it due to being a road hazard.

7:15 p.m. Public Serviced owner in reference to his car trailer, he will get it moved.

7:17 p.m. Advised Under Sheriff Wenzl of above.

8:12 p.m. Subject called back and advised that he got the car trailer moved.

January 18

11:04 a.m. VIN inspection needed on vehicle at subjects shop.

11:05 a.m. Advised Deputy Annon of above.

January 19

8:56 a.m. Received a call from Decatur County advising of a tan Bronco type vehicle with an unknown green Colorado tag that is eastbound from Oberlin on Highway 36 traveling at a very high rate of speed and does not appear to have any headlights on.

8:58 a.m. Advised Kansas Highway Patrol and Deputy Land of above.

9:00 a.m. Advised Deputy Annon of above.

12:18 p.m. Male subject arrived at S.O. in reference to filing a restraining order and question on conceal carry laws.

12:24 p.m. Above male subject left S.O. and will return this afternoon to speak with a deputy.

5:30 p.m. Received 911 call. Caller hung up before dispatcher could answer.

5:31 p.m. Dispatch called number back, male advised that he did call. Dispatch asked if there was a problem and he stated that it was beyond that and hung up.

5:32 p.m. Advised Deputy Bohl of above situation and he called the number back and got the same response.

5:40 p.m. PS Sheriff Thomson and advised of the 911 call. He advised to call the phone company and try to find out who that cell phone belongs to.

6:19 p.m. Received 911 call from subject reference to a dead deer in the eastbound lane on K-9 between the 14 and 16 mile corners.

6:24 p.m. Advised Deputy Bohl of above.

6:32 p.m. Telephone company called back and supplied information on above 911 caller.

6:40 p.m. Advised Sheriff Thomson of above information.

6:49 p.m. Advised Deputy Bohl of above.

Local Man Gallops 1.2 Miles Without Pain

BEXAR COUNTY - After using Thera-Gesic® pain creme on his sore legs, Tom W. was comfortably romping through town while laughing, according to witnesses. When asked about the laughing, he replied, "The price on this product is silly!"

Go painlessly with Thera-Gesic®

7th Annual Scott City Quilt Guild Shop Hop

Friday, February 19th - 7:00 - 8:00 p.m.
Saturday, February 20th - 9:00 a.m. - 4:00 p.m.
William Carpenter 4-H Building
Scott County Fair Grounds
(North of Scott City 1/2 mile east of car wash)
Buttons & More, Scott City, KS ♦ Down Home Quilts, Dumas, TX
Justa Stitchin', Springfield, CO ♦ Prairie Flower Quilt Company, Leoti, KS
Prairie Trails Quilting, Turpin, OK ♦ Smokey River Quilt Shoppe, Oakley, KS
Quilt Cabin, Colby, KS ♦ Quilted Treasures, Liberal, KS
Door Prizes all day & Homemade Soup at noon on Saturday!
Purchase a chance to win the Scott City Quilt Guild Scholarship Quilt!
New Ideas ♦ Products Demonstrations ♦ Quilt Show
www.discoverscottcity.com

We want YOUR news!
Call 877-2338

Feb 5- Feb. 10

Showing at the

NORTON THEATRE

Sherlock Holmes

2 Hrs, 19 Minutes (PG-13) (Presented in Digital Surround Sound)

Friday and Saturday: 8:00 p.m.
Sunday: 2:00 p.m.
Mon., Tues., Wed. 7 p.m.

It's Complicated

2 Hrs, 8 Minutes (R) (PG)

All Passes Accepted for Either Film

General Admission: \$6.00 and \$5.00 for Sherlock Holmes, \$3.00/Ticket Sunday
General Admission: \$6.00 and \$5.00 for It's Complicated, \$3.00/Ticket Sunday

Fri., Feb. 12 - The Lovely Bones (PG-13)
FREE ADMISSION: Super Bowl XLIV (44)
Saints VS Colts, Sunday, Feb. 7, 4:00 p.m.

COMING SOON

This ad is brought to you by The Norton Telegram

» A dedicated heart team...
within reach.

» » »

When Dad started having chest pain, I didn't realize how critical the first few minutes were to preventing damage to his heart. The Good Samaritan Hospital paramedics transported him to the Level II trauma center where the heart team opened his blocked artery in less than 30 minutes, preventing any damage. I guess time really is heart muscle, which is one reason why Good Samaritan was the first accredited Chest Pain Center in the state.

Our family is really blessed to have such skillful care close by. When seconds count, the best care from arrival to dismissal is...within reach.

CATHOLIC HEALTH INITIATIVES
Good Samaritan Hospital
Kearney, Nebraska www.gshs.org

The medical center, centered on you.
Call 800-657-2101 or 308-865-7521 for more information.