

BIRTHS

Andrew and Carsen are excited to announce the arrival of their baby sister, Kaitlyn, on Aug. 11.



Kaitlyn McCreery

Kaitlyn Elizabeth McCreery weighed 7 pounds and one half ounce and was 20 inches in length. Parents are JR McCreery and Jamie Meitl, Stockton.

Aubrey Joy DuBois was born to Wes and Ann DuBois, Norton, on Aug. 8.



Aubrey DuBois

Aubrey weighed 7 pounds and 6 ounces and was 20 1/2 inches in length.

She has two sisters, Abby and Madison.

Aubrey's Grandpar-

Maternal grandparents are Carolyn and Jerry Foskuhl, Norton.

Paternal grandparents are Ron and Jaynelle McCreery, Phillipsburg. Great grandmothers are Maxine Kelly, Phillipsburg and Charlotte Roberts, Norton.

Parents are Ken and Julie Carter, Jennings and Tami DuBois and the late Dave DuBois, Idaho Springs, Colo.

Great Grandparents are Rachel Carter, Jennings, Max and Norma Ward, Clayton, and Don and Mayme DuBois, Great Bend.

How to limit screen times

**Home ed
Tranda
Watts,
Extension
specialist**



Here are some tips from the National Heart, Lung and Blood Institute to help you reduce your child's screen time. By doing this, you may also be able to help increase your child's physical activity and fitness level, increase your child's overall health, and as a result, save money for other things which are important to your family.

Talk to Your Family. Explain to your kids that it's important to sit less and move more in order to stay at a healthy weight. Tell them they'll also have more energy, and it will help them develop and/or perfect new skills, such as riding a bike or shooting hoops, that could lead to more fun with friends. Tell them you will do the same.

Set a Good example. You need to be a good role model and limit your screen time to no more than two hours per day, too. If your kids see you following your own rules, then they'll be more likely to do the same.

Log Screen Time versus Active Time. Start tracking how much time your family spends in front of a screen, including things like TV and DVD watching, playing video games, and using the computer for something other than school or work. Then take a look at how much physical activity they get. That way you'll get a sense of what changes need to be made.

Make Screen Time Active Time. When you do spend time in front of the screen, do something active. Stretch, do yoga and/or lift weights. Or, challenge the family to see who can do the most push-ups, jumping jacks, or leg lifts

during TV commercial breaks. **Set Screen Time Limits.** Create a house rule that limits screen time to 2 hours every day. More importantly, enforce the rule.

Create Screen free Bedrooms. Don't put a TV or computer in your child's bedroom. Studies show kids who have TVs in their room tend to watch about one and one half hours more TV a day than those that don't. Plus, it keeps them in their room instead of spending time with the rest of the family.

Make Meal Time Family Time. Turn off the TV during meals. Better yet, remove the TV from the eating area if you have one there. Family meals are a good time to talk to each other. Research shows that families who eat together tend to eat more nutritious meals. Make eating together a priority, and schedule family meals at least two to three times a week.

Provide Other Options. Watching TV can become a habit, mak-

ing it easy to forget what else is out there. Give your kids ideas and/or alternatives, such as playing outside, getting a new hobby, or learning a sport.

Don't Use TV Time as Reward or Punishment. Practices like this make TV seem even more important to children.

Understand TV Ads. Seeing snack foods, candy, soda, and fast food on TV affects all of us, especially kids. Help your child understand that because it's on TV or your favorite TV characters actors eat or drink it, doesn't mean a food or drink is good for you.

Get your kids to think about why their favorite cartoon character is trying to get them to eat a certain brand of breakfast cereal.

If you have questions related to this topic, please feel free to contact your local K-State Research and Extension Office or you may e-mail Tranda Watts at twatts@ksu.edu.

Student News

A Pittsburg State University admission counselor, Penny Cook, will be visiting Norton high school students on Wednesday, Sept. 22. The visit is conducted to inform students about the benefits of beginning their college career at PSU. Cook will meet with the students at 2:30 p.m.

Cook will answer questions

the students have about Pitt State and about college in general. The students will also receive a view book showing several different aspects of Pittsburg State.

For more information on PSU, call the Office of Admission, 1-800-854-Pitt, or visit PSU's home page on the web at <http://pittstate.edu>.

Club News

By JEAN WHITE

Mid-Century GFWC members and guest, Lyn Linde, met Sept. 9, at Destination Kitchen. Beverly Kindler greeted everyone and announced this was an organizational meeting to get us started off for the new club year.

Roll call was answered with "The most exciting thing that happened to me this summer". Bertie Leigh Compaan, vice-pres., presented the 2010-2011 year books.

Leta Donovan, parliamentarian, gave the club members a parliamentary quiz.

Committees were formed and "shoe-boxes" were passed out for the "Operation Christmas Child" project. Operation Christmas Child collected 8.2 million shoe box gifts in 13 countries in 2009. Since 1993, Operation Christmas Child has collected and distributed more than 77 million shoe box gifts.

Beverly Kindler gave a report of the GFWC of Kansas Convention she attended. The State Board made changes this year and required that the volunteer hours be approved. She presented to the

club the "Kind News Certificate of Caring". This was awarded to Mid-Century for adopting a very special classroom in order to assist children in developing compassion, a sense of justice and a respect for all living creatures and the environment.

Paint Kansas Pink is a Kansas GFWC program with the American Cancer Society. Everyone is encouraged to plant pink tulips bulbs this fall and in the spring Kansas will be pink and will be a reminder to everyone to get their mammogram to fight breast cancer. Beverly gave each member three Pink Impression tulip bulbs and the instructions on how to plant.

The 6th District GFWC Convention will be Sept. 18 at the Christian Church in Ogallah. Special guests will be Gladys Shook, president of GFWC of Kansas, Susan Mulryan, GFWC Leads Representative and David Chalfant, Native American Bead Work.

The first meeting of Mid-Century will be Sept. 30, at Doris Winteroth's home. This is the annual Salad Supper.

A 49th military reunion is planned

By HARRIETT GILL
hgill@nwkans.com

The members of the 110th Ordnance Battalion will have a 49th reunion in conjunction with the Vietnam Moving Wall that is coming to Norton Sept. 23 through Sept. 27.

The 110th Battalion, Kansas National Guard unit from Norton,

was mobilized on October 15, 1961 in response to the Berlin Crisis. The unit served at Fort Riley until released from active duty in August of 1962. The unit provided command and control of ammunition support units at Fort. Riley. The battalion was commanded by Lt. Col. Duane N. Bridges and the battalion Com-

mand Sergeant Major was MSG Hubert C. Geil.

"There were seventy three of us in the Battalion. Only forty four members are left," said Jon Boxler. "There are twenty five in the local Norton area and three are in Jennings." Boxler said.

An Informal Get Together and Happy Hour will be held from

5:30 p.m. to 7 p.m. A Dinner will be held at 7 p.m. for the cost of \$10 to \$15 per plate. An evening of Fellowship will follow the meal.

For more information contact Jon Boxler at 1-800-569-0151 jonb@boxlerinsurance.com or Dwight Heikes at 785-877-2584 or 785-871-0727 ddheikes@ruraltel.net.

Guard of the Tomb of the Unknown soldier

Tom Tudor, a former member of the Honor Guard of the Tomb of the Unknown Soldier, will tell of the history of the Honor Guard, his experiences as a member of the Honor Guard, and the impact his duty made on his life.

This presentation will take place at the Norton Public Library on Friday, Sept. 24 at 10:30 a.m.

This program is in conjunction with the activities being held in honor of the Vietnam Memorial Moving Wall being in Norton on Sept. 23-27.

Mr. Tudor was born in Springfield, Mo. and was raised in Des Moines, Iowa.

He served in the U.S. Army from 1968-1970 and was a Sentinel and Relief Commander at the Tomb of the Unknown Soldier

from Feb. 1969 to June 1970.

After the Army, Tudor was married to Beatrice Peak in 1984 and is the father of two daughters, Sara and Abigail.

Tom now resides in Colorado Springs, Colo. and is employed by All American Fundraising, Waterloo, Neb. and is in his 29th year in the fund raising business.

Tom is a life member of The Society of the Honor Guard, Tomb of the Unknown Soldier.

He is also a past board member and chairperson of the YMCA Camp Shady Brook, a four term past president of Rampart Range Rotary Club, and is the current chairman of the Pikes Peak Area Rotary Endowment and incoming Assistant Governor Area 2, District 5470.

FYI

There were four tables at Duplicate Bridge on Wednesday. First went to David Graham and Jack Graham, second Janice Persinger and Jackie Porter and third to Mary Keith and Mary Lue Archibald.

The Child Study Club will hold its first meeting on Tuesday, Sept. 21 at Prairie Land Electric's meeting room at 7 p.m.

Senior Menu

Sept. 20: Tuna noodle casserole, stewed tomatoes, Italian blend vegetables, bread and fruit mix.

Sept. 21: Chili with beans, four fruit compote, crackers and cinnamon roll.

Sept. 22: Smothered steak, mashed potatoes with gravy, carrots, bread and cook's choice fruit.

Sept. 23: Taco salad, pineapple, chips and cake.

Sept. 24: BBQ pork sandwich, tater triangles, pea salad, bun and blueberry dessert squares.

Law enforcement wins

By LISA HENDERSON

The American Red Cross held the first Norton Community Battle of the Badges blood drive on Tuesday, Aug. 24th.

The Battle of the Badges is a competition between the Fire and Law Enforcement in the county of Norton to see who can recruit the most donors for the blood drive.

After all the ballots were counted, the winner was determined to be the Norton Law Enforcement.

Assistant Chief Jeremy Hartwell received a \$20 Wal-Mart gift card as he had recruited the most donors and had the most donations with his name directly on the ballot. The Fire and Law

Enforcement for both Norton County and Norton City received framed certificates of appreciation and the Law Enforcement received the traveling plaque that had their year of award engraved on it.

Every year the new winner of the Battle of the Badges will get to house the plaque.

The Battle of the Badges drive had a goal of 115 units. The number of units donated was 131 which helped with the need over the Labor Day weekend.

The next blood drive will be held on Tuesday, October 19th from noon until 6:30 p.m. at the National Guard Armory in Norton.

Community Calendar

Please submit your events for the Community Calendar which is printed in the Monday EXTRA. Events may be e-mailed to: norton@nwkans.com or mailed to 215 South Kansas Avenue THE NORTON TELEGRAM 215 S. Kansas Ave. Norton, Kan. 67054 785-877-3361

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Mon.-Thurs.: 11 a.m.-9:30 p.m.
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Sept. 17-
Sept. 22

Showing at the
NORTON THEATRE

Vampire's Suck

1 Hour, 40 Minutes (PG-13)

Friday: 9:00 p.m.; Saturday: 8:00 p.m.
Sunday: 5:00 p.m.

Monday, Tuesday & Wednesday: 7:00 p.m.

The Expendables

1 Hour, 53 Minutes (R)
(Presented in Digital Surround Sound)

Since both movies are non-premieres, all movie passes accepted

General Admission: \$6.00 and \$5.00 for Vampire's Suck/\$3 Ticket Sunday
General Admission: \$6.00 and \$5.00 for The Expendables/\$3 Ticket Sunday

Premiering in Norton:
Fri., Sept. 24 - Wall Street:
Money Never Sleeps (PG-13)

This ad is brought to you by The Norton Telegram

Club News
call
Harriett
at
877-3361

VISIT OUR

OPEN HOUSE

Saturday, September 18

From 10:00 a.m. until 4:00 p.m.

Chaos

111 N. Kansas Avenue, Norton, KS

Prizes and Refreshments All Day

Bring in Your Daughter and Polish Up Your Little Princess