

I've been good all year, Santa!



Autumn Harvey whispers into Santa's ear her wishes for Christmas. Santa and Mrs. Claus rode into Norton by sleigh on Friday to open the Santa House that is located on the Norton County Courthouse lawn. The Clauses will be at Santa's House at 6 p.m. on Thursdays ending on Dec. 23. The Norton Area Chamber of Commerce is the sponsor of the Santa House and corresponding sleigh rides.

-Telegram photo by Harriett Gill

Holiday survival guide and tips

By Laura Carpini

The time period between Thanksgiving and New Year's Day seems to arrive sooner each year. Holiday items are already hitting department store shelves. If the prospect of being bombarded by oodles of gadgets and sparkly items you don't need leaves you with shivers of joyous expectation, then kudos to you; your time has come. If, however, you feel an uncomfortable pit in your stomach at the thought of sipping a gingerbread, peppermint stick latte while rushing about gathering items to bring to the annual get-together at your mother-in-law's house - if perchance you can't bake pies out of mince meat or Granny Smith apples, or you stink at projects involving a needle and thread, then read on. Here are some seditious tips for keeping your sanity.

Rethink the Concept of Presents - Spending a boatload of cash on "stuff" you don't want is insulting enough to your psyche. Doing it for other folks, particularly those you love, is deluded. Consider exchanging "presence" with your Beloved Ones instead of "presents." They'll be happier spending quality time with you than opening packaged items of fluff ordered via Pay Pal, anyway.

Beware Excessive Amounts of Coffee and Alcohol - Yes, coffee houses and restaurants all over America devise a slew of creative beverages this time of year - drinks with names like Mocha, Candy Cane Espresso Blast Off or Cherry Red, Mudslide, Curacao Martini with a Lime Twist. Consumption of these delights usually results in indigestion, new and undesired skin eruptions, and migraine headaches. All true holi-

day rebels know to avoid them. **Eschew Events with People You Can't Stand** - Family and friends aside, you'll receive invitations this month to "parties" from everyone from the local boutique selling Brighton holiday bracelets at a mark-up, to co-workers with French onion dip infused breath, carrying sprigs of mistletoe to dangle over your unsuspecting head. Pssst - you aren't required to attend every event to which you're invited. Some down time curled up with a book and a cup of hot cocoa, and your cat snoozing on your lap, can make you feel more festive.

Limit Time Spent with Family Members - Of course, you love and cherish your family. The problem is the inevitable dynamic of judgment and comparison between siblings that results from lengthy conversations about the past, usually from parents, as they discuss your foibles as a kid that have absolutely no relevance to who you are today. Some manners guru, probably Emily Post, suggests three days is the limit of time one should spend with beloved, extended family. Consider following her sage guidance, and scheduling short, fun visits as opposed to lengthier ones rift with hidden land mines. If that's impossible, find a place of sanctuary during long visits. Even a nook in your local video store where you can peruse the titles of non-saccharine films can provide a much needed respite from your own less sugary situation at home. After all, you're all there to carve the roast in the center of the table, noteachother'sselfesteem. When you break bread with family, insist that it be in a spirit of joy and mutual understanding, which can only hold up for so long.

Keep family visits short. **Respect Your Own Children.** If you have offspring, refrain from expecting them to put on a show, be it singing, dancing, or performing mind boggling feats of long division in front of company. Don't force them too often into itchy, uncomfortable clothing they despise for church services or other events. And find something for them to do over their long holiday break. Look for day camps - art, theatre, sports, whatever they enjoy - to enroll them in and keep them busy.

Limit Your Commitments. Refrain from volunteering to sew costumes for school pageants at the same time as you prepare your famous marshmallow, pineapple yams for the annual gathering of the extended cousins club. Don't offer to make the Frosty finger puppets for the holiday boutique unless you really enjoy that activity.

Avoid Places with Large Crowds, Excessive Noise, and Loud Music. Skip that extra trip to the mall in favor of going somewhere to soothe your nervous system, like a trip to a spa or an extra yoga class.

Ultimately, there is no "should" when it comes to the holiday season. You aren't obligated to create traditions if you don't already have them. Let this be the year you allow yourself the freedom to relax and honor your inner promptings about what you want to do, even if it's only for a day, an hour, or a few minutes.

Laura Carpini is the author of *Bear Speaks: The Story of 7 Sacred Lessons Learned from a Montana Grizzly*. Visit her at www.bearspeaks.com

Pay attention to weather warnings

With big storms ripping across the Midwest, Bob Drost hopes people are paying attention to the severe weather and tornado warnings.

"Only 63 percent understood that a warning is the most urgent National Weather Service statement during severe weather," he said.

Drost will present his research findings to fellow earth scientists and students at the Geological Society of America's annual conference. His study split subjects into two groups: those with episodic experience, witnessing tornados firsthand, and those who have semantic experiences or have collected their tornado knowledge from books, television, the internet, or family and friends.

"There's a phenomenon associated with how people react to severe storm and tornado warnings," said Drost, who works in MSU's Geocognition Research Laboratory. "Much of it is based on people's prior experience with severe weather. It's comparable to biting into an apple with a worm in it. Eating part of a worm will affect how you decide about eating apples for the rest of your life."

Participants with episodic experiences exhibited a lower overall tendency to react to a tornado warning than those who have primarily semantic knowledge of tornados. But, it was the percentage of people who didn't acknowledge the severity of storm warnings that stood out to Drost.

Drost has seen the power of storms firsthand. While observing the arrival of 70 mph straight line winds, he saw three trees blow over and made it into his house safely before losing his screen

door to the storm. "I'm planning on continuing my research on this topic," Drost said. "By working with the scientists and policymakers at organizations like the National Weather Service and National Oceanic and Atmospheric Administration, I'm hoping to find better methods based on social, scientific and cognitive research that will cause people to react appropriately to storm and tornado warnings."

Go to news.msu.edu for more information.

Police Log

Monday Nov. 22
 6:01 a.m. Keys locked in vehicle
 6:43 a.m. Keys locked in vehicle
 7:45 a.m. Request to park semi at Elmwood Park
 11:32 a.m. Motorist assist
 2:28 p.m. Report of vehicle stalled in roadway
 5:10 p.m. Request to speak to officer concerning civil matter
 5:54 p.m. Request to speak to officer concerning civil matter

Tuesday Nov. 23
 2:56 a.m. Activated alarm, Dairy Queen
 3:52 a.m. Barking dog complaint
 8:52 a.m. Activated alarm, Dairy Queen
 12:35 p.m. Request to speak to officer concerning civil matter
 2:37 p.m. Keys locked in vehicle
 6:00 p.m. Transport to Larned State Hospital
 7:40 p.m. Report of open door

Wednesday Nov. 24
 6:56 a.m. Keys locked in vehicle
 9:21 a.m. Two vehicle accident
 10:27 a.m. Keys locked in vehicle
 2:25 p.m. Vehicle parked on sidewalk, downtown
 3:30 p.m. Report of stolen dog
 5:25 p.m. Request to speak to officer concerning dog complaint
 7:40 p.m. Keys locked in vehicle
 9:00 p.m. Report of individuals being harassed
 9:23 p.m. Report of vehicle hauling wood siding
 10:00 p.m. Report of possible

runaway
 11:30 p.m. Assist Sheriff's Dept. with runaway

Thursday Nov. 25
 10:00 a.m. Request to speak to officer concerning runaway
 1:02 p.m. Report of squealing tires, turned out to be individual watching movie on tv
 1:27 p.m. Report of sick kitten
 5:34 p.m. Report of suspicious vehicle
 9:28 p.m. Report of suspicious individual trying to enter Recreation center

Friday Nov. 26
 6:28 a.m. Report of fire at McDonald's
 11:44 a.m. Report of yellow light not working, stoplight
 12:16 p.m. Two vehicle accident
 3:23 p.m. Keys locked in vehicle
 6:21 p.m. Request to speak to officer concerning civil matter
 6:40 p.m. Civil standby
 9:11 p.m. Report of intoxicated individual
 9:50 p.m. Report of reckless driver, Elmwood Park
 10:10 p.m. Report of intoxicated individual trying to start fight
 11:00 p.m. Noise complaint
 11:55 p.m. Report of fight at Elmwood Park

Saturday Nov. 27
 12:00 a.m. 2 MIP arrests, 1 hosting
 9:57 a.m. Report of dog running loose
 10:02 a.m. Report from individual stating they couldn't find Ex-wife or kids
 11:11 a.m. Keys locked in vehicle
 11:33 a.m. Civil standby
 11:51 a.m. Welfare check

1:30 p.m. Civil standby
 4:08 p.m. Keys locked in vehicle
 5:59 p.m. Civil standby
 7:46 p.m. Report of reckless driver
 9:08 p.m. Report of individual cutting hole in wall and finding razor blades

Sunday Nov. 28
 12:47 a.m. Report of fight, O'Brien's
 1:08 a.m. Report of individual being hit at bar
 1:19 a.m. Motorist assist
 2:10 a.m. Request to speak to officer concerning lawn mower
 3:00 a.m. Hotel checks
 9:30 a.m. EMS assist
 9:55 a.m. Assist Sheriff's Dept.
 10:13 a.m. Report of theft from building
 10:30 a.m. EMS assist
 11:59 a.m. Activated alarm, Almena State Bank
 2:04 p.m. 911 call concerning individual needing car unlocked
 2:28 p.m. One individual taken into custody for TOC and Poss. of Marijuana
 3:38 p.m. Report of unattended small child
 4:17 p.m. Report of two small children that could not find their mother
 4:19 p.m. Report of dog running loose
 4:46 p.m. Report of missing dog
 7:30 p.m. Report of hit & run accident
 9:50 p.m. Report of criminal damage to property and disorderly conduct

Twelve vehicle stops were reported by Norton Police during the period Nov. 22 to Nov. 28


Community Calendar



Please submit your events for the Community Calendar which is printed in the Monday EXTRA. Events may be e-mailed to: nortontelegram@nwkansas.com or mailed to 215 South Kansas Avenue

THE NORTON TELEGRAM 215 S. Kansas Ave. Norton, Kan. 67654
 785-877-3361

CHRISTMAS COLORING CONTEST



The Norton Telegram is Sponsoring a Christmas Coloring Contest

Stop by the Norton Telegram or the Almena Market in Almena and pick up one of the nine designs. Return the colored picture to The Norton Telegram or the Almena Market no later than Wednesday, December 15. The pictures will be displayed in the lobby of The Norton Telegram for judging.

Prizes are being donated by: Almena State Bank-Savings Bond; First Security Bank-Gold; Endzone-Ribbons; Pizza Hut-Personal Pan Pizzas; Homestore-Cash; Rainbow Lanes-6 Games for a Family; The Bank-Savings Bonds; Norton Sports Center-Cash; Garden Gate Floral Etc.-Cash; Dairy Queen-Tokens; The Norton Theatre-One Ticket; The Norton Telegram-Cash

Join Us For . . .

Christmas for Kids

"Love Came Down at Christmas"

- Nativity Lesson
- Songs • Crafts
- Cookie Decorating

Saturday, December 4

AGES 4-8 9:30 A.M. to Noon

Redeemer Lutheran Church

W. Highway 36, Norton, Kansas - 785-877-3824

