

Council encourages tobacco-free Father's Day

Norton County Council on Alcohol and Other Drugs is encouraging dads to be tobacco-free on Father's Day. Father's Day is a day to celebrate dads for who they are and all of the wonderful things they do. It is also a great time for dads to remember the important role they play in influencing the choices their kids make regarding tobacco use.

Quitting tobacco use will set a good example and will improve dads' chances of being around for many more years. According to the Campaign for Tobacco-Free Kids 1,600 Kansas kids have already lost their dad to a smoking-caused death.

"Quitting tobacco not only improves your health, but also improves the health of your kids by reducing their exposure to secondhand smoke and reducing the likelihood that they will become tobacco users," said Gina Frack. "Kids want to be like their dads. Be a good role model. If you use tobacco, quit. If you can't quit, keep trying."

Children from families who smoke are twice as likely to become smokers themselves – but parents who try to quit and talk to their kids about the how addictive smoking is, why they want to quit, and how important it is to never start can beat those odds.

It is also important to protect kids from the cancer-causing substances and poisons in secondhand smoke. A recent study found that more than 50 per-

cent of children ages 3 through 11 have had recent exposure to cigarette smoke. Secondhand smoke is a serious health hazard that can lead to disease and premature death in children and nonsmoking adults.

When Kansans are ready to quit smoking or using other tobacco products, the toll-free Kansas Tobacco Quit-line 1-800-QUIT-NOW (784-8669) is there to help. Experienced quit coaches work with callers to prepare for a quit date and help them make a free personalized quit plan. All calls are confidential. The Quit-line also offers Web Coach,® a supplemental online tool. Web Coach® is designed to complement and enhance the phone-based counseling sessions with interactive features and social forums.

Norton County Council on Alcohol and Other Drugs is a coalition based in Norton County that is working to reduce tobacco use and its deadly effects.

The Kansas Tobacco Use Prevention Program provides resources and technical assistance to community coalitions for development, enhancement and evaluation of state and local tobacco prevention initiatives. For additional information about the Kansas Tobacco Use Prevention Program, visit www.kdheks.gov/tobacco.

Densmore Alumni



DENSMORE ALUMNI FROM THE CLASSES OF 1954 THROUGH 1956 – Pictured from left to right, front row: Carol (Smith) Wyatt, Dawn (Tibbetts) Bevell; back row: Lois (Sansom) Archer, Nadine (Glennemeier) Bittel, and Carroll Bittel.

– Telegram photo by Vicki Henderson

Weather Service recognizes National Lightning Safety Week

The week of June 19-25 has been designated National Lightning Safety Awareness Week.

Across the country, National Weather Service offices are promoting lightning awareness by issuing Public Information Statements and playing special safety information on National Oceanic and Atmospheric Administration Weather Radio.

The Fourth of July holiday is fast approaching, a time when people are outdoors at picnics, at the lake, playing baseball, and attending parades and fireworks displays. Many lightning fatalities and injuries occur this time of year, which is one reason why late June is chosen as a time to promote lightning safety nationally.

When we take a look back at lightning fatalities occurring over the past five years, we find most victims are male by approximately 80 percent, most occur in June, July, August, and most occur at ball fields, parks, on the beach and under trees.

The National Weather Service has excellent information on lightning awareness, and everyone is encouraged to visit our site. Topics include the science of lightning, indoor and outdoor safety, the history of lightning, statistics of being killed or injured by lightning and what type of injuries occur with lightning strike victims. The website is located at www.lightningsafety.noaa.gov.

Another great site is the Na-

tional Lightning Safety Institute, located at: www.lightningsafety.com. This is an educational site and discusses lightning accidents and incidents, statistics and lightning safety.

During the week of June 19-25, the National Weather Service office in Goodland will issue Public Information Statements discussing a different aspect of lightning each day. National Oceanic and Atmospheric Administration Weather Radio stations throughout the Tri-state area will also play these short information segments. Our web page www.weather.gov/goodland now has a story at the top of the news section with a link to the National Weather Lightning web site.

Alum for Athletes 5K planned

There will be a 5k race and 1-mile fun walk and kids mile on Saturday, July 23, 6 a.m. pre-registration; 7 a.m. 5k start; 8 a.m. mile starting at the Norton Community High School Parking lot. All NCHS students, alumni and supporters are invited to take part. This is being done to raise money for a scholarship for a senior athlete.

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Alum for Athletes 5k is not just a race. It's a group of excited young professionals who once graduated from Norton Community High School. While many of us live out of town and even out of state, we are proud of our Blue Jay roots. Our pride has led us to put together a race to benefit a scholarship fund. The scholarship will be awarded to a senior athlete each year, which does not get an athletic scholarship from a university.

Our group knows how hard it is to be a student athlete and when talent isn't going to pay for school teenagers drop out of athletics. However, we feel that athletics are much more than a possible ticket to college. Young children and teenagers can learn responsibility, teamwork, accountability, success, defeat and many other life lessons through sports. Work ethic is another characteristic built in athletes and we feel these are the building blocks to become a successful professional like ourselves. Our scholarship would reward a student athlete who may not be talented enough to play at the next level, but can learn at the next level. It will also encourage

young children to participate in sports no matter their playing ability. You can help us send one of these hard working student athletes to college by participating or donating to the cause.

The very talented NCHS alumni Lucas Maddy will entertain the crowd following the race events. Participants and spectators will also enjoy refreshments. Medals will be awarded to the top three in each age group.

We know not everyone is a runner, so we encourage anyone to

come out and participate at your own pace whether that be running or walking the 5k. And, for those who don't want to go 3.2 miles there's always the one-mile walk. If you'd rather not participate but you want to support NCHS athletics, any and all donations are welcome.

You can pick up registration forms at Sloan's Plumbing, Endzone and the Norton Recreation Center. The registration form and more information are available at www.alumforathletes5k.webs.



As the final major step to finishing another calving season, representatives from six different families gathered on the Esslinger Farm Tuesday afternoon just east of Norton to vaccinate, brand and castrate a herd of calves born this spring. The families spend six weeks each spring rotating through each family's farm to process the spring calves.

-NT Photo by Carleen Bell

Nominations due Aug. 1 for local county committee

The Norton County Farm Service Agency committee is seeking interested farmers to serve as candidates for the local county committee election to be held this fall. Nomination forms must be postmarked or received in the Farm Service Agency county offices by close of business on Aug. 1.

"Farmers and ranchers can nominate themselves or any other producer in Local Administration Area 2 to run for a seat on the committee," stated Carl Warner, County Executive Director for the Norton County Farm Service Agency. The area Local Administration Area 2 consists of central Norton County going north and south three miles east of Norton and five miles west of Norton.

Farm Service Agency county committees make decisions on commodity price support loans, conservation programs, disaster programs, employing county executive directors and other significant agricultural issues.

To hold office as a county committee member, a person must meet the basic eligibility requirements. For example, the person must participate or cooperate in a program administered by the agency, be eligible to vote in a county committee election and reside in the local administrative area in which the person is a candidate.

The locally elected committees are responsible for making national farm programs fit the needs and situations faced by local farmers and ranchers and bring local expertise and knowledge to United States Department of Agriculture's daily delivery of programs and services.

"Eligible voters may circulate or sign nomination petitions for as many candidates as they choose, including themselves," said Warner "Also, organizations representing minorities and women farmers or ranchers are encouraged to nominate candidates. The deadline for submit-

ting nominations to local county offices is Aug. 1."

Nomination form Farm Service Agency-669 is available at the Farm Service Agency county office and online at www.fsa.usda.gov/. Then Select County Committee Elections.

For details, contact the staff of the Norton County Farm Service Agency office at 785-877-5156 or visit the office at 11506 Pinview Dr.

Grads

(Continued from Page 1) expensive of the six institutions was Kansas University with a semester cost of \$4,366. "All together, the scholarships average

out to to \$4,645.19 per student," Miller explained. "With the cost of tuition, we're getting students started on their first semester of college."

Monument

(Continued from Page 1) cost" for having them engraved and installed.

The pavers can include up to three lines of text with up to 13 characters per line. Characters include letters, numbers, blank spaces and punctuation marks.

Order forms are available from Erlenbusch at amsoldiers@hotmail.com and can be returned by mail to 609 N. Grant Avenue, Norton, KS 67654.

There is no deadline to purchase a paver and there is no limit to the number that will be sold.



THE NORTON TELEGRAM and the Norton Area Chamber of Commerce welcome Verizon Wireless to the business community

Verizon Wireless is located at 103 S. State, Norton, Kansas, phone 785-874-4447. The store hours are Monday through Saturday, 10:00 a.m. to 6:00 p.m. The store carries a variety of phones and accessories and you can also sign up for internet service and pay your Verizon statement at the store. For more information visit our website: www.gozwireless.com