

## A show of support for the new pool

Dear Editor,  
I am writing this letter in support of the Norton Community Swimming Pool remodeling project. As a former lifeguard and swimming lessons instructor, I know how valuable the swimming pool is to the Norton community. My older brother, Kale, my sister-in-law, Haley and I were employed at the swimming pool during the summers of 1994-1998. During the summers of 2002-2006 my younger siblings, Kai and Klaire, were also employed at the swimming pool.



Having spent so many hours and years at the swimming pool, I can easily attest to its importance to the Norton community. The swimming pool is an affordable and accessible place for children, teens and families to come for recreation and socialization. In the summer time, it serves as the central hub for the entire community, a place where parents know their children would be safe and where children know they will see their friends. In addition, many daycares and child care facilities use the swimming pool, in order to provide a reprieve from the summer heat for the children in their care. Older adults also use the pool and specifically took advantage of the water aerobics classes offered in the evening.

Although I have not lived in Norton since my high school graduation in 1998, I am still very proud of the community and feel very connected to my fellow Nortonites. Coming from Norton, we have so much to be proud of- from our home owned carnival and movie theater to our thriving school system and athletic teams. The swimming pool is something else we should all be proud of, and it would be wonderful to see it rebuilt in a way that it could truly reflect its importance to the entire community.

Vote YES in November for a new swimming pool!

Keira Mann  
Career Development Coordinator/ Delta Epsilon Iota Adviser  
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Union 302, Warrensburg MO 64093

## Offering thanks to donors

Red Cross Says Thanks!

The American Red Cross would like to take the opportunity to thank all of you who participated in the 2012 Battle of the Badges blood drive. This includes donors and volunteers alike!! It was a very successful drive with over 125 people presenting to donate blood!

Summer is a very difficult time of year to collect blood, and this fun competition gives law enforcement officers, fire fighters, emergency medical technicians and paramedics throughout Norton Community added reason to donate a pint of blood while many are on vacation or out of school.

This year, a total of 112 units of whole blood were collected with a goal of 104. There were also 11 first time donors.

After hundreds of ballots were counted and re-counted, this year's winner was the Fire Department with 42 votes. EMS came in second with 22 votes and Law Enforcement third with 20. This gives the Fire Department the crown 2 out of the last 3 competitions. But remember, the real winners this year are hospital patients throughout Kansas.

As we head into a Fall of the year, we encourage people throughout Kansas to consider becoming whole blood donors. We depend on people throughout this country to make it a point to give.

The next drive in Norton will be Wednesday, October 17, 2012 at the Norton County 4-H Building. Hope to see you all again!

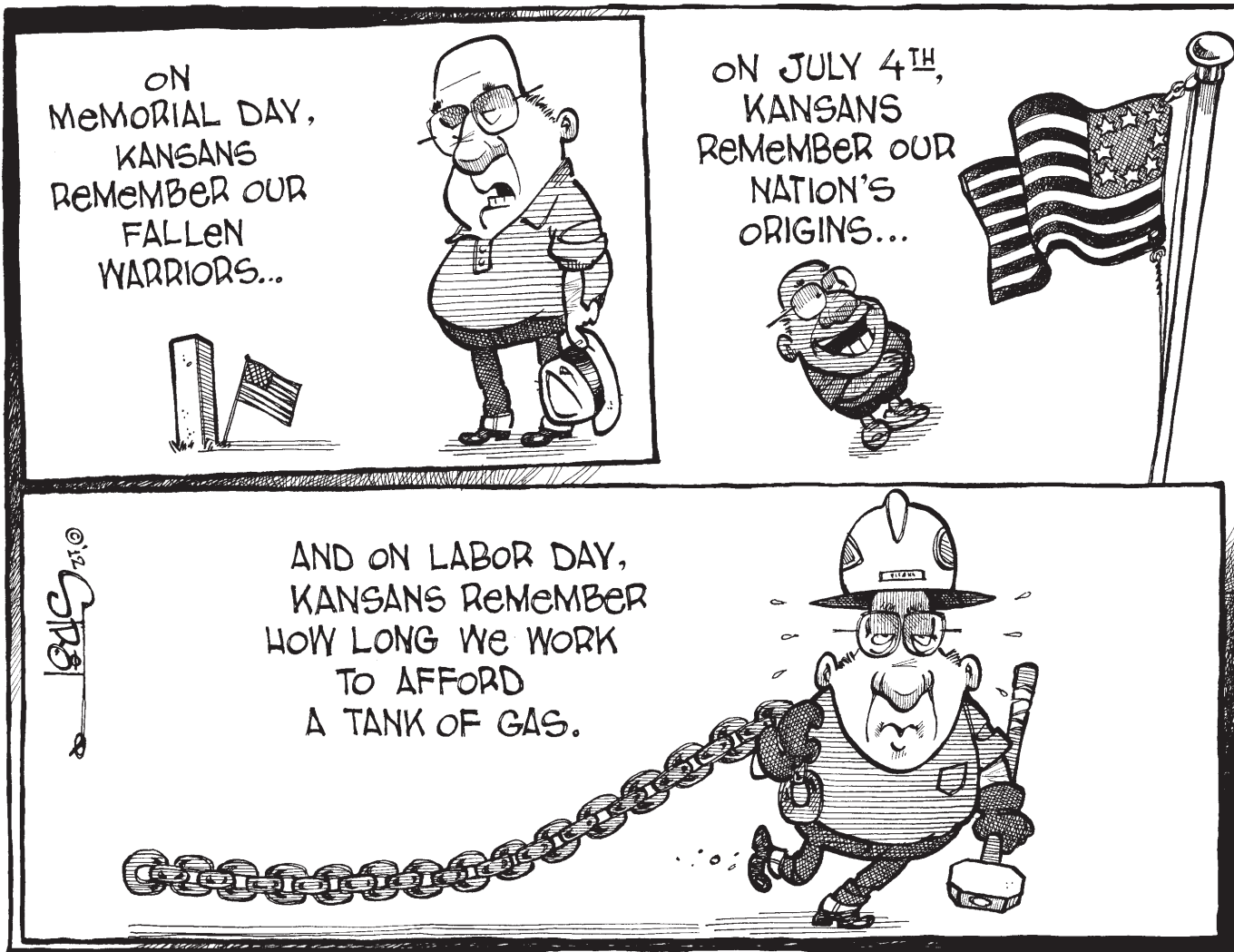
Learn more about becoming a donor or make an appointment by calling 1-800-RED CROSS (1-800-733-2767) or log on to [www.redcrossblood.org](http://www.redcrossblood.org).

Thank you for supporting this year's Battle of the Badges.

Sincerely,  
Catherine Younger, Donor Recruitment Rep  
American Red Cross  
Hays, KS

**THUMBS UP!** Thumbs up to the NCHS cheerleaders and sponsors. They added a lot to Friday night's game. Emailed in.

Remember there is no charge for rendering a Thumbs Up. Thumbs Up are meant to give recognition for a positive person or event in the community. Also remember all Letters to the Editor must be signed.



## Counting chickens after the hatch

Labor Day was graduation day at our house. Our single chicken, Henny Penny, the sole survivor from our second hatching this year was "graduated" from her coop to a condo in the big girls pen. Until we know how she will be accepted by the others, we'll keep her in a wire cage inside the chicken house. Let everyone kind of get used to each other.

Next, we moved the eight chicks from their box in the bathtub to the coop vacated by Henny Penny. When Jim transferred them from the box to the coop, they acted like they were stunned by all the space around them. They did not move for a few minutes. Later in the day, though, they looked pretty comfortable. One brave little chick was perched on top of the water jug. They have a heat lamp in their inner sanctum, so are warm and cozy.

This is all good because in less than a month I hope to have a few more chicks. Yes. I set 25 more eggs. I am determined to raise enough to replace the old ladies. They have been steadfast

### Out Back

Carolyn Plotts



and reliable, but their time is just about up. They know it; I know it; and they know I know it.

-ob-

Jim called from the grocery store and said bratwurst and beef roasts were on sale; he would buy some to bring home and did I want some Hamburger Helper.

Now, he knows I don't like Hamburger Helper and don't use the stuff. I lashed back at him, "Don't you dare buy any Hamburger Helper."

He started laughing. "That was for Ray and Ruth's benefit," he said. Friends of ours were in the same check-out line as Jim and he let them in on our conversation. He went on, "Don't

worry. I told them you ain't never gonna use any Hamburger Helper."

"Oh, no," I wailed. "I hope you didn't say, 'I ain't going to use Hamburger Helper'. If you're going to quote me, at least quote me correctly."

I don't always use perfect grammar, but I don't use "ain't" either.

I said, "I would rather they think I use Hamburger Helper than that I said, ain't."

-ob-

Well, the last laugh's on Jim. The next morning I asked where he had put the meat. He jumped up, jammed his feet into his shoes and dashed out the door saying, "Oh, my gosh! I left it in the back of the truck."

Our neighborhood is overrun with cats. Ours and the neighbors. Mighty hunters that they are; the smell of fresh meat lured them in. Jim found that nice roast drug through the dirt and gnawed beyond recognition. What's left will go to the chickens. At least somebody will eat good.

## One size fits all is not the answer to school meals

With the advent of the new school year, there's apprehension some youngsters may be leaving the school cafeteria hungry. This may be in part due to recent changes in this country's school lunch program.

No question, some of the changes in the Healthy, Hunger-Free Kids Act are good for our school children. These include more fruits and vegetables, low-fat dairy products, more whole grains and more water instead of sugary drinks. Also included in the new changes are reductions in saturated fat, trans fats and sodium.

These efforts are well-intentioned. There is a real concern about the growing problem of childhood obesity and diabetes. The problem arises when you try to solve childhood obesity for some and you short-change the more active children, particularly at the higher age groups.

The new guidelines place a ceiling on the amount of proteins and overall calorie content of school lunches. While there has always been minimum requirement for calories, protein and other nutrients, some youngsters may leave the lunchroom hungry.

These new requirements for protein are slightly less than what the U.S. Department of Agriculture recommends in its overall nutritional guidelines. It appears, however, that the real problem is there is not flexibility to provide

### Insight John Schlageck



fewer or greater calories depending on a student's age, body weight or level of activity. All of these considerations are necessary to determine a youngster's nutritional needs.

Active, developing youngsters - especially those involved in athletic programs after school - require more calories. If you've ever had a daughter or son playing soccer, volleyball or practicing during summer and fall football, you know they burn these calories.

Parents I know, myself included, often pack additional food for their children that include protein, carbs and fruits. In some cases the youngsters complain about being hungry or require more fuel to keep up with their active lifestyles.

Young, developing bodies and minds need a healthy, well-balanced diet, however, every child is different and requires different amounts of fruit, vegetables, dairy products and yes, protein. This protein should include whole cuts of lean beef, pork and chicken not processed already packaged

prepared food out of a box but straight from the steer, hog and chicken.

Beanie weenies, chicken nuggets, high-carb mac and cheese, one small slice of pizza with a "one size fits all" portion size designed to curb obesity, may not meet the dietary needs of an athlete, an artist, an active seven-year-old or an active farm kid. It certainly doesn't fully consider the need for adequate - even elevated levels of protein necessary to facilitate brain development - that, by the way, is the reason we send our kids to school.

Our goal should be to feed our children while they are in school, but feed them with nutritious meals that will help them grow up to be healthy, well-adjusted adults. It's time to treat our youngsters as individuals and cater to their unique dietary needs. The USDA has created a one-size-fits-all approach that will not accomplish this.

Our children spend seven to eight hours nine to 10 months out of every year in schools across our nation. These same schools have our children under their wing more than we as parents and grandparents do during each day school is in session.

Your children, grandchildren and mine deserve the best and healthiest foods available. Those with a more active lifestyle may also need more protein than others. Let's not send them away from the school cafeteria hungry.

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