

An eye on the prize



The Norton Archery Club held another 3-D shoot on Sunday at Prairie Dog State Park with 14 archers competing. Sunday's competition was the last of the year for the club. The first flight winner was John Baker with 408 points and the second flight winner was Mick Keir with 318 points. Pictured Shailyn Baker, daughter of Lisa Baker, takes aim on her target in hopes of a great hit. This is her first year shooting bow and she is in the second grade.

- Telegram photo by Dana Paxton

COLLEGE NOTES

A Norton student is among the students who completed degrees at Wichita State University this summer.

Norton- Jared R. Foley, Master of Education, Sports Management.

Two area students are among students who completed their degrees at Kansas State University this summer.

Logan: Savannah Noel Sammons, Bachelor of Science in Family Studies and Human Services
Phillipsburg: Toma Vae Griffey, Bachelor of Fine Arts

Top students from across Kansas and the country are invited to compete in Wichita State University's Distinguished Scholarship Invitational to vie for two of Kansas' largest annual scholarships and many other scholarship awards.

Two outstanding high school seniors will receive \$48,000 Harry Gore Memorial Scholarships (\$12,000 per year for four years), which have been awarded for more than 50 years. The scholarships are awarded to academically strong students with

demonstrated leadership ability.

This year's competition will be held Saturday, Nov. 10 at Wichita State University. High school seniors who have a GPA of at least 3.5 and who have scored at least a 24 on the ACT (or 1090 on the SAT) are eligible to participate. To be invited to the competition, students must be admitted to Wichita State University by Oct. 1. Students who meet these requirements will receive an invitation with additional instructions.

PUBLIC RECORD

Municipal Court

These transactions were taken from the records of filings in the offices of the Norton Municipal Court. These cases were given to the paper with the date of the hearings.

Aug. 30

Aug. 12-Barbara Alexander, Castlerock, Colo.; Charge: Speeding 45 in 35; Plea: No contest; Found: Guilty; Sentence: Fine \$30, costs \$76, total \$106.

Aug. 21-Jeffrey Hester, Norton; Charge: Dog running at-large/no city tag; Plea: Guilty; Found: Guilty; Sentence: Fine \$25, costs \$76, total \$101.

Aug. 24-Allan Taylor, Norton; Charge: Dog running at-large/no city tag; Plea: No contest; Other action: Costs waived-dog surrendered for adoption; Found: Guilty; Sentence: Fine \$25. Ordered to show proof to court that remaining dogs are registered with the city for dismissal of costs.

Aug. 15-Sue Bohl, Phillipsburg; Charge: Speeding 47 in 35; Plea: No contest; Found: Guilty; Sentence: Fine \$42, costs \$76, total \$118.

Aug. 4-Darian Cashler, Syracuse; Charge: Speeding 44 in 35; Plea: No contest; Found: Guilty; Sentence: Fine \$30, costs \$76, total \$106.

Aug. 17-Lyle Gauby, Salina; Charge: Speeding 38 in 30; Plea: No contest; Found: Guilty; Sentence: Fine \$30, costs \$76, total \$106.

Aug. 17-Sandra Ross-Crowder, Norton; Charge: Speeding 30 in 20; Plea: No contest; Found: Guilty; Sentence: Fine \$30, costs \$76, total \$106.

Aug. 5-Neil Wiedel, Hebron, Neb.; Charge: Speeding 45 in 35; Plea: Guilty; Found: Guilty; Sentence: Fine \$30, costs \$76, total \$106.

bus, Neb.; Charge: Speeding 43 in 35; Plea: No contest; Found: Guilty; Sentence: Fine \$30, costs \$76, total \$106.

Sept. 6

July 28-Keith Allen, Aurora, Colo.; Charge: Stop sign violation; Plea: No contest; Found: Guilty; Sentence: Fine \$100, costs \$76, total \$176.

Aug. 25-Jacqueline Dues, Smith Center; Charge: Speeding 46 in 35; Plea: No contest; Found: Guilty; Sentence: Fine \$36, costs \$76, total \$112.

Aug. 14-Aaron Hof, Norton;

Charge: 1. Domestic battery, 2. Domestic batter, 3. Violation of protective order, 4. Interference with a law enforcement officer; Plea: Guilty; Other action: Charges 2 and 4 dismissed/plea agreement; Found: Guilty on charges 1 and 3; Sentence: 90 days jail suspended to time served of 24 days and payment of jail costs- \$250 fine, \$45 booking fees, costs \$76 and old fines due of \$456, all to be paid within 90 days, total \$827 plus jail costs.

No Appointment Needed

Flu Vaccine
available at **Pamida Pharmacy**
WEST HWY. 36, NORTON
Wed., Oct. 3 - 9 a.m.-4 p.m.
For Questions, Please Call: 785-877-2133
Medicare Patients Welcome

GOT DRUGS?
Turn in Your Unused or Expired Medications for Safe Disposal on **Saturday, Sept. 29** from 10 a.m.-2 p.m. at the Norton County Sheriff's Department
For more information call the Sheriff's Department or visit www.dea.gov or call 800-882-9539 for a collection site near you

Back-to-school nutrition facts

Nutrition plays an important role in assuring your child has a successful school year. Many children do not eat breakfast every day; others grab a soda and high-fat, high sugar pastry—definitely not a “breakfast of champions” relative to cost or nutrition.

Studies have shown that those who eat a morning meal perform better in school; they have higher test scores, higher attendance, less tardiness, better concentration, and more muscle coordination.

Also, children who eat breakfast are less likely to be overweight.

If your child doesn't like traditional breakfast foods, don't worry—breakfast can be most any food, even a slice of pizza. If your child claims not to be hungry, offer 100 percent juice and toast. If the school has a mid-morning snack time, pack healthy snacks like yogurt, cheese stick, or bagel. Remember to use an ice pack and insulated lunch bag to keep foods at a safe temperature.

**Home ed
Tranda
Watts,
Extension
specialist**



As for lunch, school meal regulations are new this year and have improved the nutritional quality of lunch. School meals have always supplied one-third of a child's nutrition needs; however, tighter regulations mean lower fat and sodium limits and a greater variety of fruits and vegetables (including fresh). If you choose to pack your child's lunch, let your child help plan and prepare the lunch. Include meals that are easy to prepare and fun to eat as well as nutritious. A few examples are sandwiches, raw veggies, crackers, string cheese, whole fruit, and yogurt.

If your child is one of the many youth who are now saying they are hungry shortly after

eating the school lunches, this may be a prime time for you to encourage your child to eat a substantial breakfast. Those saying they are hungry seem to be youth in Junior and Senior High. They may also be the toughest audience to sell when you are trying to get them to eat breakfast. So parents are going to be asked to step up to the challenge of preparing a more substantial breakfast for their school children. Try to serve a breakfast from at least three of the major food groups. This may mean even earlier starts to the morning for both parents and youth, but getting up early enough to eat a nutritious breakfast should pay off in big dividends.

If you have questions, please feel free to contact your local K-State Research and Extension Office or you may contact Tranda Watts - Multi-County Extension Specialist - Food, Nutrition, Health and Safety at twatts@ksu.edu.

POLICE LOG

Sept. 16
Vehicle stop
Report of individual stalking
Request to take report from individual from Norton Co. Hospital
Sept. 17
Funeral escort
Report of individual being harassed on Facebook
Report of child abuse
Civil standby
Sept. 18
Parking citation
Report of dogs running loose
Funeral escort
McDonald's requesting receipts from former employee
Keys locked in vehicle
Transport individual to High Plains Mental Health
Two vehicle accident
Sept. 19
Building checks

Funeral escort
Report of individual leaving items on wrong porch
Request for civil standby
Speak to officer concerning possible stolen items
Activated alarm, pawn shop
Sept. 20
Report of intoxicated individuals having an argument
Building checks
(2) two vehicle stops
Vandalism at skate park
Report of suicidal and intoxicated individual
Report of fire in the Kennedy area, fire pit found
Sept. 21
Spoke with individual walking around town at 2:30 a.m.
(2) two vehicle stops

Individual wanting items returned
Report of two dogs running loose
Report of verbal altercation
Sept. 22
Report of verbal altercation
Spoke with individuals walking at 2 a.m.
Report of dead cat in street
Two vehicle accident, McDonald's
Individual complaining about viruses on their computer
Driving complaint
Barking dog complaint
Sept. 23
Vehicle stop, one arrest
D.U.I.
One arrest for probation violation

We are now on Facebook!
Search "Norton Telegram" and like our page for photos, news and more.

Dog Agility Classes
BEGINNERS
•Beginning Weave Poles,
•Open Tunnel,
•Closed Tunnels
•Low and High Jumps

Classes Start on **Wednesday, October 3** 6:00 p.m.
\$10.00 Per Class Per Dog
Call **Roxane Kent** at 785-877-3888, CERTIFIED INSTRUCTOR

Oncology Services
Providing leading edge chemotherapy, close to home.

L to R: Cherri, RN; Theresa, RN; Misti, RN, Director of Nursing; Lisa, RN; Penny, RN

Our friendly, certified chemotherapy nurses and pharmacists work closely with the Callahan Cancer Center in North Platte, and visiting oncologists, Dr. Maria DeVilla and Dr. Ahmed Awais. Our beautiful new Oncology Services suite offers plenty of comfortable space for infusions, and will soon offer an area dedicated solely to chemotherapy treatments.

Chemotherapy treatments from people who care is one more way we make sure advanced care is always available for you and your loved ones.

Great Plains Regional Medical Center
Callahan Cancer Center

COMMUNITY HOSPITAL
Advanced care. Always there.

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This Institution is an Equal Opportunity Provider and Employer.

Book Signing and Art Work Sale
Saturday, September 29th, 11:00 to 1:00 p.m.

Native Nicole Koetter author of Christian children book "If I Were an Animal"

Mary E. Arehart of Holdrege, "God's Yard Light" a mother's story of a special son

All Art Work will be **20% off also**

New Life Bookstore
212 Norris Ave.
McCook, Nebraska
(308) 345-6889