

Norton Relay For Life update

Norton County walkers will go around the clock to fight cancer during the American Cancer Society Relay For Life. This celebration of life brings the numerous groups and individuals concerned about cancer together for a unified effort to fight back.

Teams of enthusiastic citizens will gather at the Norton Courthouse Square for an overnight Relay to join the fight against cancer from 6 p.m. on June 7 until 6 a.m. on June 8.

Relay For Life is a life-changing event that brings together more than 3.5 million people every year to celebrate the lives of those who have battled cancer, remember loved ones lost, and empowered individuals and communities to fight back against a disease that

takes so much. Relay For Life opens as cancer survivors (anyone who has ever been diagnosed with cancer) walk or use a wheelchair complete the first lap. This is an emotional time that sets the stage of the importance of each participant's contribution. A festive atmosphere develops around the track (courthouse square). As walkers make new friends and spend time with old ones, the Relay heats up and the camp-out begins. An atmosphere of camaraderie is created with team members entertaining each other: eating, playing games and, of course, walking for a great cause.

Highlighting the evening is the luminaria ceremony that takes place after dark to honor cancer survivors and to remember

those we have lost. Luminaria's line the courthouse square and are left burning throughout the night to remind participants of the importance of their efforts.

"Relay For Life is as much an awareness raiser about the progress against cancer as it is a fundraiser," said Lee Russell, event co-chair. "Many of the participants will be people who have dealt with cancer themselves. Their involvement is proof of the progress that has been made in improving cancer survival rates and the quality of life following cancer treatment."

"The funds raised will enable us to continue our investment in the fight against cancer through education programs, research, advocacy, and services to patients," said Karen Wright,

event co-chair. "Due to the generosity of corporate sponsors the money raised by participants comes back to our community by directly benefiting all of the American Cancer Society's lifesaving programs."

To sign up to participate or to learn how to form a team, call Stephanie Cookson at 785-202-9133 or visit www.RelayForLife.org/Nortoncountyks.

The American Cancer Society is the nationwide, community-based, voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer through research, advocacy, and service.

Learn about the Cook Once method

Family mealtimes are slowing becoming a thing of the past. In today's society, it may mean that children ride in households where adult(s) work full time and do not have the time to plan a healthy and nutritious home-cooked meal every evening. As a result, family mealtimes happen less frequently.

There will be a class held on this topic on Feb. 26, 2013 in the Norton County 4-H Building. The program will begin at 6 p.m. and pre-registration is required by February 19. To reserve a space, contact the Twin Creeks Norton Office at 785-877-5755. This session is limited to 10 people.

The Cook Once method not only helps families create more family mealtimes, but it also helps families save money and provide a more nutritious meal. This lesson will teach the basic steps involved in this style of

cooking and give participants tools they need to help them be successful.

This program is for those primarily responsible for preparing meals in the household. The goal is to help them get organized to prepare and freeze several main dishes at one time, which will simplify family mealtimes.

Anyone attending the workshops will learn how to: understand the basic steps involved in the Cook Once method; have a better understanding of the importance of family mealtimes; be able to adapt this method of cooking to suit their family needs; gain an understanding of basic food safety principles; acquire knowledge of what recipes will freeze well, and have experienced an example of preparing at least one meal for the freezer.

The chance to save a life, give blood

February is Black History Month, and in the spirit of Dr. Charles Drew, a black surgeon and blood specialist who became the first medical director of an American Red Cross blood bank in 1941, the Red Cross reminds all eligible donors how important it is that donors are as diverse as the patients who need their help. Drew's pioneering work in blood collection and transfusion laid the foundation for modern blood banks.

All patients are matched by blood type and Rh factor prior to transfusion. For some patients, additional red cell markers in

donated blood also have to be matched. These markers are determined by ethnicity and are best found in a diverse donor base. For more information and to make an appointment to donate, visit redcrossblood.org or call 1-800-RED CROSS.

Upcoming blood donation opportunities:

Norton County Feb. 19 from 12-6 p.m. at Norton County 4-H Building, 126 E. Park St. in Norton, Kan.

How to donate blood Simply call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org to make

an appointment or for more information. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age (16 with parental consent in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

About the American Red Cross

The American Red Cross shelters, feeds and provides

emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit redcross.org or join our blog at <http://blog.redcross.org>.

Sudoku Puzzle #2809-M

			1				2	
2	3	4		1			5	
	5	6					7	8
		5	8					1
	3	9		2			4	
7			3		9			
5	1			4			6	
9		7		5		3		2
	8				9			

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A call for candidates for Silver haired legislature

Kansas' older adults who have an interest in politics are encouraged to register to become a candidate for the Kansas Silver Haired Legislature. The deadline to register is quickly approaching.

The Silver Haired Legislature is a unicameral legislative body consisting of 125 representatives. All of the elected officials are age 60 or older. The Silver Haired Legislature provides an educational experience in the political process and an opportunity to identify policy concerns for Kansas' older

adults. The Silver Haired Legislature develops bills and resolutions that are presented to the Kansas Legislature and Governor Sam Brownback as recommendations for state policy.

Elected Silver Haired Legislators are responsible for advocating for their legislation, testifying at hearings on Silver Haired Legislature legislation, meeting with older adults in their county/district and attending scheduled Silver Haired Legislature meetings.

Elections to become a Silver

Haired Legislator are set for March 9. Candidates must be 60 years or older and registered to vote in their district.

Candidate registration forms and additional information are available on the Kansas Department for Aging and Disability Services website at www.kdads.ks.gov/Advocacy_Legislation/Legislative/silverhairlegi.htm. Forms must be downloaded, signed and returned no later than Feb. 14 at 4:30 p.m. Forms and information are also available at Northwest Kansas' Area

Agencies on Aging, 510 W. 29th Street, Hays, KS 67601, 785-628-8204, or from the local senior center or meal site.

The Kansas Silver Haired Legislative Session takes place Oct. 8-10, in Topeka.

- ACROSS**
- Boozehound
 - Resort island off Venezuela
 - Shooting marble
 - Shake off
 - Emphatic denial
 - Wish undone
 - DASH
 - Summer cooler
 - Cable TV worker
 - Spanish hero
 - Suffix with project
 - Charmer's basketful
 - Fancy duds
 - Take turns
 - Closes in on
 - Word before basin or bore
 - Vintner's vessel
 - Fairy tale start
 - A natural, in craps
 - Move, in Realtor lingo
 - To the ___ degree
 - Transparent
 - Alternative to a co-op
 - Temporarily inactive
 - Fired on
 - On disk
 - Moo ___ pork
 - St. ___ (West Indies nation)
 - They're struck out
 - Go out ___ limb
 - DASH
 - Sitcom diner owner
 - Beethoven dedicatee
 - ___ voce (softly)
 - Keats composition
 - Supply base
 - Boy Scout unit

Dashing

1	2	3	4	5	6	7	8	9	10	11	12	13	
14					15					16			
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48						49	50			51	52	53	54
55						56	57						
58						59				60			
61						62				63			

American Profile Hometown Content 2/10/2013

- DOWN**
- Hatcher or Garr
 - Appliance for Emeril
 - Pols' providers: Abbr.
 - Trim to fit, perhaps
 - Patches up
 - Go for fish
 - Lecherous sort
 - Exploitative type
 - Twice, in music
 - Weapons supply
 - DASH
 - Bemedaled Murphy
 - Garden intruders
 - Model Macpherson
 - Long. crosser
 - Cooperstown's Musial
 - Bard's "soon"
 - Jamboree enclosure
 - DASH
 - Ill humor
 - Rosie's fastener
 - Baltic Sea feeder
 - MTV viewer, most likely
 - Pierce player
 - Tugboat blast
 - Mower's home
 - Aussie bounder
 - One way to serve clams
 - Aerial show figure
 - "Exodus" hero
 - Tom Jones's "___ a Lady"
 - Replay technique, for short
 - In pitch
 - Winter woe
 - Faucet problem
 - Sinclair rival, once
 - Sikorsky of aviation
 - Not fooled by
 53. Brussels-based gp.
 - Farm fare
 - Bullring "Bully!"

WOW!

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