

\$1 THE NORTON TELEGRAM



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Friday

September 27, 2013

Briefly

Burn ban in effect for Norton County

In the regularly scheduled Board of County Commissioner meeting on September 23, 2013, Burn Ban Resolution 2013-06 remains in effect for Norton County. Any person wishing to conduct a controlled burn may contact their community's Fire Chief for consideration of a Burn Permit. It is at the discretion of the Fire Chief in each community to either grant - or not grant - the permit based on current environmental conditions. If the Fire Chief is unavailable, please contact the Sheriff's Office for assistance.

Boy Scout's hold food drive Sunday

The Norton Boy Scouts will be holding a canned food drive to benefit God's Pantry Sunday at the Norton Theatre. The movie is Cloudy with a chance of Meatballs 2 in 3-D. Doors open at 1 p.m. with the movie starting at 2 p.m. Admission is a canned food item.

School pictures are next Wednesday

Eisenhower Elementary School will be taking school pictures on Wednesday starting at 7:30 a.m.

Norton to hold Homecoming

Norton will be holding their Homecoming activities all week starting with Monday Madness then Wacky Tuesday, Western Wednesday, Throwback Thursday and Blue and Yellow on Friday. The parade and pep rally will take place at 2:30. Junior and senior high students will be allowed to leave at 2:15 to attend and prepare for the parade.

Illusionist returns to Norton for show

The Norton County Arts Council will be hosting Reza once again next weekend so be sure not to make any plans other than to attend. He wowed Norton last year and is returning with all new material.

Markets

Thursday, September 26, 2013

Wheat	\$7.15
Milo	\$4.03
Soybeans	\$12.58
Corn	\$4.53

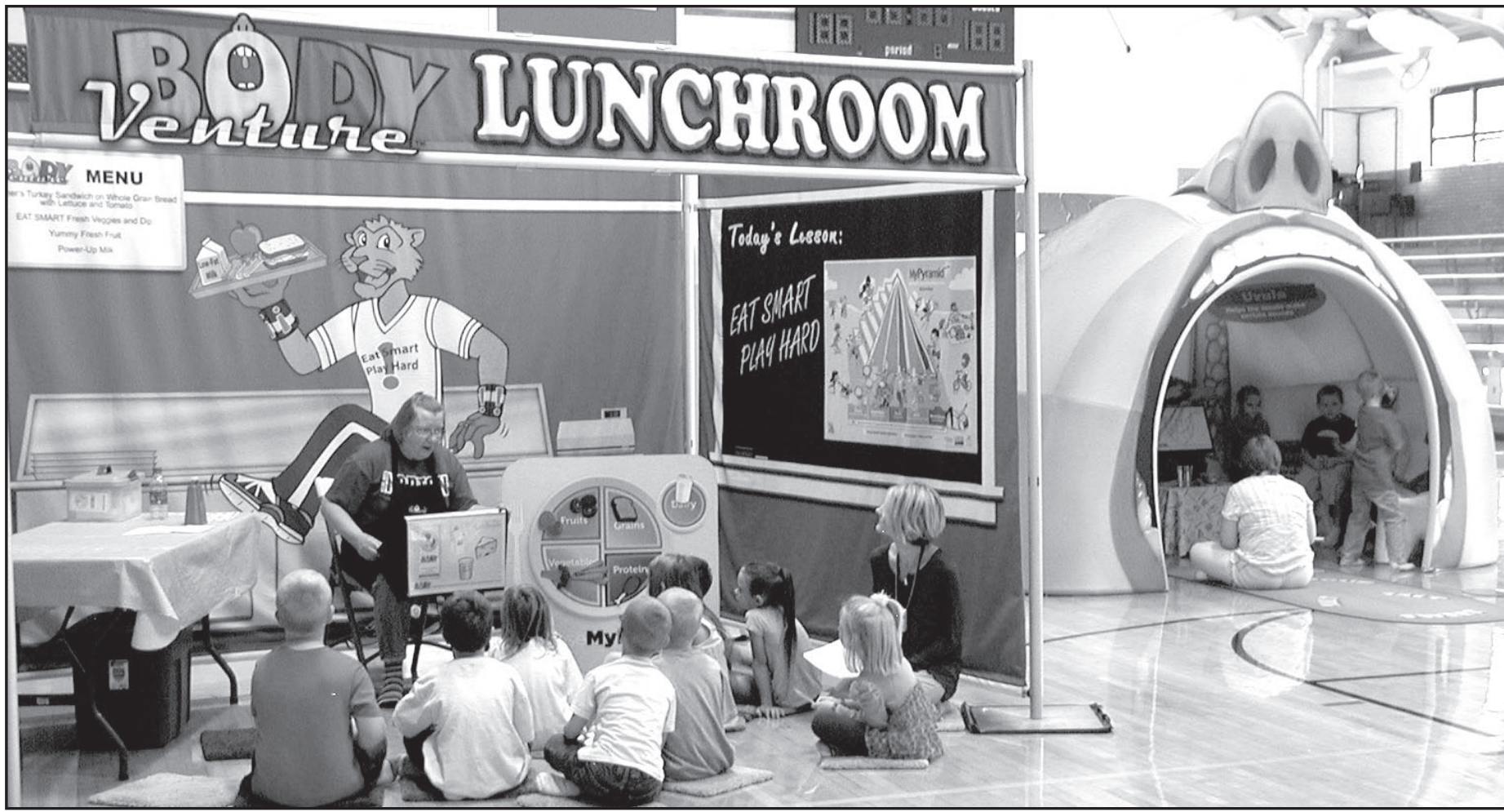
Markets Courtesy of Norton Ag Valley Co-Op

Weather

Friday Night - Overcast with thunderstorms and rain showers. 60 percent chance of rain after midnight. Saturday - Clear with a high of 72. Sunday - Clear with a high of 77. Monday - Partly cloudy in the morning then clear with a high of 79. Tuesday - Clear with a high of 81. Wednesday - Partly cloudy with fog early and a high of 79. Thursday - Clear with fog early and a high of 73.

Prayer

O God, thank you for the light of your word that gives us hope, even when things seem like they are falling apart. Amen



Students at Eisenhower Elementary School experienced an exciting and innovative way to learn about the importance of good nutrition and physical fitness on Wednesday at the Body Venture exhibit at the East Campus Gymnasium. —Telegram photo by Mike Stephens

Students participate in Body Venture

Eisenhower Elementary students, kindergarten through grade five, had the opportunity to explore the human body with Power Panther, the U.S. Department of Agriculture Food and Nutrition Service mascot as their guide. The tour began when students, in groups of eight to 10, entered the lunchroom (East Campus Gym) and became a food such as a carrot, low-fat milk or a piece of chicken. In the second station, they walked through a giant ear into the brain. Inside the huge brain dome, students experienced "brain waves" and learned about brain

function. The "foods" step into the exhibit's larger-than-life mouth, and are "swallowed" through the esophagus tunnel and move into the stomach dome. From the stomach, the students traveled through the small intestine where they were "absorbed" into the blood. Then they followed the path of the nutrients to the heart, lungs, bones, muscles and skin stations. Students left the body through a cut in the skin and proceeded through Power Panther's Pathway to Life. This final station recapped key health concepts from each of the 10 previous

stations throughout the exhibit, and students learned how to apply Power Panther's slogan, "Eat Smart. Play Hard." At each of Body Venture's 11 stations, a volunteer presenter engaged the students in a five-minute activity focused on healthy choices. The traveling Body Venture exhibit was developed and is operated by Child Nutrition & Wellness, Kansas State Department of Education. Cheryl Johnson, Director of Child Nutrition and Wellness said, "Body Venture provides a unique and exciting opportunity for Kansas elementary students to learn

about their bodies and the importance of making healthy choices." According to Kathy Thompson, Body Venture Coordinator, "the exhibit was developed to address increasing national concerns about the lack of physical activity and declining nutritional status of young children." "I want to thank the many, many volunteers that shared their time and expertise to make this event such a success," said Eisenhower Physical Education teacher, Joan Bolt, and this year's coordinator.

Pilot project to help fight chronic diseases

By CYNTHIA HAYNES
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The Kansas Department of Health and Environment and the Norton County Health Department and the clinic are partnering on a pilot project to help people with chronic diseases. County Health Nurse Gina Frack told the Norton County commissioners, at their meeting, on Monday that the project will be the only one in Kansas and will work through the clinic

and Dr. Martin Griffey to help people manage chronic diseases such as diabetes, arthritis and heart disease. "(This will) help them manage whatever they're dealing with," Mrs. Frack said. The \$7,000 grant will be the only one in the state, she said, and will be looking at how to provide these services to rural areas. Trainers will come in to put on workshops for providers, she said, and since

this is a pilot project, it was decided to keep it to one provider and Dr. Griffey was asked. The health department is also working with the Kansas Health Foundation on a project called Work Well Kansas. This will address people's health through their work, she said. "Most people spend more waking hours at work rather than anywhere else," Mrs. Frack said. The foundation wants to promote

work environments that promote healthy choices, she said. "It's in the businessman's interest," Commissioner Charles Posson observed of the program. Mrs. Frack said that she is working with the Chamber to promote the project but that it does not address mental health issues at this time but that would be something to look at in the future. She promised to get the commissioners more information later.

A way to dispose of plastic and metal waste

By CYNTHIA HAYNES
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Norton County may have found a buyer for its recycled plastic and metal cans. Solid Waste Supervisor John Miller told the Norton County commissioners at their meeting on Monday that he has found a company in Omaha called Five-Star Recycling. He said they offer \$200 per ton for plastic but that they have several requirements for how its handled that will require some changes in how its handled at the landfill. There is no buyer in Kansas for plastics, Mr. Miller told the commission-

ers. There has been a company coming in and picking up the recycled plastic but they haven't been either charging or paying the county for them. Mr. Miller said that he went to an e-waste meeting in Osborne and that's where he heard about the company, which picks up and pays for recycled plastic. He said they also might buy some paper. "We have probably the cleanest cardboard and paper loads anywhere and they all want good, clean paper," Mr. Miller said. Mr. Miller said that he also found out that the multi-county e-waste manage-

ment system is working well at the Osborne meeting. Also on recycling, he said, the people in Colorado who get the county's white goods (old appliances) called two weeks ago about picking up another load but they haven't shown up, he said. Mr. Miller said that he told the man he talked to that the company hasn't paid the county yet for the last two loads its picked up. "The guy seemed very surprised that we haven't been paid," Mr. Miller said with a smile. He said he's waiting to see if a check

arrives and/or if the company comes to get another load. He also noted that the house that was set for demolition in Almena has been torn down and brought to the landfill. It was just full of trash, he said. He told the contractor that the trash couldn't be put in the construction and demolition pit so they knocked out a wall and went in with a loader and took the trash out first. Mr. Miller said that he thought things were going well at the landfill.

Norton Homecoming week filled with activities

By DICK BOYD
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The Student Advisory Council at Norton Community High School has been busy planning and preparing for an activity filled 2013 Homecoming week. Preliminary royalty voting was held on Tuesday morning. Ballots were filled out by the entire high school student body, faculty and staff. The four queen candidates are Johnnye Ruder, Bailey Ambrosier,

Darcy Bainter and Katelyn Engelbert. The candidates for Homecoming king are Toby Nickell, Austin Hager, Koltan Harting and Cole Renner. The crown bearers were selected by the Advisory Council and are Jacob Miller and Raylinn Ellis. Homecoming festivities will begin this Monday with the start of a full week of dress up days to promote school spirit. Monday will be "Monday Madness" where students will wear attire of their

favorite college or professional sports team. "Tacky Tuesday," "Western Wednesday," "Throwback Thursday" and "Blue and Yellow Friday" round out the week. The Advisory Council is sponsoring an Advisory Based Period door decoration contest and window poster contest to dress up the downtown business windows. On Friday, students at the high school and junior high will be dismissed at 2:15 p.m. to prepare for the parade.

The parade will begin at 2:30 p.m. at the front of the junior high and will end at the Norton County Courthouse, where the Pep Rally will be held at 3 p.m. Float entries and poster judging will take place during the parade and winners will be announced at the Pep Rally. Eisenhower Elementary School will not be dismissed early but students

(Homecoming - Continued on Page 5)

