

Monitor kids' online activities

It's wise to take an active role in protecting your kids from Internet predators and sexually explicit materials online. To do that:

Become computer literate and learn how to block objectionable material.

Keep the computer in a common area, not in individual bedrooms, where you can watch and monitor its use.

Share an email account with your child so you can monitor messages.

Bookmark kids' favorite sites for easy access.

Spend time online together to teach your kids appropriate online behavior.

Forbid your child from entering private chat rooms; block them with safety features provided by your Internet service provider or with special filtering software. Be aware that posting messages to chat rooms reveals a user's email address to others.

Monitor your credit card and phone bills for unfamiliar account charges.

Find out what, if any, online protection is offered by your child's school, after-school center, friends' homes, or anyplace where kids could use a computer without your supervision.

Take your child seriously if he or she reports an uncomfortable online exchange.

Forward copies of obscene or threatening messages you or your kids get to your Internet service provider.

Homeed Tranda Watts, Extension specialist



Call the National Center for Missing and Exploited Children at (800) 843-5678 if you're aware of the transmission, use, or viewing of child pornography online. Contact your local law enforcement agency or the FBI if your child has received child pornography via the Internet.

Many sites use "cookies," devices that track specific information about the user, such as name, email address, and shopping preferences. Cookies can be disabled. Ask your Internet service provider for more information.

Basic Rules

Set up some simple rules for your kids to follow while they're using the Internet, such as:

Follow the rules you set, as well as those set by your Internet service provider.

Never trade personal photographs in the mail or scanned photographs over the Internet.

Never reveal personal information, such as address, phone number, or school name or location. Use only a screen name. Never agree to meet anyone from a chat room in person.

Never respond to a threatening email or message.

Always tell a parent about any communication or conversation that was scary.

If your child has a new "friend," insist on being "introduced" online to that friend.

Warning Signs

Warning signs of a child being targeted by an online predator include spending long hours online, especially at night, phone calls from people you don't know, or unsolicited gifts arriving in the mail. If your child suddenly turns off the computer when you walk into the room, ask why and monitor computer time more closely. Withdrawal from family life and reluctance to discuss online activities are other signs to watch for. Contact your local law enforcement agency or the FBI if your child has received pornography via the Internet or has been the target of an online sex offender.

Taking an active role in your kids' Internet activities will help ensure that they benefit from the wealth of valuable information it offers without being exposed to any potential dangers.

If you have safety 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 or phone 785-443-3663.

The Class of 2016



Norton Community High School sophomore students, along with their parents, gathered in the school cafeteria on Wednesday, Sept. 18 to select and order their class rings.

—Telegram photo by Mike Stephens

SCHOOL MENU

NCHS-NIHS

Monday, Sept. 30

Breakfast-Breakfast tornado, grape juice, fruit and milk.

Lunch-Hamburger on a bun, pickles, lettuce, tomato, corn, peaches and milk.

Tuesday, Oct. 1
Breakfast-Pancakes w/syrup, sausage links, orange juice, fruit and milk.

Lunch-Beef and bean tostada, lettuce, tomato, french bread, apple sauce and milk.

Wednesday, Oct. 2
Breakfast-Assorted cereal, apple juice, toast w/margarine, peaches and milk.

Lunch-Chicken enchilada, lettuce and tomato, Mandarin oranges, celery stick and milk.

Thursday, Oct. 3
Breakfast-French toast sticks, syrup, fruit, apple juice and milk.

Lunch-Pepperoni pockets, green beans, Mandarin oranges/peaches, cottage cheese, marinara sauce and milk.

Friday, Oct. 4
Breakfast-Apple frudel, fruit, grape juice and milk.

Lunch-Spaghetti, garden salad, radishes, peaches, garlic bread and milk.

EES Menu
Monday, Sept. 30
Breakfast-Kansas granola bar, cheese stick, oranges and milk.

Lunch-Spaghetti, tossed salad, peaches, garlic bread and milk.

Tuesday, Oct. 1
Breakfast-French toast, warm syrup, strawberry fruit cup and milk.

Lunch-Corn dog, sweet potato tots, pepper strips, fruit cocktail and milk.

Wednesday, Oct. 2
Breakfast-Western omelet quesadilla, salsa, tater tots, peaches and milk.

Lunch-Scalloped chicken, corn, sweet heart pears, celery stick and milk.

Thursday, Oct. 3
Breakfast-Breakfast cake, sunrise smoothie and milk.

Lunch-Beef burrito, cheesy broccoli, applesauce, baby carrots and milk.

Friday, Oct. 4
Breakfast-Sausage gravy, biscuit, apricots, grape juice and milk.

Lunch-Chicken and noodles, whipped potatoes, green beans, orange half, cheese rolls and milk.

Northern Valley Menu
Monday, Sept. 30
Breakfast-Banana muffin, mixed fruit, grape juice, ham slice and assorted cold cereal.
Lunch-Chicken enchiladas,

tossed salad w/dressing, seasoned spinach and fresh grapes.

Tuesday, Oct. 1
Breakfast-Pizza bagel, hash browns, oranges, juice and assorted cold cereal.

Lunch-Chicken nuggets, mashed potatoes, seasoned broccoli and fruit cup.

Wednesday, Oct. 2
Breakfast-Cherry muffin, juice, eggs, applesauce and assorted cold cereal.

Lunch-Chili soup, crackers, corn chips, fresh relish plate and cinnamon roll.

Thursday, Oct. 3
Breakfast-Breakfast taco, juice, hash browns, fruit and assorted cold cereal.

Lunch-Spaghetti, tossed salad w/dressing, seasoned peas and carrots and peach half.

Friday, Oct. 4
Breakfast-Ham biscuit, juice, oranges and assorted cold cereal.

Lunch-Corn dog, french fries, seasoned green beans and rosy applesauce.

SCHOOL CALENDAR

NCHS

Monday-Friday, Sept. 30-Oct. 4

Pennies For Patients Challenge

Monday, Sept. 30

Homecoming Week

Dress: Monday Madness (favorite college or pro team)

Science curriculum meeting at U.S.D. office, 8:30 a.m.-3:30 p.m.

Drama Club, A.P.

JV Football at Oberlin, 5:30 p.m.

Tuesday, Oct. 1

Dress: Tacky Tuesday

Jay Singers, 7:30 a.m.

Homecoming Royalty election, 8:30 a.m.

Varsity Tennis at Colby, 3 p.m.

JV/V Volleyball at Goodland, with Wheatland and Wray, Colo., 4:30 p.m.

JV/V Cross Country at Oberlin, 5 p.m.

Wednesday, Oct. 2

Dress: Western Wednesday

Reality check: Sophomores, 9 a.m.

S.A.C. meeting-Homecoming, A.P.

Colby College representative available, A.P.

Thursday, Oct. 3

Dress: Throwback Thursday

Jay Singers, 7:30 a.m.

School photos: JH Gym, 8 a.m.

SADD Red Ribbon Week committee meeting, A.P.

JV/V Volleyball Quad at Hays, and with Abilene and Salina south, 4 p.m.

Friday, Oct. 4

Dress: Blue and Yellow Friday

School dismissed (JH and HS only), 2:15 p.m.

Parade and courthouse pep rally, 2:30 and 3 p.m.

Homecoming Royalty introduction and coronation, 6:45 p.m.

Football vs. Ellis, 7 p.m.

Dance at 4-H Building, 30 minutes after game.

Saturday, Oct. 5

JV Tennis at Colby, 9 a.m.

Varsity tennis at Phillipsburg, 9 a.m.

JV/V Volleyball at Oberlin, 9 a.m.

NIHS

Monday, Sept. 30

Science curriculum meeting at USD office, 8:30 a.m.-3:30 p.m.

"B" Football vs. Phillipsburg

Tuesday, Oct. 1

Stuco, 8:05 a.m.

Wednesday, Oct. 2

KAY Board, 7:45 a.m.

Thursday, Oct. 3

School photos: JH Gym, 8 a.m.

VB and FB vs. Plainville, 4:30 and 6 p.m.

Friday, Oct. 4

School dismissed (JH and HS only), 2:15 p.m.

EES

Monday, Sept. 30

Science curriculum meeting at USD office, 8:30 a.m.-3:30 p.m.

Wednesday, Oct. 2

School photos: Cafeteria, 8:30 a.m.

Staff meeting, 3:40 p.m.

Northern Valley

Monday, Sept. 30

Dental screenings, Long Island in the morning, and high school and elementary in afternoon.

JV Football vs. Stockton at Alma, 6 p.m.

Colby in top 10 community colleges

Colby Community College has been chosen as one of the top 10 community colleges in the country, according to Bankrate, Inc. In a recent release by Bankrate, Inc., "CCC wins the accolade as one of the top community colleges because of its 10 to 1 student/faculty ratio, low in-state tuition, and the fact that 97 percent of full-time, first-time students receive some grant or scholarship aid. In addition to getting a cost break, students also receive direct attention from their instructors. Besides maintaining a low student/faculty ratio, Colby makes an effort to accommodate students who may not be able to make it to the main campus by offering courses through 24 locations spread throughout 14 surrounding countries.

"While Colby offers programs of study ranging from broadcasting to massage therapy to solar photovoltaic studies, the broad array of agriculture programs really make this institution shine. Colby's 60-acre agricultural center acts as a living laboratory, provides students with real-world farming experience and offers the perfect place for the school's agro-centric programs including agronomy, farm and ranch management, and agriculture economics.

"The school also maintains strong programs for students

who want to work with four-legged friends, including programs in equine science, animal science, and a robust veterinary technology program that can be completed on campus or online."

"Such recognition is most gratifying because it confirms what we already know - that Colby Community College provides a quality, accessible and affordable education to north-west Kansas and the surrounding region," said CCC President Steve Vacik. "The real accolades should go to our dedicated faculty and staff, though, who continue to maintain a standard of excellence even during the very challenging economic times faced by the college in recent years. I hope it would also call attention to the obvious - that an investment in CCC provides tangible dividends for the future of our citizens and communities."

The article that was recently issued by Bankrate, Inc. Bankrate has over three decades' experience in financial publishing. Today, Bankrate, Inc. is the Web's leading aggregator of financial rate information. The company continually surveys approximately 4,800 financial institutions in all 50 states in order to provide clear, objective, and unbiased rates to consumers. In addition, the

company publishes original and objective personal finance stories to help consumers make informed financial decisions. The company contacted Dr. Vacik and interviewed him regarding Colby Community College. Using data from the National Center for Education Statistics, Bankrate ranked more than 900 public two-year institutions to determine the best and brightest schools. The rankings were based on six criteria: graduation rate; student retention rate; the student/faculty ratio; the school's in-state tuition and fees; the percentage of full-time first-time undergraduates receiving financial aid; and the average amount of grant aid they received from federal, state and private sources combined.

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HANSEN MUSEUM

The Dane G. Hansen Memorial Museum presents "The Eckman Method® of Fine Art Cast Paper Sculpture" on Aug. 16, through Oct. 6, 2013.

Patty and Allen Eckman have been creating wonderful, high-detail works in their handmade, acid-free cast paper sculpture since 1988. They have become internationally recognized as not only masters in the medium, but at this time, the sole masters. The Eckmans have shared their work with millions of art enthusiasts over the years.

The Eckmans have developed a revolutionary process that allows the artists to turn their museum quality paper creations into bronze, while retaining the archival paper (in its original state). This process is only available through Eckman Fine Art. No other artists or foundry in the world knows how to do this.

Our September Artist of the Month is Virgil Deges from Damar. Come in and check out his beautiful watercolor and oil paintings.

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