

HONOR ROLL

Norton High School

Norton High School students have had nine weeks of school this year and many of them have performed above average.

Highest 4.0

Senior — Ian Conkey
Sophomore — Chelsea Cox
Freshman — Maggie Nielsen

Honors I 3.5-3.99

Seniors — Eric Burton, Maggie Ellis, William Felton, Charlie Foley, Joel Griffiths, Patricia Hagman, Melissa Jensen, Kayla Juenemann, Heather Lawson, Kevin Lentz, Ashton Lofgreen, Kai Mann, Kollean McMullen, Amy Myers, Jered Sloan, C.J. Thiele

Juniors — Jessica Duscher, Amber Engelbert, Nicholas Evans, Jason Green, Keesha Holste, Joshua Jackson, Claudia Lacy, Lacey Ninemire, Stacy Reeves, Justin Shirk, Michael Sprigg

Sophomores — Rebecca Ebert, Connie Gassmann, Dane Krizek, Stephen Mizell, Nathan Morse, Naomi Streck, Heath Vincent, Gabe Vittitow

Freshmen — Annette Becker, Nathan Broeckelman, Kayleigh Brooks, Jared Engelbert, Brianna Felton, Gene Myers, Nathan Pollock, Mathew Shepard, Jessica Sprigg, Michael Ward

Honors II 3.0-3.49

Seniors — Anna Berry, Curtis Black, Savannah Davis, Elise Engelbert, Kayla Fahrenbruch, Jared Foley, Lindsay Hamel, Sheila Harvey, Jordon Haussermann, Austin Jakubowski, Brett Kaus, Charlie Kohfeld, Brian Luft, Mark Smith Maybon, Cody Moreland, Jessica Nielsen, Joel Nielsen, Bo Pfannenstiel, Bruce Rushton, Tamara Sheley, Trisha Sheley, Ashley Wegener, Matt Wyatt, Shanea Wyatt

Juniors — Casey Carter, Jessica Corbin, Daniel Cummings, Kyle Douglas, Pamela Foley, William Hadley, Paul Juenemann, Shad Kendall, Tosha Lyon, Ryan Maddy, Jared Mindrup, David Sheley, Derek Volgamore, Kyle Witt

Sophomores — Andrew Ables, Amanda Antrim, Brenda Combs,

Darci Darling, Kayla Douglas, Paul Gosselin, Karlie Jones, Alyssa Kaus, Jaelyn Krueger, Rachael Lentz, Brady Linner, Klaire Mann, Amber Overlease, Danee Payne, Travys Porter, Randa Tarbet

Freshmen — Morgan Bailey, Jared Bebb, Patrick Burton, Aaron Daniels, Laura Delimont, Jessica Ebner, Morgan Kauten, Tiffany Marx, Hannah Mills, Jacklyn Puent, Amie Richard, Lacey Roe, Katelan Ryan, Mark Scheetz, Courtney Smith, Brett Thomson, Blake Van Eaton, Reesa Volgamore

Norton Junior High

Norton Junior High School has named these students to the first nine weeks honor roll:

Highest Honors

Eighth grade — Lacy Ellis, Tanner Griffith, Tabitha Vincent

Seventh grade — Laura Lee Baird, Karajo Jones, Kyle Mindrup

Honor Roll I

Eighth grade — Tim Becker, Carson Braun, Courtney Cox, Jared Cox, Nolan Evans, Alyssa Farber, Preston Herman, Rachael Hickman, Haley Jones, Cherean Kendall, Sara Lentz, Zach Mannel, Scotty Marx, Kylie Morel, Bryttani Porter, Travis Ray, Ashley Smith Maybon, Jessica Strickland, Desiree Vilar, Valerie Wagoner, Thea Wiseman

Seventh grade — Phillip Becker, Brittany Boucher, Hayli Bozarth, Ashley Colip, Hannah Fulton, Josh Gallentine, Emily Grose, Logan Kelly, Charli Lawson, Bryce Lofgreen, Paxton Wiyanna, Taylor Rossi

Honor Roll II

Eighth grade — Jessica Arehart, Justin Bainter, Andrew Black, Todd Bolt, Chantille Campbell, Sara Campbell, David Counter, Zach Dole, Kyle Edgett, Bryce Engelbert, Wes Georgeson, Russel Gibson, Layne Graham, Galen Hildebrand, Aaron Husted, Logan Kats, Megan Kats, Ben Kaus, Karlynn Kent, Courtney LeClair, McKenzie Linner, Clay McMullen, Caitlin Measels, Cyndie Milnes, Levi Ninemire,

Jeff Soderlund, T.J. Stiener, Aaron VanDerWege, Luke VanSikke, Kodi Wallgren

Seventh grade — Zach Bainter, Kerby Brandyberry, Cody Bredemeier, Vernon Carlton, Amanda Delimont, Zach Dreher, Nathan Felton, Kayla Foley, Jessica Gilgenbach, Kristen Hickman, Brock Lauer, Kayla Scheetz

Northern Valley High School

Students at the Northern Valley High School, who have done well this last nine weeks have been named to the school's honor roll.

Highest

Juniors — Jesse Hilburn, Thomas Ostmeyer

Sophomores — Joey Copper, Hope Hansen, Clarke Nelson, Serena Woodside

Freshmen — Kelli Cole, Jessica Holmes, Andrea Lowry, Melody Miller, Abigail Ponstein

Honors I

Seniors — Alasia Eagleburger, Regan Fessenden, Garth Gebhard, Sylvia Holmes, Mandi Redeker

Juniors — Janelle Fritz, Lindsey Graham, Julie Griffin, Kristin Hardy, Mercedes Hays, Lindsey Jessup

Sophomores — Cody Lowry, Andrew Sheley, Avery Thalheim, Emily Zillinger

Freshmen — Henry Griffiths, Jena Jessup, Jessica King

Honors II

Seniors — Zack King, Ryan Shearer, Kassandra Stupka

Juniors — Jayme Horacek, Chris Lee, Kelsey Stupka

Sophomores — Cole Kinderknecht

Freshmen — Jessie Redeker, Alysia Shearer, Jessica Wenzl

Shaun Smiley, 23, will be following in his father Rob Smiley and grandfather Ward Smiley's footsteps, as he becomes a loan officer at the First Security Bank and Trust in Norton.



S. Smiley

Though he is now training in the loan department, Shaun has had other jobs at

the bank. He said he started out as a teller and has worked in book-keeping and done loan reviews as well.

However, he had moved away. After the sudden death of his father Rob, Shaun decided to return to Norton and follow in his family's footsteps at the bank.

Prior to his return in September, he was living in Kansas City and working at a 24-hour fitness center.

While completing his required

bank courses, Shaun will also be commuting to Fort Hays State University beginning this December where he will finish his senior year of college. He began his education in Hays in 2000, and plans to graduate this May with a communications/public relations degree.

He is a 1999 graduate of Norton Community High School and is currently living with his mother Barb Smiley.

Things to do to reduce the risk of flu

A visit to the doctor and a quick shot can reduce the risk of death and serious health complications from influenza; that highly contagious respiratory infection that is commonly called the flu. Yet in any year, only about two-thirds of those who should get the immunization do.

The immunizations usually cost \$15 to \$30 or less and are generally recommended for people age 50 and older, those who suffer from asthma, diabetes, heart disease, and other chronic illnesses that may compromise the immune system.

Women who are more than three months pregnant also should consider being immunized.

Health-care workers, including those who work in nursing homes, as well as teachers and others who routinely come into contact with a large number of people at work, school or sporting events also are advised to get the immunization.

The flu can be spread through a cough or sneeze before symptoms of the illness — a headache, chills, body ache, stuffy nose or sore throat — are apparent. The flu also can be transmitted for several days after symptoms become apparent, and transmitted like a cold, from hand to mouth when touching a

Home ed Tranda Watts, Extension specialist



doorknob or other surface that someone who has the flu has touched.

The Centers for Disease Control and Prevention (CDC) estimates that in the United States as many as 100,000 people will be hospitalized from the flu this year. Thirty-six thousand people are expected to die from it.

The immunization is considered safe for the general population age six months and up, but is not recommended for people who are allergic to eggs. The virus used to make the vaccine is grown in eggs and some egg protein may remain.

October and November are considered the optimum time to get a flu shot because, in Kansas, flu season usually begins around the first of December and continues through March.

The vaccine is plentiful this year and shots given later in the season can still be beneficial. It will take one to two weeks for the vaccine

to take effect.

Here are some frequently asked questions:

Can the flu shot give you the flu? That's not likely because the serum does not contain a live virus.

How does the vaccine work? The vaccine typically stimulates production of antibodies to the viruses in the vaccine.

Is the immunization painful? People who receive the immunization generally experience few side effects. Fewer than one-third reported soreness in their arm (the site of the shot) and less than 10 percent reported a headache or low-grade fever.

After a flu shot, is it still possible to get the flu? The flu shot vaccine is formulated to offer protection from the most commonly-occurring strains of the flu. If a new strain should appear, it's possible to contract it.

Don't like shots? Sorry, no excuse. This year an inhaled vaccine, called "FluMist"®, is available. In contrast to the shot, which contains vaccine derived from dead virus, the nasal spray is made from a weakened live virus. It has been approved for healthy people from the age of five to 49. The inhaled vaccine is significantly more expensive than a flu shot.

NORTON COUNTY FIFTEENTH ANNUAL
GENEALOGICAL SOCIETY'S

ARTS & CRAFTS FAIR

SATURDAY ~ NOVEMBER 8, 2003
9:00 A.M. To 5:00 P.M.

FREE ADMISSION

EISENHOWER GRADE SCHOOL
EISENHOWER DRIVE
THREE (3) BLOCKS WEST OF THE
ARMORY
NORTON, KANSAS

LUNCH STAND AVAILABLE

CRAFTS IN GYM AND CAFETERIA

NOT RESPONSIBLE FOR
ACCIDENTS, LOST OR STOLEN ITEMS.

**Give your customers
a reason to shop at home
and a chance to win
\$\$\$\$ Thousands \$\$\$\$**

THE NORTON TELEGRAM

Presents



Goodland, St. Francis, Colby and Oberlin merchants have been offering their customers a chance to win Christmas on Us for several years. Now it's Norton's turn.

The Telegram wants to team up with Norton County merchants to give our customers a new reason to shop here — and a little more money to do that shopping.



Oberlin Merchants love this promotion

Joe Stanley of Stanley's Hardware in Oberlin says...

"It brings a lot of people and excitement to town for the big drawing and the big winner will have people coming to town early."

Norton customers are going to love the fun.

Almena Home for Sale

210 MAIN STREET — Two story, two bedrooms, living and dining rooms, den, kitchen, 1 1/2 baths, and utility room. This home has a partial unfinished basement, a single attached garage and a 15' x 22' steel garage/shop building. It has vinyl siding, asphalt shingles (3 years old), and central air and heat. This home has been well cared for and is ready to move into.

For More Information or to View
This Home Contact:

JESSUP REALTY

Almena, Kansas—785-669-2556
or 476-5328