

# READERS

— **Norton Public Library will be closed beginning Dec. 24. Open again, Monday, Dec. 29.** 12/23

Ryan Washburn, Norton, was awarded a bachelor of science degree in construction science and management from Kansas State University during ceremonies Dec. 13.

— **For Theatre schedule call 877-2075.** 12/23

Crystal Dial, graduated from Joseph's College of Beauty in Norfolk, Neb., during ceremonies Dec. 15. Miss Dial graduated from Norton Community High School

in 2002. She is employed at Regis Salon in Norfolk. Her parents are Rodney and Marilyn Dial, Norton.

— **Your advertising message in this space for only \$3.95 per line.** 12/23

Teresa Schwab, a former Norton resident, is the new executive director of Oral Health Kansas. Ms. Schwab is a graduate of Lenora High School.

— **Still need gifts? The Norton Chamber of Commerce, 109 S. State, has Norton County afghans, \$40. Kansas ornaments \$4.50 or gift certificates in any amount starting at \$5.** 12/23

# 4-H NEWS

## Busy Jayhawkers

By **TIMOTHY BECKER, reporter**

The Busy Jayhawker 4-H Club held its annual Christmas potluck dinner Dec. 7 at the 4-H Building. There was a lot of food such as chili, pizza, rice and desserts. Roll call was answered with a word made from "Merry Christmas".

For her opening, Katie Bohl shared jokes. For recreation members played "Capture The Flag", decorated cookies to look like Santa's face, made reindeer from tracing their hands and feet and made beaded candy-cane ornaments.

The next meeting will be Sunday, Jan. 18, at the Norton 4-H Building. Upcoming events include the Favorite Foods Show on Saturday, Jan. 24, and the 4-H Denver Trip from Saturday to Monday, Jan. 24-26.

## Cedar Ridge

By **ALISON COLE, Reporter**  
President Lindsey Jessup called the October meeting of the Cedar Ridge 4-H Club to order. Roll call was answered by "Your Favorite Halloween Costume".

The flag salute was led by Andrea Lowry. The minutes of the September meeting were read by Kelli Cole. The treasurer's report was given by Andrea Lowry.

Members discussed old business and for National 4-H Week the club painted a hay bale. Several members gave radio spots and were thanked. The October community service project was to clean up trash at the park.

Under new business, it was discussed that in addition to the same club goals from last year, the club would talk to another club about Cedar Ridge 4-H.

It was announced that the club would again do the reading project.

The club has adopted the "buddy system" to help new 4-H'ers. The annual Achievement Banquet was held Nov. 2. The committee of Andrea Lowry, Jena Jessup and Mrs. Lowry decorated the award box and Susie and Bryce Marble decorated the club table.

Lindsey Jessup and Olivia Lowry gave project talks. Refreshments were prepared by the Bill Lowry family.

Carson Montgomery moved to adjourn the meeting and Tyler Montgomery seconded it.

# Almena Auxiliary prepares Christmas plates

By **RITA BIEBER**

The Paul D. Linnell Unit of the American Legion Auxiliary met at the Senior Center room on Dec. 12.

President Elda Schalansky called the meeting to order. The Pledge of Allegiance and Preamble were recited in unison.

In the absence of Chaplain Marge Cate, Liz Wilkins gave the opening prayer. Eight members answered roll call with what their plans were for Christmas.

Secretary and treasurer's reports were given and approved as read.

Thank you cards were read from Dorothy Bernard and the Method-

ist Ladies in response to the Glen Ross funeral dinner.

Paid bills and communications were read. The Chamber of Commerce Christmas drawings will be held Dec. 20 at 7 p.m. at the Community Building. We can furnish cookies for this function if we wish.

There being no further business. Ms. Wilkins read the prayer for peace. Meeting adjourned. Members then prepared Christmas fruit plates and/or cards for our senior shut-in members.

Members enjoyed coffee, cookies and fellowship at the center before leaving to deliver the Christmas plates.

# Congressman meets with Norton student

On Nov. 22, Congressman Jerry Moran met with Eric Burton of Norton in Great Bend to interview for a Congressional nomination to one of the U.S. service academies.



Eric Burton

The formal interview was the

final stage of the selection process. Each year, Congressman Moran nominates several outstanding Kansas students to the U.S. Military Academy, the U.S. Air Force Academy, the U.S. Naval Academy and the U.S. Merchant Marine Academy.

Mr. Burton is a senior at Norton Community High School and is scheduled to graduate as part of the class of 2004. He is the son of Charles and Jane Burton.

# Women speak to club about European trip

The Almena Study Club met December 4 at the Almena Senior Center. Alice Kuiper gave the devotions from *The Upper Room*.

Joyce Schemper and Linda Malcolm presented the program "Our Journey to Germany". They told of many humorous happenings while they visited Germany, Holland and France. Linda also went to Normandy Beach, where the soldiers landed on D-Day.

They visited Amsterdam, the Anne Frank home and a wooden shoe factory. In Germany they vis-

ited Hanover, the Dachau Concentration Camp and a high school.

After the flag salute the business meeting was held. Jean Leuszler, in the absence of Alberta Geil, read the minutes and the treasurer's report. The members voted to give a donation to the Almena Christmas Light Fund.

Roll call, "My Christmas Stocking" was answered by six members. Food was brought for God's Food Pantry.

Hostess Doreen Harbers served refreshments after the Collect.

# Nutrients important in adult diets

Nutrient density of the diet (that is, a high number of nutrients per calorie) is important for older adults.

Compared to younger people, they need fewer calories to maintain their weight, but as many or more other nutrients. Up to four out of five elderly are at moderate to high risk for malnutrition.

Senior citizens who are in and out of hospitals frequently or who receive home-delivered meals are at greater risk for malnutrition than are older adults who reside and remain active in their community. Although calorie malnutrition may be easier to detect, protein malnutrition is also a major health threat for many older adults.

Vitamins B-6, B-12, D and E, and folate are other problems for many older adults. Nutritionally inadequate diets can contribute to or worsen chronic and acute diseases, delay recovery from illness and hasten development of degenerative diseases associated with

## Home ed Tranda Watts, Extension specialist



aging.

The nutritional status of the elderly and the effect of environment on their nutritional status are poorly understood. However, we generally assume that the further habitual dietary intake falls below the recommended daily allowances for a particular nutrient, and the longer low intake continues, the greater the risk of nutritional deficiency. Because of these problems, older people may will need to gain weight. If you are individual who needs to gain weight, here are some tips.

• Eat five or more times throughout the day, even if you are not particularly hungry.

• Include plenty of grain products, vegetables, fruits, dairy products and protein in meals and snacks. Go easy on sweets.

• Try adding an additional amount of a food or nutritious beverage to your usual intake at meals.

• Experiment with new foods, herbs, spices and other flavor enhancers.

• Add fat to your diet, especially food sources of unsaturated fats, such as nuts, soy or peanut butter, olives, avocados, oils, margarine and regular salad dressings.

• Avoid filling up on beverages without calories or overly sweetened beverages at meal or snack times.

• Eat with friends or listen to the radio, look out the window, watch television or read while eating.

• Set an attractive table. Choose colorful foods and place settings.

• Exercise daily, including flexibility, aerobic and resistance/weight lifting routines several times each week.

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speed uniform cooling; cover food as it cools to prevent mingling of flavors.

• When cool, transfer leftovers to food storage containers, freezer wrap or bags. Intended use can dictate the choice of food storage wrap or container. If leftovers will be used in a day or two, storing them in a covered container in the refrigerator usually is adequate. If leftovers will be frozen for future use, mark contents and date stored clearly on the package to be frozen.

• Container or bag? Some foods lend themselves to space-saving freezer bags. Soup is an example. Try filling freezer bags with soup, and then lay the bags in a single layer in the freezer. Once the soup is frozen, stack the bags to save freezer space.

• While a written inventory of what is placed in the freezer and when it was placed there might be ideal, noting the date and the contents on the freezer bag or food storage container are helpful in choosing and using leftovers in a timely manner.

# BIRTH

## Izac Willard

Nathan and Jodi Willard of Salina are the parents of a son born Dec. 1, 2003. He has been named Izac Thomas Willard. He weighed 9 pounds 3 ounces and was 22 1/2 inches long.

His grandparents are Jerry and Pam Roeder, Norton. His great-grandmother is Viola Roeder, Norton.

# MARKETS

At close of business Dec. 22

Wheat .....	\$3.57
Milo .....	\$3.80
Corn .....	\$2.28
Soybeans .....	\$7.03

# CORRECTIONS

It was incorrectly reported in the *Telegram Extra* on Monday that Christmas Eve services would be at 11 p.m. at the Trinity Episcopal Church in Norton. This was a reporter's error. The services will be held at 10 p.m.

A story in the Dec. 12 edition of the Norton Telegram noted that the City of Norton had discussed a donor putting crosses on unmarked graves on city property. The city took no action on this and

did not say that crosses or any other type of marker could not be used in the cemetery.

This is a clarification. The story was correct.

☆☆☆☆☆  
The Norton Telegram will correct or clarify anything that is wrong in a news story. Call our office at 877-3361 to report errors. We believe news stories should be fair and factual, and want you to tell us about any failure to live up to this standard.

# NORTON MANOR NEWS

By **DORIS MIZELL**

Joe and Dorothy Foland had both of their sons Steve and Noel here for deer hunting. They both got their deer. Steve was here since the day after Thanksgiving and Noel came late Friday night and they both went to their homes Sunday morning.

Thursday noon was the day of the Manor Christmas dinner. Lacy and Sid prepared the turkey and ham and the residents furnished the rest. There was an abundance of food. After the dinner the singing group led everyone in some Christmas songs.

We were glad that some of the

board members were able to attend. We only have one birthday this month and that is Charles Boucher.

Doris Mizell accompanied Ray and Ruth Mizell on a trip to Norfolk, Neb., on Friday. They went to see the concert put on by the college choir of which Aaron Mizell is a member. This was the 26th year they had presented the Living Christmas Tree.

Sunday afternoon Donna Severns' music students presented a recital at the Manor. Those taking part were Reesa Volgamore, Sarah McDiffett, Cherokee Marsh, Kynzie Stevens, Austin

Montgomery, Liberty Stephens, Connie Gassmann, Rebekah Streck, Naomi Streck, Jessica Gilgenbach, Dawn Shewey, Alexis Lively, Austine Dole,

Kelton Schuckman, Jenna Schuckman, Matt Miller, Marc Miller, Darcy Bainter, Abby Bainter, Troy Bainter, Zachary Bainter, Karlynn Kent, Julia Kent.

It was much enjoyed. Sunday evening Doris Mizell attended the Christmas program put on by the children of the Christian Church.

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## The City of Norton

would like to remind all residents living on a street that has been designated as an "Emergency Snow Route" that in the event of a snowfall with a significant accumulation, you should be prepared to remove any vehicles, or trailers from the street to allow for snow removal operations. A list of "Emergency Snow Routes" may be obtained at the City Office.

**The City of Norton thanks you for your cooperation**

## The City of Norton

would like to remind everyone that cleans snow from sidewalks, driveways, parking lots, and all other areas of accumulation, that it is a violation of city code to deposit the snow from sidewalks, driveways, parking lots, and all other areas of accumulation, onto a cleared city street. A copy of this city ordinance may be obtained at the City Office.

**The City of Norton thanks you for your cooperation**

## The City of Norton

would like to take this opportunity to remind the citizens of Norton, of the city ordinance that pertains to the removal of snow from sidewalks. The ordinance states that within 24 hours after a fall of snow, or sleet shall cease, such snow, sleet or ice shall be removed by the owner or occupier of any abutting lot, part of a lot, or parcel of land, from the sidewalk along such lot, part of a lot, or parcel of land. A copy of this city ordinance may be obtained at the city office.

**The City of Norton thanks you for your cooperation**