

TV LISTINGS

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Tuesday
March 13, 2007

Norton, Kansas
Home of Philip Hadley

Briefly
Spaghetti helps area center

A benefit spaghetti supper will be served from 5:30 to 7 p.m. Friday at the Prairie View Senior Citizen Center/Community Center. Proceeds will go to benefit the center. On the menu will be spaghetti, fresh vegetables, bread, desserts and drinks. Free will donations will be accepted.

Teachers giving scholarship

The Norton Teacher's Association will be giving a \$250 scholarship to a Norton Community High School graduate who is a college junior, senior or a graduate student in the field of education. Applications are available from Pam Menagh at 877-5113, Eisenhower Elementary or 877-3672.

Applications must be returned by May 15 to Mrs. Menagh, 902 W. Holme, Norton, Kan. 67654.

Self defense is a must to know

Women prepare to defend yourselves. The Norton County Sheriff's Department and the Kansas Highway Patrol are sponsoring a self defense class at 7 p.m. on Wednesday, April 11 in the wrestling room at East Campus.

Attendees are advised to wear clothing appropriate for physical activity.

Blood drive
Wednesday

It's time to again "give so others live." The American Red Cross has scheduled its latest blood drive from noon to 6 p.m. on Wednesday at the National Guard Armory in Norton. To schedule an appointment call 1-800-GIVE-LIFE (1-800-448-3543). Walk-ins are also welcome.

Weather
Forecast:

Tonight — Partly cloudy with lows in the mid 40s. **Wednesday** — Mostly sunny with highs in the lower 70s. West winds around 10 mph shifting to the northeast in the afternoon. **Wednesday Night** — Partly cloudy in the evening then becoming mostly cloudy with a 30 percent chance of light showers. Lows in the upper 30s.

Kingham report:

Friday Low 40, High 63
Saturday Low 33, High 62
Sunday Low 38, High 61, .40 Prec.
Monday Low 37, High 75
(Readings taken at the farm 9 miles northwest of Norton)

Prayer

Father, forgive us when troubles come and we doubt your love for us. Help us to trust and obey you always. In Jesus name. **Amen**

A penny for your....



Students save pennies for good cause

At the beginning of the 2006 school year, Northern Valley kindergarten, first, and second graders set a goal to raise 10,000 pennies for charity.

The entire district, from preschoolers to high school students, even school board members, supported the project.

Due to the students' generosity, Superintendent Bill Lowry presented a check for \$243.10 to Diana Hanchett, an American Red Cross volunteer from Phillipsburg. Mrs. Hanchett explained how the Red Cross set up a site at Long Island to provide food and a warm shelter during the recent ice storm.

Charlene Ross, a paraprofessional at the school, was also recognized as a Red Cross volunteer.

Northern Valley school superintendent, Bill Lowry, passed out a Red Cross information packet to elementary students during a check presentation ceremony Tuesday at the Almena school. Students had raised money for the American Red Cross.

— Photo by Monica Wilson

People walking to healthier lifestyle

By **TRANDA WATTS**

Now is the time to begin picking up your activity level after a long challenging winter when it was more difficult to get outside to walk, be active and to exercise.

You may also want to begin acting on those New Year's resolutions to get more fit.

Walk Kansas, an eight week walking and exercise program for all interested individuals, starts Sunday and runs through May 5. Walk Kansas is sponsored by K-State Research and Extension offices all over the state. The goal is for a team of six people to walk 423 miles (the equivalent of walking across the state of Kansas) in an eight-week time period. That boils down to each team member setting a goal to walk about 1.75 miles per day. You don't have to walk across the state all by yourself. It is a team total.

If you would like to participate in this fun walking program, all you have to do is call the Norton County Extension office and ask for a captain's packet. The team will then need to pick a name, select a captain, fill out individual registration forms and pay \$5 per team member to participate. Checks should be made pay-
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County 4-H'ers show off talents

By **KEITH VANSKIKE**

4-H members from Norton County will participate in the Annual Club Day events on Saturday at the Norton Junior High school starting at 9:30 a.m.

4-H members and families are preparing various presentations and numbers, some will be given as individuals or as groups. Events will begin with an individual sign up schedule.

Events will include junior and senior

Demonstrations and Illustrated Talks, Project Talks, Show Me's, Tell Me's and Public Speaking.

Also scheduled will be vocal and instrumental solos and ensembles. There will be various talent numbers such as dances, skits and dramatics, readings and other novelty talent numbers.

4-H members can sign up starting at 9 a.m. and most numbers should be completed by noon. Placings will be posted at

each event's room.

The Regional Club Day will be March 30 in WaKeeney. This will include top selections from Graham, Rooks, Ellis, Trego, Smith, Phillips, Norton and Osborne counties.

The public is invited to come out and watch the 4-H'ers "Make the Best Better." The 4-H Club Days offer the youth a variety of ways to present a skill or talent.

Lions learn about online predators

By **CAROLYN PLOTTS**

Members of the Norton Lions Club learned some startling information at their March 6 meeting.

Tonya Spresser, the Safety Coordinator for Rural Telephone/Nextech, presented information about how easy it is for on-line predators to target a child.

Mrs. Spresser explained the simple steps anyone can take to learn an incredible amount of information about a youngster from sites the children have posted on

websites like MySpace.com, Xanga, Livejournal, Gmail, Facebook, Vox, Yahoo360, IM, blogs and chat rooms.

She said MySpace.com, alone, has 55 million users.

"You may not have heard of these sites, but I can guarantee you, your children or grandchildren have," she said.

She offered several on-line safety tips for parents:

- Discuss web activity with your children.
- Avoid locating internet devices in bed-

rooms. Keep in kitchen or living room.

- Install parental controls to block unapproved websites.

- Establish rules and monitor usage of web activity.

- Educate yourself about on-line lingo.
- Watch for warning signs in your children such as: disinterest in children their own age; withdrawn, excessively tired and unexpected or unusual mail addressed to your child.

Mrs. Spresser is available to present "Masks of Deception: Protecting Your 'Spaces' Against On-Line Predators" to clubs, groups or meetings.

She can be reached at Rural Telephone's Lenora office, 877-567-7872.



Tonya Spresser