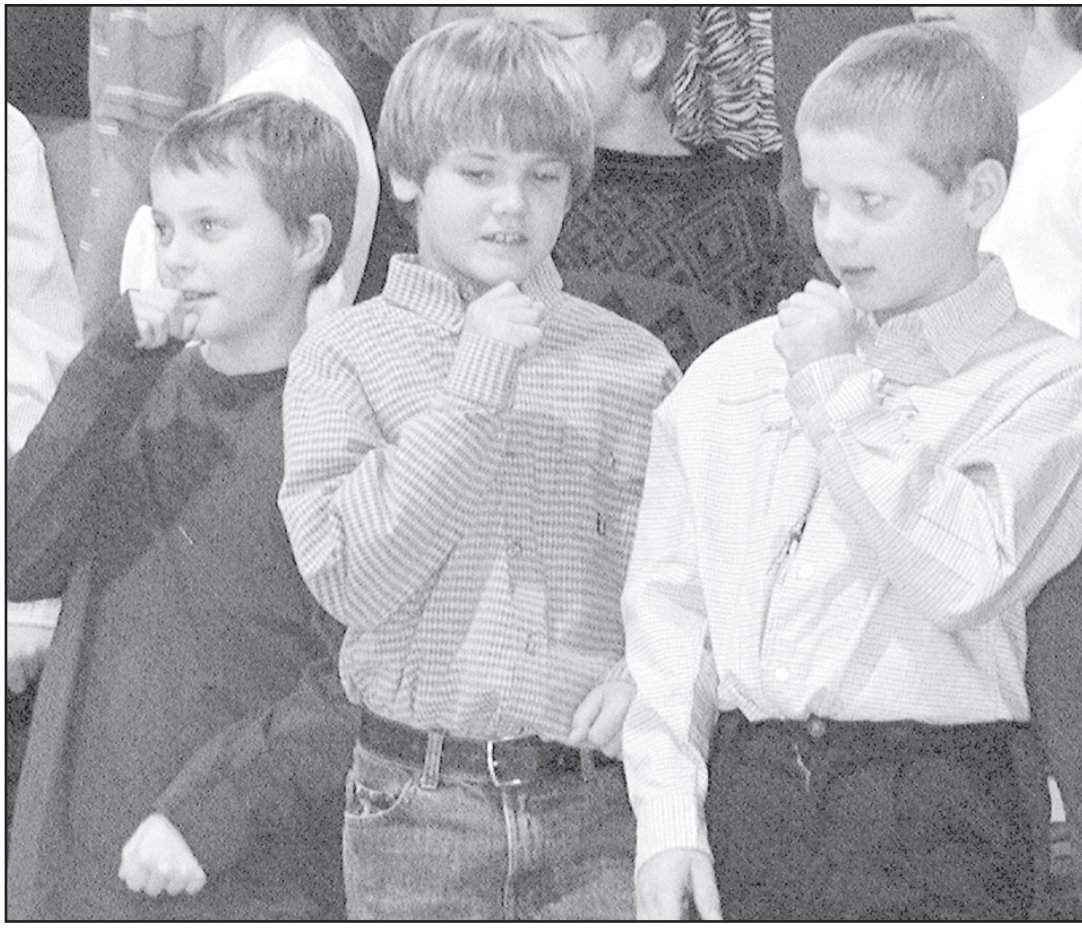


A rockin' good time...



Three boys really got into singing "Santa Bring My Baby Back (To Me)" during the Eisenhower Christmas concert Monday night. All of the grade school's student performed a medley on Christmas music after the fifth and sixth grade bands performed.

— Telegram photo by Veronica Monier

Homes can be protected when power is out

MANHATTAN — Recent storms in Kansas and elsewhere in the nation's mid-section may leave many wishing that winter is soon to be over, rather than just beginning. Snow is in the weekend forecast, yet thousands are still waiting for power to be restored after an ice storm earlier this week.

The seasonal weather can be dangerous, but many in the Midwest who are rushing to buy a portable generator should be aware of the risks as well as the benefits of using them, said Bruce Snead, Kansas State University residential energy specialist.

Problems resulting from using a generator typically develop if a homeowner tries to run a generator indoors, he said.

"A generator should never be run indoors," Snead said. Doing so can be deadly because generators produce carbon monoxide, an odorless, colorless gas that is

poisonous.

Snead shared tips regarding home safety during harsh weather:

- If using a generator, follow manufacturer's instructions exactly.

- If using a generator outside the home to power appliances inside, plug the appliances directly into the unit, rather than plugging the generator into a wall outlet.

- Use caution when using extension cords to make the connection; place the generator away from combustible building materials and landscaping, and monitor use.

- Warnings about potentially toxic fumes aren't limited to generators. Using a charcoal or gas grill, kerosene heater or gas oven to heat a home during a power outage also can produce toxic fumes. Symptoms of carbon monoxide poisoning include sleepiness, headaches and dizziness. If you start to feel sick, dizzy or weak,

get to fresh air right away.

- Use caution with fireplaces and wood stoves.

- Use flashlights or battery-powered lanterns, rather than candles that can cause a fire.

If leaving a home to seek shelter from a continuing power outage, Snead said to turn off and unplug appliances; open cupboard doors to allow heat available to reach pipes; shut off the water to minimize potential damage from an indoor flood; button up the house - close windows and doors; set the thermostat at a minimum of 55 degrees F; if a neighbor is remaining behind, ask him or her to check your house daily for any signs of major water leaks and show the neighbor where the water shutoff is located.

More information about energy in the home is available on Kansas State University's Energy Extension Service Web site: <http://www.engext.ksu.edu/ees/>.

Good samaritan receives new leg

By CAROLYN PLOTTS
cplotts@nwkansas.com

Jason Tanner, the son of Steve and Donna Tanner, Norton, is giving a Wichita woman a new leg and a new lease on life.

It was a rainy night in October when Sara Gash was trying to help a motorist on East Kellogg in Wichita. She was critically injured when she was struck by another car. Her right leg was hurt so badly, it had to be amputated at the knee. Her left leg was also injured and will never be the same.

Here is where Mr. Tanner enters the picture. He read about Ms. Gash in The Wichita Eagle and said, "When I read the story, I felt sorry for the girl. I feel like that's an unfair world, when... someone tries to do something nice and the end result turns out so badly. People like that should be rewarded." Mr. Tanner contacted Stan Finger, writer for the Wichita newspaper.

"He's the one who made all the contacts," said Mr. Tanner.

A lot of people may have felt sympathy for Ms. Gash's situation, but Mr. Tanner is in a position to actually do something about it. He has a bachelor of science degree in prosthetics and orthotics and is associated with Ark Valley Orthotics and Prosthetics in Wichita that specializes

in making and fitting artificial limbs. Mr. Tanner wants to give Ms. Gash a leg so sophisticated and customized it'll feel like the real thing. He said, "I want to do whatever I can to help and make this scenario a little better."

He has had one consultation with Ms. Gash to determine what type of amputation she had and what she needs to do to get ready for the prosthesis. He said her recovery will be a slow process and that she is healing slowly. Right now, the major concern is whether or not she will lose the other leg. Mr. Tanner said, "The goal is to get her up and moving."

The first step toward her new leg is to make a plaster of Paris mold of the end of what's remaining of her leg. The next step is to make the prosthesis out of plastic resin. He said it would take a week before she gets her first leg, which is called a training prosthesis. It should last her between six months and a year.

Later, she will receive a permanent prosthesis that will last about five years. It will need to be replaced every three to five years. And, it's not cheap. Mr. Tanner said with all the consultations, visits, temporary and permanent appliances, a prosthesis can cost about \$25,000. He said a foot, alone, will cost between \$5,000

and \$7,000.

Mr. Tanner said prosthetic technology is rapidly advancing. He said there are now micro-processor knees and robotics — and it's all very expensive.

Ms. Gash is a 24-year-old single mother. She is, of course, on disability, but insists she has a lot to be grateful for. While she is recovering, her two sons are staying with their father, while she lives in her mother's south Wichita mobile home.

Mr. Tanner moved to Norton with his family when he was in the third grade. He attended Norton schools through the eighth grade. He completed high school in Nebraska at Platte Valley Academy, graduating in 1993. He attended Union College in Lincoln and the University of Nebraska/Lincoln. He graduated from the University of Washington/Seattle where he received his training in making prosthetics. He completed a two-year residency program at the University of Oklahoma Medical Center in Oklahoma City before associating himself with the Wichita company, Ark Valley Orthotics and Prosthetics.

Mr. Tanner and his wife, Jessica, have a three-year-old daughter and a one-week-old daughter. They live in Wichita.

Food pack orders due January 7

The deadline for ordering the January Prairie Land Food Package is Monday, Jan. 7. To order, call the Norton Senior Center at 877-5352; Lois Schrum, 874-4410; Karen Van Skike, 877-5511 or 877-2871; or in Lenora, call Maxine Mai, 785-567-4538.

Distribution will be at 9:30 a.m., Saturday, Jan. 19 at the Norton Senior Center.

The January Prairie Land Food Package contains 1.88 pounds of turkey tenderloins, 1 pound of

flame-broiled meatballs, 20 ounces of center cut pork chops, 1 pound of breaded fish bites, 12 ounces of John Morrell smoked sausage, 24 ounces breaded boneless chicken chunks, plus 6 to 8 items of fresh fruits and vegetables.

A food package costs \$21.50 and two hours of volunteer service. A Prairie Pak must be purchased before adding additional packages.

A meat only package (meats listed) costs \$12 plus one additional volunteer hour. A fruit and

veggie package costs \$10 plus an additional volunteer hour.

January specials are: Special No. 1 — a 10 pound box of boneless breaded chicken tenders. \$16 plus one hour of volunteer service.

Special No. 2 — Twelve, 5.5 ounce bacon-wrapped turkey breast tenderloins. \$15 plus one hour of volunteer service.

Special No. 3 — Six German sausage bierocks. \$14 plus one additional volunteer hour.

December

Community Calendar

Saturday, December 22

Norton Alcoholics Anonymous, 1 p.m., VFW
Norton Narcotics Anonymous, 8 p.m., VFW

Sunday, December 23

God's Pantry, 3 p.m., Norton Trinity Episcopal Church
Norton Narcotics Anonymous, 7 p.m., VFW

Monday, December 24

Meals on Wheels, Dec. 24-30, Norton Rotary Club, Call Kathy Zimmerman, 877-2692
No School for Norton, Northern Valley, Dec. 24 through Jan. 4
Nortacur City Office and Library will be closed Dec. 24 through Jan. 1

Norton Alcoholics Anonymous, 6:30 p.m., VFW

Christmas Eve Services, 6:30 p.m., Norton Christian Church. Everyone is Welcome
Christmas Eve Candlelight Service, 7 p.m., Immanuel Lutheran Church.

Norton Narcotics Anonymous, 8 p.m., VFW

Tuesday, December 25

Merry Christmas!
God Squad, 12 p.m., VFW
Open 12-Step Women's Group, 5:30 p.m., VFW

Al-Anon Serenity Group, 7 p.m. Youth Room at Norton United Methodist Church
Norton Alcoholics Anonymous, 8:30 p.m., VFW

Wednesday, December 26

Norton Alcoholics Anonymous, 12 p.m., VFW
Norton Al-Anon, 7 p.m. VFW
Duplicate Bridge, Norton Manor, 7:30 p.m.

Norton Eagles and Auxiliary, 7:30 p.m.
Norton Alcoholics Anonymous Roundtable, 8:30 p.m., VFW

Thursday, December 27

Preschool Story Hour, 10:30 a.m., Norton

Public Library

Norton Alcoholics Anonymous, 12 p.m., VFW
IOOF, 7:30 p.m., Lodge Hall
Norton Narcotics Anonymous, 8 p.m., VFW

Friday, December 28

Norton Boys Basketball Tournament, "C" Team, at Hill City
Norton Alcoholics Anonymous, 12 p.m., VFW

Northern Valley High School Basketball, "C" Team Tournament, 1 p.m. at Hill City
Red Cross Volunteers, 2 p.m., Bingo at Andbe Home

Norton Al-Anon, 7 p.m., VFW
Seventh, Eighth and Ninth Grade Night at The Rock, 7 to 10 p.m.

Norton Alcoholics Anonymous, 8:30 p.m., VFW

Saturday, December 29

Norton Boys Basketball Tournament, "C" Team, at Hill City
Northern Valley High School Basketball, "C" Team Tournament, 1 p.m. at Hill City

Norton Alcoholics Anonymous, 1 p.m., VFW
Norton Narcotics Anonymous, 8 p.m., VFW

Sunday, December 30

God's Pantry, 3 p.m., Norton Trinity Episcopal Church
Norton Narcotics Anonymous, 7 p.m., VFW

Monday, December 31

Meals on Wheels, Community Volunteers, Dec. 31-Jan. 6
Norton Boys Basketball Tournament, "C" Team, at Hill City

Northern Valley High School Basketball, "C" Team Tournament, 1 p.m. at Hill City
Norton Alcoholics Anonymous, 6:30 p.m., VFW

Norton Narcotics Anonymous, 8 p.m., VFW

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