

The gift of life



The American Red Cross held its blood drive at the 4-H Building on Tuesday. Shane Schumaker, Norton, is all smiles while he gives blood. Shane is a regular donor for the blood drive. The Red Cross had a goal of 109 units of blood and it collected 94 units. The next blood drive will be Dec. 21 at Norton Community High School. —Telegram photo by Mike Stephens

STUDENT OF THE MONTH

RHEES CARLSON



Parents : Dale and Glenda Carlson
Grade : Senior
Nominating Staff Member: Mr. David Will and Mrs. Nancy Sebelius
Comment from nominating Staff Members:
"Rhees Carlson is an excellent example of what I think a student of

the month should be. She is very involved in the total life of this school. She's working hard at tennis, she's in the school play, and she does what's expected. Plus, she's a Hansen candidate, she's willing to help others and she's doing a fine job as our drum major. I think she is head and shoulders above many students in many aspects of what we expect of them," said Mr. David Will.

"I'd like to nominate Rhees Carlson for student of the month. I think Rhees has really stepped up this year into some leadership positions, such as drum major, as well as stepping up on the scholars' bowl team. She has become increasingly involved each year in school activities, and is currently involved in tennis, scholars' bowl, National Honor Society, Knowledge Master Open, band, drama club and the school play. And she takes her commitment to each group quite seriously. She is an 'uber-conscientious' student who always has her work made up for every activity she is involved in," said Mrs. Nancy Sebelius.

Factoids about Rhees
Favorite Class : It's hard to pick just one when I have so many great classes, but I love band.
Favorite Drink : Sparkling Mangapple Tea
Favorite Color : Shiny Rainbow
Favorite Food : Chocolate Toffee Pudding
Favorite Movie : Oliver and Company
Favorite Saying : "Chocolate is as chocolate does."
Favorite Song : Hit Me With Your Best Shot by Pat Benetar
Favorite Hangout: At the Vet Clinic, where I work.
Personal Hero : None (I don't believe in idol-

izing people)

Future Plans : College somewhere, majoring in something. Working on a cruise ship.

LANDON SLIPKE



Parents: Raymond and Bonita Slipke
Grade: Sophomore
Nominating Staff Member: Mr. David Will, Mr. Jim Green, and Mrs. Robin Sides
Comments from nominating staff member:
"Landon Slipke is great (Student of the Month) material. He is always prepared, involved, and ready to do his best. He cares about his work and is willing to help those who need it. He's in the school play, Jay Singers, and Scholars' Bowl. He's another example of an NCHS student willing to go above and beyond," said Mr. David Will.

"I would like to nominate Landon Slipke for the student of the month. Landon shows quick understanding of the material and scores high on the tests," said Mr. Jim Green.
"Landon participates in class discussions and is intent on getting good grades. He uses his time wisely in class and is a productive member of the sophomore class," said Mrs. Robin Sides.
Factoids about Landon
Favorite Class : Band, Vocal, Speech or Algebra II
Favorite Drink : Starbucks
Favorite Color : Blue/Black/White/Gray
Favorite Food : Enchiladas
Favorite Movie : Harry Potter 7
Favorite Saying : "Good things happen to those who wait."
Favorite Song : Little Lion Man by Mumford and Son
Favorite Hang out : My house
Personal Hero : My Family
Future Plans : College. Maybe look into business or music or teaching. I don't really know.

SCHOOL CALENDAR

NCHS
Monday, Oct. 24
Scholar's Bowl in Stockton, 4 p.m.
JV Football at Plainville, 5:30 p.m.
Tuesday, Oct. 25
Jay Singers, 7:30 a.m.
MCL Meeting at Plainville, 10 a.m.
Wednesday, Oct. 26
FCCLA Fall Leadership Conference, TBA
KASSP Area V Meeting in Oakley, 11 a.m.
KSHSAA Regional Administrators' Meeting in Oakley, 12:30 p.m.
Sociology field trip to NCF, 1:30 p.m.
Site Council, 5 p.m.
Thursday, Oct. 27
Jay Singers, 7:30 a.m.
FCCLA Meeting, A.P.
Kansas State University representative available, A.P.
Pep rally, 3 p.m.

Football vs. Phillipsburg, 7 p.m.
Senior Night: Tennis, Cross Country, Football
Friday, Oct. 28
KAYS Holly Sales and SADD Red Ribbon Weed end State Volleyball at Salina, 10 a.m.
Artist of the Month, A.P.
FCCLA Morp Dance: JH Gym 8-11 p.m.
Saturday, Oct. 29
State Cross Country at Lawrence, Girls at 11 a.m./Boys at 12:30 p.m.
State Volleyball at Salina, 10 a.m.
NJHS
Wednesday, Oct. 26
Site Council, 5 p.m.
EES
Wednesday, Oct. 26
S.I.T. Meeting, 7:30 a.m.
Northern Valley
Monday, Oct. 24
Parent-teacher conferences in Long Island, 4:30-5:30 p.m. and 6-8 p.m.
Scholastic Book Fair in the music room in Long Island, 4-8:30 p.m.
Tuesday, Oct. 25
Parent-teacher conferences in Long Island, 4:30-5:30 p.m. and 6-8 p.m.
Scholastic Book Fair in the music room in Long Island, 4-8:30 p.m.
Wednesday, Oct. 26
Regional Drivers Education meeting in Colby, 9 a.m.
KAY, A.P.
Thursday, Oct. 27
HS FB at Natoma, 7 p.m.
Para meeting at Phillipsburg, 10 a.m.
Friday, Oct. 28
No school
HS State VB at Hays, TBA
Saturday, Oct. 29
HS State VB at Hays, TBA
HS State CC at Wamego

SCHOOL MENU

Norton Jr.-Sr. High Schools Menu
Monday, Oct. 24
No school.
Tuesday, Oct. 25
Breakfast-Breakfast /sausage and cheese, fruit or juice or choice of assorted cereal, toast and jelly and milk.
Lunch-Salisbury steak, whipped potatoes w/brown gravy, rolls, carrots, and peaches or chef salad and milk.
Wednesday, Oct. 26
Breakfast-Coffee cake, fruit or juice or choice of assorted cereal, toast and jelly and milk.
Lunch-Pepperoni pizza, combo salad, peaches, chocolate cookie or chef salad and milk.
Thursday, Oct. 27
Breakfast-Scrambled eggs, bacon, fruit or juice or choice of assorted cereal, toast and jelly and milk.
Lunch-Ham and turkey deli, lettuce and tomato, cheese slice, pasta salad, pears or chef salad and milk.
Friday, Oct. 28
Breakfast-French toast stix w/ syrup, bacon, fruit or juice or choice of assorted cereal, toast and jelly and milk.

Northern Valley Menu
Monday, Oct. 24
Breakfast-Waffles w/syrup, ham slice, scrambled eggs, pineapple ring or assorted cold cereal.
Lunch-Lasagna, tossed salad w/dressing, bread sticks, buttered broccoli and cherry crisp.
Tuesday, Oct. 25
Breakfast-Breakfast pizza, hashbrowns, oranges or assorted cold cereal.
Lunch-Turkey and biscuits, mashed potatoes, peach half and chocolate chip cookies.
Wednesday, Oct. 26
Breakfast-Monkey bread, sausage links, scrambled eggs, apple juice or assorted cold cereal.
Lunch-Pizzawich, french fries, buttered corn and pineapple ring.
Thursday, Oct. 27
Breakfast-Banana bread, ham, hashbrowns, applesauce or assorted cold cereal.
Lunch-Texas straw hats, tossed salad w/dressing, buttered cauliflower and banana cream pie.
Friday, Oct. 28
No School.

EES Menu
Monday, Oct. 24
No school.
Tuesday, Oct. 25
Breakfast-Warm cereal w/toppers, grape juice and milk.
Lunch-Chicken fry, whipped potatoes w/gravy, green beans, roll, fruit cocktail and milk.
Wednesday, Oct. 26
Breakfast-Breakfast pizza, rosy applesauce, orange juice and milk.
Lunch-Western bean bake, cheese stick, corn, jell-o w/ pears, cornbread and milk.
Thursday, Oct. 27
Breakfast-Chilled yogurt, bagel w/cream cheese, apple juice and milk.
Lunch-Hamburger gravy, whipped potatoes, warm peas, peaches, cinnamon rolls and milk.
Friday, Oct. 28
Breakfast-Fruit crispitos, grape juice and milk.
Lunch-Cavatini, tossed salad, carrot cake, garlic bread and milk.

POLICE LOG

Oct. 3
Report of noise complaint, Sleep Inn
Funeral escort
Funeral escort
Individual requested a ride to Colby
Assist Sheriff's Dept. with gas skip out of Phillips Co.
Request for information concerning accident
Vehicle stop
Court paper service
Report of banging noise, carpenters working
Civil standby
Court paper service
Request to remove individual from property
Oct. 4
Removed deer from roadway for Sheriff's Dept.
Questions concerning abandoned vehicle

Vehicle stop
Activated alarm, Power Plant
Vehicle stop
Oct. 5
Vehicle stop
Report of someone ringing bell
Walk to school with safe walk
Oct. 6
Curfew violation
Vehicle stop
Report of kids tearing around town
Two vehicle accident
Keys locked in vehicle
Oct. 7
Weather watch
Complaint from DSNWK concerning theft
Vehicle stop
Complaint concerning vehicles on private property
Oct. 8

Report of intoxicated individuals
911 call from McDonald's
Report of criminal damage to property, wind damage
Parking complaint
Report of dog running loose
Vehicle broke down in Subway Pk. Lot
Report of scam
Report of disturbance
Report of individual coming in and harassing employees
Report of intoxicated individual walking along highway
Request for welfare check
Oct. 9
Barking dog complaint
Report of fight behind bar
Report from Furnace Co. concerning vehicle traveling at high rate of speed
Vehicle stop
Vehicle stop

Halloween health safety tips

Halloween Health Safety Tips

For many people, an autumn event like Halloween is a fun time to dress up in costumes, go trick-or-treating, attend parties, and eat yummy treats. These events are also opportunities to provide nutritious snacks, get physical activity, and focus on safety. Below are tips to help make the festivities fun and safe for trick-or-treaters and party guests.

Going trick-or-treating?
S Swords, knives, and similar costume accessories should be short, soft, and flexible.
A Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
F Fasten reflective tape to costumes and bags to help drivers see you.

E Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.
H Hold a flashlight while

Homeed Tranda Watts, Extension specialist



trick-or-treating to help you see and others see you.

A Always test make-up in a small area first. Remove it before bedtime to prevent skin and eye irritation.

L Look both ways before crossing the street. Use established crosswalks wherever possible.

L Lower your risk for serious eye injury by not wearing decorative contact lenses.

O Only walk on sidewalks or on the far edge of the road facing traffic to stay safe.

W Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

E Eat only factory-wrapped treats. Avoid eating homemade treats unless you know the cook well.

E Enter homes only if you're with a trusted adult. Otherwise, stay outside.

N Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

If you follow these simple guidelines, your chances of having a safe Halloween increase dramatically.

Do you have questions related to this to this topic? Contact your local K-State Research and Extension District Office or you may e-mail Tranda Watts at tw-watts@ksu.edu .

Call Mike with your social news. 877-3361

Platte Valley Medical Group P.C. introduces

Shannon Hoos-Thompson, M.D.

Dr. Shannon Hoos-Thompson will be providing Non-invasive and Invasive Cardiology services with Platte Valley Medical Group.

Dr. Hoos-Thompson is trained in Cardiovascular Disease and Internal Medicine/Pediatrics. She completed her Internal Medicine/Pediatrics and Cardiology fellowship at Creighton University in Omaha, Nebraska where she was the Chief Resident of the Medicine/Pediatric program, and the Creighton Cardiology Fellow of the year 2009-2010.

Dr. Hoos-Thompson is accepting new patients and referrals. Please call 308.865.2540 to schedule your appointment today.



Dr. Hoos-Thompson will be in Norton on October 25, where she will be doing an outpatient clinic at the Norton County Hospital



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