

# Walk to school day is Oct. 9

Over sixty schools across Kansas, along with several local Safe Kids coalitions and FedEx volunteers, will hold events on Wednesday, Oct. 9, to celebrate International Walk to School Day. Event coordinators and volunteers will encourage children to get physically active and teach them how to be safe pedestrians in their communities during the month of October.

"Walk to School Day is an opportunity to encourage students to build physical activity into their day and teach them how to keep safe on sidewalks and roadways," said Cherie Sage, Safe Kids Kansas. Safe Kids Kansas also encourages parents to get out and walk along with their children. "It is one thing to tell students about pedestrian safety, but it's even better to show them. Walk with them and identify hazards, act as role models for making good choices, and give them the tools to be safer pedestrians."

Safe Kids Kansas also reminds parents to talk to teens. "So often we think about pedestrian safety as something we teach to our young children," said Sage. "But teenagers are now the highest-risk group for pedestrian injuries."

The Safe Kids Worldwide report, "Teens and Distraction: An In-Depth Look at Teens' Walking Behaviors," made possible with support from FedEx®, looked at whether teens are crossing the street while distracted, and if so, what devices they are using.

According to the research, 39 percent of the students who are crossing the street while distracted are typing on a cell

phone and 39 percent are listening to headphones. The remaining students are talking on the phone (20 percent) or using another electronic device, such as a tablet or game (2 percent). While these activities seem like a normal part of a teenager's day, these distractions can prove deadly.

**Moment of Silence Campaign**  
In 2012, Christina Morris-Ward was killed while crossing the street. She was wearing headphones and carrying a cell phone. While mobile devices are part of everyday life, we should remember that putting them down when crossing the street can be the difference between life and death. In memory of Christina and all those who have been killed or injured while crossing the street, Safe Kids is launching the Moment of Silence campaign. It's easy to participate: simply commit to putting your device down and paying attention when crossing the street. Watch the video and learn more about the Moment of Silence campaign at safekids.org.

**Tips for Parents**  
From the first conversation you have with young children about crossing the street safely, talk about the dangers of distraction.

Talk to teens about putting down mobile devices while walking and remind them of the importance of looking up, listening and making eye contact when crossing the street.

Set a good example by putting devices down when you are driving or walking around cars.

**Tips for Teens**  
Put devices down, look up,

listen, and make eye contact with drivers before crossing the street.

Remember to watch out for cars that are turning or backing up. Walk on sidewalks or paths and cross at street corners with traffic signals and crosswalks when possible.

Be aware of others who may be distracted, and speak up when you see someone who is distracted.

If you need to use a cell phone, stop on the sidewalk and find a safe area to talk.

If you are wearing headphones, pull them down before you cross the street or turn the volume off.

Driveways and parking lots can be especially dangerous because we are walking close to moving cars. Turn off devices in places where cars are going in unexpected directions, like backing out of a parking spot or turning out of a driveway.

**Tips for Drivers**  
When driving, look both ways for bikers, walkers or runners who may not be immediately visible or may step into the street unexpectedly.

Slow down and be especially alert in residential neighborhoods and school zones.

Eliminate any distractions inside your car so you can concentrate on the road and your surroundings.

For a list of schools registered to participate in Walk to School Day, go to [www.walktoschool.org](http://www.walktoschool.org), and click on "Who's Walking". For more information on pedestrian safety, call Safe Kids Kansas at 785-296-0351 or visit [www.safekids.org](http://www.safekids.org).

# A kind and gentle hand



The Norton Christian Church held its "Don't go to church, be the church" event this weekend, where parishioners put their faith in action by doing dozens of community service projects around town. They cleaned the bleachers at Travis Field, trimmed trees, and mowed lawns, to name a few. Also, (pictured) kids from the church visited with the residents at the Andbe Home. They made art and crafts and read verses from the bible.

—Telegram photo by Mike Stephens

# Americans need to reduce added sugars

The 2010 Dietary Guidelines for Americans recommend that Americans reduce their intake of "added sugars." The leading sources of these added sugars include soda, energy drinks, sports drinks, grain-based desserts (like cookies and cake), sugar sweetened fruit drinks, dairy based desserts (such as ice cream), and candy.

A study by the Centers for Disease Control and Prevention found that men consume more calories per day from added sugars (335 calorie average) than women (239 calorie average). Also, this study reported that young adults ages 20 to 39 consumed the most calories from added sugars compared to other age groups.

Added sugars are sugars added to foods during processing, preparation, and when

## Home ed Tranda Watts, Extension



eating. Natural sugars, on the other hand, are those found in fruit or white milk. Both are digested and used by the body in the same way. The difference is foods containing natural sugars typically have other health promoting nutrients whereas foods with added sugars provide extra calories with few to no health promoting nutrients.

By limiting your intake of foods with added sugars you will also decrease the amount of calories in your diet.

Examples of added sugar on

food labels include:

- anhydrous dextrose
- brown sugar
- confectioner's powdered sugar
- corn syrup
- corn syrup solids
- dextrose
- fructose
- fructose sweetener
- high-fructose corn syrup (HFCS)
- honey

If you have food or nutrition related questions, please feel free to contact your local K-State Research and Extension Office or you may contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety for Golden Prairie and Twin Creeks Extension Districts at [twatts@ksu.edu](mailto:twatts@ksu.edu) or 785-443-3663.

# Kiosk to be built for historic byway

A unique project to build an informational kiosk for the Western Vistas Historic Byway, located in western Kansas, is now underway.

The location of the kiosk is approximately 27 miles south of Oakley along the west side of U.S. 83 Highway.

Scott City artist Jerry Thomas will bring to life the rich history and beautiful scenery associated with the Western Vistas Historic Byway, which runs from Scott City north to Oakley on U.S. 83; and then west to Sharon Springs on U.S. 40 Highway.

The byway features seven National Historic sites and six museums that explore the various cultures and events that played a role in America's western expansion. It also highlights Scott State Park.

The artwork will be depicted on six interpretive panels.

The prime contractor on the signing project is Bridges Inc., of Newton.

The total project cost is \$109,754.

The project is expected to be complete by mid-November. The idyllic location of the ki-

iosk is on land donated by the family of Gerald Bean.

Native limestone from the property of Gerald Bean's family will also be implemented into a seating area near the kiosk project.

For questions concerning this

project, please contact KDOT Area Engineer Mathew Withington at (785) 672-3113 [ormwithington@ksdot.org](mailto:ormwithington@ksdot.org) in Oakley; or Kristen Brands, KDOT Northwest Kansas Public Affairs Manager, at (785) 877-3315 [orkristenb@ksdot.org](mailto:orkristenb@ksdot.org) in Norton.

# PUBLIC RECORD

## District Court

These transactions were taken from the records of filings in the offices of the District Court clerk at the Norton County Courthouse.

Traffic and Wildlife and Parks cases are given to the paper when the fines are paid.

### Sept. 5

July 23-Natasha H. Gaydusek, Mahaska; Charge: Speeding 76 in 65; Found: Guilty; Fine: \$147.

Aug. 7-Thomas Anthony Gendoes Jr., Phillipsburg; Charge: Speeding 81 in 65; Found: Guilty; Fine: \$177.

Aug. 9-Phillip Roger Goering, Plainville; Charge: Speeding 83 in 65; Found: Guilty; Fine: \$189.

Aug. 31-Earl Joseph Hankins, St. Francis; Charge: Speeding 80 in 65; Found: Guilty; Fine: \$171

Aug. 8-Monica Ann Krenzer, WaKeeney; Charge: Speeding 78 in 65; Found: Guilty; Fine: \$159.

July 27-Luke Elliot Linin, Atchinson; Charge: Improper stop lamp or turn signal; Found: Guilty; Fine: \$141.

Aug. 7-Larry E. May, Colorado Springs, Colo.; Charge: Speeding 78 in 65; Found: Guilty; Fine: \$159.

July 9-Herbert W. McIntosh, Parkville, Mo.; Charge: Speeding 81 in 65; Found: Guilty; Fine: \$177.

Aug. 1-Gailen Joseph Misenk, Norton; Charge: Failure to yield at stop or yield sign; Found: Guilty; Fine: \$171.

Aug. 30-Timothy J. Redmond, Anderson, Ind.; Charge: Speeding 78 in 65; Found: Guilty; Fine: \$159.

Aug. 1-Nicholas P. Ryckman, Fremont, Neb.; Charge: Speeding 40 in 30; Found: Guilty; Fine: \$141.

Aug. 1-Thomas Samuel Stacey, Selden; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

Aug. 19-Belva June Stewart, Hudson, Mich.; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

### Sept. 12

Aug. 28-Curran Anders Higgins, Arnold, Denver, Colo.; Charge: Speeding 77 in 65; Found: Guilty; Fine: \$153.

Aug. 11-Lawrence Dale Cart-

er, Kensington; Charge: Speeding 74 in 65; Found: Guilty; Fine: \$153.

Aug. 30-Shawn L. Curry, Colby; Charge: Speeding 74 in 65; Found: Guilty; Fine: \$141.

Aug. 19-David Roger Fellows, Evergreen, Colo.; Charge: Speeding 76 in 65; Found: Guilty; Fine: \$157.

Aug. 19-David Roger Fellows, Evergreen, Colo.; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$0.

Aug. 30-Robert W Gatz, Colby; Charge: Speeding 82 in 65; Found: Guilty; Fine: \$183.

Aug. 17-Neil D. Gosselin, Norton; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

Aug. 13-Blair Ryan Jones, Monte Vista, Colo.; Charge: Speeding 77 in 65; Found: Guilty; Fine: \$153.

Sept. 1-Thomas Leo Langley, Aurora, Colo.; Charge: Speeding 94 in 65; Found: Guilty; Fine: \$282.

Sept. 8-Ladon Dee Lappin, Logan; Charge: Speeding 78 in 65; Found: Guilty; Fine: \$159.

# FYI

Just an FYI to all of the Norton and Northern Valley Dance Team members and parents. The team photos will be found in the Winter Sports issue that will come out in January.

# Norton City-Wide Clean-Up

Fall Clean-up is a **free** service provided by the City of Norton. If residents take items to the landfill themselves, normal county fees will apply.

## MONDAY — WEDNESDAY, OCTOBER 21, 22 AND 23

City Trucks will make special trash pickup on these days.

All items **MUST** be out at the curb by 8 a.m. on your regular route day. PLEASE DON'T PUT ITEMS OUT MORE THAN 1 WEEK IN ADVANCE OF CLEAN-UP

All types of trash will be picked up on your regular trash route day EXCEPT yard waste, tires and household hazardous waste. Yard waste will be picked up on your regular yard waste route day, and must be in a solid container. There will be a \$10.00 charge per item for appliances with freon. Tree limbs must be cut no longer than 8 feet long. Fireplace ash and animal feces must be in plastic bags.

The maximum limit the City will pick up at each residence is (1) load of household items and (1) load of tree limbs. Normal household trash will be picked up in the usual manner.

**SPECIAL NOTE:** TRASH MUST BE SEPARATED, i.e., tree limbs from metals, etc. since they are disposed of in different locations at the landfill. Mattresses, furniture and E-waste (computers, microwaves, stereos, TV's, DVD's and VCR's) must be separate from other trash. Hazardous waste (paint, motor oil, batteries, pesticides, poisons, caustic chemicals, etc. **WILL NOT** be picked up and should be taken by owners directly to the county landfill. **NOTE:** Yard waste pickup will continue on Wednesday/Thursday until November 21. Recyclables will continue to be picked up on Fridays.

For Handicap Accommodations, Call the City Office at 877-5000

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