

BIRTH ANNOUNCEMENT



Keeagan Guy Breese is very proud to announce the birth of his baby sister Sutton Dawn Breese and his cousin Aleeah Mae Tien. (Pictured left.) Sutton Dawn was born at the Rooks County Hospital on Oct. 5, 2013 at 5:32 a.m., weighing seven pounds, 15 1/2 ounces and 19 1/2 inches long. Her parents are Dustin and Autumn Breese of Densmore. Her grandparents are Jan and Dian Tien of Prairie View; Doug and Nancy Molzahn of Agra; and Randy Breese of Logan. Her great-grandparents are Clarence and Bette Tien of Prairie View; Raymond and the late Cecilia Grauerholz of Phillipsburg; Jan and Eileen Schemper of Prairie View; Mary Lou Breese of Logan; and Elaine Mooney of Agra. Sutton's great-great-grandma is Wau-neta Schemper of Norton. (Pictured right.) Aleeah Mae was born at the Norton County Hospital on Oct. 31, 2013 at 10:51 p.m., weighing seven pounds, four ounces and 21 1/4 inches long. Her parents are Jake and Kirsten Tien of Prairie

Kansans urged to vaccinate with high flu activity

Influenza activity is high in Kansas, and health officials here are encouraging everyone six months of age and older to get vaccinated, if they have not already done so this season.

Based on data from the Out-patient Influenza-like Illness Surveillance Network (ILINet), influenza activity is high and widespread within the state. During the week ending Jan. 10, 2014, five percent of outpatient visits to ILINet clinic sites were due to influenza-like illness. To date, influenza or pneumonia has directly caused or contributed to 510 deaths reported in Kansas during the current influenza season (since Sept. 1, 2013), and among those, three deaths were attributed directly to influenza.

A distinguishing feature of this influenza season appears to be the re-emergence of the 2009 influenza A/H1N1 strain as the dominating virus. This virus, which caused the 2009 influenza pandemic, caused more illness in children and young adults, compared to older adults.

"In Kansas, young adults have typically had the lowest influenza vaccination rates, so we can't emphasize enough the importance of getting a flu shot for this segment of the population," said Robert Moser, M.D., KDHE Secretary and State Health Officer. "We encourage businesses to consider recommending their employees get vaccinated if they haven't and to provide time away from work to accomplish this goal if necessary. Employers should also encourage their workers to stay home when ill."

"The combination of the 2009 influenza A/H1N1 being the dominating strain and low vaccination rates among children and young adults could be setting the stage for a bad influenza season," said D. Charles Hunt, MPH, State Epidemiologist at KDHE. "If you have not had your flu vaccination for this season, now is the time."

In addition to getting vaccinated, avoid spreading the flu virus by covering coughs and sneezes, washing your hands, and staying home when you are sick.

On average, five to 20 percent of the U.S. population contracts the flu yearly, and more than 200,000 people are hospitalized with flu complications. During the peak of the 2012-2013 influenza season in Kansas, approximately six percent of all health care visits in ILINet clinics were due to influenza-like illness. Influenza or pneumonia contributed to or was the direct cause

of 1,444 deaths among Kansas residents during the 2012-2013 influenza season. Influenza and pneumonia was the eighth leading cause of death in 2012 in Kansas.

Nearly all persons six months and older are recommended to receive a flu vaccine every year. Vaccination is especially important for protecting those at high risk for serious flu complications, including young children, pregnant women, adults 65 years and older, and anyone with chronic health conditions like asthma, heart disease, and diabetes. Those caring for, or in regular contact with, an infant less than six months of age should also be immunized. At this age, babies are too young to be vaccinated and are more vulnerable to complications from influenza.

Symptoms of the flu include: fever, headache, extreme tiredness, dry cough and muscle aches. Complications can include pneumonia, ear and sinus infections and dehydration; the flu might also worsen other chronic conditions.

It's not too late to vaccinate. To get your flu vaccine, please contact your health care provider or the local health department. Visit www.kdheks.gov/flu for more flu facts.

Low income assistance applications accepted starting Jan. 21

Heating your home during the winter months can create a financial burden. In an effort to help keep Kansans warm this winter, the Kansas Department for Children and Families (DCF) will soon begin accepting applications for its Low Income Energy Assistance Program (LIEAP).

This program provides an annual benefit to help qualifying households pay winter heating bills. Persons with disabilities, older adults and families with children are the primary groups assisted. In 2013, nearly 48,000 households received an average benefit of \$489.

To qualify, applicants must be responsible for direct payment of their heating bills. Income eligibility requirements are set at 130 percent of the federal poverty level. The level of benefit varies according to household income, number of people living in the home, type of residence, type of heating fuel, and utility rates.

Applicants must demonstrate that they have made payments on their heating bill two out of the last three months. Those payments must be equal to or exceed \$80 or the total balance due on their energy bills, whichever is less.

Applications for the program have been mailed to households that received energy assistance last year. Applications are also available at local DCF offices and through partnering agencies. They can be requested by calling 1-800-432-0043. To apply online, visit www.dcf.ks.gov. More information is available at <http://www.dcf.ks.gov/services/ees/Pages/Energy/EnergyAssistance.aspx>.

Applications will be accepted from Jan. 21 to March 31.

Income eligibility determina-

Evaluating cold injury to wheat

Wheat in Kansas that did not have snow cover during a cold snap the first week of January suffered some injury to its foliage, said Jim Shroyer, K-State Research and Extension wheat specialist.

Leaf injury from cold weather while the wheat is dormant will not affect yields, however, since wheat begins new growth from the crown in the early spring, he said. The bigger question is whether temperatures were cold enough to injure the crown itself, which is typically about a half-inch deep in the soil. As long as the crown survives, the wheat will remain alive.

"Winter wheat can survive cold temperatures well as long as soil temperatures at the depth of the crown are not in the single digits for a prolonged period of time," Shroyer said.

"Winter wheat typically has its highest level of winter hardiness in December and January," he said. "Leaves on wheat exposed to very cold temperatures may turn brown and die back somewhat, but that doesn't necessarily mean the entire plant is dead. Soil temperature is a more important consideration than air temperature alone during the winter."

In most cases so far, soil temperatures have not been cold enough to create concern for the wheat, Shroyer said. However, there are areas of concern, especially where soils are dry. For example, soil temperatures at the 2-inch depth reached nine degrees on Jan. 5 at Scandia, in Republic County.

Will this cause some winter kill in those areas?

"It's too soon to know, but the situation should be monitored - especially on terrace tops and north-facing slopes. I wouldn't be surprised if there is some damage to the wheat in parts of north central Kansas where soil temperatures were this low," he said.

Producers shouldn't necessarily be concerned if wheat remains brown this winter and doesn't start greening up as daytime highs get into the 40s and 50s, Shroyer said. That's not warm enough for wheat to start greening up.

To know if the wheat is still alive, producers could dig up some plants and bring them inside. After a week or so of warm

conditions and water, wheat should begin greening up if it is alive, he said.

"Otherwise, producers can wait until spring green-up begins in the field. Areas of dead or dying wheat should be noticeable at that time," the K-State agronomist said.

If plants are killed outright by cold temperatures, they won't green up in the spring. But if they are only damaged, it might take them a while to die, Shroyer said.

"They will green up and then slowly go backwards and eventually die. There are enough nutrients in the crown to allow the plants to green up, but the winter injury causes vascular damage so that nutrients that are left cannot move, or root rot diseases move in and kill the plants. This slow death is probably the most common result of winter injury on wheat," he said.

Direct cold injury is not the only source of winter injury. Under dry soil conditions, wheat plants may suffer from desiccation. This can kill or weaken plants, and is a more common problem than direct cold injury, he said.

Cowgirl Sweetheart coming to Oberlin theater

Oberlin Arts and Humanities Commission will present Eli Barsi-Canada's Cowgirl Sweetheart Dinner Theater on Saturday, Jan. 25. This is a season ticket event or \$32.50 for adults or \$15 for children under 12 years of age.

The Surf and Turf meal will include rib-eye steaks and shrimp. Dinner will be served at 6:30 p.m., with the show to follow at 7:30 p.m. Complimentary wine or sparkling beverages will be available before the meal.

Ms. Barsi is a singer, songwriter, musician, recording artist, entertainer and yodeler. She was born in Canada, where variant music style combines the sounds of Western Roots, Country, Bluegrass, Gospel and Folk. For the past 27 years she has been working as a professional musician.

Early in her career she performed mainly in the provinces of Saskatchewan, Alberta and British Columbia. After a few years of nonstop shows, she moved to Nashville, Tenn., where she honed her craft as a songwriter. Following several years of roadwork on both sides of the border, she started to record albums, release radio singles, and moved on to the bigger stages. She was hired to perform with the legendary Sons of the Pioneers in 2002, and was based out of Branson, Mo. for eight years. She has since re-located back to her home province of Saskatchewan, Canada.

She is a diverse artist who includes a variety of genres in her shows such as, Western Roots, Gospel, New Country, Bluegrass, and Traditional Country and Folk. Her show is always uplifting, with a mix of tasty standards and thought provoking originals featuring her 'Carter Scratch' style of playing lead acoustic and her exceptional yodeling. She recently released her 13th compact disc, "Portrait of a Cowgirl."

Reservations are necessary for everyone who plans to attend and may be called to Ella Betts (785) 475-3557 or Mary

Henzel at (785) 470-0218 by Tuesday, Jan. 21.

Pauline Goeken
will be 98 on 1/25/14

Mail Cards to:
425 E. Washington
Lenora, KS 67645

Jan. 17-
Jan. 22

Showing at the
**NORTON
THEATRE**
The Nut Job
In 3D - 1 Hour, 35 Minutes (PG)
Friday and Saturday: 8:00 p.m.
Sunday: 5:00 p.m.
Mon., Tues., Wed.: 7:00 p.m.
Saving Mr. Banks
2 Hours, 16 Minutes
(PG-13)
The Nut Job is \$7.00 for adults and \$6.00 for children 12 and under. NO Sunday Discount
Saving Mr. Banks is \$7.00 for adults and \$6.00 for children 12 and under. \$3/tx on Sunday
PREMIERING IN NORTON
FRIDAY, JANUARY 24
LONE SURVIVOR (R)
VISIT OUR WEBSITE: NORTONTHEATRE.COM

Let's Go
to the
Movie

This ad is brought to you by The Norton Telegram

NEEDING TO ADVERTISE?

Send your Ad to The Norton Telegram via FAX or EMAIL

All We Need is Your Contact Information!

OR

EMAIL ADDRESS:
nortontelegram@nwkansas.com
or dpaxton@nwkansas.com

FAX NUMBER:
Norton Telegram
785-877-3732

**THE NORTON
TELEGRAM**

215 South Kansas Avenue
Norton, Kansas, 67654
Phone: 785-877-3361