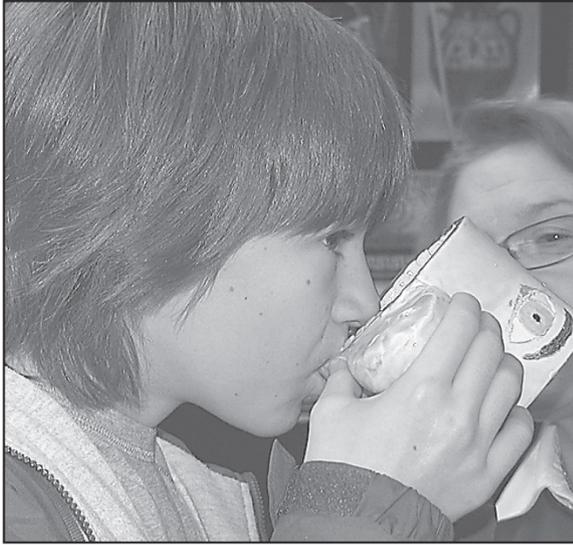


Muggers



Alec Hager (above) checked out the rim of the mug he made in art class. Jared Shelton (right) tested his mug by taking a drink from it to make sure it held drinks without leaking. The junior high students made mugs earlier this month, and later critiqued their work.

-Telegram photos by Brandy Leroux



Kids taking exercise project to heart

By BRANDY LEROUX
bleroux@nwkansas.com

With the holiday feasts now over, and Valentine's Day and Easter just around the corner, Jump Rope For Heart is kicking off in February.

"The students at Eisenhower Elementary made an 'In Honor of' wall at school to remind them why they are doing this," said Eisenhower Elementary physical education teacher Joan Bolt. "On the wall are names of people — relatives, friends, etc. — that they know that have or had a heart condition. That helps them put a face to why they are doing this and why it is so important. So often students feel helpless when a friend or family member is struggling with a stroke or heart disease and this is a way they can feel like they are really helping out."

According to the American Heart Association, heart disease and stroke are our nation's number 1 and number 3 killers. Jump Rope For Heart teaches students how exercise benefits the heart and shows students that volunteering can be fun and beneficial to an entire community.

Eisenhower Elementary students in grades 3, 4, 5 and 6 will be asking for donations from family and friends, in person, through phone calls, or they can even go online.

"The American Heart Association has a link for students to do that so they can reach distant relatives and friends," said Mrs. Bolt.

The students will be jumping rope for two and a half weeks during physical education classes, and will be holding individual competitions, team jumping and group activities.

Each class will have its own donations goal to reach, but the school goal is \$10,000. In 2007, the students raised \$8,262.82.

"The students are pretty determined to get there," said Mrs. Bolt. "They are also very determined to make a mark. They know that the \$10,000 mark is a lot for this size of school to reach but they want to give it a shot and I feel they can do this. Also, a couple of years ago they raised the second most money in their district — from the northwest corner of Kansas southeast to Pratt. That is quite an honor for the

number of schools that do this and the size of some of the schools that participate.

Jump Rope For Heart is held every two years at Eisenhower. In 2007, LeNae Dial, then a 6th grader, raised just over \$300.

The students will receive "Thank You" gifts for collecting donations for the American Heart Association. The gifts this year include water bottles, jump ropes, t-shirts, a disc shooter, a blast off rocket, and on up to a Wii gaming system.

"I stress to the children the primary purpose of Jump Rope For Heart should be to know that they are helping to fight heart disease and the 'thank you' gifts are just that," said Mrs. Bolt. "The students are very excited and ready to go and I feel they have a good shot at the school goal."

Eisenhower Elementary will be collecting donations for Jump Rope For Heart from Jan. 30 to Feb. 22, and will be jumping rope in physical education class from Feb. 2 to Feb. 20.

Northern Valley will hold their Jump Rope For Heart at the end of February.

Business notes

Shareholders and employees of the United Northwest Federal Credit Union met on Monday for their 60th annual meeting at the St. Francis Assissi parish hall in Norton.

Lunch for all the attendees was provided by Town and Country Kitchen and served by the Norton high school KAYS Club.

Don McClelland was elected to keep his seat on the board of directors. He has been on the board since 1995, and a member of the credit union since 1994. He was born and raised in Norton and owned and operated Don's Auto Supply from 1978 until he retired in 2004.

Business report

The Board and Supervisory Committee gave a financial statement for 2008 as follows:

FYI

The Kansas Arts Commission will be holding an informative grant writing workshop via video-conference at the Norton Public Library Meeting Room on Wednesday, Jan. 28 from 1 p.m. to 3 p.m.

Art commission staff will teach tips and strategies for successful grant writing to the Kansas Arts Commission or another funder, and also guide attendees through its fiscal year 2010 grant guidelines.

Please register in advance online at <http://arts.ks.gov/workshops/kac.shtml>.

1267 loans were given in 2008, for a total of \$12,217,918.09; Allowance for loan losses was \$(341,076.11); Cash and investments \$7,346,718.64; Land and building value in Norton and Oberlin (less depreciation) \$57,541.38; Furniture and fixtures in Norton and Oberlin (less depreciation) \$90,482.62; Other assets were \$1,046,820.63; Total assets were \$27,418,405.25; Liabilities were \$168,657.65; Shares deposited were \$23,809,175.51; Reserves were \$3440,572.09; Total liabilities and owners equity \$27,418,405.25; Income was \$1,729,118.95; Expenses were \$713,907.17; Dividends were \$627,709.48; Net Income was 387,502.30; Total borrowers: 690; Total members: 2530.

The workshop is free and open to the public. For more information, contact the Kansas Arts Commission at 785-296-3335 or kac@arts.ks.gov.

Cloud County Community College has announced the Fall 2008 Academic Honor Roll.

Students were enrolled in a minimum of 12 hours of college coursework and achieved a minimum 3.6 grade point average.

Logan Kats, a 2008 Norton high school graduate, is the only student listed on the honor roll from Norton County.

Norton high school honor roll

Second Nine Weeks Honor Roll

HIGHEST HONORS

Seniors
Phillip Becker, KaraJo Jones and Kyle Mindrup

Juniors
Kendra Engelbert and Marcus Herman

Sophomores

Maia Carlson

HONORS I

Seniors

Laura Lee Baird, Cody Brede-meier, Ashley Colip, Amanda Delimont, Zac Dreher, Nathan Felton, Josh Gallentine, Jessica Gilgenbach, Lucy Gosselin, Logan Kelly, Brock Lauer, Charli Lawson, Brittany Otter, Gabrielle Otter, Wiyanna Paxton, Taylor Rossi, Katharine Roy, Kayla Scheets, Emily Scott and Lacey Wallingford

Juniors

Gaia Cazzaniga, Cody Cook, Allison Corbin, Anna Cummings, Austine Dole, Tonielle Fiscus, Matthew Miller, Amanda Ray, Bethany Roy, Alyssa Thomson and Bethany Winkel

Sophomores

Troy Bainter, Melinda Becker, Bill Broeckelman, Dakota Dreher, Diedre Kramer, Zoey Meyers, David Mizell, Spencer Shirk, Dustyna Sprigg and Rebekah Streck

Freshmen

Erick Becker, Brae Bigge, Rhees Carlson, Mariah Farber, Zach Hartwell and Mitchell Shelton

HONORS II

Seniors

Zach Bainter, Hayli Bozarth,

Samantha Cook, Hannah Fulton, Donald Hildebrand, Bryce Lofgreen, Bradley Nuzum, Matt Stanley and Jacob VanSki

Juniors

Ashton Draper, Shelby Jones, Lacy Keilig, Kelsey Nuzum, Zane Perez, Matthew Pollock, Jessica Reeves, Ashlie Stewart and Kaitlyn Wolf

Sophomores

Jade Braun, Melissa Byler, Kyra Fulton, Taylor Gordon, Josiah Laughlin, Niquel McVey, Jacob Mizell, Kelsie Morel, Tanner Morel, Kaylen Rossi, Shelby Schaefers and Rachel Shepard.

Freshmen

RJ Ellis, Justin Heikes, Alexis Henson, Carson Kaiser and Brooklyn Winkel

First Semester Honor Roll

HIGHEST HONORS

Seniors

Phillip Becker, KaraJo Jones and Kyle Mindrup

Juniors

Matthew Miller and Bethany Roy

Sophomores

Melinda Becker and Maia Carlson

Freshmen

Rhees Carlson

HONORS I

Seniors

Laura Lee Baird, Cody Brede-meier, Ashley Colip, Amanda Delimont, Zac Dreher, Nathan Felton, Josh Gallentine, Jessica Gilgenbach, Lucy Gosselin, Logan Kelly, Brock Lauer, Charli Lawson, Brittany Otter, Wiyanna Paxton, Taylor Rossi, Katharine Roy, Kayla Scheetz, Emily Scott

and Lacey Wallingford

Juniors

Cody Cook, Anna Cummings, Austine Dole, Kendra Engelbert, Tonielle Fiscus, Marcus Herman, Amanda Ray, Alyssa Thomson and Bethany Winkel

Sophomores

Troy Bainter, Bill Broeckelman, Dakota Dreher, Deidre Kramer, Niquel McVey, Zoey Meyers, David Mizell, Kaylen Rossi, Spencer Shirk, Dustyna Sprigg and Rebekah Streck

Freshmen

Eric Becker, Brae Bigge, Mariah Farber, Zach Hartwell, Andy Nickell and Mitchell Shelton

HONORS II

Seniors

Zach Bainter, Hayli Bozarth, Samantha Cook, Hannah Fulton, Donald Hildebrand, Bryce Lofgreen, Zeb Lynd, Kasey Nicholls, Bradley Nuzum, Gabrielle Otter, Matt Stanley and Jacob VanSki

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Sophomores

Jade Braun, Melissa Byler, Taylor Gordon, Josiah Laughlin, Jacob Mizell, Kelsie Morel, Tanner Morel and Shelby Schaefers

Freshmen

Cayleb Campbell, RJ Ellis, Alexis Henson, Carson Kaiser, Tyler Lewis, Dillon McConney, Taylor Meder, Nady Nickell, Shylo Paxton and Brooklyn Winkel

Correction

The Almena State Bank was erroneously omitted from the list of depository banks the Norton

County Commissioners will be using in 2009. The mistake was due to a reporter error.

The Norton Telegram...
News you need!

Norton County Health Promotion Blood Draws

At the Norton County Health Department



Provided by a joint effort of the Norton County Health Department and the Norton County Hospital

Need to be fasting (no food or drink after midnight) before the test

NO APPOINTMENTS NECESSARY - FIRST COME, FIRST SERVE

QUESTIONS? CALL THE NORTON COUNTY HEALTH DEPARTMENT AT 785-877-5745

Profile #1 (Health Profile and CBC)\$40.00

HEALTH PROFILE CONTAINS:

Electrolytes - (Sodium, potassium, chloride and total carbon dioxide) These are major indicators of kidney and hormonal functions. Electrolytes are essential for the body's acid-base balance and the operation of nerves and muscles, especially the heart.

Kidney Functions - (BUN, creatinine) These indicators are used to monitor kidney function.

Liver Functions - (Total albumin, globulin) These tests can be used in detecting and/or monitoring liver function damage, tissue damage or inflammation.

Alkaline Phosphate - (Uric acid, calcium, phosphorus) Used for detection and monitoring of bone, tissue and parathyroid disease, such as arthritis, gout, bursitis and lupus.

Glucose - This test is to measure blood sugar levels and is used to help diagnose/monitor diabetes mellitus.

Cholesterol - (Including HDL, LDL, VLDL, triglycerides and ratio of LDL/HDL) these are fats produced in the liver that combine with fatty oils in the blood stream. Cholesterol is further broken down and measured as HDL (good cholesterol) and LDL (bad cholesterol). The person who has higher levels of LDL is at greater risk of heart disease. Triglycerides determine the level of simple fats in the blood.

CBC - (Complete blood count with differential) This is a series of tests of the blood that provides a tremendous amount of information about the hematologic system, immune response and many other organ systems.

Profile #2 (PSA)\$20.00

PSA - This test detects an enlarged prostate, infected prostate and/or prostatic cancer. It can be used to evaluate disease progression and to monitor treatment.

Profile #3 (TSH)\$15.00

TSH - This test is used to evaluate thyroid function and detect if there is too much or too little hormone secreted by the thyroid.

ACCEPT CASH AND CHECK ONLY! INSURANCE BILLING NOT AVAILABLE!

Saturday, Jan. 24 — Closed Until 9 p.m.

Due to Private Party/Racing Banquet

Will Re-open at 9:00 p.m. Featuring:

Rockin' Karaoke by Mike and Shelly Shearer

Saturday, January 31

Back By Popular Demand

"Fiberglass Catfish"

Sunday, February 1

Come Watch the Big

Game and Enter Our

2nd Annual Chili Contest

110 S. State, Norton, KS - Phone 785-877-2419

