

SCHOOL CALENDAR

NORTON Senior High

February 12-18 FCCLA Week
Monday — Jay Singers, a.p.; Grade 11 State Writing Assessments; FCCLA Board, 7 p.m.

Tuesday — Jay Singers, 7:30 a.m.; Grade 11 State Writing Assessments; FCCLA Carnation Sales; Cheer, a.p.; Cadet Lawmen Boys State, a.p.; National Honor Society, a.p.; Rotary Scholarship Soup Supper, Cafeteria, 5-7 p.m.; Junior Varsity and Varsity Basketball vs. Hoxie, here, 5 p.m.

Wednesday — Jay Singers, 7:30 a.m.; Kay Unit Conference at Palco; Dighton Forensics Tourney, 7:30 a.m.; Grade 11 State Writing Assessments; FFA Ag. Mech. at Goodland, 9 a.m.; SAC, a.p.; Reading Activity, 8:30 a.m.; Site Council, 5 p.m.

Thursday — Grade 11 State Writing Assessments; Kays, a.p.; FFA PALS Party, High School Cafeteria, 7 p.m.

Friday — Grade 11 State Writing Assessments; Regional Wrestling at Oberlin; Junior Varsity and Varsity Basketball at Ellis, 5 p.m.

Saturday — Regional Wrestling at Oberlin; State Piano Festival at Wichita State University

February 19-25 FFA Week
Next Monday — Jay Singers, a.p.; Girls "C" Team Basketball at Oberlin, 6 p.m.

Junior High

Tuesday — Kays, a.p.
Wednesday — Jay Day, 1:45 p.m.

Thursday — Wrestling vs. Trego/Hill City at Hill City, 4:30 p.m.; Grade 4-8 Assembly, Yo-Yo Master, Auditorium, 2:15 p.m.

Eisenhower

Monday — Kindergarten Valentine Parties, 2:30 p.m.; Little

Girls Dance Camp, Eisenhower Gym, 3:45-5 p.m.

Tuesday — Valentine Parties, 2:30 p.m.

Wednesday — Faculty Meeting, 3:40 p.m.; County Spelling Bee at Lenora, 4 p.m.

Thursday — Grade 5 and 6 Level Meeting, 7:30 a.m.; Early Childhood-Grade 4, Highway Patrol Assembly, 8:30-9:50 a.m. Grade 4-8 Assembly, Yo-Yo Master, Auditorium, 2:15 p.m.; FFA PALS Party, High School Cafeteria, 7 p.m.

Next Monday — Grade 5 and 6 Vocal Concert, Auditorium, 7 p.m.; FFA PALS Party, High School Cafeteria, 7 p.m.

All Schools

Monday — Board of Education Meeting, Alice Tweed Center, 7:30 p.m.

Tuesday — Curriculum Coordinating Council, Alice Tweed Center, 7:30 a.m.

High School Menus

Monday — Breakfast: Cinnamon bun, fruit or juice or cereal, toast, milk; Lunch: Burrito, lettuce, tomato, shredded cheese, Sopa de fideo, hot roll, peaches or chef salad, milk

Tuesday — Breakfast: Hot cereal with toppings, fruit or juice or cereal, toast, milk; Lunch: Chicken strips, whipped potatoes with country gravy, carrots, celery, hot roll, cherries jubilee or chef salad, milk

Wednesday — Breakfast: Biscuit and sausage sandwich, fruit or juice or cereal, toast, milk; Lunch: Chili Frito, cheese, garden salad, hot roll, apple crisp or chef salad, milk

Thursday — Breakfast: Blueberry muffin square, fruit or juice or cereal, toast, milk; Lunch: Hamburger with fixings, potato puffs or chef salad, milk

Eisenhower Menus

Monday — Breakfast: Breakfast pizza, rosy applesauce, milk; Lunch: Taco crunch, corn, tossed salad, chocolate cake, milk

Tuesday — Breakfast: Scrambled eggs/ham, pears, milk; Lunch: Ham and cheese, homemade bun, pepper strips, pork and beans, pears milk

Wednesday — Breakfast: Fruit Crisпитos, grape juice, milk; Lunch: Chicken supreme, green

beans, baby carrots fruit basket upset, milk

Thursday — Breakfast: Yogurt, bagel with cream cheese, milk; Lunch: Ham and beans, celery stick, cornbread, applesauce Jell-O, cookie, milk

Friday — Breakfast: Cereal with toppers, grape juice, milk; Lunch: BBQ beef, homemade bun, French fries, dill spear, banana pudding, milk

NORTHERN VALLEY

Monday — Post Prom Meeting, Almena, Lunchroom, 7 p.m.; School Board Meeting in the Conference Room at Almena, 7:30 p.m.

Tuesday — School Bus Drivers Meeting at Almena, 8:45 a.m.; Kindergarten through Sixth Grade Valentines Day Parties, 2:30 p.m.-3:30 p.m.; High School Basketball at Victoria, 4 p.m.

Wednesday — KAY Unit Conference at Palco, 8-11:30 a.m.; Spring Area Meeting and District Ag Meeting at Goodland, 9 a.m.; Norton County Spelling Bee 2006, 4 p.m.

Thursday — Mentor Meeting at Fort Hays State University, 9-11 a.m.; Senior Interviews with Logan at Prairie View, 9-3 p.m.; GNEC vocal Clinic at Damar, 1 p.m.; Concert at 7 p.m.

Friday — Fourth and Fifth Grade Basketball Game at Long Island, Boys First, 1:15 p.m.; High School vs. Western Plains at Almena, 4:30 p.m.; Senior Night

Saturday — High School Forensics Meet at Beloit; High School FFA Dance in the Lunchroom at Almena, 7-11 p.m.

Northern Valley Menus

Monday — Breakfast: Cinnamon raisin biscuit, scrambled eggs, apricots, cereal; Lunch: chicken patty/bun, seasoned potatoes, beets, apple crisp

Tuesday — Breakfast: Ham and cheese biscuit, orange juice, cereal; Lunch: Nachos with ground beef, tossed salad, green beans, peach half

Wednesday — Breakfast: Cherry muffin, scrambled eggs, applesauce, cereal; Lunch: Hot turkey sandwich, mashed potatoes, peas, chocolate cake

Thursday — Breakfast: oatmeal with toppings, toast, strawberries, cereal; Lunch: Sloppy Joes, bun, tri-taters, broccoli, pineapple ring

Friday — Breakfast: Pancake sausage bites, peaches, cereal; Lunch: Beef-n-noodles, mashed potatoes hot roll, California blend vegetables, peach slices



The Lasting Impressions men's barbershop quartet (above) sang old favorites for the audience at Sunday's concert at East Campus auditorium. The Colby Sweet Adelines (below) came from all over western Kansas. — Telegram photos by Carolyn Plotts

Performers sing favorites for crowd

The Norton County Arts Council attracted about 120 people Sunday afternoon to the East Campus Auditorium for the performance of the High Plains harmony Chorus of Sweet Adelines of Colby, the men's Tumbleweed Chorus and The Lasting Impressions, men's barbershop quartet.

Council president, Carol Erlenbusch, said, "It was a very good performance."

Mrs. Erlenbusch said the next show will feature former Norton resident, Todd Burd, and the show choir, The Blue Blazers, from Gardner-Edgerton High School. Mr. Burd is the vocal director at the



The performance date will be 7 p.m., March 25, East Campus. April 29, "Patsy and Friends", featuring the songs of the late Patsy Cline. East Campus auditorium is, once again the venue for the production. The time will be announced later.

Around the area...

Chocolate auction to be in Phillipsburg

The second annual Chocolate for CASA (Court Appointed Special Advocates) Auction and the first ever Chocolate Cook-off will be held at 4 p.m. on Saturday at the Huck Boyd Center in Phillipsburg.

The event will feature a liquid chocolate fountain, hors d'oeuvres, and both silent and live auctions. Prizes will be awarded to the winning entrant in each category for the cook-off.

Pancakes will be served up Saturday

The Almena PRIDE committtee is serving pancakes and sausages from 5-7 p.m., Saturday at the Almena Community Center.

The PRIDE committee will donate the proceeds to the Almena Community Junior PRIDE for their projects.

Some of their plans include a mural, painting road signs, main-

taining and improving the nature trail between Bantam Park and the city roadside trail.

Still time to get Girl Scout cookies

If you missed ordering Girl Scout cookies during their annual sale, you have another chance.

Norton Girl Scouts will have a Cookie Booth from 10 a.m. to 1 p.m., Saturday at Jamboree Foods in Norton.

Hot dogs can be eaten at 'Market'

The Almena Chamber of Commerce is sponsoring an appreciation hot dog feed from 11 a.m. to 1 p.m. Saturday at the Almena Market.

The event is in recognition of Jeff and Janette Callaway, former owners of the market and welcoming the new owners, Stan and Twylla Cadwalader.

Mexican dinner to raise money

The Friday night Town and Country Kitchen crew is planning a Mexican dinner benefit for "Little" Ray Rojas. It will be held from 4 to 8 p.m., Sunday at the restaurant on East Highway 36 in Norton. All proceeds will go to help defray medical expenses associated with Mr. Rojas' recent accident that nearly severed his right arm.

Baked potatoes to help out CARES

Norton CARES is sponsoring a baked potato bar fundraiser from 5 to 7 p.m. Saturday at the Norton

Senior Center. Proceeds will go to help the volunteer efforts of the organization.

Fun shoot earns cash for 4-H's

The Mike Wray Memorial Fun Shoot will be held at 2 p.m. Sunday at the Norton Archery Club.

The cost per person is \$10. Money raised will help promote 4-H

Use The Telegram's news tip line: (785) 877-3361

Sell it in The Telegram

The paper you read for the news you need! THE NORTON TELEGRAM

Norton County Health Promotion Blood Draws WED., FEB. 15

AT: The Norton County Health Department
TIME: 7:00 a.m.-12 noon
PROVIDED BY A JOINT EFFORT OF THE NORTON COUNTY HEALTH DEPARTMENT AND THE NORTON COUNTY HOSPITAL

Need to be Fasting Before the Test (No Food or Drink After Midnight)

QUESTIONS? Call Norton County Health Department at 785-877-5745

PROFILE #1
"Health Profile & 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 the 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.



THE NORTON TELEGRAM

and the Norton Area Chamber of Commerce welcome
The Razor's Edge Beauty & Barber Shop
to the business community

The new business is owned by Karen Carter and her father, Sid Gosselin and is located at 212 E. Washington, Norton, in the alley entrance. Walk-ins are the norm for the barber shop but if someone wants an appointment, all they have to do is call Sid at 877-3956. Hours are 7:30 a.m. to 5:30 p.m. M-F; 7 a.m. to 5:30 Saturday.