

# SCHOOL CALENDAR

<b>NCHS</b> Monday, Dec. 10 Forensics Meeting, A.P. FFA Christmas Party, 7 p.m. Tuesday, Dec. 11 Jay Singers, 7:30 a.m. S.A.D.D. Meeting JV/V BB at Stockton, 4:45 p.m. Wednesday, Dec. 12 FCCLA Board Meeting, 7:45 a.m. MTSS Early Dismissal, 1 p.m. Faculty Meeting, 7:45 a.m. Site Council, 5 p.m. Thursday, Nov. 13 Jay Singers, 7:30 a.m. NCHS Fall Awards Assembly, 2:15 p.m. Vocal Concert at East Campus Auditorium, 7:30 p.m. Friday, Dec. 14 Faculty Meeting, 7:45 a.m. Artist of the Month, A.P. MCL Round Robin Wrestling Tournament at Phillipsburg, 3 p.m. Rotary Soup Supper, 4-7 p.m. C/JV/V BB vs. Phillipsburg,	4 p.m. Saturday, Dec. 15 Wrestling at Goodland Holid- ay Classic, 9 a.m. Wrestling at Cambridge, Neb. Invitational, 10 a.m. NQOT JV BB Tournament- Boys only, Stull Gym, 9 a.m. <b>NIHS</b> Tuesday, Dec. 11 BB vs. Hays M.S., 5 p.m. Wednesday, Dec. 12 MTSS Early Dismissal, 1 p.m. Thursday, Dec. 13 Vocal concert at East Campus, 7:30 p.m. Friday, Dec. 14 MCEL Principal’s Meeting at Stockton, 10 a.m. <b>EES</b> Thursdays, Dec. 13 Christmas Concert rehearsal at East Campus, 12:30 p.m. 3rd and 4th Grade Level Meeting, 3:40 p.m. Friday, Dec. 14 Christmas Concert rehearsal at East Campus, 8:30 a.m. <b>Northern Valley</b>	Monday, Dec. 10 KAY Secret Pal Week FFA Canned Food Drive all week Bus drivers meeting in Alme- na, 6:30 p.m. FFA Chapter meeting in the Ag Shop, 7 p.m. School Board meeting in the conference room in Almaena, 7:30 p.m. Tuesday, Dec. 11 K-6 Christmas Program in Al- mena, 7 p.m. 5th and 6th Grade rehearsal in Almena from 9:30-11 a.m. Wednesday, Dec. 12 HS Activity Period for Foren- sics Thursday, Dec. 13 5th Grade D.A.R.E. Gradu- ation at 11 a.m. at the Phillips- burg Pizza Hut JH BB vs. Golden Plains in Almena, 4 p.m. Friday, Dec. 14 KAY Secret Pal Party in the library, 7:45 a.m. HS BB vs Wheatland in Al- mena, 4:30 p.m.
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# STUDENTS OF THE MONTH

Norton Community High School  
Student of the Month  
For the Month of October  
Student : Samantha Gordon  
Parents : Traci and Brett Hil-  
debrand and Stan and Margie  
Gordon  
Grade : Senior  
Nominating Staff Member:  
Miss Tamra Cochran and Mrs.  
Heather Dubois  
Comment from nominating  
Staff Members:  
“Sami is always striving to do  
her best. She is conscientious  
and hard-working. She is re-  
spectful and worthy of this rec-  
ognition.” Miss Tamra Cochran  
“Sami demonstrates responsi-  
bility by turning in her assign-



ments on time. She is respectful  
of all her peers and her teach-  
ers, and she is invariably en-  
gaged and active in discussion  
and group assignments.” Mrs.  
Heather Dubois

Factoids about Samantha:  
Favorite Class : Advanced  
Math  
Favorite Drink : Mountain  
Dew  
Favorite Color : Purple or  
Blue  
Favorite Food : Anything that  
tasted good.  
Favorite Movie : The Last  
Song  
Favorite Saying : “Live every  
day like it’s your last.”  
Favorite Song : Marry Me by  
Train  
Favorite Hangout: Alex’s  
house.  
Personal Hero : My mommy  
(Traci Hildebrand)  
Future Plans : College, then I  
hope a job in engineering.

Student: Zach Combs  
Guardians: Ron and Deb An-  
derson  
Grade: Senior  
Nominating Staff Member:  
Mrs. Heather Dubois  
Comments from nominating  
staff member:  
“He is always engaged and  
happy to volunteer in class, and  
he is respectful of all his peers  
and his teachers.”  
Factoids about Zach Combs:  
Favorite Class : Vocal  
Favorite Drink : Chocolate



shake from DQ  
Favorite Color : Maroon  
Favorite Food : Pizza  
Favorite Movie : Inception  
Favorite Saying : “Why do we  
fall? So we can pick ourselves  
back up.”  
Favorite Song : Currently it is,  
I Won’t Give Up by Jason Mraz  
Favorite Hang out : Pizza Hut  
Personal Hero : Josh Stadler  
Future Plans : Attend North-  
west Tech for their Mobile App  
and Entertainment Program.

# SCHOOL MENU

<u>Norton Jr.-Sr. High Schools Menu</u> <b>Monday, Dec. 10</b> Breakfast-Hot cereal, fruit or juice or choice of assorted cereal, toast w/margarine and jelly, and milk. Lunch-Meatballs, whipped potatoes, rolls w/margarine, celery sticks and pineapple tidbits, or chef salad and milk. <b>Tuesday, Dec. 11</b> Breakfast-Breakfast tornado, fruit or juice or choice of assorted cereal, toast w/margarine and jelly, and milk. Lunch-Grilled chicken sandwich, lettuce and tomato, corn, grapes, or chef salad and milk. <b>Wednesday, Dec. 12</b> Breakfast-Donut twist, fruit or juice or choice of assorted cereal, toast w/margarine and jelly, and milk. Lunch-Twisted edge pizza, vegetable salad, peaches, Rice Krispie Treat, or chef salad and milk. <b>Thursday, Dec. 13</b> Breakfast-Scrambled eggs, bacon, fruit or juice or choice of assorted cereal, toast w/ margarine and jelly, and milk. Lunch-Ham slice, scalloped potatoes, green beans, apples, or chef salad and milk. <b>Friday, Dec. 14</b> Breakfast-Breakfastcasserole, fruit or juice or choice of assorted cereal, toast w/margarine and jelly, and milk. Lunch-Beef enchilada, lettuce and chopped tomato, Mandarin oranges, Snickerdoodle cookie, or chef salad and milk. <b>EES Menu</b> <b>Monday, Dec. 10</b>	Breakfast-Ice cold strawberries, bagel w/cream cheese, apple juice, milk, and toast with peanut butter. Lunch-Spaghetti,tossed salad, peaches, garlic bread and milk. <b>Tuesday, Dec. 11</b> Breakfast-Shipwreck, pineapple chunks, orange juice, milk, and toast with peanut butter. Lunch-Corn dog, sweet potato tots, baby carrots, fruit cocktail and milk. <b>Wednesday, Dec. 12</b> Breakfast-Banana spears, apple wedge, oatmeal muffin, grape juice, milk, and toast with peanut butter. Lunch-Scalloped chicken, corn, sweet heart pears, celery stick and milk. <b>Thursday, Dec. 13</b> Breakfast-Hot ham slice, hash brown patty, peaches, apple juice, milk, and toast with peanut butter. Lunch-Beef burrito, cheesy broccoli, rosy applesauce, tomato wedge and milk. <b>Friday, Dec. 14</b> Breakfast-Warm pumpkin bread, rosy applesauce, orange juice, milk, and toast with peanut butter. Lunch-Beef and noodles, whipped potatoes, green beans, orange half, cheese rolls and milk. <b>NVHS Menu</b> <b>Monday, Dec. 10</b> Breakfast-Crumb top muffin, ham, hash browns, strawberries, or assorted cold cereal. Lunch-Beef-n-noodles, mashed potatoes, hot roll, mixed vegetables and rosey applesauce.
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<b>Tuesday, Dec. 11</b> Breakfast-Waffles, scrambled eggs, sausage, banana slices, or assorted cold cereal. Lunch-Cheeseburger on a bun, ranch wedges, baked beans and peach half. <b>Wednesday, Dec. 12</b> Breakfast-Cinnamon-raisin biscuit, links, hash browns, fruit cup, or assorted cold cereal. Lunch-Ham, mashed potatoes, yams, relishes, salads, green beans, hot roll and cherry dessert. <b>Thursday, Dec. 13</b> Breakfast-Breakfast bucket, hash browns, apricots, or assorted cold cereal. Lunch-BBQ chicken sandwich, potatoes, buttered peas and frosted pear. <b>Friday, Dec. 14</b> Breakfast- Banana muffin, eggs, ham, orange juice, or assorted cold cereal. Lunch-Soft shell taco, tossed salad w/dressing, buttered spinach and apple crisp.
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# Hanging of the Green



Norton Junior High School’s KAYs “Hanging of the Green” was Monday evening in the cafeteria. Students paint posters with holiday greetings and hang them on the teachers doors throughout the school. (From left to right) Dustin Harting, Caitlyn Cox and Macayla Kent work together to paint their Christmas poster.

–Telegram photo by Mike Stephens

# Break the fast with breakfast

Power Breakfasts  
You have probably heard all  
of the studies about breakfast  
being the most important meal  
of the day for children - but did  
you ever think about it being as  
important for you, the parent or  
employee? Literally breakfast  
means “Break the Fast”. For  
most of us it has been at least  
eight and probably more like ten  
hours since we last ate and our  
body is in need of refueling.  
So what are those breakfast  
benefits?  
· Many people think that if  
they skip breakfast they can  
help their diet, or lose weight  
- but the opposite is probably  
true. Breakfast ups your me-  
tabolism, which helps you burn  
more calories during the day.  
Studies show that those of us  
who eat breakfast consume less  
calories during the day, and are  
better at getting the nutrients  
that we need for the day.  
· Numerous studies show that  
children who eat breakfast are  
less likely to be absent or late  
to school, and are less likely  
to have stomachaches or head-  
aches. Youth are able to concen-  
trate better, make fewer errors,  
and are more creative and work  
faster.  
· Other studies show that chil-  
dren who eat breakfast are more  
cooperative, get along better  
with others, cause less fights,  
and spend less time in the prin-

Home ed  
Tranda  
Watts,  
Extension  
specialist



icipal’s office for negative be-  
haviors.  
· Breakfast eaters tend to eat  
less fat during the day, and those  
who skip breakfast tend to have  
higher blood cholesterol levels.  
A high blood cholesterol level is  
linked with an increased risk for  
heart disease and other chronic  
health diseases.  
· At the Institute of Food  
Technologists conference earli-  
er this year studies were shared  
that show young people who  
don’t eat breakfast consume 40  
percent more sweets, 55 percent  
more soft drinks, 45 percent  
fewer vegetables and 30 percent  
less fruit than those who ate  
breakfast.  
To get your family off to a  
good start each morning make

every attempt to include three  
food groups - think dairy, grains,  
vegetables, fruits, or protein/  
meat. Breakfast is an easy place  
to get in a whole grain to improve  
your fiber consumption. There  
are many options of whole grain  
cereals and breads, as well as  
bagels, sandwich flats, English  
muffins, and pita style wraps  
from which to choose. Include a  
veggie or fruit, too - sliced fruits  
in your cereal or top of your  
cream cheese or peanut butter  
on a slice of toast are easy.  
Breakfast is important to our  
children and for us too - why  
wouldn’t we want to be more  
cooperative, get along better  
with our co-workers, concen-  
trate more and work faster - just  
like they do. Make it a priority  
by purchasing foods to make  
that morning race go smoother.  
Please feel free to contact  
your local K-State Research and  
Extension Office if you have  
questions, or you may contact  
Tranda Watts, Multi-County  
Extension Specialist - Food,  
Nutrition, Health and Safety at:  
twwatts@ksu.edu.

Join Us for our First

Mexican Dinner

Saturday, December 15

Norton Community Center

208 West Main, Norton, Kansas

FREE WILL OFFERING

Take Out Orders  
\$5.00 Per Plate

Twin Creeks Extension Office

Open House

Monday, December 10

10:00 a.m. - 2:00 p.m.

WE WOULD LIKE TO INVITE THE PUBLIC TO  
JOIN US AND INTRODUCE YOU TO OUR STAFF

– Refreshments Will Be Served –

107 S. State, Norton

General

Public Transportation Bus

Call 785-877-5352

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Bus is Available to the General Public  
and is Not Limited to Senior Citizens

First Come, First Serve — Wheelchair Accessible

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