

# A challenge of kindness is coming to Norton

Rachel Scott was the first person killed at Columbine High School on April 20, 1999.

Her father, Darrell Scott, spoke to a Congress House Judiciary Committee regarding issues of school violence. Shortly afterwards, he founded "Rachel's Challenge", a non-violence school program. Since its beginning, over 475,000 students have heard the Rachel's Challenge presentation and had the opportunity to accept the challenges, modeled after her life and writings. Her message is

one of kindness and compassion. Rachel's Challenge will be presented at Norton Community High School during a student assembly for sixth grade through twelfth grade at 9 a.m. in Stull Gymnasium. A student leadership training program will be held at 10:30 a.m. at Prairie Land and a free community event will be held at 7 p.m., again in Stull Gymnasium. To learn more about this effective school program visit the website at: [www.RachelsChallenge.com](http://www.RachelsChallenge.com).

## 4-H NEWS

### Cedar Ridge 4-H Club Centennial Activities

Last year marked the statewide Centennial and recognition of Kansas 4-H. Over the year the 4-H'ers of Norton County participated in a few special events and activities. Some of the activities Cedar Ridge 4-H Club participated in are:

- Cleaned up the city park
  - Volunteered at the county fair food stand
  - Picked up trash at the cemetery
  - Donated Kleenex to school
  - Set up a community Christmas tree
  - Donated coats and blankets to the Lions Club
  - Donated toys to the Lions Club
  - Donated food for God's Pantry
- Congratulations should be given to all the 4-H'ers for their hard work throughout the year.

### Junior high declares spelling champ

It came down to the ninth round before a winner was declared for the annual Norton Junior High School Spelling Bee. After correctly spelling *gubernatorial* then *dissident*, eighth grader Jade Braun was declared the junior high spelling champion. A total of 27 students had taken a written test as the first round to the spelling bee. The bee, held Jan. 31, pitted 10 pre-qualified finalists against each other in the oral round. Representing the seventh grade

were: Taylor Meder, Brae Bigge and Jordan Wahlmeier. Eighth grade contestants were: Melinda Becker, Katie Scott, Zach Porter, Morgan Baumann, Matt Carlton, Bill Broeckelman and Jade Braun. Placing second and third were Zach Porter and Melinda Becker qualifying them for the county bee. Morgan Baumann is the alternate in case one of them cannot compete. The Norton County Spelling Bee will be held in Almena on Feb. 14.



Judge Vicky Overley, Phillipsburg, quizzed Quentin Wentz, Prairie Dog 4-H Club, on his Level I Taco Soup at Saturday's 4-H Favorite Food Show. In the background, waiting his turn is Jace Ruder. — Telegram photo by Veronica Monier

## 4-H'ers make their best eats and treats

By KEITH P. VANSKIKE, County Extension Director

Norton County 4-H members were busy cooking up dishes and designing place settings, with the help of leaders and parents, for the annual 4-H Favorite Food Show Saturday. Judges consulted with 19 4-H'ers about meal preparation techniques and nutritional value of favorite foods, how the favorite food fits into a menu and the food guide pyramid, and the presentation of the food in a table setting. The judges were Vicky Overley of Phillipsburg, Carol Anderson of Beaver City and Mary Billips of

Hill City. The 4-H'ers selected table linens, place settings and centerpieces for their displays to represent a table setting for a meal or snack where their "favorite food" entree or dish would be served. Judges met with each 4-H'er to evaluate the table setting, the food product and nutritional information, and food safety issues about the entree or dish they prepared. Four outstanding ratings were given, one in each of the Foods and Nutrition Levels:

- Level I — Molly Maddy, Busy Jayhawkers 4-H Club, Hot Bacon Cheese Spread;
- Level II — Rebecca Wentz, Prairie Dog 4-H Club, Tadpole in A Hole;
- Level III — Morgan Baumann, Busy Jayhawkers 4-H Club, Sweet and Sour Chicken; and
- Level IV — Annette Becker, Busy Jayhawkers 4-H Club, Overnight Coffee Cake

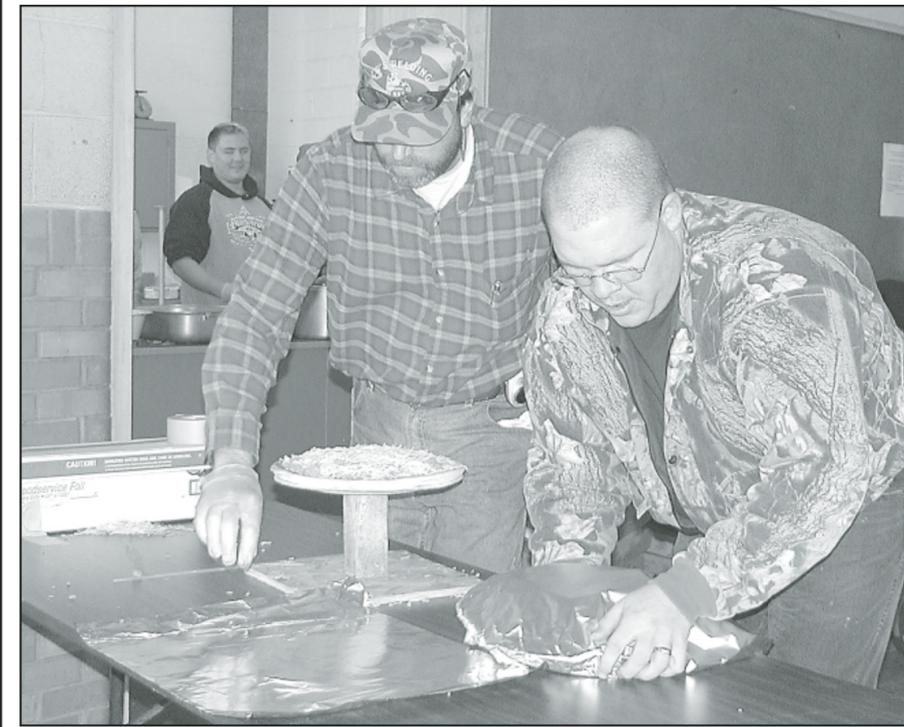
The following 4-H'ers also participated in this year's Favorite Food Show:

- Level I**
  - Purple Ribbons — Tyson Gill, Busy Beavers 4-H Club, Crunchy Chicken Fingers; Macy Kasson, Cedar Ridge 4-H Club, PB&J Cookie Sandwiches;
  - Blue Ribbons — Quentin Wentz, Prairie Dog 4-H Club, Taco Soup; Jace Ruder, Busy Beavers 4-H Club, Cheeseburger Soup;
  - Red Ribbons — Alyssia Bryant, Cedar Ridge 4-H Club, Eggnog; Jarrett Wentz, Busy Jayhawkers 4-H Club, Breakfast Pizza.
- Level II**
  - Purple Ribbons — Wyatt Wentz, Prairie Dog 4-H Club, Mexican Spaghetti Pie;
  - Blue Ribbons — Marisa Maddy, Busy Jayhawkers 4-H Club, Chicken Wild Rice Casserole.
- Level III**
  - Purple Ribbons — Carissa Wentz, Prairie Dog 4-H Club, Barbecued Country Ribs;
  - Blue Ribbons — Melinda Becker, Busy Jayhawkers 4-H Club, Taco Chili; Megan Wentz, Prairie Dog 4-H Club, Hershey's Gridiron Cake; Christopher

- Maddy, Busy Jayhawkers 4-H Club, White Chocolate Strawberry Mousse;
  - Red Ribbons — Anthony Wentz, Busy Jayhawkers 4-H Club, Blueberry Coffee Cake; Eric Becker, Busy Jayhawkers 4-H Club, German Cheese Potato Soup.
  - Level IV**
    - Purple Ribbon — Bryce Lofgreen, Busy Jayhawkers 4-H Club, Creamy Red Pepper Soup.
- Committee members in charge of planning were Elaine and Bryce Lofgreen; Mary Wentz; Ann Becker; Deena Wentz; Mary, Jamie and Lois Wentz; and Kim Kasson.

Over 60 people attended the Tasting Tables that were set up to allow the public to sample the 4-H'er's favorite foods. Gifts were awarded to all participants. The 4-H Favorite Food Show is sponsored as an event of the Norton County 4-H Events Council and K-State Research and Extension for those 4-H members enrolled in the Foods and Nutrition project.

### Raisin' some dough...



Carl Lyon, left, and Tad Hartzough, both volunteers with the Norcatour Fire Department, helped wrap and label hundreds of pizzas that were ordered for the firemen's annual pizza sale. Pizzas were delivered to Oberlin, Norton, Clayton and rural Norcatour by firemen and their wives. — Telegram photo by Carolyn Plotts

# FOURSTAR

— Bringing Back Decades of Hits —

*Featuring Songs by the Statler Brothers, John Denver, Alabama, George Jones and Other Contemporary Artists*

## Sunday, February 4, 2007

3:00 P.M. - (Program Approximately One Hour)

East Campus Auditorium — Norton, Kansas

*Rich Billinger, Wayne Billinger, John Braun and Galen Schmidtberger of FOURSTAR Enjoy Bringing these Classic Tunes to You in Four-Part Harmony*

SPONSORED BY:  
**NORTON COUNTY ARTS COUNCIL INC.**

Tickets: Adults: \$8.00; High School and Junior High: \$3.00;  
12 and Under: \$1.00; Reciprocity: \$4.00

ARTS COUNCIL MEMBERS FREE WITH MEMBERSHIP CARD

# SUPER SUNDAY Celebration

*See the Big Game on the Big Screen TV*

## Sunday, February 4

DOORS OPEN AT 4:30 P.M.

— SENIOR HIGH STUDENTS ONLY —

**Only \$5 for all the Fun Activities and Food**

**LOTS OF PRIZES WILL BE GIVEN AWAY ALSO**

**ALL NORTON COUNTY YOUTH ARE INVITED**

# THE ROCK

Northeast Corner of Intersection of Main and State  
NORTON, KANSAS  
CODY — 877-2871