



LaNae Dial put her heart into Jump Rope for Heart, earning \$300 for the heart disease awareness program. Students at Eisenhower Elementary spent two weeks jumping rope to earn the money they raised for the program. LaNae earned the most individually at Eisenhower. — Telegram photo by Veronica Monier

Students jump at chance to raise money

Eisenhower Elementary students raised \$8,450.30 to fight heart disease, the nation's No. 1 killer. About 130 third through sixth grade students participated in Jump Rope for Heart this year. They promoted cardiovascular fitness while raising money for the American heart Association.

This event was coordinated by Joan Bolt, Eisenhower's Physical Education and Health teacher. The aim was to educate the students on the benefits of regular exercise, volunteerism and to raise money for heart research and public education programs.

Mrs. Bolt said, "This event was a huge success. This disease and what it does has a close impact on so many of the students. They feel so good about making a difference and being part of the fight against heart disease. The students gave the event 100 percent. It's super when you see the students working toward a goal when it involves helping people. I feel it is important for students to have this experience involving volunteerism, goals setting and the community. Jump Rope for heart is a great opportunity to do these things."

Students collected from \$5 to

over \$200 each for this year's event. They will receive thank-you gifts from the American Heart Association for their efforts. The student who collected the most this year is sixth grader, LaNae Dial, \$301. She is the daughter of Travis and Sheila Dial.

Students who collected over \$150 are eligible for a Disney World Family Vacation drawing to be held sometime in July. Eligible students are: Neysa Carlson, Nicole Tacha, Jared Tallent, James Harshbarger, Alec Hauser-Melvin, Alex Riggins, Emily Schulze, Jared Bohl and LaNae.

Northern Valley forensics does well at Colby

By KEN THARMAN

Forensics — What is it all about anyway? Forensics is not just about students acting and memorizing lines. Forensics is about camaraderie, teamwork, and friendships. Students get together for competitions against themselves. They are up against other competitors at the event. But, they are out to better themselves. Each event offers its own set of obstacles and challenges. And each meet, they tackle them head on.

Thursday, March 15, the team traveled to Colby for a large meet. Those making the trip were, Ashley Kingham, Andrea Lowry, Melody Miller, Kelsey Kinderknecht, Travis Redeker, Kelli Cole, Amanda Hopkins, Jesi Zillinger, Michael Callaway, Christina Anderson, Ethan Hays, Samuel Field, Stanton Nelson, Jordan Herman, and Jessie Redeker.

There were 21 schools in attendance at the meet with over 266 entries to be judged. One of those judges was Gale Hays, Almena. He was kind enough to volunteer his time and energy to promote the fairness of the competition and provide moral support for the team.

Those students making it to the finals and their placings are: Jessie Redeker, 5th place, Informative; Kelsey Kinderknecht, 3rd place, Informative; Stanton Nelson, 1st place, Informative; Andrea Lowry, 5th place Humorous Solo; and Kelli Cole, 5th place, Serious Solo. If it were not for all of the students on the team, we would not have finished in sixth place. That is an awesome accomplishment

considering the level of competition.

At this particular meet, they have what is called the Open Mic competition. Students are allowed to sign up for a three minute comedy routine while the tabulation of the final scores is taking place. Jordan Herman decided to try his hand in this along with 10 other brave students. The goal is to keep the comedy clean and upbeat. Judges voted on all 11 competitors and placed them according to points on a 30 point basis. Before

the placings were announced, a tie had to be broken between Jordan and a young lady by crowd response. Jordan won the tie-breaker, hands down, with uproarious applause and whistling. As it turned out — He won the Open Mic competition. The tie breaker was for first and second. Northern Valley was well represented in the individual events as well as the stage. The next events will be League at Logan on March 28, Smith Center on March 29, and Phillipsburg on April 3.

Celebrate Spring!
DINE AND DANCE TO THE
BIG BAND SOUNDS OF THE
Steve Miller K.C. Band
Saturday, April 21, 2007

**Norton
American
Legion**

**DINNER-
6:30 p.m.
DANCE-
8:00 p.m.**

**Dinner/Dance
Non-Members-\$25;
Members-\$10;
Reciprocity-\$18**

Call
785-877-2501
or Mail Check to
NCAC,
PO Box 225,
Norton 67654

Dinner Reservations by April 6

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

Future leaders graduate from Leadership Norton County class

By KEITH VANSKIKE,
County Extension Director

The fifth class in the Leadership Norton County program held their graduation program on March 14.

The 2007 Leadership Norton Class concluded their program with the culmination of a seven-month educational program starting last October.

The class members are Donna Foley, Darla Ellis, Patty Rowh, Janis Monier, Kelli Perez, Laura Brooks, Kelly Hill, Wade Carter, Mike Haresnape and Marvin Matchett.

The class members took part in educational and informational sessions related to Norton County issues, public policy, facilities, services and government. The goal of the Leadership program is to help establish a network of current and potential leaders to provide well informed men and women for fu-

ture leadership positions. Class members were introduced to goal setting, conflict management, parliamentary procedure, leadership development, trust building, personality evaluation and gave a personal presentation to other class members. They also attended a field trip to the State Capitol and Topeka.

During the Topeka trip, participants toured the Kansas Bureau of Investigation, Department of Education, Judicial Center and met with John Federico at the Kansas Leadership program and also the Department of Commerce and Bureau of Waste Management and attended State Senate and House Sessions at the Capitol.

The Leadership program is coordinated and facilitated by the Norton Area Chamber of Commerce and the K-State Research and Extension and Norton County

Extension Service. Corporate and public sponsorship has been provided by City of Norton, Norton County Board of Commissioners, Norton Area Chamber, Sebelius Foundation, Don's Floor Covering, The Bank, Valley Hope, Almena State Bank, Rural Telephone, New Age, First State Bank, Natoma Corporation, KQNK Radio and Edward Jones Investments.

Lynn Doeden, chief executive officer at Decatur Health Systems, was the guest speaker at the program and Elaine Mann, Charter Steering Committee member, helped to congratulate the graduates with their certificates.

For more information about Leadership Norton County, contact the Norton Area Chamber or the K-State Norton County Extension Service.

Brown Sugar — Oh, So Good

Brown sugar is a staple ingredient in many kitchens. It is used in cookies, cakes and pastries to add a caramel, spicy flavor as well as moisture. It is also used in baked beans, minced meat and plum pudding.

The difference? Brown sugar contains molasses. Originally, brown sugar was made from semi-refined sugar that contained natural molasses. Now, white sugar is blended with molasses in different amounts and types. This determines the grade of brown sugar. The grades range from 6, 8, 10, and 13. Higher grades have darker color and stronger flavor.

When measuring brown sugar, always pack it firmly into the measuring cup. Not packing will result in too much air in the sugar

Home ed
Tranda Watts,
Extension
specialist



container for several hours. Heating brown sugar in the microwave 15 to 20 seconds can also soften brown sugar. You will want to use it quickly, however. As the brown sugar cools it will begin to dry out again and return to a less desirable, hard and dry texture.

If you have food preparation related questions, feel free to contact your local K-State Research and Extension Office.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Norton, Decatur, Gove, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail twatts@oznet.ksu.edu. For more information, contact the county extension office, 877-5755.

301 West Holme Street
**NORTON,
KS 67654**

Sander
and Gifts Furniture

MAKING FURNITURE BUYING FUN!

10-20% OFF
EVERYTHING

storewide
REDUCTIONS

THURSDAY THROUGH SATURDAY

March 22-24

Extended
Store Hours-
**NORTON
ONLY!**

Thursday and Friday,
9:00 a.m.-8:00 p.m.
Saturday,
9:00 a.m.-6:00 p.m.

OTHER STORE LOCATIONS:

1809 East 4th Street
North Platte, NE 69101

1001 Lake Avenue
Gothenburg, NE 69138