



Fall sports scrimmages on this week's agenda

By DICK BOYD

nortontelegram@nwkansas.com

The fall 2008 sports season at Norton Community High School will officially begin with food drive scrimmages on Friday and Saturday.

Admission to tennis, cross country, volleyball and football activities is a canned good, non-perishable food item, laundry or dish soap or deodorant for the non-profit God's Pantry in Norton.

"In recent years, we've added laundry soap, dish soap, deodorant and even diapers to the list of items we accept as donations because we thought these things are about as important to a family as food," said Elaine Mann, chairman of the food pantry.

"The Pantry is utilized by the entire county and supported generously by the area churches and citizens. Some people give very generously on a regular basis but we need everything at this time. We are purchasing everything so this will be a welcome time for donations.

"We have a deep freeze and refrigerator so people can give frozen or refrigerated items.

"Nine families visited the Pantry last Sunday and we average five families every week."

The God's Pantry, which adjoins the Trinity Episcopal Church in Norton, is open each Sunday at 3 p.m. and remains open as long as needed. It can also be opened by appointment in emergencies by calling Elaine at 877-2019 or Connie Johnson, treasurer, at 877-2039.

Michael Woodyard is also instrumental in the operation of God's Pantry.

"The success of the Pantry tells the story about the goodness of the people of Norton County," said Elaine. "They genuinely care about other people.

"When people thank us for donations from the Pantry, we tell them that we are doing the dispersal but it's the people of the county who should be thanked. So, thanks to the people of the county on behalf of those who receive help.

"We receive checks in the mail, donations from churches or even anonymous bags of groceries left on our doorstep. It warms your heart to see everyone giving so generously. It is people taking care of people and Norton County people have really stepped up to meet the need of those less fortunate."

Elaine stated that God's Pantry has served 138 families so far this year compared to 132 as of this time last year.

"Connie and Michael do all the shopping for groceries and they are conscious of purchasing sale items," she said.

Elaine also said that she or Connie are available to show groups the pantry in the evening. They also welcome clubs considering the pantry as a program and a tour of the facility could be part of the program.

Boxes for donated items will be placed at entrances for the scrimmages on Friday and Saturday.

"Many thanks to everyone for



Football practice is going full speed ahead in Norton. The high school will have their first football game on Sept. 5 at 7

p.m. at Travis Field. They will be playing Phillipsburg. —Telegram photo by Brandy Leroux

supporting our teams and also for your support of God's Pantry," said Norton Community High School Athletic Director Jeff Wallingford.

CROSS COUNTRY

Fans will get their first look at Norton's cross country team at 3:30 p.m. Friday at the Swimming Pool Park.

You are invited to meet the team members and take photos.

TENNIS

Everyone is invited to meet the high school tennis team at 4 p.m. Friday at the tennis courts in the Swimming Pool Park.

After fans have taken pictures, everyone is invited to stay for team matches.

VOLLEYBALL

See and meet members of the

volleyball team on Friday in the high school gym.

You may take pictures of your favorite players, beginning at 4:30 p.m.

The scrimmage will begin at 6 p.m.

FOOTBALL

Fans may take pictures of the football team, beginning at 8 a.m. Saturday at Travis Field.

The scrimmage will begin at

8:30 a.m.

Fans of the Norton Junior High football team will want to be present at 8 a.m. at Travis Field for a scrimmage while pictures are being taken of the high school players.

In addition to the seventh and eighth-grade scrimmage, an eighth and ninth-grade scrimmage is scheduled for later in the morning.

Hey, kids, don't knock school's food

School lunches provide the calories needed to sustain a child's energy through the day, yet parents may have difficulty deciding whether to pack a lunch for their child or rely on local school food service programs.

The U. S. Department of Agriculture's National School Lunch Program typically provides low-cost - or, for those who qualify, free - lunches to students in more than 100,000 public and nonprofit private schools annually.

The bargain-priced lunch program serves more than 28 million lunches on a typical school day and also is considered among the safest of food providers.

Meal costs for Kansas students have increased slightly this year and are typically up from 10 to 25 cents per meal, though prices vary from one school district to another. The cost for school breakfasts also has increased, but is typically only about a dime more than last year.

Packing a lunch at home may — or may not — be less expensive than buying a meal at school. Try pricing foods needed to prepare a lunch: bread, roll or tortilla (for a wrap); sandwich fillings and condiments (such as mustard); fresh, canned or frozen fruits and vegetables, crackers or chips, yogurt or other dessert and beverage, such as juice or milk, and a lunch box or bag and food storage containers.

Choosing reusable food storage containers and buying frequently-used foods in bulk and re-packing them as single servings can help trim the costs of packing a lunch.

Add in the cost of the time that will be spent (15 to 30 minutes per day) preparing the lunches. Costs for planning and preparing a lunch at home can yield a savings, but often are comparable to the cost of a purchased meal.

While packing a lunch may cater to a picky eater, participating in school food programs often is credited with helping children grow in their knowledge about food, nutrition and health, while also deriving health benefits from eating a greater variety of foods.

Participating in school food service programs can reduce food safety concerns. Parents should be encouraged to ask what time their child's class is scheduled to eat lunch and how — and where — packed lunches are stored prior to meal time.

If a child is picked up on the

school bus route at 7:15 a.m., but not scheduled for lunch until 12:30 p.m., some method of keeping a meal cold prior to lunch time is needed to maintain food safety and quality.

If you have further questions, please feel free to contact your local K-State Research and Extension Office of e-mail twatts@oznet.ksu.edu.

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7:00 — Bob Myers, Introductions
7:10 — Josh Faulk, Ridley Block, Grazing Management
7:30 — Brent Bryant, Hoop Beef Systems, Bringing Cattle Feeding Back to the Family Farm
8:10 — Troy Applehans, Cattle Fax Cattle Markets and Trends

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