

# SCHOOL CALENDAR

## NCHS

**Monday, Sept. 26**  
Drama Club Meeting, A.P.  
JV Football at Oberlin, 5:30 p.m.

Fall play rehearsals begin

**Tuesday, Sept. 27**  
Jay Singers, 7:30 a.m.

Senior cap, gown and announcements presentation, A.P.  
JV/Varsity Volleyball at Colby with Atwood, 4:30 p.m.

Tennis at Colby, 3 p.m.  
Cross Country at Oberlin, 5 p.m.

**Wednesday, Sept. 28**

B.A.S.S. Meetings  
FFA Regional Land Judging at Russell, 9 a.m.

**Thursday, Sept. 29**

Jay Singers, 7:30 a.m.  
School photos: JH Gym, 8:30 a.m.

NCKSEC Principal's Meeting, 9 a.m.  
JV/VB Quad at Hays, 4 p.m.

**Friday, Sept. 30**

Spanish Spelling Bee, A.P.  
Varsity football at Smith Center, 7 p.m.

**Saturday, Oct. 1**

JV/V Volleyball at Oberlin Tournament, 9 a.m.  
JV Tennis at Colby, 9 a.m.  
MCL Tennis at Trego, 9 a.m.

## NJHS

**Monday, Sept. 26**  
7th football vs. Phillipsburg, 4:30 p.m.

**Thursday, Sept. 29**  
School photos: JH Gym, 8:30 a.m.

VB/FB vs. Plainville, 4:30

p.m./6 p.m.

## EES

**Monday, Sept. 26**  
Girls basketball begins, 3:45 p.m.

**Tuesday, Sept. 27**  
Health screens, 8:30 a.m.

**Wednesday, Sept. 28**  
S.I.T. Meeting, 7:30 a.m.  
School photos: Cafeteria, 8:30 a.m.

Staff meeting, 3:40 p.m.

## Northern Valley

**Monday, Sept. 26**

School pictures, 8 a.m.  
Yearbook Ad sales in Long Island and Almena, 12:45-3:45 p.m.

Dance practice, TBD

**Tuesday, Sept. 27**  
Jostens rep. w/sophomores/seniors, 10:30 a.m.

HS VB vs. Southern Valley and Franklin at Almena, 4 p.m.  
HS CC at Oberlin, 5 p.m.

**Wednesday, Sept. 28**

Cheerleading, 7:30 a.m.  
PK-12 Dental Screenings  
HS activity period, KAY

**Thursday, Sept. 29**

HS Science class field trip to Harlan Reservoir, 8:15 a.m.-2:45 p.m.

Dance practice, TBD  
Jr. High VB and FB vs. Osborne at Logan, 3 p.m./6 p.m.

**Friday, Sept. 30**

Norton County Health Department at Northern Valley for flu shots, 9:45 a.m.

HS VB at Palco, 7 p.m.

**Saturday, Oct. 1**

HS VB tournament at Ellis, 8:30 a.m.

Recently when preparing to teach a class of high school students to check the block (or in this case - check the Nutrition Facts label) on all products they purchase, the fact that there is a huge difference in nutritional content of similar products hit home again.

Here is an example. Granola bars are all over the board when it comes to sugar content and overall nutrition.

Don't reach for any granola bar (or breakfast bars, or energy bars, or protein bars, any type of similar snack bars) and assume they will be the same. Like other packaged foods, "check the block" or read the label so you know what you're getting.

To make the best choices and keep things simple, focus on just a few items on the Nutrition Facts label when buying any product: calories, fat, fiber, sugar, sodium and calcium.

- Calories. Take just a quick look at the Nutrition Facts and you'll see that calorie counts vary widely on snack bars and many other products. Some (snack bars in this instance) have fewer than 100 calories (though they tend to be smaller than others on the shelf - just compare the weight of the bar, listed next to the serving size). Some specialty or gourmet bars have 300 calories or more - as much as a small meal.

- Fat. Look in particular at saturated fat and trans fat - the lower the amounts, the better. Total fat often ranges from 2 to 4 grams, although bars packed full of almonds or other nuts generally have more total fat,

## Home ed Tranda Watts, Extension specialist



along with a good supply of healthier polyunsaturated and monounsaturated fats.

- Fiber. Fiber ranges wildly in breakfast bars. Some have just 1 gram of fiber; others might have 9 or 10 grams. Most Americans don't get nearly the 21 to 36 grams of fiber they should consume every day (the exact amount recommended for you depends on your recommended calorie intake). In any case, a high-fiber snack bar obviously would be a better choice.

- Sugars. Again, sugar content varies widely. Some bars have less than 6 grams of sugar; others have more than 12. Most Americans get too much added sugar; choose a bar with less rather than more.

- Sodium. Sodium found in table salt and other places is also another ingredient that most Americans consume in too large quantities. On the Nutrition Facts label, check the column labeled "DV." "DV" tells you what percentage of a nutrient's daily value that your body needs can be gotten by eating one serving of the product you are buying. Look for a low value or 5 percent or

near that amount. 20 percent is considered high.

- Calcium. On the other hand, calcium is a mineral that most female Americans get too little of; however, men should be concerned as well. Since we get too little of calcium, consumers need to look for a DV of calcium which is 20 percent or near that amount. Remember 20 percent is high and 5 percent is low.

Taking a good look at the ingredients listing also can help you choose a better product. Ingredients are listed according to weight, with those weighing the most listed first. So, avoid products with sugar (or high fructose corn syrup, brown rice syrup, maltol or other types of sweetener) listed near the top. Look instead for whole grains, such as oats, nuts, or peanut butter near the top of the ingredients list.

If you have food and nutrition related questions, please feel free to contact your local K-State Research and Extension District Office or you may contact Tranda Watts at [twatts@ksu.edu](mailto:twatts@ksu.edu).

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# SCHOOL MENU

## Norton JH-HS Menu

**Monday, Sept. 26**  
Breakfast: Donut twist, fruit or juice; or assorted cereal, toast and jelly, milk

Lunch: Chicken nuggets, french fries, carrots, Mandarin oranges, french bread; or chef salad, milk

**Tuesday, Sept. 27**  
Breakfast: Sliced ham, hash brown patty, fruit or juice; or assorted cereal, toast and jelly, milk

Lunch: Hamburger w/cheese, lettuce and tomato, corn, chocolate pudding; or chef salad, milk

**Wednesday, Sept. 28**  
Breakfast: Pancake w/syrup, sausage link, fruit or juice; or assorted cereal, toast and jelly, milk

Lunch: Taco, lettuce, chopped tomato and shredded cheese, french bread, pears, chocolate chip cookie; or chef salad, milk

**Thursday, Sept. 29**  
Breakfast: French toast stix w/ syrup, fruit or juice; or assorted cereal, toast and jelly, milk

Lunch: Cheese pizza, combo salad, Mandarin oranges, S'more snack treat; or chef salad, milk

**Friday, Sept. 30**  
Breakfast: Monkey bread, fruit or juice; or assorted cereal, toast and jelly, milk

Lunch: Silvered ham sandwich, cheese slice, peas, coleslaw w/carrots, pasta salad; or chef salad, milk

## Eisenhower Menu

**Monday, Sept. 26**  
Breakfast: Monkey bread, grape juice, milk

Lunch: Taco crunch, corn, tossed salad, chocolate cake, milk

**Tuesday, Sept. 27**  
Breakfast: Sausage gravy, biscuit, grape juice, milk

Lunch: Ham and cheese/bun, pepper strips, pork and beans, pears, milk

**Wednesday, Sept. 28**

Breakfast: Banana bread, peaches, milk, orange juice

Lunch: Chicken supreme, green beans, baby carrots, fruit basket upset, milk

**Thursday, Sept. 29**  
Breakfast: Sausage patty/biscuit, apple juice, milk

Lunch: Ham and beans, celery stick, cornbread, applesauce jello, cookie, milk

**Friday, Sept. 30**  
Breakfast: French toast/syrup, pears, milk, orange juice

Lunch: BBQ beef/bun, warm peas, french fries, orange half, milk

## Northern Valley Menu

**Monday, Sept. 26**  
Breakfast: Oatmeal w/toppings, toast, scrambled eggs, grape juice, or assorted cold cereal

Lunch: Chicken-n-noodles, mashed potatoes, hot roll, buttered green beans, Rosey Apple-sauce

**Tuesday, Sept. 27**  
Breakfast: Breakfast bucket, hashbrowns, cantaloupe, or assorted cold cereal

Lunch: Italian dunkers, french fries, buttered beets, applesauce cake

**Wednesday, Sept. 28**  
Breakfast: Breakfast burrito, hashbrowns, peaches, or assorted cold cereal

Lunch: Tamale pie, tossed salad w/dressing, buttered corn, chocolate cake

**Thursday, Sept. 29**  
Breakfast: Egg muffin, ham, hashbrowns, pineapple, or assorted cold cereal

Lunch: Salisbury steak, mashed potatoes, hot roll, buttered peas and carrots, tapioca pudding

**Friday, Sept. 30**  
Breakfast: Ham-n-cheese bagel, eggs, apple slices, or assorted cold cereal

Lunch: Chicken patty on a bun, mashed potatoes, buttered peas, lemon pie

# ACCIDENT REPORT

On Sept. 10, 2006 Ford Fusion was east bound on U.S. Highway 36 when a deer came out of the south ditch on to the roadway. The driver was unable to avoid hitting the deer and caused damage to the vehicle

On Sept. 10, a 1996 Kenworth diesel truck was traveling west bound on U.S. Highway 36 when a deer came out of the north ditch, and the driver was unable to avoid striking the deer, causing damage to the vehicle.

On Sept. 15, a school bus traveling east bound on Highway 9 struck a deer when it came onto the roadway from the north ditch. There was only one passenger on board and no injuries were reported.

On Sept. 15, a red 1996 Nissan was traveling east bound on Highway 9 when a deer entered the roadway from the north ditch. The driver was unable to avoid hitting the deer, causing damage to the vehicle.