

# Contest to focus on Constitution

Students can win up to \$1,000 in National Essay Competition focused on the Constitution

The deadline for high school students and their teachers to submit essays for the Bill of Rights Institute's national Being an American Essay Contest is fast approaching. The Contest asks students to explore the Founding principles outlined in the Constitution by answering the question: "How does the Constitution establish and maintain a culture of liberty?"

The contest, which has quickly become the largest high school essay competition of its kind, totaling over 80,000 submitted essays, is administered by the Bill of Rights Institute, a non-profit educational organization in the Washington, D.C. area devoted to educating young people about the Constitution and Founding principles.

It gives students the opportunity to think about the important Founding principles communicated in our Constitution," said Dr. Jason Ross, Bill of Rights Institute Vice President of Education Programs. "This contest is vital to helping students see the Founding principles as a meaningful part of the American experiment of self-government."

The top three student winners from each of five geographical regions will be awarded cash prizes of \$1,000 (First Place), \$500 (Second Place), and \$250 (Third Place). Teacher sponsors of each student winner will also receive a cash prize of \$100.

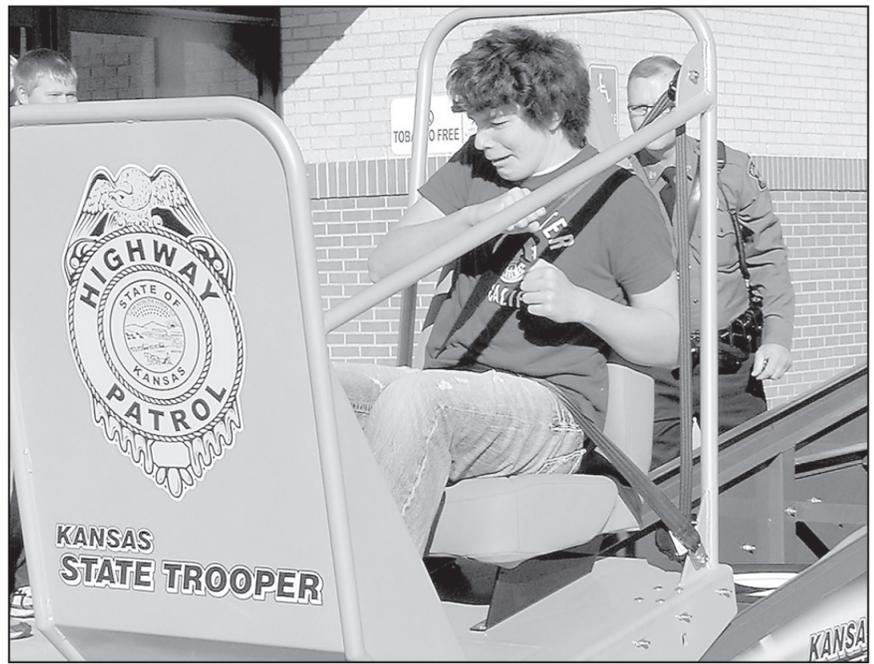
Essays must be submitted online at [www.BillofRightsInstitute.org/Contest](http://www.BillofRightsInstitute.org/Contest) by 11:59 P.M. on Dec. 15. Supporting contest materials, including lesson plans meeting Common Core standards, are provided at no

cost to teachers who want to incorporate the Essay Contest into their classroom.

The Contest is sponsored by the History Channel. "We are pleased to support the Bill of Rights Institute's Being an American Essay Contest," said Dr. Libby O'Connell, Corporate Outreach and Chief Historian, History Channel. "The contest encourages students to think critically and truly makes the past relevant in their lives today."

The Essay Contest serves as a key part of the Bill of Rights Institute's mission to educate young people about the words and ideas of America's Founders, the liberties guaranteed in our Founding documents, and how our Founding principles continue to affect and shape a free society.

# Crash test



The Norton Community School District's Wellness Curriculum Committee held a Junior/Senior High Wellness Fair at the Stull Gymnasium Thursday. There were 10 stations for students to experience as they moved through the fair. Some of the stations included a drunk driving simulation, yoga, nutrition information, agility and strength assessment, health assessment, CPR education, self-defense, sport drink education, crash simulator and a Wii Fit games. Several local organizations and agencies contributed to the event to help make the Wellness Fair a success. (Above) Noah Johnson rides a Kansas State Patrol crash simulator at the Wellness Fair, which shows students the impact of a five mile-per-hour crash and the importance of seat belts.

-Telegram photo by Carleen Bell

# PUBLIC RECORD

## Municipal Court

These transactions were taken from the records of filings in the offices of the Norton Municipal Court. These cases were given to the paper with the date of the hearings.

### Nov. 3

Oct. 26-Jacob Morgan, Hays; Charge: Speeding 45 in 35; Plea: No contest; Found: Guilty; Sentence: Fine \$30, costs \$76, total \$106.

Nov. 2-Matt Travnichak, Rosalia; Charge: Transport open container; Plea: No contest; Found: Guilty; Sentence: Fine \$250, costs \$76, total \$326.

Aug. 27-Cassie Walker, Norton; Charge: 1. Public consumption 2. Furnish alcohol to a minor; Plea: Not guilty; Other action: Trial; Found: Guilty at trial; Sentence: 1. \$100 2. \$200, costs \$76, total \$376.

Oct. 6-Cody Armbrister, Norcatur; Charge: 1. Driving on roadway laned for traffic 2. Inattentive driving; Plea: No contest; Found: Guilty;

Sentence: 1. \$60 2. \$100, costs \$76, total \$236.

Oct. 17-Kim Naden, Franklin, Neb.; Charge: Speeding 30 in 20 school zone; Plea: Guilty; Found: Guilty; Sentence: Fine \$100 school zone, costs \$76, total \$176.

Aug. 27-Kaenon Keiswetter, Norton; MIP-alcohol; Other action: Diversion; Sentence: 6 month diversion, assessment \$100, diversion fee \$100, 6 month probation, costs \$76, total \$276.

Oct. 21-Tarra Oswald, Norton; Charge: 1. No insurance 2. Basic speed; Other action: 1. Dismissed/proof 2. Guilty; Sentence: 2. Fine \$30, costs \$76, total \$106.

Oct. 16-Jose Mejia, Columbus, Neb.; Charge: Speeding 39 in 30; Plea: No contest; Found: Guilty; Sentence: Fine \$30, costs \$76, total \$106.

Oct. 25-Teresa Montoia, Norton; Charge: Vehicles approaching or entering intersection; Plea: No contest; Found: Guilty; Sentence: Fine \$60, costs \$76, total \$136.

## District Court

These transactions were taken from the records of filings in the offices of the District Court clerk at the Norton County Courthouse. Traffic and Wildlife and Parks cases are given to the paper when the fines are paid.

### Nov. 3

Oct. 9-Michael Hull Correia, Kamloops, B.C.; Charge: Parking, standing, or stopping in prohibited area; Found: Guilty; Fine: \$143.

Nov. 3-Grant Blair Gellatly, Lenora; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

Oct. 20-Christian P. Hadley, Jennings; Charge: Speeding 77 in 65; Found: Guilty; Fine: \$155.

Oct. 6-Shannon Scott Jewell, Hill City; Charge: Speeding 79 in 65; Found: Guilty; Fine: \$167.

Oct. 15-Courtney Danielle Lawellin, Lenora; Charge: Speeding 83 in 65; Found: Guilty; Fine: \$191.

# SCHOOL CALENDAR

## NCHS

- Monday, Nov. 14**  
Winter sports practices begin  
Post Prom Committee meeting; cafeteria, 5:15 p.m.
- Tuesday, Nov. 15**  
Jay Singers, 7:30 a.m.  
MCL meeting at Plainville, 10 a.m.
- Wednesday, Nov. 16**  
PLAN Test: Sophomores  
GWAC informational meeting at Scott City, 10 a.m.  
SAC meeting, A.P.  
Turkey skit practice, A.P.
- Thursday, Nov. 17**  
Jay Singers, 7:30 a.m.  
KAYS meeting, A.P.
- Friday, Nov. 18**  
Faculty meeting, 7:45 a.m.  
Artist of the Month, A.P.

- Student focus group, A.P.
- NJHS**
- Monday, Nov. 14**  
KAY Board, A.P.
- Tuesday, Nov. 15**  
Basketball vs. Phillipsburg, 5:30 p.m.
- Wednesday, Nov. 16**  
8th Grade Explore Test Prep, A.P.
- Thursday, Nov. 17**  
8th Grade Explore Test, 8:30 a.m.  
Basketball vs. Osborne, 5 p.m.
- Friday, Nov. 18**  
8th Grade History to Topeka; Tour State History Museum
- EES**
- Monday, Nov. 14**  
Thinking Cap Quiz Bowl-

- Grade 5, 3 p.m.
- Wednesday, Nov. 16**  
S.I.T. Meeting, 7:30 a.m.  
Thinking Cap Quiz Bowl-
- Grade 6, 3 p.m.
- Thursday, Nov. 17**  
5 and 6 Grade level meeting, 3:40 p.m.
- Northern Valley**
- Monday, Nov. 14**  
HS MAP testing: 1st period 9th grade, 2nd period 10th grade, 3rd period 11th grade  
First day of HS BB practice, 3:45 p.m.  
JH BB vs Hoxie at Alma, 4 p.m.  
Bus drivers meeting at Alma, 7:30 p.m.
- Tuesday, Nov. 15**  
ASVAB test for all Juniors,

- 8:15 a.m.
- HS MAP testing: 1st period 10th grade, 2nd period 9th grade, 9th period 11th grade  
Washburn University representative in the conference room, 3:15 p.m.  
JH BB at Stockton, 5 p.m.
- Wednesday, Nov. 16**  
Media Day for BB pictures, starting in Long Island at 3 p.m., then in Alma at 3:45 p.m.
- Thursday, Nov. 17**  
Lifetouch picture re-takes, 8 a.m.  
FFA Agronomy and Horticulture contest at Ellis, 4 p.m.
- Friday, Nov. 18**  
2nd Grade Native American Play in the GS Gym, 2:50 p.m.

# SCHOOL MENU

## Norton Jr.-Sr. High Schools Menu

- Monday, Nov. 14**  
Breakfast-Long John, fruit or juice, or choice of assorted cereal, toast and jelly, and milk.  
Lunch-Chicken enchilada, lettuce and chopped tomato, french bread, Mandarin oranges, or chef salad, and milk.
- Tuesday, Nov. 15**  
Breakfast-Breakfast pocket, fruit or juice, or choice of assorted cereal, toast and jelly, and milk.  
Lunch-BBQ meatballs, whipped potatoes, rolls, carrots, pineapple chunks, or chef salad, and milk.
- Wednesday, Nov. 16**  
Breakfast-Yogurt, bagel w/ cream cheese, fruit or juice, or choice of assorted cereal, toast and jelly, and milk.  
Lunch-Beef burrito, lettuce and chopped tomato, peaches, chocolate cookies, or chef salad, and milk.
- Thursday, Nov. 17**  
Breakfast-Chocolate banana bread, fruit or juice, or choice of assorted cereal, toast and jelly, and milk.  
Lunch-Chicken wrap, onions and green peppers, lettuce,

- chopped tomato and shredded cheese, french bread, fruit cup, peanut butter cookies, or chef salad and milk.
- Friday, Nov. 18**  
Breakfast-Hard boiled egg, sausage link, fruit or juice, or choice of assorted cereal, toast and jelly, and milk.  
Lunch-Turkey, whipped potatoes and turkey gravy, rolls, corn, pumpkin pie, NO CHEF SALAD, and milk.
- EES Menu**
- Monday, Nov. 14**  
Breakfast-Breakfast burrito, apple juice, and milk.  
Lunch-Macaroni and cheese, little smokies, mixed veggies, rosy applesauce, french bread, and milk.
- Tuesday, Nov. 15**  
Breakfast-Applesauce muffins, peaches, grape juice, and milk.  
Lunch-Potato boats, baked beans, fruit cocktail, whole wheat roll, and milk.
- Wednesday, Nov. 16**  
Breakfast-Warm pumpkin bread, rosy applesauce, orange juice, and milk.  
Lunch-Sloppy Joe, homemade bun, corn, tater tots, kiwi, and milk.

- Thursday, Nov. 17**  
Breakfast-Canadian bacon and cheese biscuit, apple juice, and milk.  
Lunch-Peanut butter honey sandwich, cottage cheese, warm peas, celery stick, Mandarin oranges, and milk.
- Friday, Nov. 18**  
Breakfast-Golden waffles, warm maple syrup, fruit cocktail, grape juice, and milk.  
Lunch-Turkey, dressing, whipped potatoes, gravy, green beans, apple rings, pumpkin custard, french bread, and milk.
- Northern Valley Menu**
- Monday, Nov. 14**  
Breakfast-Scrambled eggs, sausage, toast, hashbrowns, grape juice, or assorted cold cereal.  
Lunch-Sierra chicken, tossed salad w/dressing, buttered broccoli, and spice cake.
- Tuesday, Nov. 15**  
Breakfast-Sausage in a blanket, hashbrowns, oranges, or assorted cold cereal.  
Lunch-Sloppy Joe's on a bun, french fries, buttered mixed vegetables, and peach half.
- Wednesday, Nov. 16**  
Breakfast-Cherry muffin, ham slice, eggs, fruit punch, or

- assorted cold cereal.  
Lunch-Turkey, dressing, mashed potatoes, yams, peas, relishes, salad, hot roll, and pumpkin dessert.
- Thursday, Nov. 17**  
Breakfast-Sausage and egg biscuit, hashbrowns, apples, or assorted cold cereal.  
Lunch-Pizza roll, tossed salad w/dressing, buttered carrots, and frosted pear.
- Friday, Nov. 18**  
Breakfast-Streusel top muffin, eggs, ham, orange juice, or assorted cold cereal.  
Lunch-Cavatini, tossed salad w/dressing, buttered cauliflower, bread sticks, and tapioca pudding.

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# Why you need to refrigerate pumpkin pie

Home ed  
Tranda  
Watts,  
Extension  
specialist



Pumpkin pie is not the only type of pie that should be refrigerated. All other custard type pies should be refrigerated after they've cooled to keep them safe as well. Meringue pies require refrigeration also because they have higher concentrations of eggs and dairy products that make them perishable. While they are baked, they are still considered perishable. Of course any type of chiffon pie should be refrigerated. Fruit pies are fine at room temperature because of the high sugar and acid from the fruit.

Grocers display pumpkin pies on store shelves without refrigeration, yet cooks who make pumpkin pies at home are instructed to refrigerate the perennial fall favorites.

The difference in recommendations is due to the formulation of the pie recipes. A traditional, homemade pumpkin pie, which typically is prepared with eggs and milk, has a high moisture content that, if stored at room temperature, will attract bacterial growth. Recipes for commercial pumpkin pies are formulated with shelf-stable ingredients, including preservatives and antimicrobials that discourage bacterial growth.

More information about food and food safety is available at your local K-State Research and Extension District Offices throughout the state or you may contact Tranda Watts by using the following e-mail address: [twatts@ksu.edu](mailto:twatts@ksu.edu).

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