

Safety first



Removing a safety hazard from the side of the street, Norton city employees spent Wednesday cutting and removing a tree from the corner of Wilberforce Street and Norton Avenue. The tree was dead and needed to be removed so it didn't fall on any homes or into the street. Pictured are city employees Brian Hickman and Dan Sisk.
—Telegram photo by Carlleen Bell

HONOR ROLL

Northern Valley High School 2011–2012 2nd Nine Weeks Honor Roll Highest FRESHMEN Macy Kasson Tea VanPatten SOPHOMORES Hunter Chandler Ian Vincent JUNIORS SENIORS Ashley Constable Daniel Field Gunnar Hays Kenzi Husted Honors I FRESHMEN	Ame Baird Brant Cox SOPHOMORES DaKota Hilburn JUNIORS Daniel Lentz Alex Tharman SENIORS Calen Bach Fayth Davenport Melissa Hawks Tyler Montgomery Sarah Whitney Honors II FRESHMEN Shilo Cline Clint Cole Morgan Hawks	Carson Montgomery MaKayla Smith Matthew Stutsman KhriSSanna VanPatten SOPHOMORES Jordan Baird Mike Griffin JUNIORS Erika Chandler Brittanie Larison Harley Rupp SENIORS Cassie Field Dillon Hogan Zane Miller Brandon McDowell Brittny Schutte
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SCHOOL CALENDAR

NCHS	a.m.	3:40 p.m.
Monday, Jan. 2 No school-winter break Tuesday, Jan. 3 No school-winter break Wednesday, Jan. 4 Prom selection committee, A.P. Thursday, Jan. 5 Jay Singers, 7:30 a.m. KAYS, A.P. Prom selection committee, A.P. FCCLA Board meeting, 7 p.m. Friday, Jan. 6 Jazz band rehearsal, A.P. JV/V basketball vs. Osborne All games in Stull Gym, 4 p.m. JV/V wrestling vs. Silver Lake-East Campus Gym, 6 p.m. Saturday, Jan. 7 KMEA Band auditions J.R. Durham Invitational Wrestling Tournament, 9:30	NJHS Monday, Jan. 2 No school-winter break Tuesday, Jan. 3 No school-winter break Faculty meeting, 8:30 a.m. Wednesday, Jan. 4 KAY Board, A.P. Thursday, Jan. 5 MCEL Basketball Tournament at Plainville, TBA Saturday, Jan. 7 MCEL Basketball Tournament at Plainville, TBA EES Monday, Jan. 2 No school-winter break Tuesday, Jan. 3 No school-winter break Wednesday, Jan. 4 Faculty meeting, 3:40 p.m. Thursday, Jan. 5 EC-2 Grade Level meeting,	Friday, Jan. 6 Geography Bee, 2 p.m. Northern Valley Monday, Jan. 2 No school-winter break Tuesday, Jan. 3 No school-winter break HS basketball vs. Stockton at Almena, 4:30 p.m. (No JV Girls) Wednesday, Jan. 4 No school-winter break Teacher workday Thursday, Jan. 5 School resumes Friday, Jan. 6 ECD meeting at Phillipsburg, 1p.m. (No preschool) Saturday, Jan. 7 HS basketball vs. Rawlings County at Atwood, 5:30 p.m. (No JV Girls) GS Dance Camp in the big gym at Almena, 9 a.m. to 12:30 p.m.

SCHOOL MENU

Norton Jr.-Sr. High Schools Menu Monday, Jan. 2 No school-winter break Tuesday, Jan. 3 No school-winter break Wednesday, Jan. 4 Breakfast-Pizza squares, fruit or juice or choice of assorted cereal, toast w/margarine and jelly and milk. Lunch-Pigs in a blanket, green peas, broccoli and cauliflower salad, fruit cup or chef salad and milk. Thursday, Jan. 5 Breakfast-Breakfast burrito, hash brown patty, fruit or juice or choice of assorted cereal, toast w/margarine and jelly and milk. Lunch-Taco meat and tortilla chips, lettuce, chopped tomato, shredded cheese, French bread w/margarine, pears or chef salad and milk. Friday, Jan. 6 Breakfast-Long John, fruit or juice or choice of assorted cereal, toast w/margarine and jelly and milk. Lunch-Steak fingers, whipped potatoes and country gravy, hot roll w/margarine, carrots, peaches or chef salad and milk. EES Menu Monday, Jan. 2 No school-winter break Tuesday, Jan. 3	No school-winter break Wednesday, Jan. 4 Breakfast-Blueberry muffin, peaches, orange juice and milk-variety. Lunch-Chicken fry, whipped potatoes, gravy, green beans, whole wheat roll, fruit cocktail and milk-variety. Thursday, Jan. 5 Breakfast-Rolled-up sausage link, tater tots, grape juice and milk-variety. Lunch-Western bean bake, cheese stick, corn, jell-o with pears, cornbread and milk-variety. Friday, Jan. 6 Breakfast-Hard cooked eggs, warm toast, apple juice and milk-variety. Lunch-Cavatini, tossed salad, apricots, garlic bread and milk-variety. Northern Valley Menu Monday, Jan. 2 No school-winter break Tuesday, Jan. 3 No school-winter break Wednesday, Jan. 4 Teacher work day Thursday, Jan. 5 Breakfast-Pancake on a stick, syrup, hash browns, apple juice and assorted cold cereal. Lunch-Deli beef on a hoagie, french fries, buttered peas and carrots and chocolate pudding. Friday, Jan. 6	Breakfast-Oatmeal w/toppings, toast, mixed fruit and assorted cold cereal. Lunch-Burrito, sauce, cheese, tossed salad w/dressing, mixed vegetables and Rosy apple-sauce.
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Happy New Year
from the staff at the
Norton Telegram!

Norton County Horse Council

Will Hold Its Annual Meeting at the 4-H Building in Norton on Monday, January 16 at 7:00 p.m.

The Public is Invited

Be super fit for big game

Want to host a Super Bowl or other gathering this year that's super healthy, yet not super costly? If so, this column will help you. The following tips can help you score big with the basics of casual entertaining, as you share winter season events with family or friends.

The Main Event. Consider making soup, such as chili, when cooking for a crowd. Why? Most soups are low-cost to make. And they can be made ahead and kept warm in a slow cooker, so that you can enjoy your guests (and the game) without needing to be in the kitchen cooking!

For chili, you might chose extra-lean beef or turkey for some added protein. Or, you could forget about adding any meat and add extra beans instead. (Rinsing canned beans reduces the sodium content by at least one-fourth.) Provide home-made croutons and reduced-fat shredded cheese or fat-free

Home ed
Tranda
Watts,
Extension
specialist



sour cream for a garnish to top it off. For recipes for soups, chili, stew and croutons from day-old/stale bread, visit www.ksre.ksu.edu/humannutritioni/p.aspx?tabid=91.

Healthy Side-Lines. Add to your menu with side dishes that you've made healthier:

- Cornbread. Earn points by serving some whole grains. How? Use whole wheat flour for half of the white flour in your cornbread recipe. For less fat per serving, use fat-free plain yogurt instead of the oil called for in your recipe.

- Dips. You can use fat-free plain yogurt or fat-free sour

cream instead of regular sour cream whenever you make a dip. Make a healthy move by using fresh veggie dippers or baked chips instead of regular chips.

- Leafy greens. Instead of a dressing to go with your fresh salad, serve a platter arranged with mounds of veggies, such as cooked lentils, boiled potato pieces, whole kernel sweet corn, fresh radishes, avocado slices and bell pepper strips.

- A brownie can be an inexpensive half-time treat. Reduce the sugar in your recipe by one-third without fearing that anyone will blow a whistle! Also, use whole wheat flour for half of the white, and replace the oil with an equal amount of unsweetened applesauce.

If you have food and nutrition related questions, please feel free to contact your local K-State Research and Extension Office or you may e-mail Tranda Watts at twatts@ksu.edu.

Norton County receives health grants

More Kansas children than ever will have access to at-school programs designed to help them reduce their cardiovascular risk, increase their physical activity or learn healthy eating habits as a record number of Healthy Habits for Life grants were recently distributed by the Blue Cross and Blue Shield of Kansas Foundation.

In Norton County the Foundation awarded two grants. Jeremy Hawks, Wellness Director at Eisenhower Elementary School received a \$1,000 grant, as did Angela Babcock, School Nurse, at Northern Valley School.

In all, school nurses, teachers and administra-

tors in 79 Kansas counties will share \$150,077.25 through 158 grants funding programs for the 2012 calendar year.

The renewal of the grant program was announced July 2011 in Wichita during the 22nd Annual Statewide Conference of the Kansas School Nurse Organization. The amount of each grant was based on the applicant's request for the program he or she proposed, up to a maximum of \$1,000. The school district or private school must be located in the service area of the Foundation (all Kansas counties except Johnson and Wyandotte).

Accident Report

Dec. 24-A silver 2003 Buick Century Custom, driven by Lucinda J. Els of Benkelman, Neb., was traveling west bound on U.S. Highway 36 when a deer entered onto the roadway from the south ditch. Els was unable to avoid striking the deer causing over \$1,000 damage to

the vehicle. No injuries were reported. The accident was investigated by Norton County Sheriff Officer Bobby Annon.

Dec. 25-A black 2010 Jeep Patriot, driven by Dale A. Hunt of Minden, Neb., was traveling east bound on Highway 383 when a deer entered onto the

roadway from the south ditch. Hunt was unable to avoid striking the deer causing over \$1,000 damage to the vehicle. No injuries were reported. The accident was investigated by Norton County Sheriff Officer Bobby Annon.

SHERIFF'S LOG

Dec. 1 Three VIN inspections Motor vehicle accident-personal injury Contact with public Animal call Dec. 2 Theft VIN inspection Hitchhiker Dec. 3 Creating a hazard Domestic disturbance Dec. 5 VIN inspection Hitchhiker Hazardous material incident Civil dispute Animal call Creating a hazard Assist-other (not MV) Motor vehicle accident Dec. 6 FYI-For your information Four VIN inspections Motor vehicle accident with animal Unknown trouble Incident Motor vehicle accident Dec. 7 Create public nuisance Traffic/driving complaint Assault Criminal damage to property Dec. 8 Fire Criminal damage to property Drug offenses	Unknown trouble Animal call Motor vehicle accident with animal Animal call Dec. 9 Alarm-bank Two motor vehicle accidents with animal Dec. 10 Vehicle assist Animal call Motor vehicle accident with animal Dec. 11 Two motor vehicle accidents with animal Two animal calls Dec. 12 Animal call VIN inspection Assist-other (not MV) Two traffic controls Traffic stop Dec. 13 Two motor vehicle accidents with animal VIN inspection Traffic/driving complaint	Contact with public Intoxicated subject Dec. 14 Motor vehicle accident VIN inspection Reckless driver Criminal damage to property Dec. 15 Motor vehicle accident with animal Dec. 16 Motor vehicle accident with animal VIN inspection Dec. 17 Animal call Stolen property 911 hangup call Motor vehicle accident with animal Disturbance-fight Dec. 18 Injury w/weapon Dec. 19 Four VIN inspections Alarm-residential Welfare check Dec. 20 VIN inspection
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Heartland Cruiser Car Club

SNO-BIRD SWAP MEET

CAR PARTS, MEMORABILIA, ANTIQUES OF ANY TYPE WELCOME

SATURDAY, JANUARY 28, 2012

1301 2ND AVENUE, PHELPS COUNTY AG BUILDING, HOLDSBEG, NE

Doors Open at 8:00 a.m. - Free Admission and Parking

To Reserve Your Spot, Please Send Check to:

Mike Simons, 520 Garfield, Holdrege, Nebraska 68949

FOR MORE INFORMATION, PLEASE CALL 302-681-1748

SWAP AND RESERVE YOUR SPOT TWO WEEKS BEFORE COLLECTION DAY TO AVOID LAST MINUTE CHANGES

904 Middle Street

This 3 bed, 2 bath house has had many updates! The newly remodeled kitchen is one you dream of. Home includes a spacious fenced in back yard and a basement that can be easily finished creating another bedroom and large family room! Includes a 1 1/2 car attached garage.

\$110,000

Call Abby Rice, Norton Salesperson for Metcalf Real Estate at (785) 874-4774