

Family meals serve us well

Family Meals Serve Us Well
Years ago, family meals were the only meals. Everyone ate together, talked together and enjoyed not only food but also the support and socialization of sitting down together and sharing a meal. Today, family meals are more important than ever - and worth the effort. Since school is out, now is a good time to make a special effort to eat together as a family.

**Home ed
Tranda
Watts,
Extension
specialist**



They tend to eat more fruits, vegetables and dairy foods, and less fried food and soft drinks at meals eaten with their families.

The benefits don't stop with young children. How often a family eats dinner together is a strong indicator of whether a teen is prone to smoke, drink alcohol or use drugs, or is likely to perform well in school. Family meals may also help protect adolescents from eating disorders.

Family meals serve the well-being of more than children and their parents. Shared meals provide important nutrients, to be sure, but just as with kids, benefits for older adults go well

beyond nutrition. When eating becomes a social event, many positive things happen. Appetite is stimulated, and meals are more likely to be balanced and varied. When people do not eat with others, their nutritional health can suffer, which can lead to additional health concerns. Eating with family and friends, even occasionally, can help offset an older adult's feelings of depression, isolation and loneliness.

The Healthy Aging Partnership offers these suggestions to senior solo eaters. Invite a friend over for dinner or eat out at a family style restaurant where groups of people sit together. Or, consider a local senior center for a low-cost and balanced meal with other older adults. Eating together helps us eat better...at any age.

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

Learning literacy



Eisenhower Elementary School held its Kindergarten/First Grade Literacy Night on Monday in the cafeteria. Students and parents listened to stories being read and participated in games and activities all in an effort to encourage kids to read. Some students dressed up as their favorite story book characters. Pictured, Travis Dial, first-grader Sierra Dial and Crystal Freudenburg enjoy playing a game together. Hot dogs, chips and cookies were served and door prizes were also awarded.

-Telegram photo by Mike Stephens

Scholarships

(Continued from Page 2)

- Scholarship
- Masonic Lodge Scholarship
- Gunnar Charles Hays plans to attend Colby Community College and major in Criminal Justice/Pre-Law.
- Gunnar has received:
- 3rd Place Masonic Lodge Essay Scholarship
- Dane G. Hansen Student Scholarship
- Colby Community College Presidential Scholarship
- Colby Community College Early Visitation Scholarship
- Colby Community College Athletic Scholarship
- Duane VanKooten Memorial Scholarship
- First Church of God Scholarship
- Northern Valley Alumni Scholarship
- Athena Scholarship
- S.T. & Mabel Nuttycomb Scholarship
- Norton Longspur Chapter Pheasants Forever Scholarship
- Masonic Lodge Scholarship
- Tyson Kinderknecht Memorial Scholarship
- Elva Bailey Memorial Scholarship
- Jack & Wanda Mae Mechsner Scholarship
- Dillon Ray Hogan plans to attend Nebraska College of Technical Agriculture and major in Agriculture Production Systems.
- Dillon has received:
- NCTA Non-Resident Tuition Reimbursement Scholarship
- Duane VanKooten Memorial Scholarship
- Jack & Wanda Mae Mechsner Scholarship
- Tyson Kinderknecht Memorial Scholarship
- Kenzi Danielle Husted plans to attend Barton County Community College and major in Interior Design.
- Kenzi has received:
- Northern Valley Alumni Scholarship
- Tyson Kinderknecht Memorial Scholarship
- Cassie Mae Lowry plans to attend Colby Community College in Norton and major in Nursing.
- Cassie has received:
- Tyson Kinderknecht Memorial Scholarship
- Colby Community College Tuition Scholarship
- Brandon Lee McDowell plans to go into the Job Corps.
- Brandon has received:
- Tyson Kinderknecht Memorial Scholarship

Zane Brody Miller plans to attend North Central Kansas Technical College and major in Automotive Technology.

Zane has received:
Tyson Kinderknecht Memorial Scholarship
Tyler Rex Montgomery plans to attend Kansas State University and major in Biological Systems Engineering.

Tyler has received:
1st Place Masonic Lodge Essay Scholarship
K-State University Leadership Scholarship
Dane G. Hansen Scholarship
KU Honor Scholarship
Governor's Scholarship
KSU Agriculture Scholarship
Northern Valley Alumni Scholarship
Tyson Kinderknecht Memorial Scholarship
Northern Valley FFA Alumni Scholarship
Ag Valley Scholarship
Elva Bailey Memorial Scholarship
Jack & Wanda Mae Mechsner Scholarship
Maxine Sebelius Memorial Scholarship
S.T. & Mabel Nuttycomb Scholarship
Northern Valley Faculty Scholarship
Masonic Lodge Scholarship
Kelsey Marie Raburn plans to attend McCook Community College with an undecided major.

Kelsey has received:
McCook Community College Freshmen Academic Scholarship
Tyson Kinderknecht Memorial Scholarship
Brittney Laurie Schutte plans to attend Colby Community College and major in Veterinary Technology.

Brittney has received:
Tyson Kinderknecht Memorial Scholarship
Nathaniel Thomas Volentir plans to join the Army and attend Vermillion Community College in Ely, Minnesota to study Wildlife Law Enforcement.

Nate has received:
Tyson Kinderknecht Memorial Scholarship
Sarah Morgan Whitney plans to attend Nebraska College of Technical Agriculture and study Agriculture Production and Agribusiness.

Sarah has received:
Ira J. Mann Scholarship
Northern Valley Alumni Scholarship
Tyson Kinderknecht Memorial Scholarship
Northern Valley FFA Alumni Scholarship
Elva Bailey Memorial Scholarship

Norton student receives Dale Dennis Award

Mariah Nicole Farber, a senior at Norton Community High School, has received the Dale Dennis Excellence in Education Award sponsored by United School Administrators of Kansas.

Principal Rudy Perez announced Wednesday that Mariah Farber had demonstrated the characteristics necessary to receive this annual award given in honor of one of Kansas' educational leaders.

Recipients of this award are identified in high schools throughout the state as individuals who have displayed the citizenship, community and school service, scholarship and common sense

characteristics that make them a quality individual.

The Dale M. Dennis Excellence in Education Award was established in 1996 by Kansas school administrators to honor the long and valuable service that Dale Dennis has provided Kansas education. The individual attributes that characterize Dale M. Dennis as a friend of education, and more importantly as a first class citizen, are the basis for determining the recipient of this award. Dale Dennis is the Deputy Commissioner of the Kansas State Department of Education.

SHERIFF'S LOG

April 24
Creating a hazard
VIN inspection
April 25
Motor vehicle accident with animal
(3) VIN inspections
Fingerprints
Animal call
April 26
(2) Animal calls
(2) VIN inspections
Fire
April 27
VIN inspection
Civil dispute
Disturbance-noise
Suicidal subject
911 hang-up call
April 28
Abandoned vehicle
Driving under the influence
Traffic/driving complaint
Animal call
April 29
Hitchhiker

Suicidal subject
Animal call
Unknown trouble
April 30
(3) Animal calls
Motor vehicle accident with animal
(4) VIN inspections

Motor vehicle accident
Ambulance-residence
May 1
Welfare check
Cattle out
VIN inspection
Animal call

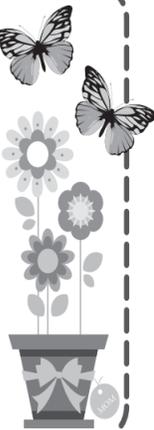
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HONOR ROLL

Northern Valley Middle School
4th 9 weeks
2011 - 2012 School Year

Honor Roll

- 8th Grade
- Brooke Baird
- Sarah Baird
- Camden Cox
- Trey Hall
- Eli Lowry
- Brianna Martin
- Michaela Sorenson
- Ryan Thraillkill
- Shayna Vincent.
- 7th Grade
- Carson Wallace
- Damian Wellman
- 6th Grade
- Katie Johnson

HalLee Linner
Chaylee Lowry
Makensy Schroeder
Nicole Thraillkill

Honorable Mention

- 8th Grade
- Colten Bach
- Jesse Courtain
- Vanessa Garcia
- Allison Keith,
- Cody Land
- Dalton Smith
- 7th Grade
- Kylie Kinderknecht
- Lizzy Osborne
- John Towery
- 6th Grade
- Caden Kinderknech
- Turner Linner
- Keegan Smith

SCHOOL CALENDAR

NCHS
Monday, May 21

Science Finals
State golf at Goodland, 10 a.m.

Tuesday, May 22
Check-out and finals make-up
Spring Fling!

EES
Monday, May 21

Fun Day, 1 p.m.
Band display: EES Cafeteria, 4 p.m.

Site council, 5:30 p.m.
Tuesday, May 22
Awards Day, 8:45 a.m.

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Open House

Saturday, May 19

10:00 A.M.-NOON



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NORTON, KANSAS**

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Kansasland Realtors

Broker and Listing Agent: Larry Riggs

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