

SCHOOL CALENDAR

NCHS

Monday, Dec. 10
Forensics Meeting, A.P.
FFA Christmas Party, 7 p.m.
Tuesday, Dec. 11
Jay Singers, 7:30 a.m.
S.A.D.D. Meeting
JV/V BB at Stockton, 4:45 p.m.
Wednesday, Dec. 12
FCCLA Board Meeting, 7:45 a.m.
MTSS Early Dismissal, 1 p.m.
Faculty Meeting, 7:45 a.m.
Site Council, 5 p.m.
Thursday, Nov. 13
Jay Singers, 7:30 a.m.
NCHS Fall Awards Assembly, 2:15 p.m.
Vocal Concert at East Campus Auditorium, 7:30 p.m.
Friday, Dec. 14
Faculty Meeting, 7:45 a.m.
Artist of the Month, A.P.
MCL Round Robin Wrestling Tournament at Phillipsburg, 3 p.m.
Rotary Soup Supper, 4-7 p.m.
C/JV/V BB vs. Phillipsburg,

4 p.m.
Saturday, Dec. 15
Wrestling at Goodland Holid-ay Classic, 9 a.m.
Wrestling at Cambridge, Neb. Invitational, 10 a.m.
NQOT JV BB Tournament-Boys only, Stull Gym, 9 a.m.
NJHS
Tuesday, Dec. 11
BB vs. Hays M.S., 5 p.m.
Wednesday, Dec. 12
MTSS Early Dismissal, 1 p.m.
Thursday, Dec. 13
Vocal concert at East Campus, 7:30 p.m.
Friday, Dec. 14
MCEL Principal's Meeting at Stockton, 10 a.m.
EES
Thursday, Dec. 13
Christmas Concert rehearsal at East Campus, 12:30 p.m.
3rd and 4th Grade Level Meeting, 3:40 p.m.
Friday, Dec. 14
Christmas Concert rehearsal at East Campus, 8:30 a.m.
Northern Valley

Monday, Dec. 10
KAY Secret Pal Week
FFA Canned Food Drive all week
Bus drivers meeting in Alma-na, 6:30 p.m.
FFA Chapter meeting in the Ag Shop, 7 p.m.
School Board meeting in the conference room in Alma-na, 7:30 p.m.
Tuesday, Dec. 11
K-6 Christmas Program in Alma-na, 7 p.m.
5th and 6th Grade rehearsal in Alma-na from 9:30-11 a.m.
Wednesday, Dec. 12
HS Activity Period for Foren-sics
Thursday, Dec. 13
5th Grade D.A.R.E. Gradu-ation at 11 a.m. at the Phillips-burg Pizza Hut
JH BB vs. Golden Plains in Alma-na, 4 p.m.
Friday, Dec. 14
KAY Secret Pal Party in the library, 7:45 a.m.
HS BB vs. Wheatland in Alma-na, 4:30 p.m.

Hanging of the Green



Norton Junior High School's KAYs "Hanging of the Green" was Monday evening in the cafeteria. Students paint posters with holiday greetings and hang them on the teachers doors throughout the school. (From left to right) Dustin Harting, Caitlyn Cox and Macayla Kent work together to paint their Christmas poster.

-Telegram photo by Mike Stephens

STUDENTS OF THE MONTH

Norton Community High School
Student of the Month
For the Month of October
Student : Samantha Gordon
Parents : Traci and Brett Hildebrand and Stan and Margie Gordon
Grade : Senior
Nominating Staff Member: Miss Tamra Cochran and Mrs. Heather Dubois
Comment from nominating Staff Members:
"Sami is always striving to do her best. She is conscientious and hard-working. She is respectful and worthy of this recognition." Miss Tamra Cochran
"Sami demonstrates responsibility by turning in her assign-



ments on time. She is respectful of all her peers and her teachers, and she is invariably engaged and active in discussion and group assignments." Mrs. Heather Dubois

Factoids about Samantha:
Favorite Class : Advanced Math
Favorite Drink : Mountain Dew
Favorite Color : Purple or Blue
Favorite Food : Anything that tasted good.
Favorite Movie : The Last Song
Favorite Saying : "Live every day like it's your last."
Favorite Song : Marry Me by Train
Favorite Hangout: Alex's house.
Personal Hero : My mommy (Traci Hildebrand)
Future Plans : College, then I hope a job in engineering.

Student: Zach Combs
Guardians: Ron and Deb Anderson
Grade: Senior
Nominating Staff Member: Mrs. Heather Dubois
Comments from nominating staff member:
"He is always engaged and happy to volunteer in class, and he is respectful of all his peers and his teachers."
Factoids about Zach Combs:
Favorite Class : Vocal
Favorite Drink : Chocolate



shake from DQ
Favorite Color : Maroon
Favorite Food : Pizza
Favorite Movie : Inception
Favorite Saying : "Why do we fall? So we can pick ourselves back up."
Favorite Song : Currently it is, I Won't Give Up by Jason Mraz
Favorite Hang out : Pizza Hut
Personal Hero : Josh Stadler
Future Plans : Attend North-west Tech for their Mobile App and Entertainment Program.

SCHOOL MENU

Norton Jr.-Sr. High Schools Menu

Monday, Dec. 10
Breakfast-Hot cereal, fruit or juice or choice of assorted cereal, toast w/margarine and jelly, and milk.
Lunch-Meatballs, whipped potatoes, rolls w/margarine, celery sticks and pineapple tidbits, or chef salad and milk.
Tuesday, Dec. 11
Breakfast-Breakfast tornado, fruit or juice or choice of assorted cereal, toast w/margarine and jelly, and milk.
Lunch-Grilled chicken sandwich, lettuce and tomato, corn, grapes, or chef salad and milk.
Wednesday, Dec. 12
Breakfast-Donut twist, fruit or juice or choice of assorted cereal, toast w/margarine and jelly, and milk.
Lunch-Twisted edge pizza, vegetable salad, peaches, Rice Krispie Treat, or chef salad and milk.
Thursday, Dec. 13
Breakfast-Scrambled eggs, bacon, fruit or juice or choice of assorted cereal, toast w/margarine and jelly, and milk.
Lunch-Ham slice, scalloped potatoes, green beans, apples, or chef salad and milk.
Friday, Dec. 14
Breakfast-Breakfastcasserole, fruit or juice or choice of assorted cereal, toast w/margarine and jelly, and milk.
Lunch-Beef enchilada, lettuce and chopped tomato, Mandarin oranges, Snickerdoodle cookie, or chef salad and milk.
EES Menu
Monday, Dec. 10

Breakfast-Ice cold strawberries, bagel w/cream cheese, apple juice, milk, and toast with peanut butter.
Lunch-Spaghetti, tossed salad, peaches, garlic bread and milk.
Tuesday, Dec. 11
Breakfast-Shipwreck, pineapple chunks, orange juice, milk, and toast with peanut butter.
Lunch-Corn dog, sweet potato tots, baby carrots, fruit cocktail and milk.
Wednesday, Dec. 12
Breakfast-Banana spears, apple wedge, oatmeal muffin, grape juice, milk, and toast with peanut butter.
Lunch-Scalloped chicken, corn, sweet heart pears, celery stick and milk.
Thursday, Dec. 13
Breakfast-Hot ham slice, hash brown patty, peaches, apple juice, milk, and toast with peanut butter.
Lunch-Beef burrito, cheesy broccoli, rosy applesauce, tomato wedge and milk.
Friday, Dec. 14
Breakfast-Warm pumpkin bread, rosy applesauce, orange juice, milk, and toast with peanut butter.
Lunch-Beef and noodles, whipped potatoes, green beans, orange half, cheese rolls and milk.
NVHS Menu
Monday, Dec. 10
Breakfast-Crumb top muffin, ham, hash browns, strawberries, or assorted cold cereal.
Lunch-Beef-n-noodles, mashed potatoes, hot roll, mixed vegetables and rosey applesauce.

Tuesday, Dec. 11
Breakfast-Waffles, scrambled eggs, sausage, banana slices, or assorted cold cereal.
Lunch-Cheeseburger on a bun, ranch wedges, baked beans and peach half.
Wednesday, Dec. 12
Breakfast-Cinnamon-raisin biscuit, links, hash browns, fruit cup, or assorted cold cereal.
Lunch-Ham, mashed potatoes, yams, relishes, salads, green beans, hot roll and cherry dessert.
Thursday, Dec. 13
Breakfast-Breakfast bucket, hash browns, apricots, or assorted cold cereal.
Lunch-BBQ chicken sandwich, potatoes, buttered peas and frosted pear.
Friday, Dec. 14
Breakfast- Banana muffin, eggs, ham, orange juice, or assorted cold cereal.
Lunch-Soft shell taco, tossed salad w/dressing, buttered spinach and apple crisp.

Break the fast with breakfast

Power Breakfasts
You have probably heard all of the studies about breakfast being the most important meal of the day for children - but did you ever think about it being as important for you, the parent or employee? Literally breakfast means "Break the Fast". For most of us it has been at least eight and probably more like ten hours since we last ate and our body is in need of refueling.

So what are those breakfast benefits?
· Many people think that if they skip breakfast they can help their diet, or lose weight - but the opposite is probably true. Breakfast ups your metabolism, which helps you burn more calories during the day. Studies show that those of us who eat breakfast consume less calories during the day, and are better at getting the nutrients that we need for the day.
· Numerous studies show that children who eat breakfast are less likely to be absent or late to school, and are less likely to have stomachaches or headaches. Youth are able to concentrate better, make fewer errors, and are more creative and work faster.

· Other studies show that children who eat breakfast are more cooperative, get along better with others, cause less fights, and spend less time in the prin-

Home ed Tranda Watts, Extension specialist



cipal's office for negative behaviors.
· Breakfast eaters tend to eat less fat during the day, and those who skip breakfast tend to have higher blood cholesterol levels. A high blood cholesterol level is linked with an increased risk for heart disease and other chronic health diseases.
· At the Institute of Food Technologists conference earlier this year studies were shared that show young people who don't eat breakfast consume 40 percent more sweets, 55 percent more soft drinks, 45 percent fewer vegetables and 30 percent less fruit than those who ate breakfast.
To get your family off to a good start each morning make

every attempt to include three food groups - think dairy, grains, vegetables, fruits, or protein/meat. Breakfast is an easy place to get in a whole grain to improve your fiber consumption. There are many options of whole grain cereals and breads, as well as bagels, sandwich flats, English muffins, and pita style wraps from which to choose. Include a veggie or fruit, too - sliced fruits in your cereal or top of your cream cheese or peanut butter on a slice of toast are easy.
Breakfast is important to our children and for us too - why wouldn't we want to be more cooperative, get along better with our co-workers, concentrate more and work faster - just like they do. Make it a priority by purchasing foods to make that morning race go smoother.
Please feel free to contact your local K-State Research and Extension Office if you have questions, or you may contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at: twwatts@ksu.edu.

Join Us for our First

Mexican Dinner

Saturday, December 15

Norton Community Center

208 West Main, Norton, Kansas

FREE WILL OFFERING

Take Out Orders
\$5.00 Per Plate

For help with your advertising needs please give Dana a call 877-3361
email: dpaxton@nwkansas.com



Twin Creeks Extension Office
Open House
Monday, December 10
10:00 a.m. - 2:00 p.m.
WE WOULD LIKE TO INVITE THE PUBLIC TO JOIN US AND INTRODUCE YOU TO OUR STAFF
- Refreshments Will Be Served -
107 S. State, Norton

○ ○ General ○ ○
Public Transportation Bus
Call 785-877-5352
WE COVER ALL OF NORTON COUNTY
Bus is Available to the General Public and is Not Limited to Senior Citizens
First Come, First Serve — Wheelchair Accessible
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