

SCHOOL CALENDAR

NCHS

Monday, March 25
 American Government field trip to Court House, 8:30 a.m.
 M.A.P., A.P.
 Tuesday, March 26
 Jay Singers, 7:30 a.m.
 FFA Livestock Judging at Smith Center, 9 a.m.
 MCL Meeting at Plainville, 10 a.m.
 M.A.P., A.P.
 Cheer Test, A.P.
 Cheer Try-outs: Stull Gym, 4 p.m.
 Wednesday, March 27
 KAY Board, 7:45 a.m.
 MTSS early dismissal: Meals served; buses run at dismissal (MTSS Collaboration: 1:30-3:30 p.m.), 1 p.m.
 Thursday, March 28
 Cheerleader Fundraiser Begins
 Jay Singers, 7:30 a.m.
 NCHS S.I.T. meeting, 7:45 a.m.
 M.A.P., A.P.
 Friday, March 29
 No School

MCEL Scholar's Bowl at Hill City, 4 p.m.
 Tuesday, March 26
 HS Cheer Test, A.P.
 HS Cheer Try-outs: Stull Gym, 4 p.m.
 Wednesday, March 27
 MTSS early dismissal; Meals served; buses run at dismissal (MTSS Collaboration: 1:30-3:30 p.m.), 1 p.m.
 Thursday, March 28
 KAYS, 8:30 a.m.
 Friday, March 29
 No School

EES

Monday, March 18-Friday, April 26
 5th and 6th Grade Girls Volleyball at East Campus
 Wednesday, March 27
 MTSS early dismissal; Meals served; buses run at dismissal (MTSS Collaboration: 1:30-3:30 p.m.), 1 p.m.
 Thursday, March 28
 5th and 6th Grade level meeting, 3:40 p.m.
 Friday, March 29
 No School

Northern Valley

Monday, March 25

FFA Chapter meeting in the Ag Shop, 7 p.m.
 Site base council meeting in the conference room in Alma, 7:30 p.m.
 Tuesday, March 26
 FFA Livestock Judging Contest at Smith Center, 9 a.m.
 KPERS Employer Seminar at Hays, 9 a.m.
 Senior Faculty Games in Alma, 7 p.m.
 Robotics demonstration in the band room at Alma, 7:15 p.m.
 Wednesday, March 27
 Lifetouch Pictures - start in Long Island at 8 a.m.
 Cheer and Dance Tryouts and Stuco Elections in the big gym in Alma, 3:25 p.m.
 HS Activity Period in the HS Auditorium "The R.I.D.E." Presentation
 Thursday, March 28
 6-8th Grade Cheylin Invitational Track Meet in Bird City, 2 p.m.
 Friday, March 29
 No School-Good Friday

NIHS

Monday, March 25

SCHOOL MENU

Norton Jr.-Sr. High Schools Menu

Monday, March 25
 Breakfast-Pancake and sausage on a stick, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.
 Lunch-Chicken strip sandwich, lettuce and tomato, french fries, banana or chef salad and milk.
 Tuesday, March 26
 Breakfast-Hot cereal, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.
 Lunch-Soft taco, lettuce, tomato and shredded cheese, refried beans, apples or chef salad and milk.
 Wednesday, March 27
 Breakfast-Pancakes w/syrup, sausage links, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.
 Lunch-Stuffed crust cheese pizza, combo salad, peaches or chef salad and milk.
 Thursday, March 28
 Breakfast-Yogurt, bagel and cream cheese, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and

milk.
 Lunch-Chicken Alfredo, Carnival Salad, green beans, apple-sauce, dessert, or chef salad and milk.
 Friday, March 29
 No School
EES Menu
 Monday, March 25
 Breakfast-Monkey bread, grape juice, milk and toast with peanut butter.
 Lunch-Taco crunch, peaches, tossed salad, chocolate cake and milk.
 Tuesday, March 26
 Breakfast-Sausage gravy, biscuit, orange juice, milk and toast with peanut butter.
 Lunch-Ham and cheese, homemade bun, pepper strips, pork and beans, pears and milk.
 Wednesday, March 27
 Breakfast-Banana bread, peaches grape juice, milk and toast with peanut butter.
 Lunch-Chicken supreme, green beans, baby carrots, fruit cocktail and milk.
 Thursday, March 28
 Breakfast-Sausage patty w/ biscuit, apple juice, milk and toast with peanut butter.
 Lunch-Ham and beans, celery stick, cornbread, rosy apple-

sauce and milk.
 Friday, March 29
 No School
Northern Valley Menu
 Monday, March 25
 Breakfast-Plain muffin, jelly, sausage, hash browns, apricots or assorted cold cereal.
 Lunch-Corn dog, potatoes, buttered broccoli and apricots.
 Tuesday, March 26
 Breakfast-Peach coffeecake, ham, eggs, juice or assorted cold cereal.
 Lunch-Chicken strips, sauce, hot roll, mashed potatoes, buttered peas and carrots, and apple crisp.
 Wednesday, March 27
 Breakfast-Streusel top muffin, sausage, eggs, diced peaches or assorted cold cereal.
 Lunch-Hamburger on a bun, potatoes, pork-n-beans and mixed fruit.
 Thursday, March 28
 Breakfast-Pancake on a stick, hash browns, juice or assorted cold cereal.
 Lunch-Parmesan chicken, hot roll, jelly, buttered green beans and oranges.
 Friday, March 29
 No school-Good Friday

'A summer full of hope'

This year, the American Cancer Society is celebrating their 100th Anniversary. During the last century, we've led the way in saving lives and creating more birthdays. Much of this success is due to the dedication of our Relay For Life volunteers and participants across the nation. Relay For Life is a fun filled, overnight event that mobilizes communities throughout the country to celebrate survivors, remember loved ones and fight back against cancer.

Teams participating in this year's Relay For Life of Norton County are pleased to announce that they have chosen the theme "A Summer Full Of Hope." We can expect to see teams decorating their campsites and holding on-site fundraisers and activities that exemplify the theme. There is a possibility that we can see campsites decorated like the beach or a boat - the ideas are endless!

The American Cancer Society Relay For Life of Norton County is just around the corner. Teams are encouraged to sign up early in order to allow for more time to raise money. Register your team today by calling or texting Stephanie Cookson at 785-202-9133. For more information on Re-

lay For Life or to donate, visit RelayForLife.org/nortoncountyks. Relay For Life of Norton County takes place from 6p.m. on June 7 until 6a.m. on June 8 at the Norton Courthouse Square.

The American Cancer Society combines an unyielding passion with nearly a century of experience to save lives and end cancer for good. As a global grassroots force of three million volunteers, we fight for every birthday threatened by every cancer in every community. We save lives by helping you stay well by preventing cancer or detecting it early, helping you get well by being there for you during and after a diagnosis, by finding cures through groundbreaking discovery and fighting back through public policy. As the nation's largest non-governmental investor in cancer research, contributing more than \$3.8 billion, we turn what we know about cancer into what we do. As a result, an estimated 13.7 million people in America who have had cancer and countless more who have avoided it will be celebrating birthdays this year. To learn more about us or to get help, call us anytime, day or night, at 1-800-227-2345 or visit www.cancer.org.

Keeping generic drugs safe

Kansas Attorney General Derek Schmidt and 47 other state and territorial attorneys general told federal officials that generic versions of popular pain relievers must be made harder to abuse.

The letter from the National Association of Attorneys General encourages the U.S. Food and Drug Administration to adopt standards requiring manufacturers and marketers of generic prescription painkillers to develop tamper-resistant versions of their products.

"Adding new tamper-resistant features to prescription painkillers will reduce misuse of these drugs and help prevent deadly consequences," Attorney General Schmidt said. "This safety measure can be part of a comprehensive approach of prevention, interdiction, prosecution and substance-abuse treatment."

Prescription drug abuse is on the rise across the country, and prescription pain relievers are among the most commonly abused drugs. Producers of

name-brand versions of painkillers such as OxyContin have taken steps to make it more difficult to abuse their drugs. Safety measures include making it harder to crush pills which abusers do in order to inject or snort the drug.

ANNUAL

McMullen & Wyatt Auctions

Farm Consignment Auction

McMullen & Wyatt Auctions is now taking consignments for our Annual Spring Auction. Any farm related items, livestock equipment, tools, machinery, tractors, or trucks accepted for the April 20 auction. To consign or for more information, please contact Donald or Robert

785-877-3299 OFFICE
785-877-2731 ROBERT
785-877-2028 DONALD

Open house at technical college

Manhattan Area Technical College will open its doors to prospective students and the surrounding communities with an Open House from 9 a.m. to 3 p.m. on April 18 at 3136 Dickens Avenue.

There will be representatives from each of the 15 technical programs available to give tours of their individual areas. Visitors can also stop by the commons to pick up maps of the campus and other related information. Student Representatives, Admissions and Financial Aid officials will be available.

Director of Admissions, Nicole Bollig, said she truly enjoys MATC's Open House. "I would love for everyone in the community to know what MATC has to offer. Come and fill your head with tech ed," she said.

Manhattan Area Technical College is an accredited, public institution governed by an appointed Board of Directors under the Kansas Board of Re-

gents. Programs at MATC are designed to develop workforce in the surrounding communities. Learn more about our school at www.manhattantech.edu.

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TUESDAY, APRIL 2

VOTE

DAVID CORNS

FOR MAYOR

Paid for by Corns for Mayor

April Fools Sale

March 28 - April 2

THURSDAY 8 - 6	FRIDAY 8 - 6	SATURDAY 8 - 6	MONDAY 8 - 6	TUESDAY 8 - 6
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