

STUDENT NEWS

Norton Community High School
Student of the Month
For the Month of February/March



Student : Jesika Smith
Parents : Brian Smith
Grade: Sophomore
Nominating Staff Member: Miss Melodie Bock, Mr. Garrett Beydler and Mr. James Warner
Comment from nominating Staff Member:
"She is a wonderful student. Jesika completes her work efficiently and is willing to help others. She is polite and understanding," Miss Melodie Bock.
"Jesika is a good student, hard worker and dependable," Mr. Garrett Beydler.
"Jesika Smith possesses a positive nature, is willing to take a chance at learning new



Student: Steven Cummings
Parents: Jerry and Sharon Cummings
Grade: Sophomore
Nominating Staff Member: Mrs. Nancy Sebelius and Mr. Jim Green
Comments from nominating staff member:
"I would like to nominate Steve Cummings for student of the month. Steve is an excellent student with an exemplary

work ethic. Steve has worked hard the past two years to overcome being "organizationally challenged," and getting good quality assignments turned in on time, and his improvement is noteworthy. Steve is one of those delightful students who truly loves learning, and he will work hard to learn as much as he possibly can, both within and outside the curriculum! Steve worked so diligently on our scholars' bowl team, learning as much as he possibly could learn about art, music, geography, literature, and history, and filling in huge gaps of knowledge left when five seniors graduated last May! I gave him tons of information to read over and be responsible for, and I was amazed at the amount of knowledge that he retained by studying hard! Steve is one of those students who goes above and beyond what is required, and is deserving

concepts, and puts forth a good effort toward all tasks," Mr. James Warner.
Factoids about Jesika
Favorite Class : Journalism
Favorite Drink : Strawberry Lemonade
Favorite Color : Pink
Favorite Food : Watermelon
Favorite Movie : The Notebook
Favorite Saying : "Are you serious!"
Favorite Song : I have too many!
Favorite Hangout: With friends.
Personal Hero : My dad.
Future Plans : Go to college

ing of this honor," Mrs. Nancy Sebelius.
"I would like to nominate Steve Cummings for student of the month. Steve is a very conscientious student, always striving to do his best," Mr. Jim Green.
Factoids about Steven
Favorite Class : Art
Favorite Drink : Orange Juice
Favorite Color : Tardis Blue
Favorite Food : Buffalo Chicken Pizza
Favorite Movie : Edward Scissorhands
Favorite Saying : "What's the point of growing up if you can't be childish every once and a while?" The 4th Doctor
Favorite Song : Sweet Nothing by Calvin Harris
Favorite Hang out : Home
Personal Hero : Catherine Tate
Future Plans : College at K-State, unsure of major.

Agency payments to resume

The U.S. Department of Agriculture's Farm Service Agency Administrator Juan M. Garcia announced recently that farm payments, which had been temporarily suspended due to sequestration, were scheduled to resume May 8. This includes payments for the 2011 Supplemental Revenue Assistance Payments Program the Noninsured Crop Assistance Program and the Milk Income Loss Contract Program.
"I'm pleased to announce that farmers and ranchers can expect to begin receiving their payments beginning today, May 8," said Garcia. "We appreciate the producers' patience during the delay. We're working diligently to get these payments out as quickly as possible."
On March 4, 2013, the Farm Service Agency began a temporary suspension of its program payments in order to assess the impact of sequestration and determine the least-disruptive process possible for carrying out

required cuts. The Department will use the Secretary's limited authority to transfer funds to avoid reducing these program payments.
Producers should be advised that program sign-up periods currently underway have the following enrollment deadlines: 2013 Average Crop Revenue Election Program - June 3rd; 2011 Supplemental Revenue Assistance Payments Program - June 7; and the 2013 Direct and Counter-Cyclical Program - August 2nd. Producers should contact their local Farm Service Agency office as soon as possible for appointments to enroll in these programs before the deadlines.
The US Department of Agriculture has made a concerted effort to deliver results for the American people, even as they implement the sequestration - the across-the-board budget reductions mandated under terms of the Budget Control Act. United States Department of

Agriculture has already undertaken historic efforts since 2009 to save more than \$828 million in taxpayer funds through targeted, common-sense budget reductions. These reductions have put United States Department of Agriculture in a better position to carry out its mission, while implementing sequester budget reductions in a fair manner that causes as little disruption as possible.
United States Department of Agriculture is an equal opportunity provider and employer. To file a complaint of discrimination, write: United States Department of Agriculture, Office of the Assistant Secretary for Civil Rights, Office of Adjudication, 1400 Independence Ave., SW, Washington, DC 20250-9410 or call (866) 632-9992 (Toll-free Customer Service), (800) 877-8339 (Local or Federal relay), (866) 377-8642 (Relay voice users).

CLUB NEWS

The meeting of the Beta Alpha Chapter of Delta Kappa Gamma International was held at Las Canteras on May 6, 2013. There were 14 members and three guests present. The guests were Linda Burge, Crystal Montgomery, and Heather DuBois.
The minutes were approved as read, and the treasurer's report was given. Money the Fun Way prize was won by Nancy Sebelius. The programs for next year were discussed. Members who attended a meeting at Hill City presented an interesting program about the Brazilian Carnival. The October meeting will be at Pam Menagh's house and will include a tour of the downtown renovation as the program. Everyone thanked hostesses Lynn Hehn, Julie Leiker, and Tiffany VanDerVeen for a fun evening of festivities and dessert. The meeting adjourned and fellowship and laughter followed, as everyone enjoyed a wonderful meal and anticipated summer vacation.

Mediterranean diet benefits health

The Mediterranean diet is well known as a healthy eating plan. It emphasizes eating whole grains, vegetables, fruits, cooked dry beans and peas, nuts, fish, low-fat dairy products and olive oil, with low to moderate amounts of other foods. A recent study found that those who ate a Mediterranean diet had 30 percent fewer heart attacks and strokes than those who ate a diet that was reduced in fat.
Here are some healthful dietary habits you can easily adopt, even on a tight budget:
Eat a diet high in plant foods. Adults are encouraged to eat at least four ounces of whole grains, and at least four cups of vegetables at every meal and snack. Also strive to eat two to three cups of cooked dry beans each week.
Go nuts. Eat four to six ounces of unsalted nuts and seeds each week. People in the study who ate this amount of nuts lowered

their risk of heart disease significantly. You could eat nuts as a snack, or chop and sprinkle them on oatmeal, salads or yogurt. Also look for peanut butter that has peanuts as the only ingredient.
Eat more oil instead of solid fats. Olive oil is used daily by people following a Mediterranean diet. It is high in mono-unsaturated fats, which help lower blood cholesterol and reduce the risk of heart disease. Canola oil is used daily by people following a Mediterranean diet. It is high in mono-unsaturated fats, which help low blood cholesterol and

reduce the risk of heart disease. Canola oil is also high in mono-unsaturated fats. Instead of just adding oils to your daily diet, use them instead of foods high in saturated and trans fats. You can use oil instead of solid fats when cooking. You can also mix oil with vinegar or lemon juice for use as a salad dressing. Let refrigerated oil come to room temperature before use.
Limit beverages and foods high in added sugars. Drink few sweetened beverages and eat only a couple of desserts each week.
Eat at a table. Each day, eat at least two meals that last 20 or more minutes at a dining table. Slow down for higher enjoyment of your meals...and your health.
If you have questions, please feel free to contact your local K-State Research Extension Office or you may contact Tranda Watts at twatts@ksu.edu.

Home ed Tranda Watts, Extension specialist



The rose is America's favorite flower

Kay Melia
Thousands of gardeners, much more capable than I, devote a great deal of their time in the garden growing roses. I have noted over the years that there are many who grow very little else than roses. Small wonder! The rose has long been America's favorite flower, and while they can sometimes seem to be a bit obstinate in their growing demands, they will probably always be America's favorite.
This year, the American Rose Society has announced that there are many new roses to plant, cultivate, and enjoy. The most prominent development for the year 2013, and the only All America Selection for the year, is a beauty named "Francis Meilland Hybrid Tea Rose." The name alone is magnificently significant because it's named after the famed French rose breeding Meilland family. The family notoriety began in the 1940's when they introduced the most famous rose of all time, one called 'Peace,' which adorns more gardens today than any other rose.
While the Francis Meilland Hybrid Tea Rose was actually bred by the Meilland family in the year 2006, changes in the structure and habit of the rose has been improved upon in the past seven years. It is being introduced this year as the All America Selection by the

Conard-Pyle Company, a leading horticultural innovator for 150 years, and is based in West Grove, Pa. The rose is available now on the 100th birthday of the late Francis Meilland, the leader of the prolific rose breeding family.
The rose is truly breathtaking! It produces soft pink to white blossoms that are set on long stems and glossy green leaves. The plant will grow to six feet tall in warm environments, but about half that in areas such as ours. It produces a strong citrus-like fragrance that always lets you know it's there.
I notice that several mail order houses have it available for \$19.95, plus shipping, and you might see it in your favorite greenhouse and garden center.
It is noteworthy that the aforementioned distributor of quality rose stock for many years, the Conard-Pyle Company, is also the home of today's most popular general line of roses, the "Knockout" rose. The Knock Out rose family is introducing two new roses this year. There are a number of named Knock Out roses, and seem to be readily available around the area. They are perhaps best known for their almost total resistance to "black spot," one of the greatest enemies of roses, and also their seemingly adaptation to the environment in which they are grown.

Plan to plant a rose or two this spring. Always look for the potted bushes that are a minimum of two years old. Roses, properly cared for, are forever!

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

Adrenaline Cycle
WILL SHOP AROUND TO SAVE YOU MONEY
911 1/2 N. Second - 785-202-1374
Behind McDonald's in Norton
PICKUP AND DELIVERY AVAILABLE
Tim Boteler - Owner/Mechanic
Motorcycles, ATV, Small Engine and Personal Watercraft Repair
HOURS: MON.-FRI.: 9:00 A.M.-6 P.M.; SAT.: 10:00 A.M.-2:00 P.M.

This is the Real Circus!
CARSON & BARNES CIRCUS
World's Biggest Big-Top Show!

Featuring Alex the clown

Special appearance from KATY the Pygmy Hippo & free petting zoo

- * elephant rides
- * camel rides
- * pony rides

FOR BEST TICKET PRICES BUY YOUR TICKETS IN ADVANCE AT THE NORTON AREA CHAMBER OF COMMERCE/ECONOMIC DEVELOPMENT NEX-TECH in NORTON JAMBOREE FOODS

OR ONLINE AT www.BigTopShow.com

or for more information call us at (580) 743-7292
At the Gate \$16 Adult, \$10 Child: In Advance \$12 Adult, \$6 Child or Online \$14 Adult, \$8 Child * Box Seats Add \$6, Reserved Add \$3 Additional fees may apply to online purchase. All sales are based on availability at showtime.
Children ages 2-11 years inclusive.
Lap children under age 2 years admitted Free

SAT. MAY 18 at 2:00 & 5:00 p.m. ELMWOOD PARK NORTON, KS

ENROLLMENT
COLBY COMMUNITY COLLEGE
Enrollment is the FIRST night of class
Outreach Classes in Norton
Contact Angela Melvin with Any Questions

NO.	COURSE	CR.	INSTRUCTOR	LOCATION	START	END	DAYS TAUGHT	START/END TIME
EN 176	English Comp I	3	B. Gay	Norton Campus	June 17	July 31	M, W	3:00p - 6:00p
EN 177	English Comp II	3	B. Gay	Norton Campus	June 17	July 31	M, W	6:00p - 9:00p
MA 178	College Algebra	3	T. Uehlin	NJHS-Rm 201	May 21	June 27	T, Th	6:30p - 9:30 p
SP 176	Public Speaking	3	B. Gay	Norton Campus	June 18	July 30	T, Th	3:00p - 6:00p
PH 103	Earth Science W/Lab	5	G. Rossi	NJHS-111	June 5	July 11	T, Th	6:00p - 9:00p
MA 205	Elements of Statistics	3	L. Bailey	NCHS-Rm 215	May 27	July 10	M, W	7:00p - 10:00p
CH 177	Chemistry W/Lab	5	J. Green	NCHS-Rm 208	June 12	July 19	M, W, F	8:00a - 12noon
PO 176	American Government	3	T. Fiscus	NJHS-114	June 3	July 11	M, W	6:00p - 9:00p
PS 176	Gen Psychology	3	Julie Leiker	EES	June 3	June 21	M, T, W, Th	6:00p - 9:00p