

Business in the Spotlight

Each month a Norton County business is featured for their valuable contribution to our economy. This month's article was submitted by Verla Grysch, economic development Administrative Coordinator.

High Plains Mental Health Center 211 S. Norton Norton, Kansas 785-877-5141 / 24 hour emergency line 800-432-0333 www.hpmhc.org

The Community Mental Health Act was signed by President Kennedy in 1963. Shortly after, business and community leaders from four Northwest Kansas Counties met to discuss the need to expand mental health services in this part of the state.

Norton was one of the original four counties and the combined efforts of these counties created the High Plains Mental Health Center (HPMHC). In 1964 the main office opened in Hays and 49 years later there are five full-time branch offices in Norton, Phillipsburg, Osborne, Colby, and Goodland. Their ser-

vice area covers the 20 counties in Northwest Kansas, the largest geographical service area in the state. Clinical services are also provided in six other communities in Northwest Kansas.

HPMHC is a licensed community mental health center that offers quality comprehensive mental health care. They accept most major health insurance plans and have a sliding fee scale for qualified individuals that live and/or work in their service area. They also offer a community outreach program called Mental Health First Aid, an eight-hour class that teaches the skills needed to help someone suffering from a mental health crisis or challenge. HPMHC was one of the first community mental health centers in Kansas to offer this training.

One of the current challenges for HPMHC is the state reduction of Mental Health Reform funding which was intended to create and support outpatient services; helping people stay in their home communities rather

than attend inpatient care at a facility such as Larned State Hospital. The impact has resulted in reduced staff and the elimination of some programs. However, core services are still provided such as outpatient and medication assistance, community support, and emergency services to thousands of Northwest Kansans every year.

To be one of the four founding counties of HPMHC says a lot about the vision and dedication of those community leaders in the early 1960's and that same vision and dedication exists in our community today. The agency has many talented and dedicated staff working diligently to help clients, many of whom are facing the worst challenge or situation of their lives. Their staff regularly receives positive feedback from those who seek out their services. HPMHC looks forward to continuing their partnership with Norton County well into the future.

Bluejays go to State!



The Norton Blue Jay Booster Club members, JD Daffer, Alan Miller, Jennie Patterson and Connie Miller (not pictured) are seen here putting up signs to booster the Blue Jays Cross Country team off to state. The 14 member team will compete in Rim Rock on Saturday.

– Telegram photo by Dana Paxton

SCHOOL CALENDAR

NCHS

Monday-Sunday, Nov. 4-17
Auditorium closed to the public for fall play preparations
Monday, Nov. 4
KAY Board, 7:45 a.m.
Scholars Bowl at Trego and Stockton, 4 p.m.
FFA junior officer interviews, 7 p.m.
Tuesday, Nov. 5
Jay Singers, 7:30 a.m.
S.A.D.D., A.P.
Bi-District football-opponent, location, TBA, 7 p.m.
Wednesday, Nov. 6
FCCLA Board Meeting, 7:45 a.m.
MTSS: early dismissal at 1 p.m. (breakfast and lunch served; buses run at dismissal), 1:30-3:30 p.m.
Thursday, Nov. 7
Jay Singers, 7:30 a.m.
FFA Dairy Judging/Food Science at FHSU, 8 a.m.
FCCLA, A.P.
Kansas State University representative available, A.P.
Forensics Night, 7 p.m.

Friday, Nov. 8

Registration deadline for Dec. 14 A.C.T
FFA Ag Olympics/Monthly meeting, 7 p.m.
Saturday, Nov. 9
Football Regional Championship-opponent, location and time TBA
NJHS
Tuesday, Nov. 5
Stuco, 8:05 a.m.
KAYS, MTSS
Wednesday, Nov. 6
MTSS: early dismissal at 1 p.m. (breakfast and lunch served; buses run at dismissal), 1:30-3:30 p.m.
Thursday, Nov. 7
BB at Stockton, 4 p.m.
EES
Wednesday, Nov. 6
Author Presentation: Jefferson Knapp; cafeteria grades 2-6, 9 a.m.
MTSS: early dismissal at 1 p.m. (breakfast and lunch served; buses run at dismissal), 1:30-3:30 p.m.
Thursday, Nov. 7

IEP Day

Northern Valley
Monday, Nov. 4
Stockton Scholar's Bowl, 4 p.m.
Site Council meeting at Almena, 7 p.m.
Tuesday, Nov. 5
HS football Bi-Districts
Wednesday, Nov. 6
Dodge City College visit during A.P.
Jeff Knapp (children's author), 3rd-8th grade at Long Island, 1 p.m.
Thursday, Nov. 7
FFA District Dairy Judging at Hays, 8 a.m.
Natoma Scholar's Bowl, 4 p.m.
Friday, Nov. 8
No pre-school
ECD meeting in Phillipsburg, 9:30 a.m.
KAY Krispy Kreme delivery by Ag Shop, 3:45 p.m.
Saturday, Nov. 9
HS football Regionals

SCHOOL MENU

NCHS-NJHS

Monday, Nov. 4
Breakfast-Sausage gravy, biscuits, fruit, grape juice and milk.
Lunch-Meatballs, whipped potatoes, rolls w/margarine, celery sticks, pineapple tidbits and milk.
Tuesday, Nov. 5
Breakfast-Cherry Frudel, fruit, grape juice and milk.
Lunch-Grilled chicken sandwich, lettuce and tomato, grapes, baked beans and milk.
Wednesday, Nov. 6
Breakfast-Assorted cereal, toast w/margarine, fruit, apple juice and milk.
Lunch-Stuffed crust pepperoni pizza, vegetable salad, peaches, french bread and milk.
Thursday, Nov. 7
Breakfast-Sausage and cheese biscuit, fruit, apple juice and milk.
Lunch-Ham slice, scalloped potatoes, green beans, rolls w/margarine, apples and milk.
Friday, Nov. 8
Breakfast-Hot cereal, fruit, orange juice and milk.
Lunch-Beef enchiladas, lettuce and tomato, Mandarin oranges and milk.

Lunch-Spaghetti, tossed salad, peaches, garlic bread and milk.
Tuesday, Nov. 5
Breakfast-French toast, warm syrup, strawberry fruit cup and milk.
Lunch-Corn dog, sweet potato tots, pepper strips, fruit cocktail and milk.
Wednesday, Nov. 6
Breakfast-Western omelet quesadilla, salsa, tater tots, peaches and milk.
Lunch-Scalloped chicken, corn, sweet heart pears, celery stick and milk.
Thursday, Nov. 7
Breakfast-Breakfast cake, Sunrise Smoothie and milk.
Lunch-Beef burrito, cheesy broccoli, applesauce, baby carrots and milk.
Friday, Nov. 8
Breakfast-Sausage gravy, biscuit, apricots, grape juice and milk.
Lunch-Beef and noodles, whipped potatoes, green beans, orange half, cheese rolls and milk.
Northern Valley Menu
Monday, Nov. 4
Breakfast-French toast stix, syrup, hash browns, juice and assorted cold cereal.
Lunch-Soft shell taco, tossed salad w/dressing, corn chips w/salsa and pineapple tidbits.

Tuesday, Nov. 5
Breakfast-Breakfast taco, fruit, juice and assorted cold cereal.
Lunch-Baked chicken drumstick, savory rice, fresh broccoli and cauliflower and banana half.
Wednesday, Nov. 6
Breakfast-Cherry muffin, eggs, fruit, juice and assorted cold cereal.
Lunch-Corn dog, potato wedges, baked beans and fresh grapes.
Thursday, Nov. 7
Breakfast-Granola bar, hash browns, juice and assorted cold cereal.
Lunch-Spaghetti, tossed salad w/dressing, seasoned green beans and sliced pears.
Friday, Nov. 8
Breakfast-Ham/cheese biscuit, fruit, juice and assorted cold cereal.
Lunch-Ham-n-scalloped potatoes, whole wheat roll, seasoned peas and apple crisp.

Your holiday ham how-to guide

Having a cured ham for a holiday dinner? Let's try and take the guesswork out of buying, cooking and storing this holiday treat!

For boneless and canned hams, buy 1/4 pound for each person. For hams with a bone, buy 1/2 pound for each person. If you plan to serve the ham on a "help yourself" basis, or you want to have leftovers, buy a little extra!

Follow the cooking instruction on the label, if provided. Some hams are not pre-cooked and need to be cooked until hot enough for a food thermometer to reach the internal temperature of 145 degrees F., then allowed to rest for three minutes before carving or eating it.

You can cook your ham in several different ways. Here are suggestions:

Homeed Tranda Watts, Extension specialist



· Simmer ham covered in liquid in a pan on a stove (5-8 pounds) for 3 to 4 hours or 4 1/2 to 5 hours for 10 - 16 pounds of ham.
· Bake ham in an uncovered pan in an oven set at 325 degrees F. If desired, bake with favorite vegetables (5-7 pounds of ham) for 1 1/2 to 3 hours or 3 - 4 1/2 hours for 10 to 14 pounds of ham.
· Microwave pre-cooked ham slices that are 1/4 inch thick in a covered microwave-safe dish on 50 percent power. (1 1/2

pounds) for 10 minutes or 25 minutes for 3 pounds of ham. Watch the ham carefully as microwave ovens have different power levels, and one oven may take more or less time to finish cooking the ham depending on power levels.

Refrigerate sliced ham up to five days, and an unsliced whole ham in original wrappings up to 7 days. Leftover ham should be tightly wrapped and refrigerated or frozen within 2 hours. Use refrigerated leftovers within three to five days. Use frozen ham within 2 months. To thaw a 3-pound frozen ham, put it on a tray and refrigerate it for about 15 hours. Plan ahead so that your ham is completely thawed before preparing it for one of your holiday meals.

HONOR ROLL

Norton Junior High School
Honor Roll 1st 9 Weeks
Highest 4.00
7th Grade
Leah David
Anastasia (Stacie) Elliott
Allison Engelbert
Matthew Gordon
Hadley Hauser
Taryn Kuhn
Reagan Musquiz
Raelynn Slipke
Hayden Wiltfong
8th Grade
Mariah Addington
Jessica Ambrosier
Cale Patterson
Jace Ruder
Callie Uehlin
Honor Roll I 3.50-3.99
7th Grade
Sylence Auker
Nicholas Davis
Kailey Gill
Tucker Gosselin
Emily Henderson
Lena Shelton
James Sturgill
Shelby Tanner
8th Grade
Collyn Auker
Anna Burge
Jessie Dawley
Kara Frack
Dustin Harting
Ryan Johnson

Seth Otter
Tevin Petrie
Justis Posson
Emily Riley
Jace Smothers
Nicole Thraillkill
Honor Roll II 3.00-3.49
7th Grade
Katianna Burge
Eden Combs
Monica Dial
Emily Estes
Miles Harrington
Curtis Johns
Ashley Karnopp
Austin Koerperich

Carter Leibbrandt
Samantha Mulford
Zachary Rowh
Brady Sumner
Emily Woodyard
8th Grade
Trenton Chisham
Wyatt Cressler
Kiana Estes
Heaven Gallegos
Dallas Gosselin
Weston Harting
Dalaina Karnes
Dennis (Raye) Kasson
Alexander Leroux
Danielle Spargo

22nd Annual Norton Long-Spur Chapter
PHEASANTS FOREVER BANQUET
Friday, Nov. 8
at the Norton Eagles Lodge
Social Hour at 5:30 p.m.; Steak Dinner at 7:00 p.m.
AUCTION STARTS AT 8:00 P.M.
For More Information or to get Tickets Contact:
Dan Lauer: 877-5181 or Brock Miller: 877-3354

FEATURING

- Florals •Candles •Needlework
- Christmas Crafts
- Leather Crafts
- Photography
- Carvings

- Paper Crafts
- Jewelry
- Clothing
- Pottery
- Glass Crafts
- Oils/Acrylics
- Ornaments
- Woodworking

39th Annual Norton County Arts Council
Arts and Crafts Fair
Saturday, Nov. 9, 2013
9:00 a.m. to 4:00 p.m. at the
National Guard Armory
N.Hwy. 283 and Armory Road and the
4-H Building 126 Park, Norton, Kansas
Admission Charge of \$2.00 for ages 12 and over helps pay for the season programs.
NCAC Members Free with Paid Membership
REGISTER FOR A \$10.00 GIFT CERTIFICATE TO BE USED AT ANY OF OUR VENDORS . . . DRAWINGS EVERY HOUR FROM 9:30 A.M.-3:30 P.M.
The Norton County Arts Council

A Northwest Kansas Tradition... An Abundance of Talent

CORRECTION

In the cross country story in Tuesday's Norton Telegram, the starting time for this Saturday's girls run in the state championships at Rim Rock Farm near Lawrence was incorrectly stated. The correct starting time is 10 a.m. The boys will run at 11:30 a.m. Girls awards will be at 12:05 and boys awards at 12:35.

The Norton Telegram will correct or clarify any mistake or misunderstanding in a news story. Please call our office at 877-3361 to report errors.

We believe that news stories should be fair and factual and appreciate your calling to our attention any failure to live up to this standard.

