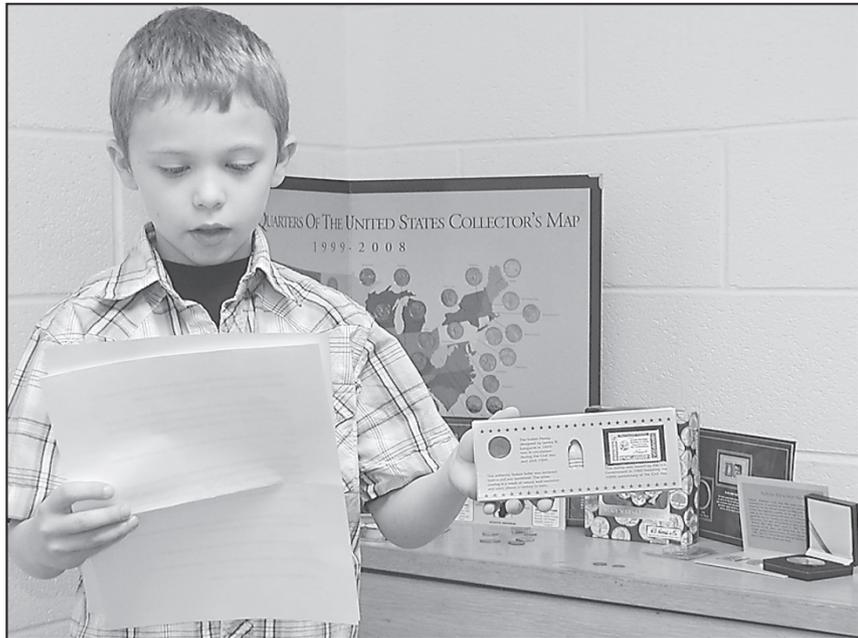


And this coin...



Shane Cozad, 8, practiced his "Demonstration Talk" project for his 4-H Club, for which he received a blue ribbon. He is holding a package that contains a Civil War coin and a lead bullet from a Civil War battleground. The lead oxidizing turned the lead bullet white, which takes about a hundred years.

Telegram photo by Brandy Leroux

Northern Valley jumpers hit goals

Students in grades 1 through 6 at Northern Valley participated in *Jump Rope for Heart* to promote their cardiovascular fitness and to raise money for the American Heart Association. They raised \$2,000.

The event was coordinated by physical education teacher Jim Cole, who called it, "A great success."

He said the participants gave

the event 100 percent.

"It makes sense to give heart research the number one priority since cardiovascular diseases kill more Americans than all other causes of death combined. It is also important to teach our youth about volunteerism and giving to people in need," he said.

The students from Northern Valley who participated in the *Jump Rope for Heart* event thank

everyone who donated money.

Each student will be receiving prizes depending on how much money each of them raised.

The second grade collected the most money as a class with \$650, followed by the third grade which collected \$435.

Third grader Katie Johnson was the school's top money raiser, collecting \$155.

Norton kids jump for health, exercise

By BRANDY LEROUX
bleroux@nwkansas.com

Eisenhower Elementary students raised more money this year — \$8,455.50 — for the American Heart Association through the *Jump Rope for Heart* program than any other year in the past.

"This year's event was a huge success," said Joan Bolt, coordinator for *Jump Rope for Heart*. "We're very proud of all the jumpers, and we all had a lot of fun. Thank you to all the parents and the community for supporting such a great cause."

Slightly more than 100 third-through sixth-graders participated in the program this year.

There were fewer students than previous years, which means it really took extra work and effort for the students to reach their goal, Mrs. Bolt

said.

There were 40 students who reached the \$100 donation milestone, and 12 who made the \$150 donation mark. Those twelve — Shayd Dicks, Matthew Vacura, Alex Leroux, Jace Smothers, Levi Kendell, Taylor Wahlmeier, Jesse Courtain, Alexis Hartwell, Lauren Mordecai, Neysa Carlson, Jared Tallent and Sierra Griffith — will have their names in a nationwide drawing for a chance to win a trip to Disney World. Sierra Griffith was the Eisenhower Elementary student who brought in the most donations with \$250. Deena Wallingford's third grade class had the highest donation amount with \$1,012, though Belinda Thalheim's fourth grade class was the first to make their class goal of \$1,000.

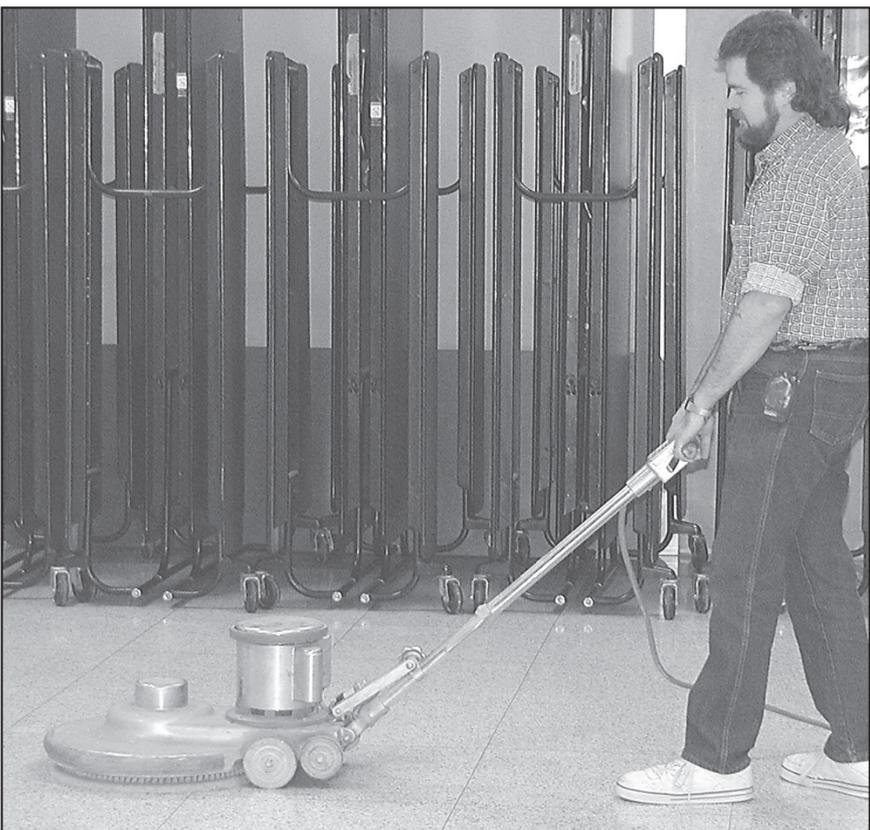
Eisenhower Elementary holds the *Jump Rope For Heart* event every other year. The last time it was held, in 2007, 126 students participated, and they raised \$8,435.

"Donations raised during *Jump Rope For Heart* help fund research to fight heart disease and stroke and also support the American Heart Association's public and professional education programs," said Mrs. Bolt. "Heart disease is the number one killer in America, and stroke is number three."

Jump Rope For Heart is a program that promotes physical fitness and heart health through jumping rope.

It is co-sponsored by the American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance.

Break for some, not others



Norton schools custodian David Harshbarger took advantage of spring break to do a little deep cleaning in the junior/senior high cafeteria Monday morning.

Telegram photo by Brandy Leroux

Forensics team heads to state

By KEN THARMAN
Forensics coach

On March 12, the Northern Valley forensics students ate an early lunch and hit the road to Colby.

This was the third meet of the season we were able to attend. The Northern Valley dance team had a date to dance at the State basketball tournament in Hays, so we were a little short on numbers for the day. The following students represented our team: Christina Anderson, Cody Callaway, Michael Callaway, Travis Redeker, Samuel Field, Skyler Harris, Jordan Herman, Daniel Field, and Bryant Tharman. Janette Callaway was kind enough to go along as sponsor, driver, and judge. I have to admit that she did an outstanding job at all three.

One thing about traveling with high school students — you learn lots. You learn about their beliefs, you figure out their likes and dislikes, and sometimes, you learn things you wish you did not. Rarely are the trips boring. Long journeys pass in a manner of minutes most days.

The meet started at 3 p.m. and after three quick rounds and a final round, these are the students making it to the finals and their placing: Skyler Harris, 7th in Oration, and Cody Callaway, 3rd in Humorous Solo.

Once again this was a meet with 18 schools represented. At the end of the night, Northern Valley finished seventh.

It is always interesting to see students meeting new people. It has been awhile since I was in high school, but I think fo-

rensic meets are one of the friendliest places you can be when competition is in the air. They go to their rooms, get into character, perform with energy and grace, then they go visit and talk with kids from other schools. It is an awesome sight. The friendships made at these events will be remembered long after the "glory days" are behind them.

This week we are on spring break. Once back in the groove, the rest of the season will go quickly. These are the dates and places of the remaining forensic meets we plan on attending: March 26, Smith Center; March 28, Hays; April 2, Phillipsburg; and April 8, league tournament at Almena. I hope that you have a chance to get out and watch the area youth perform.

Museum sponsoring lecture program

The Dane G. Hansen Memorial Museum will sponsor a Bureau of Lectures program on Thursday, April 9 at 10 a.m. at the Logan Grade School Auditorium. This year's event will feature the talents of Larry Yazzie, an international lecturer, educator, performer and fancy dancer. Born on the Navajo Reservation in 1958, he has a deep respect for his culture.

"Being Navajo, yet growing up away from my people, I realized the importance of culture," said Mr. Yazzie.

He now shares that culture

through storytelling, singing, flute playing and dancing!

He has performed all over the United States and the world, including: the Atlanta Olympics in 1996; Goodwill Games in St. Petersburg, Russia in 1999; International Cultural Festival in Brazil and Macy's Thanksgiving Day Parade in 2005; and Sister City Delegation Performance in Irumi City, Japan in 2006.

This fabulous learning opportunity is brought to you through the Hansen Museum Continued Education Program and offered to the public at no charge. For

more information, call 785-689-4846.

Museum Hours are Monday through Friday, 9 a.m. to noon and 1 p.m. to 4 p.m.; Saturday from 9 a.m. to noon and 1 p.m. to 5 p.m.; Sunday and holidays from 1 p.m. to 5 p.m. Closed Thanksgiving, Christmas and New Year's. We are handicapped accessible and there is never an admission fee. For more information about this and other exhibits, contact Shirley at 785-689-4846 or check out our web at www.hansenmuseum.org.

Arts Council engages Freestaters

On Saturday, the Freestaters will be performing a concert at 7 p.m. at the East Campus Auditorium in Norton.

Played on period instruments, The Freestaters play popular music from the 1850s, such as "Old Dan Tucker," "Oh, Susanna," "Angelina Baker" and

"Old King Crow."

"The period costumes and instruments they use will make for an interesting program," said Carol Erlenbusch, president of the Norton County Arts Council.

"We want our programs to be educational and interesting.

I've never been to an arts council program and been bored."

Admission for adults is \$8; students in junior and senior high school is \$2; children ages 12 and younger is \$1; reciprocity is \$4; and members who provide their membership cards will get in for free.

Be sure to keep The Telegram in mind for a gift idea!

\$50 INSTANT CREDIT! PER PHONE*

NEXTECH wireless
Authorized Agent

FREEDOM to Call, WHEREVER You Go - GUARANTEED!

Take the Nex-Tech Wireless Coverage Challenge!

Put our nationwide network to the test with our 30-Day Risk FREE GUARANTEE!*

If you're not fully satisfied with our coverage, just pay for the used minutes and walk away from the contract!*

Nationwide 4000

- 3000 Nationwide minutes*
- 1000 text messages
- Nights and weekends starting at 6 p.m!

2 Lines for \$49.99*

gotta have it

New RAZR!!

Motorola VE20 - \$49.99*

- External touch-sensitive controls
- MP3 player
- 2.0 megapixel camera
- Mobile web capable

HTC Touch 6900 Smartphone - \$79.99*

- Touch LCD screen
- Camcorder and camera
- MP3 player
- Internet Explorer Browser Software
- Receive one month free Mobile Power Pack!*

Bring your number to us and get **\$200 cash** per phone!*

NEXTECH
A Rural Telephone Company

Norton
117 North Norton
785-877-4135
Toll Free: 877-550-7872
www.nex-techwireless.com

*With qualified rate plan and 2 year service agreement. Limited time offer. Certain restrictions apply. See stores for details. If you return your phone in 30 days, the \$50 credit is forfeited. Nationwide coverage dependent on terrain, customer equipment and other factors. Taxes, features, surcharges and overages are the customer's responsibility. Nex-Tech Wireless is eligible to receive support from the Federal Universal Service Fund in designated areas. As a result, Nex-Tech Wireless must meet reasonable requests for service in these areas. Questions or complaints concerning service issues may be directed to the Kansas Corporation Commission Office of Public Affairs and Consumer Protection by calling 1-800-662-0027.