

Ribbon Cutting



The Norton Area Chamber of Commerce Ambassadors welcomes the new business owners of Whitefield's Coffee House, Amanda and Trevor Burns, with a ribbon cutting on Friday, Sept. 3. The business is family owned and operated.

-Telegram photo by Harriett Gill

Vocal Concert scheduled Sept. 18

Donna (Kump) Tucker, vocalist, musician and song writer, will perform at the Oberlin Gateway Civic Center at 7:30 p.m. on Saturday, Sept. 18.

A native of Oberlin, she is the daughter of Don Kump of Kingman and the late Jean Ann (Gaumer) Kump and is a 1969 graduate of Decatur Community High School.

"She has been blessed with not only a vibrant voice, but also a musical style and enchanting presence both on and off the stage making her an unforgettable talent," said Mary Henzel.

Although she is a native of Kansas, she began her career in Dallas, Texas, as a jazz singer/pianist. In 1999, she began a long-running contract with the Westin Tokyo in Tokyo, Japan. She spends several months a year there performing six nights a week.

When asked where she is from, she frequently responds, "Great people come from Kansas. I live in Kansas but I work all over the world."

Jazz studies have become an important component in her innate creativity.

After moving back to Kansas to be near her family, she was hired by Friends University as an artist-in-residence to develop a vocal jazz ensemble. The success of that program was overwhelming. She enjoys working with students and choral directors as they develop vocal jazz styles.

This is an Oberlin Arts and Humanities season ticket event or \$10 for adults, \$5 for students grades 1-12 at the door.

For more information, call Ella Betts (785) 475-3557 or Mary Henzel (785) 470-0218.

Kids learning to eat healthy food

Once again, Healthy Kids Challenge (HKC), a Kansas-based 501(c)3, is helping to make it possible for healthier eating and physical activity choices everywhere children live, learn work and play! Thanks to funding by the United Methodist Health Ministry Fund and help from Healthy Kids Challenge and libraries across Kansas, preschoolers and their families will hear, see, and practice healthy eating, physical activity and less screen time through literacy! The initiative, Reading - Smart Eating - Moving...Balance My Day, helps families practice healthy habits in such a fun way, it dispels the notion getting healthy is difficult.

Beginning fall 2010, librarians across Kansas will participate in a day of training to look at opportunities in their community pre-K library programs to help kids eat more fruits and veggies and get more physical activity in the day. Toolkits and teaching resources along with HKC coaching for one full year to help guide implementing healthy eating and activity messages and practices into library programs is also part of the grant support provided. For years, nutrition educators in schools have advocated the link between literacy and healthy eating. However, in a recent article, Nemours Health and Prevention

said that it is too late to reach kids in elementary school. In every community, libraries and their outreach to pre-school children through various programs are a perfect place to provide earlier support for healthy eating and physical activity.

According to registered dietitian and Healthy Kids Challenge Director, Vickie James, the enthusiasm by libraries and other collaborators has been terrific! The Lane County librarian, a participant in a previous HKC grant, was actually the spark that developed this project. According to Ruby Martin, "It doesn't matter if you don't have a lot of space or time, even something small to promote healthy eating and activity could make a difference." Ruby took that message to the Kansas library services coordinator and encouraged libraries to "Take the Challenge" in any way they can.

According to the U.S. Pediatric Nutrition Surveillance System, United States, pre-school children are getting heavier.

In Kansas, the percentage of obese 2-4 year olds grew from 8.8% in 1998 to 12.6% in 2003 and 13.3% in 2008.

Thanks to the Health Fund grant, Healthy Kids Challenge, and Kansas librarians, children will have greater support for healthy choices.

SCHOOL CALENDAR

Norton Community High School

Sept. 13
Drama Club - A.P.

Junior Varsity Football at St. Francis 5:30 p.m.

Sept. 14
Junior Class Magazine Sales Ends

Jay Singers - 7:30 a.m.

KAYS - A.P.

JV Tennis at Russell - 3 p.m.

Tennis at Phillipsburg - 3 p.m.

Sept. 15
B.A.S.S. meetings

Homecoming Royalty Election 8:30 a.m.

District Land Judging at Ellis 9 a.m.

Hansen Scholarship Test at Logan 9 a.m.

S.A.C. - A.P.

Sept. 16
Jay Singers - 7:30 a.m.

JV Tennis Quad at Phillipsburg - 3 p.m.

Cross Country at Hays - 3:45 p.m.

"C" Volleyball at Colby; Hays and Wheatland - 4 p.m.

Volleyball versus Goodland (H) 4:30 p.m.

Sept. 17
Faculty meeting - 7:45 a.m.

Registration Deadline for Oct. 23 ACT

Homecoming
Early dismissal (buses run at regular time) - 2 p.m.

Parade - 2:30 p.m.

Community Pep Rally at Court House - 3 p.m.

Coronation of Homecoming Royalty at Travis Field - 6:45 p.m.

Football versus Plainville (H) - 7 p.m.

Victory Dance - 10 p.m.

Sept. 18
FFA State Fair Trip to Hutchinson

Sept. 19
Norton Community High School Adopt-a-Highway

Norton Junior High School
Sept. 14
7th JH Football versus Southern Valley (T) - 5 p.m.

Sept. 15
Stuco - A.P.

Site Council 5:30 p.m.

Sept. 16
KAY board - A.P.

Sept. 17
Early Dismissal (buses run at regular time) - 2 p.m.

Eisenhower Elementary
Sept. 14
CBM's Grade 2

Sept. 15
CBM's Grade 3

Team meeting - 3:40 p.m.

Sept. 16
CBM's Grade 1

5/6 Grade level meeting - 3:40 p.m.

All Schools
Sept. 14
"Teaching Challenging Children" inservice Unified Office - 8:30 a.m. to 3:30 p.m.

BOE Meeting: Unified Office - 7:30 p.m.

Sept. 15
KSHSAA Executive Board Meeting, Topeka 9 a.m.

KASA Board of Directors, Topeka 10 a.m.

Council of Superintendents, Topeka 2 p.m.

Sept. 17
NCKSEC Supt. meeting at Phillipsburg - 10 a.m.

High School and Junior High Menu
Monday
Breakfast: French toast sticks with syrup, fruit or juice or cereal, toast with margarine and jelly, milk

Lunch: Chicken fry patty, whipped potatoes, carrots, roll with margarine, strawberry banana fruit cup or chef salad, milk

Tuesday
Breakfast: Long john, fruit or juice or cereal, toast with margarine and jelly, milk

Lunch: Sloppy joe, baked beans, carrots, apples and peaches or chef salad, milk

Wednesday
Breakfast: Breakfast pocket, hash brown patty, fruit or juice,

or cereal, toast with margarine and jelly, milk

Lunch: Chicken Fajita, lettuce and chopped tomato, onions and green peppers, french bread with margarine, fruit cup and oranges or chef salad, milk

Thursday
Breakfast: Breakfast casserole, fruit or juice, or cereal, toast with margarine and jelly, milk

Lunch: Enchilada, lettuce and chopped tomato, french bread with margarine, peaches peanut butter bar or chef salad, milk

Friday
Breakfast: Breakfast burrito, hash brown patty, fruit or juice, or cereal, toast with margarine and jelly, milk

Lunch: Grilled Chicken sandwich, lettuce and tomato, corn, fruit cup, or chef salad, milk

Eisenhower Elementary
Monday
Breakfast: Rolled up sausage link, tater tots, grape juice, milk

Lunch: Peanut butter and honey sandwich, cottage cheese, swarm peas, celery stick, mandarin oranges, milk

Tuesday
Breakfast: Blueberry muffin, peaches orange juice, milk

Lunch: Pizza Roll-ups, tossed salad, pears, cookie, milk

Wednesday
Breakfast: Homemade pancakes, warm syrup, apple juice, milk

Lunch: Potato boats, baked beans, fruit cocktail, whole wheat roll, milk

Thursday
Breakfast: Breakfast cake, grape juice, milk

Lunch: Macaroni and cheese, little smokies, mixed veggies, rosy applesauce, french bread, milk

Friday
Breakfast: Hard cooked eggs, warm toast, apple juice, milk

Lunch: Sloppy joe, homemade bun, corn, tater tots, banana spears, milk

Northern Valley Schools
Sept. 13
4:30 p.m. High School cross country at Alma

6 p.m. High School JV football at Stockton

8 p.m. School Board meeting in the conference room at Almena

Sept. 14
4 p.m. High School Volleyball versus Southern Valley and Palco at Almena

Sept. 15
9 a.m. FFA District Land Judging at Ellis

9 a.m. Dane G. Hansen Scholarship test at Logan

Sept. 16
4 p.m. Jr. High Volleyball (4 p.m.) and football (6 p.m.) versus Logan at Long Island

Sept. 17
5 p.m. High School Football at Logan

Northern Valley Menus
Monday
Breakfast: Banana bread, ham, hashbrowns, grape juice, cold cereal

Lunch: Chicken enchilada, tossed salad with dressing, spanish rice, banana cream pie, milk

Tuesday
Breakfast: Oatmeal with toppings, toast, eggs, fruit punch, cold cereal

Lunch: Meatloaf, hot roll, mashed potatoes, buttered peas and carrots, watermelon, milk

Wednesday
Breakfast: Breakfast Burrito, Hashbrowns, orange juice, cold cereal, milk

Lunch: Turkey-n-swiss sub, ranch wedges, buttered broccoli, applesauce cake, milk

Thursday
Breakfast: Cheese biscuit with ham, eggs, fruit cup, cold cereal, milk

Lunch: Cavatini, bread sticks, tossed salad with dressing, buttered green beans, watermelon or cantaloupe

Friday
Breakfast: French toast stix, links, eggs, pears, cold cereal

Lunch: Shepard's pie, whole wheat roll, cubed jello, snickerdoodle cookie.

Club News

By CINDY KINDALL

The Norton County Genealogy Society met Tues., Sept. 7, at 7 p.m. at the Norton Public Library in the Genealogy room.

The meeting was called to order by Allen Kindall, President. Roll call was called by Secretary Joann Wolf. Those present were: Carolyn Bivens, Betty Bivens, Walta Russ, LeVonne Otter, Allen and Cindy Kindall, Olin Sprague and Joann Wolf. Howard Van de Wege, Ron Temple, and Sally Ellis were absent.

The secretary's report was read by Joann Wolf and accepted as read. Olin Sprague read the trea-

sure's report.

Under new business a 501 C was discussed to see if the genealogy society needed one. The majority said that in order to get a grant we would almost have to have it. We are looking into grants for a ST View Scanner because the cost is in the neighborhood of \$10,000. We have applied to The Pamida Foundation, Midwest Energy, Nex-Tech and Hansen Foundation.

This new machine will bring our society into the 21st century, as our old scanner is obsolete. This scanner is capable of reading so much more film, everything from

microfilm to digital. With an additional program, it could even be used by a person researching their family genealogy away from here or from home. They would need to know the film needed and the times the library would be open to load that film.

If anyone is looking for a worthwhile organization to donate to, our society would greatly appreciate any donations to be used toward this machine.

Cindy Kindall had talked to the Norton County Economic Director, Scott Sproul, who suggested we call Kim Bryan about writing grants for us. Kim told Cindy that

if the society had not found a grant they could write one, but they charge a \$25 finders fee- and then charge 4% of the total amount of the grant money received.

With the meetings changed to evenings we have had four new members join us. They are Sally Ellis, Lavonne Otter, Warren Heaton and his daughter Jenise Wolter.

On Oct. 5, we will have Mark Weaver talk to us about the Nicodemus Historical Site. This meeting will be open to the public at 7:30 p.m. in the community room of the Norton Public Library. Refreshments will be served.

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NORTON COUNTY ARTS COUNCIL, INC.

HOMES TOUR AND MEMBERSHIP DRIVE

Sunday, September 12, 2010
2:00 - 4:00 P.M.

- Dana Paxton - 416 N. Grant Avenue
- Jeff and Deena Wallingford - 905 Westridge Avenue
- Shane and Jennie Miller - 15080 West Highway 36
- 109-113 S. Kansas - Downtown Restoration Project

Purchase your membership at any of the three locations on the tour or by mail. Admission \$10 if membership not purchased. Refreshments will be served at the Miller home.

Join us for our 2010-2011 season kickoff!

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