



Class members meet with Norton City Administrator Rob Lawson in their first session titled "City and County Government".

-Telegram photo by Harriett Gill

## First lesson is local government

By KEITH P. VANSKIKE  
TWIN CREEKS EXTENSION DISTRICT

Norton County Leadership has met for its first session titled, "City & County Government". Members for the 2010-2011 Leadership are Catrina Kunclers, Craig Eveleigh, Verla Grysch, Jeana Yost, Julia Nelson, Jamie Wentz, Missi Schoen, Justina Smith, Teresa Clydesdale and Nicole Rhea.

This past session, the leadership group met with Judge Deb

Anderson, Darla Engel of the District Court and they toured the Department of Corrections with Warden Jay Shelton and Captain Jerry Smith. The group visited with Rob Lawson and Jeff Wolf with the Norton City Office. They also toured the Norton Sheriff's Office with Sheriff Troy Thomson. The group also discussed issues concerning Norton County with Commissioner John Miller.

Sandy Smith, Leadership-Norton County Alumni helped to facilitate the program and attended the sessions with the group.

Topic sessions in the future involve Ag Day, Rural Health, Education, and Community & Economic Development. The group will also take a 2 1/2 day trip to Topeka and visit the Legislature and various State Departments at the Capital City.

The Leadership-Norton County group looks for individuals who are demonstrating leadership skills, a commitment to serve the Norton County area and are interested in establishing a network of leadership growth.

## SCHOOL CALENDAR

### Norton Community High School

**Sunday, Sept 19**  
Adopt-a-highway 2 p.m.  
**Monday, Sept. 20**  
Drama Club-AP  
"C" Volleyball at Smith Center with Phillipsburg, Russell 4:30 p.m.

**Tuesday, Sept. 21**  
Jay Singers 7:30 a.m.  
Joe Coles: Bullying presentation at Stull Gym 8:45 a.m.  
Tennis JV meet at Goodland 3 p.m.  
Volleyball at Hill City with Hoxie 4:30 p.m.

**Wednesday, Sept. 22**  
FCCLA meeting - AP  
FFA Regional Land Judging at Norton 9 a.m.

Post High School Education and Training Opportunities at Junior High Gym 2:30 p.m.  
KSPA Fall Conference at FHSU - TBA  
Site Council 5 p.m.

**Thursday, Sept. 23**  
Fall Play Auditions at East Campus Auditorium 6:30 p.m.  
FCCLA Board Meeting - AP  
Jay Singers 7:30 a.m.

Band performs at The Vietnam Moving Wall exhibit 7 p.m.  
SIT meeting 7:45 a.m.

Tennis V at Russell Invitational 1 p.m.  
Cross Country at Hill City 5 p.m.

**Friday, Sept. 24**  
Students to Moving Wall 10:30 a.m. to 11:30 a.m.  
Moving Wall Memorial Assembly-Stull Gym-1:30 p.m.  
Jazz band rehearsal - AP  
Football at Oberlin 7 p.m.

**Saturday, Sept. 25**  
FFA district softball tourney at Oakley 9 a.m.  
Volleyball C at Hill City Tourney 8:30 a.m.

Tennis V at Trego Invitational 9 a.m.  
Tennis JV at Phillipsburg Tourney 9 a.m.

**Norton Junior High School**  
**Monday, Sept. 20**  
Football 7/8 Goodland (H) 4:30/6:30 p.m.

**Tuesday, Sept. 21**  
Joe Coles: Bullying Presentation at Stull Gym 10:30 a.m.

**Wednesday, Sept 22**  
Grade 7 Science: W.A.C.K.Y. Day at Kirwin Lake 8 a.m. to 3 p.m.

**Thursday, Sept. 23**  
Football 7/8 at Oakley 4:30/6:30 p.m.  
Volleyball at Oakley 4:30 p.m.

**Friday, Sept. 24**

The Vietnam Moving Wall Exhibit in the a.m.

**Saturday, Sept. 25**  
Volleyball 7/8 at Hoxie tourney 9 a.m.

**Eisenhower Elementary**  
**Monday, Sept. 20**  
Site Council 5:30 p.m.  
**Tuesday, Sept. 21**  
2nd grade diagnostic test 8:30 a.m.

Joe Coles presentation: Bullying Presentation in cafeteria - kindergarten and 1st at 12:55 p.m.; 2nd, 3rd, and 4th at 1:30 p.m.; 5th and 6th at 2:20 p.m.

**Wednesday, Sept. 22**  
2nd grade diagnostic test 8:30 a.m.

**Friday, Sept. 24**  
Grades 4, 5, and 6 to Moving Wall Memorial 1 p.m.

Grade 3 to sing at Moving Wall Memorial 7 p.m.

**All Schools**  
**Wednesday, Sept. 22**  
First nine weeks progress reports go home

**High School and Junior High Menu**  
All menus offer milk. Breakfast alternate meal is choice of assorted cereal, toast with margarine and jelly. Lunch alternate meal is chefs salad.

**Monday:** Breakfast: Bacon egg and cheese sandwich, fruit or juice. Lunch: Ground beef gravy, whipped potatoes, rolls with margarine carrots.

**Tuesday:** Breakfast: Scrambled eggs, bacon, fruit or juice. Lunch: Meat lover pocket, pasta salad, green beans, pineapple chunks

**Wednesday:** Breakfast: Long John, fruit or juice. Lunch: Pizza casserole, garden salad, garlic bread, rosy applesauce.

**Thursday:** Breakfast: Breakfast quesadilla, potato puffs, fruit or juice. Lunch: Pepperoni pizza, carnival salad, garlic bread, mandarin oranges.

**Friday:** Breakfast: Granola Snack bar, fruit or juice. Lunch: Breaded chicken sandwich, lettuce and tomato, corn, cinnamon Applesauce.

**Eisenhower Elementary**  
**Monday**  
All meals offer white or chocolate milk.

**Monday:** Breakfast: Scrambled eggs and ham, pears, grape juice. Lunch: Chicken fry, whipped potatoes, gravy, green beans, whole wheat roll, fruit cocktail.

**Tuesday:** Breakfast: Breakfast pizza, rosy applesauce, orange juice. Lunch: Western bean bake, cheese stick, corn, jello with

pears, cornbread.

**Wednesday:** Breakfast: Fruit crispitos, grape juice. Lunch: Pigs in a blanket, french fries, dill spear, baby carrots, mandarin oranges.

**Thursday:** Breakfast: Chilled yogurt, bagel with cream cheese, apple juice. Lunch: Hamburger gravy, whipped potatoes, warm peas, peaches, peanut butter twist.

**Friday:** Breakfast: Warm cereal with toppers, grape juice. Lunch: Cavatini, tossed salad, apple crisp, garlic bread.

**Northern Valley Schools**  
**Monday, Sept. 20**  
5 p.m. to 7 p.m. Band instrument display night in the music room at Alma.

**Tuesday, Sept. 21**  
5 p.m. High School Volleyball versus Logan and Alma at Logan

**Wednesday, Sept. 22**  
2:30 p.m. to 4 p.m. College planning conference at Norton High School

9 a.m. FFA Area Land Judging at Norton

**Thursday, Sept. 23**  
4 p.m. Jr. High Volleyball versus Hill City at Long Island

6 p.m. Jr. High Football versus Hill City at Long Island

5 p.m. High school Cross Country at Hill City

**Friday, Sept. 24**  
7 p.m. High School Football versus Pike Valley at Scandia

**Northern Valley School Menu**  
Milk is served with all meals, 2% white or 2% chocolate. Breakfast offers cold assorted cereal.

**Monday:** Breakfast: Cherry muffin, sausage, hashbrowns, ham. Lunch: Mexi-tot supreme, tossed salad with dressing, french bread, buttered carrots, sliced peaches.

**Tuesday:** Breakfast: sausage, cheese biscuit, eggs, apple slices. Lunch: Chicken patty, bun, baked potato, buttered peas, fruity jello.

**Wednesday:** Breakfast: Peach coffeecake, grapes, hashbrowns, links. Lunch: Burrito with meat, cheese, tossed salad with dressing, buttered corn, apple crisp.

**Thursday:** Breakfast: Pancake on a stick, hashbrowns, orange juice. Lunch: Chicken-n-noodles, mashed potatoes, hot roll, buttered green beans, cherry pudding pie.

**Friday:** Breakfast: cinnamon butterflake biscuit, watermelon, eggs. Lunch: Stromboli, french fries, coleslaw, mixed fruit.

# Soil conservation awards nomination deadline nears

By KEITH P. VANSKIKE

The Kansas Bankers Soil Conservation Awards Program to recognize individuals will be held again this year, according to Keith P. VanSkiike, Norton County Extension Director. "We look forward to public nominations of the awards".

"This Program is being sponsored by the agriculture committee of the Kansas Bankers Association, local banks and the government agencies that cooperate with the District Conservation office. We are asking for nominations to be submitted by September 21st to either the local Extension Office or District Conservation Office.

The purpose of this program is to stimulate a greater interest in the conservation of the agricultural resources in Kansas by giving recognition to those farmers and landowners who have made outstanding progress in the establishment of soil and water conservation on their farms. Included in the awards program are a soil conservation award, windbreak award and wildlife award. New awards are Energy Conservation, Water Quality, and Water Conservation

Points to be considered in selecting soil conservation award winners include (1) use of land according to its capabilities; (2) completeness of farm plan applied; (3) balance of farm enterprise; (4) quality of conservation work done and maintenance of practices; and (5) special practices unique to the farming operation.

The windbreak award considers windbreaks which provide protection from damaging winds for residential or other structures, areas, livestock, or fields. Windbreaks should be a minimum of three years old. Wildlife habitat awards recognize individuals for establishment and maintenance of habitat to encourage and protect wildlife.

These new awards are being offered this year:

### Energy Conservation Program

1. Efficient use of energy in farmstead buildings, equipment, and operations including but not limited to building isolation; heating and cooling such as ground source heat pumps; lighting; and striving for peak fuel efficiency in high energy consumption components such as irrigation pumping.

2. Production of energy from renewable sources including but not limited to solar; wind; biomass; biofuels such as bio-diesel, methane, ethanol, etc.

3. Co-utilization of energy through combining processes such as heat one stream while cooling another by using heat exchanger; cool milk while heating water for cleaning by using a heat pump, etc.

### Water Quality

1. Quality of water quality improvement and protection work.

2. Adoption of cropping, grazing, and animal feeding operation

practices to reduce sediment, nutrient, and bacterial contamination of surface water.

3. Practices may include, but are not limited to: Conversion of cropland to total no-till farming systems (high residue levels), planting grass or forested riparian buffers, development of nutrient management plan, installing livestock waste management systems, rotational grazing, improved livestock watering distribution system, moving livestock operations out of riparian areas, creation of stabilized stream crossing, and mortality management.

### Water Conservation Award

1. Adoption of improved irrigation management techniques, improvement, and remote monitoring and/or control.

2. Evidence of field tests for the evaluation of irrigation system performance.

3. Improvement and/or development of on-farm or ranch water supplies.

These are separate awards but all have a familiar theme of conserving water and energy resources, adapting farm related practices and equipment to utilize forms of energy, improving quality and quantity of water in and around a farming system.

Nominations can be made by any person in the county. Nomination forms can be picked up at the Norton County Extension Office or Norton County Conservation District. The nominations should be returned by Sept. 21.

## Celebrate recovery from addiction at a come and go ice cream and cake social

September is National Alcohol and Drug Addiction Recovery Month. Recovery Month was established as an opportunity to inspire millions of Americans to raise awareness about the effectiveness of treatment and the hope of recovery. It also encourages individuals to share their stories of recovery and to reach out to others who are in need of assistance currently suffering from substance abuse addiction.

Recovery Month serves as the catalyst for celebrating successes in long-term recovery and to educate the public on substance abuse disorder as a national health crisis and that addiction is a treatable disease.

Pathways to finding long-term recovery not only benefit the affected individual but their family, friends, workplace and society as a whole. In honor of Recovery Month, Smoky Hill Foundation for Chemical Dependency, Inc. is sponsoring a Recovery Month "Fellowship Social" to celebrate success in overcoming alcohol and drug addiction.

Individuals in Recovery, their family members and organizations that aid in the treatment process are encouraged to join us on Saturday, Sept. 25 from 1 p.m. to 4 p.m. for a come and go cake and ice cream "Fellowship Social" at 209 E. 7th Street, Hays. Smoky Hill Foundation applied

for and received a \$500 mini-grant from the Kansas Association of Addiction Professionals to sponsor the fellowship social event honoring those that have triumphed over their substance abuse disorder.

Funding for this Recovery Month event was made possible by the Department of Social and Rehabilitation Services, Addiction and Prevention Services.


Please join us in celebration for the voices for recovery now more than ever! For additional information on Recovery Month please visit [www.recoverymonth.gov](http://www.recoverymonth.gov) or for local substance abuse treatment services please call Smoky Hill Foundation at 625-5521.

## Low vision fair is announced

The 2010 Western Kansas Low Vision Fair will be held on Saturday, Sept. 25 at the Sternberg Museum of Natural History in Hays. The Fair, which is one of the largest meetings devoted to the visually impaired in the State, will be open from 9 a.m. to 4 p.m. and is free of charge to any interested individuals.

The Low Vision Fair is sponsored by the Northwest Kansas Association for the Visually Impaired, a non-profit support group for those who are legally blind or visually impaired.

For more information, please contact the Northwest Kansas Association for the Visually Impaired at 785-628-6055 or 785-625-3937.



## Internet Anyone?

**TUESDAY, SEPTEMBER 21**  
6:00 p.m. - 8:00 p.m.

**THURSDAY, SEPTEMBER 23**  
6:00 p.m. - 8:00 p.m.


**\$69.00 Per Person**

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**PRE-REGISTRATION IS REQUIRED**

**Call 785-874-4844 or [kimmcs@ruraltel.net](mailto:kimmcs@ruraltel.net)**



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