



Brady Younger, Hays, prepares to launch a disc in the Norton Disc Golf tournament that was played in Elmwood Park on Feb. 5. -Telegram photo by Harriett Gill

Disc golf club tournament

By DAN MORDECAI

We had 18 participants from Norton, Almena, McCook, Neb. and Hays in the Norton Disc Golf Club's food drive Saturday, Feb. 5! I was only expecting around 10 people since it was a bit cold, so I was very happy with the turnout! Having the basement of the Norton city building as "Tournament Central" worked out great. The guys came early and had a chance to visit over rolls and coffee before going outside. Each participant received a pencil, Innova Sticker, Discraft Sticker, Map of the course, and an official Kansas Disc Golf Association Food Drive 2011 Disc, a \$16.00 value. By the time we got to the course, the chill was out of the air and although it was still cool, we weren't cold at all. The wind was there, but most of us are used to wind!

The guys appreciated having lunch provided and were generous with their donations. Kent Lockhart, owner of Veteran's Lawn Service, donated the meat for the lunch. Gary Lockhart, owner of Norton Furniture, prepared the lunch, which was barbecued beef sandwiches. Jamboree Foods and Main Street IGA provided buns, pop, and chips. I went ahead and purchased the plates, cups, napkins, and snack cakes to round it out.

The afternoon was a bit warmer and windier. As the temperatures rose, the ground started to thaw which meant wet ground and mud. I didn't hear one person complain, so everyone stepped up to the challenge. The results of the tournament are:

Junior Division: Carson Buffington from Almena participated in the event, winning one disc (\$16.00). He was our only Junior.

Intermediate Division: Trevor

Lewis of Norton tied for third place receiving one disc (\$16.00); Kevin Buffington of Almena got second place, getting two discs (\$32.00); James Fawcett of Norton won the Intermediate Division (\$48.00 in discs); Dale Henry, Bubba Lewis, and Aaron Roberts all of Norton, also participated.

Advanced Division: Kent Lockhart of Norton participated.

Open Division: Chad Gasper of Norton placed second. Chad also won both CTP prizes in the open division. Don Mordecai of Norton won the tournament with a score of 105, donating his winnings to the food bank.

One item of interest, Bruce Hinson of McCook, is a disc golf promoter in Nebraska, Wyoming and soon to be in Colorado. He won the Advanced division and both CTP prizes for the Ams. Since he donated the prizes for two of the CTP's, and he has discs from his disc golf business, he gave all of his winnings to our Junior participant, Carson Buffington. Carson literally had an arm full of prizes when he was done! When Carson said "Now all I need is a bag," he was given a bag by the Norton Disc Golf Club. This generosity was a great thing to witness and promotes the sport of disc golf.

We raised a total of \$527 for God's Pantry plus several bags of canned food!

Once again, the Norton Disc Golf Club would like to thank our sponsors for helping make this event a success:

Deanna Braun Insurance; R. W. Yeager; City of Norton, Travel and Tourism; Bullock, Inc.; Natoma Corporation; KQNK Radio; Jay's Woodworking Shop; Veteran's Lawn Service; Norton Furniture; White Fields Coffee Hours; Jamboree Foods and Main Street IGA.

Season starts for forensics

It is that time of the year for the Northern Valley Forensics season. Students involved with Forensics (Speech and Drama Club) are: Matt Dole, Jon Compton, Kayla Lowry, Gunnar Hays, Jasmine Drone, Kenzi Husted, Daniel Field, Alex Tharman, Staci Dole, Haley Graham, Morgan Black, Zach Vincent, Bryant Tharman, Dakota Hilburn, Colten Hilburn, and Ashley Constable.

Students have been practicing their scripts and some have had

the opportunity to attend their first meet already. Our first meet of the year was held in Hill City on Jan. 29. Those students attending were: Daniel, Alex, Haley, Zach, Bryant, Dakota, Jon, and Jasmine.

The first meet of the year is one that is always filled with anxiety and apprehension. At least for me it is the students always seem to be fine. Here are the categories in which these students performed: Daniel, Interpretation

of Poetry; Alex, Improvised Duet Acting; Haley, Interpretation of Poetry; Zach, DUET Acting & Improvised Duet Acting; Bryant, Interpretation of Prose; Dakota, Oration; Jon, DUET Acting ; and Jasmine, Humorous Solo Acting.

None of the students made it to the finals at this meet, but they were able to get their feet wet for the season. With our busy schedule and snow days since Christmas, practices have been

slow. Now that things are back to a more normal schedule, I hope for this to improve. Please take time to get out and support our kids in this exciting and fun extra curricular activity. You would be surprised how much more energetic students are when they have an audience. Our next event is the Norton Forensics meet on Feb. 12. Please come over and cheer them on. Until next time, the stage is yours.

SCHOOL CALENDAR

Norton Community Schools Monday, Feb. 14

FCCLA Valentine Fund Raiser

Tuesday, Feb. 15

Jay Singers - 7:30 a.m.

JV/V Basketball versus Hoxie (T)

Wednesday, Feb. 16

S.A.C. - A.P.

Thursday, Feb. 17

Jay Singers - 7:30 a.m.

KAY meeting - AP

FFA monthly meeting 7 p.m.

Friday, Feb. 18

Artist of the month - AP

FCCLA Cake Raffle

Faculty meeting - 7:45 a.m.

Wrestling Regional at Goodland

Basketball versus Ellis (H)

Rotary Soup supper and FCCLA cake raffle - 4 p.m.

Saturday, Feb. 19

Forensics at Northern Valley 7:30 a.m.

State Piano Festival

Wrestling Regional at Goodland

Norton Junior High Monday, Feb. 14

KAYS - A.P.

Wednesday, Feb. 16

County Spelling Bee (rescheduled from Feb. 9) at East Campus - 4 p.m.

Thursday, Feb. 17

Wrestling at Stockton - 5 p.m.

Eisenhower Elementary Monday, Feb. 14

Valentine's Parties - 2:30 p.m.

Tuesday, Feb. 15

Dental screening - 8:30 a.m.

Wednesday, Feb. 16

S.I.T. - 7:30 a.m.

County Spelling Bee (rescheduled from Feb. 9) at East Campus - 4 p.m.

Thursday, Feb. 17

5th and 6th grade level meeting 3:40 p.m.

High School and Junior High Menu

All meals are served with milk. Breakfast has fruit or juice. Alternate breakfast: cold cereal, toast and jelly; Lunch: chef salad.

Monday

Breakfast: Cinnamon bun

Lunch: Corn dog, french fries, coleslaw with carrots, rolls, mandarin oranges.

Tuesday

Breakfast: Breakfast burrito, hash brown patty. Lunch: Pigs in a blanket, green peas, carnival salad, rosy applesauce.

Wednesday

Breakfast: Bacon, egg and cheese on a biscuit. Lunch: Steak fingers, whipped potatoes and gravy, carrots, rolls, peanut butter and celery, peaches.

Thursday

Breakfast: Hot cereal. Lunch: Chicken wrap, onions and peppers, lettuce, tomato and cheese, french bread, fruit cup, cookie

Friday

Breakfast: Biscuit and sausage gravy. Lunch: Hamburger on a

bun, lettuce, tomato and cheese, corn, chocolate pudding.

Eisenhower Elementary

All meals are served with milk. Breakfast has fruit juice.

Monday

Breakfast: Waffles, syrup, fruit cocktail. Lunch: Ike burgers, bun, french fries, dill spear, pears, valentine cake

Tuesday

Breakfast: Canadian bacon with cheese, biscuit. Lunch: Lasagna, tossed salad, peaches, garlic bread.

Wednesday

Breakfast: Breakfast burrito. Lunch: Roast beef, whipped potatoes, gravy, corn, pepper strips, banana bread.

Thursday

Breakfast: Applesauce muffins, peaches. Lunch: Baked ham, scalloped potatoes, baby carrots, pineapple chunks, roll.

Friday

Breakfast: Warm pumpkin bread, rosy applesauce. Lunch: Baked chicken, whipped potatoes, gravy, green beans, strawberry fruit cup, french bread.

Northern Valley Schools Monday, Feb. 14

2:45 p.m. to 3:45 p.m K-6 Valentine parties in the classrooms

KACTE meeting at Topeka

TBD - High school dance practice

Tuesday, Feb. 15

8:30 a.m. - 3 p.m. Reality check regional competition at Hays

4 p.m. Basketball versus Hill City

Wednesday, Feb. 16

3:30 - 5 p.m. Robotics class in Mr. Tharman's room

County Spelling Bee at Norton East Campus Auditorium 4 p.m. (Rescheduled from Feb. 9)

Thursday, Feb. 17

TBD High school dance practice

Friday, Feb. 18

9 a.m. - 12 p.m. FastForWord

Users group meeting at Hays

10 a.m. K-4 to Chinese Acrobats at Logan

4:30 p.m. High school Basketball versus Palco at Almena-NO

JV girls-pink night.

Saturday, Feb. 19

High School Forensics meet at Almena

3:30 p.m. High school girls versus Phillipsburg JV and high school boys versus Southwest, Neb. at Almena

25th anniversary of 1986 State Basketball Team and Post Prom Soup Supper.

School Menu

All meals are served with milk. Breakfast as cold cereal assortment.

Monday

Breakfast: Breakfast casserole, toast, grape juice. Lunch: Italian

dunkers, salad, buttered carrots, cherry crisp

Tuesday

Breakfast: Egg biscuit, hashbrowns, apple juice. Lunch: Macaroni and cheese, little smokies, roll, buttered broccoli, fruity jello.

Wednesday

Breakfast: Banana Bread, sausage, scrambled eggs, oranges. Lunch: Texas straw hats, salad, buttered corn, vanilla.

Thursday

Breakfast: French toast, ham slice, hashbrowns, apricots. Lunch: Cheeseburger pockets, french fries, buttered peas, pineapple upside down cake.

Friday

Breakfast: Sausage gravy, biscuits, hashbrowns, banana slices. Lunch: Pizza, salad, buttered beets, rosey applesauce.

February Special
"Eliminate Doggie Breath"



Free Dental Exam
\$10 Off Dental Procedure

CALL FOR APPOINTMENT

Norton Animal Health Center, LTD.
Aaron R. White, DVM • Sarah Ketterl White, DVM
801 W. Holme, Norton, KS • 877-2411
HOURS — MONDAY-FRIDAY: 9-5
SATURDAY: 9-NOON

Norton County Health Promotion Blood Draws

At the Norton County Health Department

Provided by a joint effort of the Norton County Health Department and the Norton County Hospital

Need to be fasting (no food or drink after midnight) before the test

NO APPOINTMENTS NECESSARY - FIRST COME, FIRST SERVE

QUESTIONS? CALL THE NORTON COUNTY HEALTH DEPARTMENT AT 785-877-5745

Profile #1 (Health Profile and CBC)\$40.00
HEALTH PROFILE CONTAINS:
Electrolytes - (Sodium, potassium, chloride and total carbon dioxide) These are major indicators of kidney and hormonal functions. Electrolytes are essential for the body's acid-base balance and the operation of nerves and muscles, especially the heart.
Kidney Functions - (BUN, creatinine) These indicators are used to monitor kidney function.
Liver Functions - (Total albumin, globulin) These tests can be used in detecting and/or monitoring liver function damage, tissue damage or inflammation.
Alkaline Phosphate - (Uric acid, calcium, phosphorus) Used for detection and monitoring of bone, tissue and parathyroid disease, such as arthritis, gout, bursitis and lupus.
Glucose - This test is to measure blood sugar levels and is used to help diagnose/monitor diabetes mellitus.
Cholesterol - (Including HDL, LDL, VLDL, triglycerides and ratio of LDL/HDL) these are fats produced in the liver that combine with fatty oils in the blood stream. Cholesterol is further broken down and measured as HDL (good cholesterol) and LDL (bad cholesterol). The person who has higher levels of LDL is at greater risk of heart disease. Triglycerides determine the level of simple fats in the blood.
CBC - (Complete blood count with differential) This is a series of tests of the blood that provides a tremendous amount of information about the hematologic system, immune response and many other organ systems.

Profile #2 (PSA)\$20.00
PSA - This test detects an enlarged prostate, infected prostate and/or prostatic cancer. It can be used to evaluate disease progression and to monitor treatment.

Profile #3 (TSH)\$15.00
TSH - This test is used to evaluate thyroid function and detect if there is too much or too little hormone secreted by the thyroid.

Profile #4 (HbA1C)\$35.00
Measure average blood sugar levels - (diabetics only)

ACCEPT CASH AND CHECK ONLY! INSURANCE BILLING NOT AVAILABLE!

Attention Business Owners! Presenting Business Ideas You Can Bank on with Cinda Baxter, Business Expert

Nationally acclaimed business expert Cinda Baxter will be in Norton to help your business add cash to your bottom line. She specializes in helping businesses in smaller markets like Norton County. This opportunity to increase your market share is free of charge thanks to Norton City/County Economic Development and co-sponsor Norton Area Chamber of Commerce. **Reserve your seat at the Norton American Legion, Tuesday, February 15 at 5:30 p.m.** to increase profits at your business. Cinda has appeared on many national news media's such as the Washington Post, Wall Street Journal, CNN, MSNBC, FOX Business and NBC's Nightly News. She is well known for assisting the Chicago Market with marketing and ideas resulting in making it one of the largest markets in the United States by promoting small business, but she specializes in helping small communities capture a greater share of the market. Come meet face-to-face with Cinda and get answers to your questions about being a destination business in order to draw a regional customer base.

Again, Economic Development and the Chamber have already covered the seminar fees so that your business can bring as many employees as possible for **FREE**. Hors d'oeuvres will be served beginning at 5 p.m., so come early!

Please RSVP quickly or by February 8 to reserve seats.
To reserve call 785-874-4816 or email nortoned2@ruraltel.net.