

Benefits of a family meal

Being physically active and eating one or more meals together each day offers members of families a chance to benefit in some areas where they may be experiencing difficulties. One physical activity that many families enjoy is gardening together. Growing flowers, vegetables, fruits or herbs can be a refreshing way to spend time as a family.

Eating and gardening with children and teens provide frequent chances for relaxed communication and strengthening emotional connections with each other. We may feel a sense of peace as we help seeds and young plants grow, and feelings of accomplishment when we harvest the bounty. Other benefits for the child include: a boost in his or her decision-making skills, confidence and self-esteem; improved math, science and language skills and general academic achievement; and decreased likelihood of risky behaviors.

Overall, gardening and eating together result in more positive family and other social relationships. To help ensure a healthier future for the children that you care for, consider enjoying nature together. Start small, with a container garden near a window or on your porch, or by planting a garden in a small patch of ground in your yard.

Research has found that when children are involved in growing

Homeed
Tranda
Watts,
Extension
specialist



their own food or helping prepare their own food, they are more likely to eat some of those foods.

Children have keen senses of taste and smell. Those younger than six years of age usually like mild-flavored foods. Mildness is especially important when considering vegetables, fruits and meats.

Kids ages two to six years often prefer raw vegetables and fruits. Children like crisp foods in a meal. They enjoy hearing the crunch of crisp carrots or celery sticks or toast.

Do not force a child to eat any food. Patience works better than pressure. Sometimes new foods take time, so give them just a taste of new foods at first. Changing the food is always easier than changing the child.

Above all, enjoy eating with your family. They learn from watching you.

If you have questions, please feel free to contact your local Kansas State Research and Extension Office or e-mail twatts@ksu.edu.

Waiting for the players!



The bases are placed, the grass is green and benches wait for the players. The new T-Ball field is located on the south side of Ward Field. The field is the result of a request made by the Norton Recreation Commission and the approval of the Norton City Council in July of 2010.
-Telegram photo by Harriett Gill

Norton school reunion

The Norton Community High School Reunion is scheduled for May 27 and 28.

On Friday, people are encouraged to enjoy being in Norton, shopping, eating. Alumni from out of town as well as those who live in the community are encouraged to view the Also Ran Gallery at the First State Bank, the photos in the Courthouse, the Library, take a tour of the lake and a walk in the park, or a movie at the Norton

Theatre.

The Norton Museum will be open Saturday from 2 to 4 p.m.

Plans for Saturday are an Open House from 9 a.m. to noon at the Junior High School cafeteria; coffee, pastries and other goodies will be served.

Saturday evening dinner are for those who have reservations. For late reservations or other questions, contact Sonya Montgomery 785 669 2145 or 785 871 2020.

Student News

Bob Adkisson Scholarship

Billy Broeckelman, Norton Community High School senior, is one of five recipients nationally, of the Bob Adkisson Scholarship Award. The \$1,500 Bob Adkisson Scholarship is presented by the Western Telecommunications Alliance Foundation, Inc., to children of parents who are employed by a Western Telecommunication

Alliance member company, and who demonstrate exceptional academic achievement, integrity and commitment to education.

Billy is the son of Jim and Tami Broeckelman, Norton, who are both employed by Nex-Tech/Rural Telephone.

Billy plans to attend Kansas State University.

Norton Teacher's Association Scholarship

The Norton Teacher's Association will be giving a \$250 Scholarship to a Norton Community High School graduate who is a College Junior, Senior, or Graduate Student in the field of education. Applications are

available from Teresa Schulze at 877-5113 Eisenhower Elementary or 877-2864. Applications must be returned by May 20, 2011 to Teresa Schulze, 7191 Road W6, Norton, KS 67654.

FYI

Almena Community PRIDE is sponsoring a Soup Supper on Saturday, May 21, at the Almena Senior Center from 6 to 8 p.m. Donations for the supper will support PRIDE projects.

★★★★★

The Dane G. Hansen Memorial Museum, Logan, takes great pride in hosting a sixteen week water aerobics class. Classes will

be held June 7, 9, 14, 16, 21, 23, 28, 30; July 5, 7, 12, 14, 18, 21, 26 and 28, at the Logan Municipal Swimming Pool from 7 p.m. to 8 p.m.

For more information or to register by phone, contact Shirley at 785-689-4846 or check out our web at www.hansenmuseum.org.

Club News

Heritage Quilt Club met May 2, in Prairie Land basement.

President Kay Strevey called the meeting to order by reading a poem "Family Patchwork".

Refreshments were served by Jamie Dreher, Cheryl Roberts, Lois Myers, and Lavon McCormack. The individual fruit pizzas were a hit.

Roll call was answered by members showing blocks of the month quilts from the club, blocks of the month quilts from Stitch Up A Storm, baby quilts, and patchwork quilts. Election of officers was held. New officers are: President, Judy Luft; Treasurer, Regina Stark; Secretary,

Missy Schoen and Publicity, Anise Gill.

The program was given by Jan Volgamore on Stress Relief Tips while sewing. Kay's challenge for the summer is to make 2 pillow cases for the Million Pillowcase Challenge program.

A garage sale was held. Members brought material, patterns quilting books, etc. they did not want anymore. The members shopped and took home things that they did not have. Left over material was donated to the Senior Center and the quilt magazines were taken to the Thrift Shop.

The meeting was adjourned until September 12.

Kay Melia
vkmelia@yahoo.com

Have you ever visited a garden or yard of a friend or neighbor and been greatly impressed by what you saw? I certainly have! But when I do that, I try not to be too surprised because if I showed too much amazement, I would be indicating to my host that my own effort might seem much less impressive than theirs and I don't like to admit that. But there it is, and we all should do more garden visiting to have good looks and ask more questions about the efforts of those you respect.

The gardening fraternity always appreciates those who seem to know what they're doing out there in the backyard. And there is much to be learned from other

gardeners. But only if you ask questions about what you see. I know of no successful gardener who refuses to discuss why his garden looks good. Most gardeners like to talk, and most times we should listen intently.

So, you might ask, what is it that this so-called "good gardener" knows that I don't know. For starters, if you know for a fact that he is producing more than you, I'll bet you a couple of zucchinis that his garden soil is superior to yours.

That's a good place to start, because, all factors considered, if your soil is not sufficiently enhanced, your garden will NOT produce as much as the guy down the street who plows in lots of leaves, grass clippings, dry manure or other organic materials

in the fall of the year.

Maybe it's the method of irrigation he uses. Ask him how he assembled his drip system, or find out how he utilizes those soaker hoses efficiently. Or perhaps he owes his success to the old ditch type of adding moisture to his crops.

If you see a particularly healthy row of green beans, ask him what variety they are. What's their name? Where did you get the seed? If you see that his tomato vines are loaded with blooms or fruit, and are a healthy shade of dark green, ask what kind they are and what he did to have such good looking plants.

Learn about the names of other beans and tomatoes and all the other things you plant. Believe

me, some are better than others!

But you know, when it's all said and done, I would bet three zucchinis that this so-called "good gardener" guy simply puts in a lot more time out there than you do. Paying close attention to what you started out there is the bottom line!

It's the gardener who pulls the weeds and adds the moisture at the proper time that reaps the big crops. The amount of time spent on the job is paramount!

It's kinda like this. The lady asks the guy what he's going to do today. The guy says "nothing". The lady says "but that's what you did yesterday". The guy says "but I haven't finished yet".

The middle of May is approaching. It's time to get to work!

Good gardens equal lots of time

Exhibit Night and Spring Band Concert

By David Will

Tuesday evening, May 17, Norton Community High School hosts a highlight of the school year. This is possibly the biggest event in their high school career for many students. It is the annual Exhibit Night and Spring Band Concert. Exhibit night gives many students a chance to show the public what projects they have completed as part of their learning process. Departments that will have student work on display include art, vocational-ag, woods, drafting and computer/video-tech. These exhibits are available for public viewing at 6:30 p.m.

The band members' final project is their Spring Concert. The

concert will take place in the Stull Gymnasium at 8 p.m. after the patrons have had a chance to view the exhibits displayed by the other departments. In addition to the band, this spring concert will possibly feature the jazz ensemble and feature two of the ensembles that prepared entries for Music Festival (The Flute Choir and the Clarinet Choir). The instrumentalists have tried to include music to suit a wide variety of musical tastes including classic marches, one of their State Festival selections, a contemporary program piece and a classic Rock and Roll medley. Another feature will include faculty soloists.

Other highlights of the concert

include recognition of the seniors in band for their dedication to the Norton Community High School instrumental music program and the announcement of the John Philip Sousa Award recipient. This concert is a very special event for many Norton Community High School Band enthusiasts and those who enjoy good music. The students sincerely appreciate seeing a large crowd in the stands

supporting their efforts. Patrons of USD 211 are encouraged to come to Exhibit Night and the concert to see the positive results of their investments in our schools and our youth.

Once again, the exhibits open at 6:30 p.m. and the concert is at 8 p.m. So plan on coming and spending the evening showing your support for Norton Community High School students.

Senior Menu

May 16: Hamburger or sausage gravy, mashed potatoes, seasoned corn, apricots, bread.

May 17: Mom's turkey casserole, Italian blend vegetables, beets, bread, cinnamon apple slices.

May 18: Chili dog with cheese, coleslaw with carrots, pears, bun, bread pudding.

May 19: Meat loaf, mashed potatoes, gravy, 1/2 banana, bread, birthday cake.

May 20: Chicken patty sandwich, pasta salad with vegetable, bun, pineapple.

FLEA MARKET
Festival

UPCOMING EVENTS:
Crafters and Flea Market Vendors wanted for the **Paradise Creek Festival**, Saturday, June 11, 2011, Plainville, Kansas

For Craft Vendors Contact: Gail Becker at 785-737-3762 or Flea Market Vendors Contact Frank and Gladys Marcum at 785-543-2691.

SPONSORED BY: PLAINVILLE CHAMBER OF COMMERCE

LENORA ALUMNI ASSOCIATION BANQUET
Saturday, May 28, 2011

Lenora Grade School Gym
Registration: 5:30 p.m.; Banquet: 6:30 p.m.
Tickets \$12.00

Please R.S.V.P. by May 20, 2011 to
Jana Wagoner (785) 567-4491
(ROOMS AVAILABLE FOR REUNIONS)
Door Prizes include Afghan and 50/50 Cash

JOIN US AT
SHOW CHOIR CAMP
JUNE 20 THROUGH JUNE 24 - AGES 4-18

Call Cindy Mordecai by May 20
to register, 877-5475

May 13-
May 18

Showing at the
NORTON THEATRE
Thor

2 Hours, 17 Minutes (PG-13)
Presented in Digital Surround Sound

Friday and Saturday: 7:00 and 9:20 p.m.
Sunday: 5:00 p.m. and 7:20 p.m.
Monday, Tuesday, Wednesday: 7:00 p.m.

Soul Surfer

1 Hour, 52 Minutes
(PG)

Thor is Premiere Admission \$7.00 & \$6.00 - No Sunday Discount
Soul Surfer is General Admission \$6.00 & \$5.00 - Sunday Tickets \$3

COMING SOON

Let's Go to the Movie

All passes accepted for Soul Surfer, No passes accepted for Thor

Premiering in Norton - Friday, May 20
Pirates of the Caribbean 4:
On Stranger Tides (PG)
May 26: Kung Fu Panda 2:

This ad is brought to you by The Norton Telegram