

Learning to assist



The first session of a Certified Nursing Assistant class was held Wednesday evening at the Andbe Home in Norton with 10 students enrolled in the class. The class meets twice each week until March 7 with instructor Lauana Killman. Anyone who is interested in taking the class for certification can contact the Andbe Home for more information. Registration for the current class is open through Monday. Pictured in the class are (from far right end) Mandi Brill, Kyla Peterson, Michelle Whitenburg, Alysia Shearer and Ashely Dole.

-Telegram photo by Dana Paxton

SCHOOL CALENDAR

NCHS

Monday, Jan. 9
KAYS Kiss the Pig Contest begins
Jay Singers, A.P.
Jr. Class meeting, A.P.
Scholar's Bowl at Plainville, 4 p.m.
MCL Girls basketball quarter-final games: Opponent, location and time, TBA
KAY Board meeting, 7 p.m.
Tuesday, Jan. 10
Jay Singers, 7:30 a.m.
MCL meeting at Plainville, 10 a.m.
Forensics meeting, A.P.
MCL Boys basketball quarter-final games: Opponent, location and time, TBA
Wednesday, Jan. 11
SADD, A.P.
Thursday, Jan. 12
Jay Singers, 7:30 a.m.
FCCLA, A.P.
FFA, 7 p.m.
MCL BB Tournament back-side games: Locations and times, TBA

Friday, Jan. 13

Registration deadline for Feb. 11 A.C.T.
Newton Invitational Wrestling Tournament, 11 a.m.
Elm Creek, Neb., Invitational Wrestling Tournament, 2:30 p.m.
Jazz Band rehearsal, A.P.
Scholar's Bowl at Ellis, 4 p.m.
MCL BB Tournament: Semifinals at FHSU, hosted by NCHS, TBA
Saturday, Jan. 14
FFA at Denver Stock Show
Newton Invitational Wrestling Tournament, 9 a.m.
MCL BB Tournament: Finals at FHSU, hosted by NCHS, TBA
Sunday, Jan. 15
FFA at Denver Stock Show
NJHS
Monday, Jan. 9
Stuco, A.P.
Thursday, Jan. 12
MCEL Basketball Tournament at Plainville, TBA

EES

Tuesday, Jan. 10
CBMs Grade 2, 8:30 a.m.
Wednesday, Jan. 11
CBMs Grade 3, 8:30 a.m.
Knowledge Master Open: Grade 5, 3 p.m.
TEAM, 3:40 p.m.
Thursday, Jan. 12
IEP Day
3rd and 4th Grade level meeting, 3:40 p.m.
Northern Valley
Monday, Jan. 9
Bus drivers meeting at Long Island, 6:30 p.m.
School board meeting in the conference room at Almena, 7:30 p.m.
Thursday, Jan. 12
JH BB at Logan, 4 p.m.
Friday, Jan. 13
Grades 3-8, Northern Valley Spelling Bee in the gym at Long Island, 2 p.m.
HS BB vs. Rock Hills at Almena-no JV Girls

SCHOOL MENU

Norton Jr.-Sr. High Schools Menu

Monday, Jan. 9
Breakfast-Biscuit w/ham and cheese, fruit or juice or choice of assorted cereal, toast w/margarine and jelly, and milk.
Lunch-Chicken strips, whipped potatoes w/country gravy, roll w/margarine, carrots, peaches or chef salad, and milk.
Tuesday, Jan. 10
Breakfast-Breakfast quesadilla, fruit or juice or choice of assorted cereal, toast w/margarine and jelly, and milk.
Lunch-Corn dog, french fries, coleslaw w/carrots, Mandarin oranges or chef salad, and milk.
Wednesday, Jan. 11
Breakfast-Yogurt parfait, bagel, fruit or juice or choice of assorted cereal, toast w/margarine and jelly, and milk.
Lunch-Spaghetti w/shredded cheese, garlic bread, garden salad, peaches or chef salad, and milk.
Thursday, Jan. 12
Breakfast-Pancake w/syrup, sausage link, fruit or juice or choice of assorted cereal, toast w/margarine and jelly, and milk.
Lunch-Beef and noodles, whipped potatoes, carrots, rolls w/margarine, peaches and bananas or chef salad, and milk.
Friday, Jan. 13

Breakfast-Cinnamon bun, fruit or juice or choice of assorted cereal, toast w/margarine and jelly, and milk.
Lunch-Ham and turkey deli, lettuce, tomato, and cheese, pasta salad, peaches or chef salad, and milk.
EES Menu
Monday, Jan. 9
Breakfast-Warm cereal w/toppers, grape juice and milk.
Lunch-Taco crunch, corn, tossed salad, chocolate cake and milk.
Tuesday, Jan. 10
Breakfast-Scrambled eggs, ham, apricots, orange juice and milk.
Lunch-Ham and cheese, homemade bun, pepper strips, pork and beans, pears and milk.
Wednesday, Jan. 11
Breakfast-Chilled yogurt, bagel w/cream cheese, apple juice and milk.
Lunch-Chicken supreme, green beans, baby carrots, fruit basket upset and milk.
Thursday, Jan. 12
Breakfast-Breakfast pizza, peaches, orange juice and milk.
Lunch-Ham and beans, celery stick, cornbread, applesauce jell-o, cookie and milk.
Friday, Jan. 13
Breakfast-Fruit crispitos, grape juice and milk.
Lunch-BBQ beef, homemade

bun, warm peas, french fries, or-ange half and milk.
Northern Valley Menu
Monday, Jan. 9
Breakfast-Waffles, syrup, ham, scrambled eggs, applesauce and assorted cold cereal.
Lunch-Hamburger on a bun, french fries, pork-n-beans and peach slices
Tuesday, Jan. 10
Breakfast-Breakfast pizza, hash browns, sliced peaches and assorted cold cereal.
Lunch-Sierra chicken, tossed salad w/dressing, California blend vegetables and spice cake.
Wednesday, Jan. 11
Breakfast-Sausage gravy, biscuits, eggs, grape juice and as-sorted cold cereal.
Lunch-Shaved turkey on a bun, tri-tators, buttered broccoli and fruit cup.
Thursday, Jan. 12
Breakfast-Blueberry muffin, hash browns, apricots and as-sorted cold cereal.
Lunch-Ham-n-scalloped pota-toes, whole wheat roll, buttered beets and fruity jell-o.
Friday, Jan. 13
Breakfast-Sausage, cheese bagel, eggs, diced pears and as-sorted cold cereal.
Lunch-Cavatini, tossed salad w/dressing, bread stick, buttered cauliflower and chilled apricots.

POLICE LOG

Dec. 26 Welfare check Two civil standbys Two vehicle stops	Vehicle stop, EMS requested Report of verbal dispute Request to remove individual from property	outside of residence Activated alarm, Dairy Queen
Dec. 27 Keys locked in vehicle Report of hit and run Found house key, turned into Sheriff's Dept. Four vehicle stops Barking dog complaint	Request to remove same indi-vidual from same property Request to remove same indi-vidual from same property for the third time Three vehicle stops Report of individual being har-rassed	Welfare check Dec. 31 Noise complaint Four vehicle stops Report of stolen vehicle, ve-hicle recovered in Neb.
Dec. 28 Assist SRS with child issues EMS assist Three vehicle stops Report of theft from J&R Li- quor, one arrest	Dec. 30 Ten vehicle stops Report of criminal damage to property Welfare check Report of suspicious noises	Jan. 1 Parking violation Two vehicle stops, one DUI arrest Report of broken stop sign Keys locked in vehicle Motel checks
Dec. 29		

Walk Kansas and improve health

Walk Kansas, 2012, is sched-uled to begin March 18.

The eight-week K-State Re-search and Extension fitness challenge emphasizes walking for health, and encourages teams of six to cover the equivalent of the 423-mile distance across Kansas, said Sharolyn Jackson, state coordinator for the health-promoting program.

If that doesn't seem far enough, fitness enthusiasts can sign up to walk 1,200 miles - the same distance as around the state's perimeter, said Jackson, who is a K-State Research and Extension family and consumer sciences area specialist based in Manhattan.

The program was introduced in 2001, and intended to encour-age heart-healthy exercise close to home and at a time that fits in with already busy schedules.

Walk Kansas has become pop-ular with families and friends sharing the goal to improve health, and also is being incor-

porated into worksite wellness programs, Jackson said.

This year, the program also will be part of a high school wellness program, said Jackson, who added that the team ap-proach can be a motivating fac-tor in covering the distance and improving health.

Most teams cover the distance during the eight weeks and par-ticipants applaud improved health from adding physical ac-tivity to their day, Jackson said. She cited reports of improved energy, more restful sleep, stress management, lower blood pres-sure and cholesterol, and weight loss.

While the focus is on walk-ing because it can be easy, convenient and only requires a comfortable pair of shoes, the program has grown to include comparable heart-healthy aero-bic exercise. Biking, swimming, water aerobics, and dance are examples.

Walking at a heart-healthy rate

can allow some, but not much conversation, said Jackson, who encourages at least 10-minute segments of exercise to improve cardiovascular health.

The goal, she said, is 30 min-utes of physical activity five or more days each week, for a to-tal of 2 and a half hours or 150 minutes of physical activity.

The goal for the K-State Re-search and Extension programs is to provide encouragement to add or maintain health-promot-ing physical activity and reduce the risk of chronic illness.

The program cost is usually \$10 or less, but varies slightly among extension offices. The price includes a weekly news-letter with food, nutrition, health and physical activity tips, and recipes, with a follow-up quar-terly newsletter.

An optional Walk Kansas T-shirt is available for purchase.

For more information visit www.walkkansas.org.

HONOR ROLL

NJHS Honor Roll

2nd 9 Weeks
Highest Honors
GPA 4.00
7th Grade
Caitlyn Cox
Wilson Ellis
Levi Kendell
Baylee Miller
Jena Risewick
8th Grade
Casey Ambrosier
Weston Erbert
Audrey Morel
Honor Roll I
GPA 3.50-3.99
7th Grade
Brian Clavijo
Tyus Henson
Kennedy Leibbrandt
Miah Melvin
Layton Miller
Josephine Otter
Landon Porter
Julian Snyder
Kade Unterseher
8th Grade
Adriana Ankenman

Andrew Bashford
Kyle Bell
James Berry
Phillip Boutwell
Hailey Branek
Audrie Burge
Evan Chambers
Alma Clavijo
Taylor Dicks
Kirstin Georgeson
Morgan Griffey
Alexus Hartwell
Molly Maddy
Lauren Mordecai
Shelby Mulford
Nickala O'Hare
Raenee Patterson
Kylie Perez
Nicholas Peterson
Peyton Renner
Valery Rostek
Lexi Voss
Honor Roll II
GPA 3.00-3.49
7th Grade
Joshua Acheson
Alexandria Aldridge
Jacob Green

Mitchell Hickman
Macayla Kent
Kira Robertson
Taylor Wahlmeier
Harrison Woodyard
Trenton Wright
8th Grade
Adam Baughman
Hanna Brooks
Tevin Brown
Cayanna Campbell
Mariah Dawley
Sylvia Estes
Briannah Fessler
Brendon Frack
Theresa Gallegos
Sabrina Gibson
Ward Hayes
Skylar Johnson
Rachel Jones
Michael Kasson
James King
Gavin Lively
Alec Otter
Dalton Pfannenstiel
Quinton Porter
Chandler Sumner

Accident Report

Jan. 4 - A white 2011 Chev-rolet Malibu, driven by Julie Neff of Hill City, was trav-eling south bound on High-way 283 when a deer entered onto the roadway. Neff was unable to avoid striking the deer causing less than \$1,000 damage to the vehicle. No injuries were reported. The accident was investigated by Norton County Sheriff Offi-cer Adam Wahlmeier.

Jan. 5 - A gray 2009 Dodge Charger, driven by Robert Annon of Norton, was trav-eling north bound on High-way 283 when a deer entered onto the roadway. Annon was unable to avoid the col-lision causing over \$1,000 damage to the vehicle. No injuries were reported. The accident was investigated by Norton County Sheriff Offi-cer Adam Wahlmeier.

NEW YEAR'S RESOLUTION

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Norton Animal Health Center

801 W. Holme, Norton - Phone: 785-877-2411
Bring Coupon With You - Expires 1-31-2012

NOTICE OF 63rd

Annual Meeting

Monday, January 16, 2012

11:30 a.m.

to be held at the St. Francis Parish Hall
104 S. Wabash, Norton, Kansas

Please R.S.V.P. by Friday, January 13

\$1.00 PER PERSON

United Northwest Federal Credit Union

912 N. Archer Avenue, Norton, KS • Phone 785-877-5191
117 S. Penn, Oberlin, KS • Phone 785-475-2322

website: www.unwfcu.org