

A night of adventure



Last weekend, The Rock hosted a three day Pure Rock event for the youth of Norton. Pictured is Doug McCarty, a former FBI agent who has now dedicated his life to Christ, who spoke to the sixth, seventh and eighth grade boys about purity on Friday night for the Night of Adventure. Saturday night was a pajama night for the sixth, seventh and eighth grade girls, a night of pampering and promise. Sunday night the event was taken to the East Campus Auditorium for a high school Culture Shock lock-in. It was a night of entertainment that focused on the daily struggles faced by today's teenagers.

— Telegram photo by Dana Paxton

Extension set for conservation program

U.S. Department of Agriculture Natural Resources Conservation Service Chief Dave White announced recently that the cut-off date for the current Conservation Stewardship Program ranking period has been extended to Jan. 27. Producers who maintain a high level of conservation on their land and agree to adopt higher levels of stewardship are eligible for program payments.

The program is offered in all 50 states, tribal lands and the Pacific and Caribbean areas through continuous sign-ups. The program provides many conservation benefits, including improved water and soil quality, enhanced wildlife habitat, and conservation activities that address the effects of climate change.

Producers are encouraged to apply for the program throughout the year to be considered for current and future application ranking periods. Those who apply by Jan. 27 may be eligible for current available funding. Eligible lands include cropland, pastureland, rangeland, and nonindustrial forestland.

A self-screening checklist is available to help producers determine if the program is suitable for their operation. The checklist highlights basic information about eligibility requirements, contract obligations, and potential payments. It is available from local Natural Resources Conservation Service offices and at <http://www.nrcs.usda.gov/wps/portal/nrcs/main/national/programs/financial/csp>.

Be safe, prepare for hazardous weather

The Kansas Department of Health and Environment is encouraging all Kansans to be safe when temperatures drop and offers Safety Tips to help prepare for hazardous conditions.

Many of us have been surprised at the inconsistent weather pattern over the last few months. If you are prepared for the hazards of winter, you will be more likely to stay safe.

Oceanic and Atmospheric Administration Weather Radio and lamps.

- Extra batteries.
- First-aid kit and extra medicine.
- Baby items.
- Cat litter or sand for icy walkways.
- If you are working outdoors, traveling or enjoying winter sports, take the following precautions:

- Blankets
- Food and water
- Booster cables, flares, tire pump, and a bag of sand or cat litter (for traction)
- Compass and maps
- Flashlight, battery-powered radio and extra batteries;
- First-aid kit
- Plastic bags (for sanitation)
- Learn safety rules to follow in case you become stranded in your car.

Staying inside is no guarantee of safety, so take these steps to keep your home safe and warm during the winter months:

- Winterize your home.
- Install weather stripping, insulation and storm windows.
- Insulate water lines that run along exterior walls.
- Clean out gutters and repair roof leaks.
- Check your heating systems.
- Have your heating system serviced professionally to make sure that it is clean, working properly and ventilated to the outside.
- Inspect and clean fireplaces and chimneys.
- Install a smoke detector. Test batteries monthly.
- Have a safe alternate heating source and alternate fuels available.
- Prevent carbon monoxide emergencies.
- Install a detector to alert you of the presence of the deadly, odorless and colorless gas.
- Learn symptoms of poisoning: headaches, nausea and disorientation.
- Keep grills and generators out of the house and garage. Position generators at least 20 feet from the house.
- Be prepared for weather-related emergencies, including power outages.
- Stock food that needs no cooking or refrigeration and water stored in clean containers.
- Keep an up-to-date emergency kit, including:
- Battery-operated devices, such as a flashlight, a National

Wear appropriate outdoor clothing: layers of light, warm clothing; mittens; hats; scarves and waterproof boots.

Sprinkle cat litter or sand on icy patches.

Learn safety precautions to follow when outdoors.

Be aware of the wind chill factor.

Work slowly when doing outside chores.

Take a buddy and an emergency kit when you are participating in outdoor recreation.

Avoid traveling when the weather service has issued advisories.

If you must travel, inform a friend or relative of your proposed route and expected time of arrival.

Check road conditions at <http://511.ksdot.org/KanRoadPublic/default.aspx>.

Carry a fully charged cell phone and a cell phone charge.

Prepare your car for winter.

Service the radiator and maintain anti-freeze level; check tire tread or, if necessary, replace tires with all-weather or snow tires

Keep gas tank full to avoid ice in the tank and fuel lines.

Use a wintertime formula in your windshield washer.

Keep a winter emergency kit in your car in case you become stranded. Include:

Stay with your car unless safety is no more than 100 yards away, but continue to move arms and legs.

Stay visible by putting bright cloth on the antenna, turning on the inside overhead light (when engine is running) and raising the hood when snow stops falling.

Run the engine and heater only 10 minutes every hour.

Keep a downwind window open.

Make sure the tailpipe is not blocked.

Above all, be prepared to check on family and neighbors who are especially at risk from cold weather hazards: young children, older adults and the chronically ill. If you have pets, bring them inside.

For more weather tips, visit <http://alerts.weather.gov/cap/ks.php?x=1>.

Governor reveals pro-growth tax reform plan

Kansas Governor Sam Brownback pointed to how Kansas is a state in transition as he revealed his pro-growth tax reform plan during his State of the State speech Wednesday night.

"A year ago we met here facing two enormous challenges-- a stagnant economy with fewer Kansans employed - and a big budget deficit. Many states across the country were struggling, but in 2010, Kansas ranked among the worst in private sector job creation. Working together, we acted," Gov. Brownback told the Kansas Legislature.

Brownback said their work to reform state government and apply fiscally conservative principles to the state's finances is why now Kansas is considered one of the ten best managed states in the country.

"Still, the economy remains

one of our most pressing issues. While there are certainly factors a state cannot control when it comes to its economy, taxes are one area we do control. And when it comes to taxes, we have some of the highest in the region. This hurts our economic growth and job creation," Governor Brownback said. "To address this, I'm proposing a major step in overhauling our state tax code to make it fairer, flatter, and simpler."

The Governor's tax plan will lower individual income tax rates for all Kansans. It brings the highest tax rate down from 6.45 percent to 4.9 percent, the second lowest in the region - and lowers the bottom tax bracket to 3 percent. His plan also eliminates individual state income tax on most small business income.

Brownback said it also is time

to level the playing field and simplify state taxes by eliminating income tax credits, deductions, and exemptions, while expanding assistance to low-income Kansans through programs that are more effective and accountable.

"I firmly believe these reforms will set the stage for strong economic growth in Kansas - and will put more money into the pockets of Kansas families and businesses. This is growth that will allow us to further reduce tax rates and increase our competitiveness."

The ultimate goal of the Governor's pro-growth tax plan is to unleash the Kansas economy by making state tax policy more competitive nationally and globally. This will increase net personal income and private sector employment while reducing unemployment and the number of children living in poverty.

Governor Brownback also announced his proposed Fiscal Year 2013 budget provides for an ending balance of \$465 million, exceeding the 7.5% statutory requirement.

The budget fully funds or increases funding for essential services while holding State General Fund expenditures below last year's levels and reduces spending for the state's All Funds for the second year in a row.

SCHOOL MENU

NCHS-NJHS Menu

Monday, Jan. 23
Breakfast-Biscuit and sausage gravy, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Chicken alfredo, Carnival salad, green beans, cinnamon bubble, applesauce, or chef salad, and milk.

Tuesday, Jan. 24
Breakfast-Breakfast quesadilla, hash brown patty, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Roast beef and cheddar roll-up, corn, carrots, apple-sauce, Snickerdoodle Cookie, or chef salad, and milk.

Wednesday, Jan. 25
Breakfast-Hot ham slice, hash brown patty, peaches, apple juice and milk.

Lunch-Baked chicken, whipped potatoes, gravy, green beans, strawberry fruit cup, french bread and milk.

Thursday, Jan. 26
Breakfast-Donuts, ham slice, scrambled eggs, fruit cup and assorted cold cereal.

Lunch-Ham patty on a bun, dill spear, mashed potatoes, California blend vegetables and brownie.

Friday, Jan. 27
Breakfast-Monkey bread, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Hamburger gravy, whipped potatoes, rolls w/margarine, carrots, apple, or chef salad, and milk.

Monday, Jan. 23
Breakfast-Ice cold strawberries, bagel w/cream cheese, apple juice and milk.

Lunch-Baked ham, scalloped potatoes, baby carrots, pineapple chunks, whole wheat roll and milk.

Tuesday, Jan. 24
Breakfast-Cherry muffin, sausage links, scrambled eggs, strawberries and assorted cold cereal.

Lunch-Mexi-tot Supreme, tossed salad w/dressing, buttered spinach, french bread and tapioca pudding.

Wednesday, Jan. 25
Breakfast-Pancakes, syrup, sausage patty, hash browns and assorted cold cereal.

Lunch-Hot beef sandwich, mashed potatoes, buttered carrots and cherry crisp.

Thursday, Jan. 26
Breakfast-Sausage, cheese biscuit, eggs, grape juice and assorted cold cereal.

Lunch-Beef stew w/crackers, hot roll, relish plate and frosted pear.

Friday, Jan. 27
Breakfast-Crumb top muffin, links, scrambled eggs, oranges and assorted cold cereal.

Lunch-Bierocks, french fries, buttered peas and peach half.

Lunch-Lasagna, tossed salad, peaches, garlic bread and milk.

Wednesday, Jan. 25
Breakfast-Sausage pancake stick, warm maple syrup, strawberry fruit cup, apple juice and milk.

Lunch-Roast beef, whipped potatoes, gravy, corn, pepper strips, banana bread and milk.

Thursday, Jan. 26
Breakfast-Shipwreck, orange juice and milk.

Lunch-Ike Burger, homemade bun, french fries, dill spear, pears, no-bake cookies and milk.

Friday, Jan. 27
Breakfast-Hot ham slice, hash brown patty, peaches, apple juice and milk.

Lunch-Baked chicken, whipped potatoes, gravy, green beans, strawberry fruit cup, french bread and milk.

Northern Valley Menu
Monday, Jan. 23
Breakfast-Donuts, ham slice, scrambled eggs, fruit cup and assorted cold cereal.

Lunch-Ham patty on a bun, dill spear, mashed potatoes, California blend vegetables and brownie.

Tuesday, Jan. 24
Breakfast-Cherry muffin, sausage links, scrambled eggs, strawberries and assorted cold cereal.

Lunch-Mexi-tot Supreme, tossed salad w/dressing, buttered spinach, french bread and tapioca pudding.

Wednesday, Jan. 25
Breakfast-Pancakes, syrup, sausage patty, hash browns and assorted cold cereal.

Lunch-Hot beef sandwich, mashed potatoes, buttered carrots and cherry crisp.

Thursday, Jan. 26
Breakfast-Sausage, cheese biscuit, eggs, grape juice and assorted cold cereal.

Lunch-Beef stew w/crackers, hot roll, relish plate and frosted pear.

Friday, Jan. 27
Breakfast-Crumb top muffin, links, scrambled eggs, oranges and assorted cold cereal.

Lunch-Bierocks, french fries, buttered peas and peach half.

The budget fully funds or increases funding for essential services while holding State General Fund expenditures below last year's levels and reduces spending for the state's All Funds for the second year in a row.

NCHS
Monday, Jan. 23
UN at K honor band and vocal music

Prom orders due/committee meetings, A.P.

9th grade BB vs. Northern Valley (H) East campus, 6 p.m.

Tuesday, Jan. 24
Jay Singers, 7:30 a.m.

Scholar's Bowl at Phillipsburg, 4 p.m.

Basketball at Goodland, 4:45 p.m.

Wednesday, Jan. 25
Spanish field trip to Las Canteras, 11:30 a.m.

Student focus group, A.P.

Thu.-Sat., Jan. 26-28

FFA: Ag-Ed symposium at Manhattan,

Thursday, Jan. 26
Jay Singers, 7:30 a.m.

S.I.T. meeting, 7:45 a.m.

KAYS unit conference at Oberlin

FCCLA, A.P.

BB vs. Stockton (H)<postponed from 12.13>, 4:45 p.m.

Friday, Jan. 27
National Honor Society, A.P.

Saturday, Jan. 28
Forensics at Hill City, 8 a.m.

Scholar's Bowl at Thunder Ridge H.S.; Kensington, 9:30 a.m.

Sunday, Jan. 29
Winter band concert: Stull Gym, 2:30 p.m.

NJHS
Monday, Jan. 23
Spelling Bee, A.P.

Tuesday, Jan. 24
Jay Singers, 7:30 a.m.

Scholar's Bowl at Phillipsburg, 4 p.m.

Basketball at Goodland, 4:45 p.m.

Wednesday, Jan. 25
Spanish field trip to Las Canteras, 11:30 a.m.

Student focus group, A.P.

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Thursday, Jan. 26
Jay Singers, 7:30 a.m.

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Friday, Jan. 27
National Honor Society, A.P.

Saturday, Jan. 28
Forensics at Hill City, 8 a.m.

Scholar's Bowl at Thunder Ridge H.S.; Kensington, 9:30 a.m.

Sunday, Jan. 29
Winter band concert: Stull Gym, 2:30 p.m.

NCHS
Monday, Jan. 23
UN at K honor band and vocal music

Prom orders due/committee meetings, A.P.

9th grade BB vs. Northern Valley (H) East campus, 6 p.m.

Tuesday, Jan. 24
Jay Singers, 7:30 a.m.

Scholar's Bowl at Phillipsburg, 4 p.m.

Basketball at Goodland, 4:45 p.m.

SCHOOL CALENDAR

Thursday, Jan. 26
KAYS unit conference at Oberlin

Scholar's Bowl at Smith Center, 4 p.m.

EES
Tuesday, Jan. 24
CBM's: Grade 4, 8:30 a.m.

Wednesday, Jan. 25
CBM's: Grade 5, 8:30 a.m.

Spelling Bee, 2:15 p.m.

Thursday, Jan. 26
CBM's: Grade 6, 8:30 a.m.

Friday, Jan. 27
Lyeum "Living in Space."
East campus auditorium, 1:30 p.m.

Northern Valley
Monday, Jan. 23
Red Cross Blood Drive in the conference room in Almena, 9 a.m.-3 p.m.

Financial Aid night in the lunchroom in Almena, 7 p.m.

Tuesday, Jan. 24
HS Scholars Bowl meet in Phillipsburg, 4 p.m.

Wednesday, Jan. 25
Realty check in Phillipsburg, 9:30 a.m.-11:30 a.m.

HS NPL Scholars Bowl at Scandia, 1 p.m.

Thursday, Jan. 26
KAY Unit Conference in Oberlin, 8 a.m.-11:30 a.m.

JH BB at Damar, 4 p.m.

FFA Ag Ed Symposium at Pittsburg

4th Grade class sleep over

Friday, Jan. 27
HS BB at Palco-No JV Girls, 4:30 p.m.

Saturday, Jan. 28
HS Scholars Bowl at Kensington, 9:30 a.m.

HS Forensics at Hill City, TBD

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