

STUDENT NEWS

Northern Valley High School
3rd Nine Weeks
Honor Roll Highest

Freshmen
Macy Kasson
Seniors
Fayth Davenport
Daniel Field
Melissa Hawks
Gunnar Hays
Kenzi Husted
Tyler Montgomery
Honors I
Freshmen
Ame Baird
Clinton Cole
Brant Cox
Morgan Hawks

Tea VanPatten
Sophomores
Hunter Chandler
Ian Vincent
Juniors
Erika Chandler
Alex Tharman
Seniors
Calen Bach
Ashley Constable
Cassie Lowry
Sarah Whitney
Honors II
Freshmen
Phillip Bryant
Shilo Cline
Carson Montgomery
Philip Rupp
MaKayla Smith

Matthew Stutsman
Khrissanna VanPatten
Sophomores
Jordan Baird
DaKota Hilburn
Mike Siard
Stephanie Steele
Juniors
Tyson Callaway
Haley Graham
Brittanie Larison
Daniel Lentz
Harley Rupp
Seniors
Dillon Hogan
Zane Miller
Brandon McDowell
Kelsey Raburn
Brittney Schutte

Northern Valley Middle School
Honor Roll

8th Grade—Brooke Baird, Sarah Baird, Camden Cox, Trey Hall, Eli Lowry, Brianna Martin, Michaela Sorenson, Ryan Thraikill, Shayna Vincent.

8th Grade—Katie Johnson, Caden Kinderknecht, HalLee Linner, Chaylee Lowry, Makensy Schroeder, Keegan Smith, Nicole Thraikill.

Honorable Mention

8th Grade—Colten Bach,

Jesse Courtain, Allison Keith, Cody Land, Adam Woomer.

7th Grade—Kylie Kinderknecht, John Towery, Carson Wallace, Damian Wellman.

6th Grade—Turner Linner, Morgan Wright.

SCHOOL CALENDAR

NCHS

Monday, March 26
M.A.P., A.P.
Tuesday, March 27
Jay Singers, 7 p.m.
Cheer Knowledge Test, A.P.
M.A.P., A.P.
M.C.L. meeting at Plainville, 10 a.m.
Wednesday, March 28
KAY Board elections, A.P.
Cheer Knowledge Test, A.P.
Cheer try-outs: Stull Gym, 4 p.m.
Thursday, March 29
Jay Singers, 7:30 a.m.
S.I.T. Meeting, 7:45 a.m.
FFA Livestock Judging at Smith Center, 9 a.m.
M.A.P., A.P.
FCCLA, A.P.
Forensics at Smith Center, 3 p.m.
Friday-Monday, March 30-April 16
Cheerleader Fundraiser
Friday, March 30
McCook Paint-in
Saturday, March 31
Forensics at Colby, 8 a.m.
Regional Music: solos and small ensembles at Oberlin

FFA Chapter Banquet: JH Gym, 6:30 p.m.
Sunday, April 1
NCHS Wrestling Banquet: NJHS Gym, 6 p.m.
Sunday-Tuesday, April 1-3
FCCLA State Convention in Wichita
NJHS
Monday, March 26
MCEL Scholar's Bowl at Ellis, 4 p.m.
EES
Wednesday, March 28
S.I.T., 7:30 a.m.
Northern Valley
Monday, March 26
7th and 8th Grade math assessments
FFA Chapter Banquet in the auditorium at Almena, 6:30 p.m.
Tuesday, March 27
New teacher in-service at Phillipsburg, 12:30-3:30 p.m.
Robotics Class in Mr. Tharman's room from 3:30-5 p.m.
7th, 8th, 10th and 11th Grade math assessments
5th-8th Grade spring concert in Long Island, 7 p.m.
Wednesday, March 28

Gifted seminar at Phillipsburg, 9 a.m.-3 p.m.
Student Council elections and cheerleading tryouts in the big gym at Almena, 3:15 p.m.
7th, 8th, 10th and 11th Grade Math assessments
Spring Media Day-Almena for high school track and golf, 3:45 p.m.
HS Activity Period-Jr. and Sr. Class meetings
Thursday, March 29
FFA Livestock Judging Contest at Smith Center, 9 a.m.
HS Forensics meet at Smith Center, 2:45 p.m.
7th Grade Science assessments; 10th and 11th Grade Math assessments
Friday, March 30
2012-13 pre-school screening at the Congregational Church in Almena, 8:30 a.m.-noon
7th Grade Science assessments
Saturday, March 31
HS Forensics meet at Colby, 7:30 a.m.
HS Regional Solos and Small Ensembles at Oberlin, 8 a.m.

Calcium is vital throughout life

Have you ever had questions about what time of day you should take your calcium, how much calcium you should take at one time, or if you should space calcium pills throughout the day instead of taking them all at once?

The answer probably lies in the fact that it depends on how much calcium your doctor told you to take.

It's not easy for the body to absorb calcium. On the average, the body absorbs only about 30 percent of the calcium we consume from foods or supplements. If you consume more than 500 or 600 milligrams at a time, then it's true, the absorption rate drops to an estimated 20 percent.

You'll still get some benefit. If you take 500 milligrams of calcium and absorb 30 percent, that's 150 milligrams absorbed. If you take 1,000 milligrams and absorb only 20 percent, that's 200 milligrams. But you'll get more bang for your buck if you wait a few hours between two 500 milligram doses.

Home ed
Tranda Watts,
Extension specialist



Several things can help absorption. Make sure you take calcium with vitamin D. (That's why milk and many calcium supplements are fortified with vitamin D.) When taking supplements, liquid or chewable ones tend to be better absorbed. Also, calcium citrate can be absorbed well without food, while another form, calcium carbonate, should be taken with food for better absorption.

No matter what, getting enough calcium is essential. Muscles, nerves, blood vessels—actually, every cell of the body—all rely on calcium to perform basic functions. If the body doesn't have enough calcium in its blood and other tissues, it takes calcium from your bones

and teeth. That's why it's important to get enough calcium throughout your lifetime, even after teen years which is the critical time for bone formation.

The recommended daily amount of calcium depends primarily on age. Teens need 1,300 milligrams a day. Adults 19 - 50 and men up to 70 need 1,000 milligrams a day. Women 51 and older and men 71 and older need 1,200 milligrams a day. When setting these amounts, experts have already taken into account the absorption rate of calcium, so you don't have to worry about that.

Good food sources of calcium include dairy products such as milk, yogurt and cheese; dark green vegetables including broccoli and kale; and calcium-fortified cereal, soy milk, juice and other foods.

For more information please feel free to contact your family doctor, your local K-State Research and Extension Office or Tranda Watts at twwatts@ksu.edu.

SHERIFF'S LOG

Feb. 8
Animal call
Hitchhiker
Animal
Three VIN inspections
Motor vehicle accident with animal
Feb. 9
Animal call
Three VIN inspections
Suspicious person
Unknown trouble
Feb. 10
Unknown trouble
Two motor vehicle accidents
Prisoner transportation
Feb. 11
Traffic stop
Suspicious person
Motor vehicle accident with animal
Contact with public
Feb. 12
Motor vehicle accident
Feb. 13
Three VIN inspections
Suspicious activity
Alarm-Bank
Motor vehicle accident with animal
Assist-other (not MV)

Feb. 14
Assist-other (not MV)
VIN inspection
Motor vehicle accident with animal
Suicidal subject
Animal call
Feb. 15
Two VIN inspections
Traffic/driving complaint
Fire-residence
Vehicle assist
Finger prints
Feb. 16
Two VIN inspections
Motor vehicle accident
Feb. 17
Two VIN inspections
Assist-other (not MV)
Traffic control
Two motor vehicle accidents with animal
Feb. 18
Drug offenses
Feb. 19
Motor vehicle accident with animal
Feb. 20
Animal call
Two VIN inspections
Motor vehicle accident with

animal
Civil dispute
Harassment (All other)
Theft
Fire
Funeral escort
Feb. 21
Attempt to contact
Criminal damage to property
Civil dispute
DWS-Driving while suspended
Two animal calls
Feb. 16
Juvenile complaint
Feb. 22
Motor vehicle accident with animal
Theft

TJ RANCH
Registered Angus
Since 1955

- ✕ Selling Registered Angus Bulls with balanced EPDs and great dispositions
- ✕ Sires include: Final Answer, Objective, In Focus
- ✕ Proven Carcass Performance
- ✕ Purchased bulls stay free until April 15

BRYAN TROYER
Glade, Kansas 67639
(785) 543-2655 • (785) 302-1222 - cell

SCHOOL MENU

Norton Jr.-Sr. High Schools Menu

Monday, March 26
Breakfast-French toast stix w/ syrup, fruit or juice, or choice of assorted cereal, toast w/ margarine and jelly and milk.
Lunch-Pig in a blanket, peas, carnival salad, rosy applesauce or chef salad and milk.
Tuesday, March 27
Breakfast-English muffin w/ sausage and cheese, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly and milk.
Lunch-Chicken nuggets, seasoned french fries, carrots, french bread w/margarine, peaches, or chef salad and milk.
Wednesday, March 28
Breakfast-Waffle stix w/syrup, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly and milk.
Lunch-Peanut butter and honey sandwiches, pork and beans, cottage cheese, carrots, fruit cup or chef salad and milk.
Thursday, March 29
Breakfast-Breakfast pocket, hash brown patty, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly and milk.
Lunch-Soft taco, lettuce, chopped tomato and shredded cheese, french bread w/margarine, peaches, strawberry shortcake or chef salad and milk.
Friday, March 30
Breakfast-Monkey bread, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly and milk.
Lunch-Cheese pizza, combo salad, brownie or chef salad and milk.

tossed salad, chocolate cake and milk.
Tuesday, March 27
Breakfast-Hot french toast, warm maple syrup, peaches, orange juice and milk.
Lunch-Ham and cheese, homemade bun, pepper strips, pork and beans, pears and milk.
Wednesday, March 28
Breakfast-Scrambled eggs/ham, pears, grape juice and milk.
Lunch-BBQ beef, homemade bun, broccoli-cauliflower salad, french fries, orange half and milk.
Thursday, March 29
Breakfast-Hard cooked eggs, warm toast, apple juice and milk.
Lunch-Ham and beans, celery stick, cornbread, applesauce, jelly-o, cookie and milk.
Friday, March 30
Breakfast-Fruit crispitos, orange juice and milk.
Lunch-Fish portions, potato salad, baby carrots, apricots, whole wheat roll and milk.
Northern Valley Menu
Monday, March 26
Breakfast-Cinnamon coffee-cake, hash browns, juice or assorted cold cereal.
Lunch-BBQ beef on a bun, ranch wedges, mixed vegetables and cherry crisp.
Tuesday, March 27
Breakfast-Peach coffee-cake, ham, scrambled eggs, juice or assorted cold cereal.
Lunch-Ham patty, bun, dill spear, mashed potatoes, buttered beets and mixed fruit.
Wednesday, March 28
Breakfast-Scrambled eggs, toast, ham, hash browns or assorted cold cereal.
Lunch-Chili soup w/crackers, cheese sticks, carrots, celery sticks and cinnamon bun.
Thursday, March 29
Breakfast-Sausage in a blan-

ket, hash browns, apricots or assorted cold cereal.
Lunch-Corn dogs, french fries, buttered peas and carrots and sliced peaches.
Friday, March 30

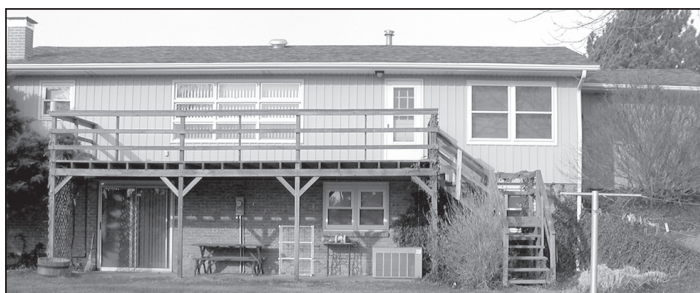
Breakfast-Waffles, syrup, ham slice, eggs, pineapple or assorted cold cereal.
Lunch-Grilled cheese sandwich, dill spear, tri-tators, buttered broccoli and fruit cup.



Duane R. McEwen, Salesperson for Home Range Realty, is proud of this listing at 903 Crestview, Norton, KS

It is sure to please from the steel siding to the upper deck and lower cement patio. The lot measures 80 by 131 and is filled with flowers, shrubs and lawn. A single car garage has a new door in 2012 and is insulated. New windows surround this home except for the living room. The kitchen has a SS sink, garbage disposal, refrigerator, stove, dishwasher, pullout shelves, lazy Susan's, resurfaced cabinets and like new laminate flooring. There is space for eating in the kitchen. The entry with long hallway features three closets and basement entry. Two bedrooms with closets and a bathroom with tub, stool, sink and lots of storage complete the hallway doors. Just beyond the entry way shines the living and dining combo featuring a large window and divided door to the outside deck. The basement has two bedrooms, large laundry room with washer and dryer, bathroom with shower, tub, sink and stool, office or computer area and a friendly family room. Other basement features include a gas insert fireplace with electric control, A.O. Smith water heater, Carrier furnace and air with humidifier, Eco Water softener and reverse osmosis water. As if there needs to be any more, there is a clothes line and garden shed.

Let Duane show this ready to move into home to you.



Duane McEwen, 785-877-3032, Listing Agent for Home Range Realty, 785-475-3740
BROKER, GARY RICHARDS, OBERLIN

GENERAL NOTICE TO CONTROL NOXIOUS WEEDS

The Kansas Noxious Weed Law K.S.A. 2-1314 et seq requires all persons who own or supervise land in Kansas to control and eradicate all weeds declared noxious by legislative action. The weeds declared noxious are: field bindweed, musk thistle, sericea lespedeza, Johnson grass, bur ragweed, Canada thistle, leafy spurge, hoary cress, quack grass, Russian, Knapweed, kudzu and pignut. Notice is hereby given pursuant to the Kansas Noxious Weed Law to every person who owns or supervises land in Norton County that noxious weeds growing or found on such land shall be controlled and eradicated. Control is defined as preventing the production of viable seed and the vegetative spread of the plant.

FAILURE TO OBSERVE THIS NOTICE MAY RESULT IN THE COUNTY:

(1.) Serving a legal notice requiring control of the noxious weeds within a minimum of five days. Failure to control the noxious weeds within the time period allowed may result in the county treating the noxious weeds at the landowners expense and placing a lien on the property if the bill is not paid within 30 days or,
(2.) Filing criminal charges for non-compliance. Conviction for non-compliance may result in a fine of \$100 per day of non-compliance with a maximum fine of \$1500.

The public is also hereby notified that it is a violation of the Kansas Noxious Weed Law to barter, sell or give away infested nursery stock or livestock feed unless the feed is fed on the farm where grown or sold to a commercial processor that will destroy the viability of the noxious weed seed. Custom harvesting machines must be labeled with a label provided by the Kansas Department of Agriculture and must be free of all weed seed and litter when entering the State and when leaving a field infested with noxious weeds.

Additional information may be obtained from the Norton County Noxious Weed Department or by contacting the Kansas Department of Agriculture, 901 S. Kansas, Topeka, KS 66612.