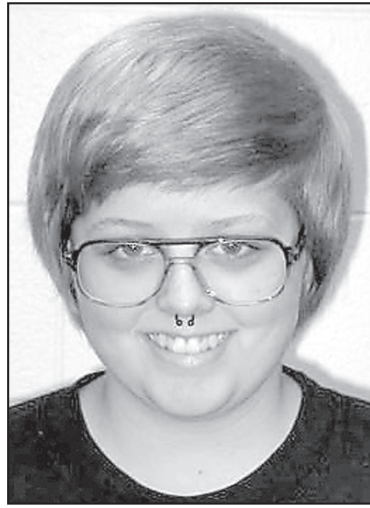


STUDENT NEWS

NCHS Students

of the Month for February
 Student : Maggie Spradlin
 Parents : Jeff Spradlin and Angelica Nelson
 Grade : Sophomore
 Nominating Staff Member: Mr. Lucas Melvin
 Comment from nominating Staff Member: "I nominate Maggie Spradlin; she has done very well this year and has been working hard."
 Factoids about Maggie:
 Favorite Class : Vocal
 Favorite Drink : Water

Favorite Color : Blue
 Favorite Food : Macaroni and Cheese
 Favorite Movie : Alice in Wonderland by Tim Burton
 Favorite Saying : "The only true wisdom is in knowing you know nothing."
 Favorite Song : Boats and Birds by Gregory and the Hawk
 Favorite Hangout: My house
 Personal Hero : Christopher Drew Ingle
 Future Plans : Oneirology



Student: Alex Riggins
 Parents: Brad and Chris Riggins
 Grade: Junior
 Nominating Staff Member: Nancy Sebelius
 Comments from nominating staff member:
 "Alex is always positive and upbeat and friendly towards everyone! This year he has become involved in Scholars' Bowl and I really appreciate his leadership as well as his participation. He has positive leadership qualities. He also has a great sense of humor, which everyone appreciates. Alex Riggins is a great person and worthy of this honor."
 Factoids about Alex:
 Favorite Class : American

History
 Favorite Drink : Orange Gatorade
 Favorite Color : Blue
 Favorite Food : Chicken Fried Steak
 Favorite Movie : Law Abiding Citizen
 Favorite Saying : "You can run, but you will die tired." from Marine Sniper
 Favorite Song : Ghetto Gospel by Tupac
 Favorite Hang out : Sam's house
 Personal Hero : Mr. Jason Jones
 Future Plans : College, make millions, you know nothing out of the ordinary



NCHS Students of the Month for March

Student : Bailey Ambrosier
 Parents : Wade and Diana Ambrosier
 Grade : Sophomore
 Nominating Staff Member: Mr. Garrett Beydler
 Comment from nominating Staff Member:
 "Bailey is a very good student, hard worker, and conscientious. We need more students like her."
 Factoids about Bailey:
 Favorite Class : Art
 Favorite Drink : Grape Kool-

Aid
 Favorite Color : Purple
 Favorite Food : Chinese
 Favorite Movie Ferris Bueller's Day Off
 Favorite Saying : "Life moves pretty fast. If you don't stop to look around once in awhile, you'll miss it!"
 Favorite Song : You
 Favorite Hangout: My friends' houses.
 Personal Hero : My parents/ stud Father
 Future Plans : Attend Kansas State University and shake up the world



Student: Zach Bird
 Parents: Rusty and Angie Bird
 Grade: Sophomore
 Nominating Staff Member: Mrs. Robin Sides
 Comments from nominating staff member:
 "Zach is a very respectful student, who is attentive in class and never causes a disruption. He works to his potential and isn't afraid to ask for direction or assistance when needed."

Factoids about Zach:
 Favorite Class : Art
 Favorite Drink : Dr. Pepper
 Favorite Color : Blue
 Favorite Food : Cheeseburgers
 Favorite Movie : Ironman
 Favorite Saying : "No"
 Favorite Song : Move Along by American Rejects
 Favorite Hang out : Home
 Personal Hero : Dad
 Future Plans : Go to college

SCHOOL CALENDAR

NCHS

Saturday, May 12
 NCHS Artist of the Year
 Monday, May 14
 Senior Finals: Periods 5, 6 and 7
 Regional Golf Tournament at Lakin, 9:30 a.m.
 4th Nine weeks Reading Recognition, A.P.
 Forensics End-of-Year Picnic, 6 p.m.
 Tuesday, May 15
 Senior Finals: Periods 2 and 4-Social Studies Finals
 Jay Singers, 7:30 a.m.
 KAYS Senior Farewell, A.P. Exhibit Night, 6 p.m.
 Spring Band Concert, 8 p.m.
 Wednesday, May 16
 Senior Finals: Periods 1 and 3-Elective Finals
 Senior meal/check out/com-

mencement practice, 12:25 p.m.
 S.A.C., A.P.
 Senior scholarships and awards, 2:30 p.m.
 Site Council, 5 p.m.
 Thursday, May 17
 Senior Finals: Make-up and Final Check Out-Math Finals
 Jay Singers, 7:30 a.m.
 S.I.T., 7:45 a.m.
 KAYS 2012-13 Board Meeting, A.P.
 Friday, May 18
 Language Arts Finals
 Faculty Meeting, 7:45 a.m.
 Senior breakfast and commencement practice, 8:20 a.m.
 Regional Track at Beloit
 Sunday, May 20
 Commencement, Class of 2012: NCHS Stull Gymnasium, 2:30 p.m.
NIHS

Monday, May 14
 Academic Awards, 9 a.m.
 Tuesday, May 15
 End of Year Movie; Norton Theatre, 1-3 p.m.
 Wednesday, May 16
 Track Letter Awards, A.P.
 Site Council, 5 p.m.
 Thursday, May 17
 Exhibit Night, 6:30 p.m.
 Spring Band Concert: JH Gym, 7:30 p.m.
EES
 Monday, May 14
 K-1 Literacy Night: Cafeteria, 5:30 p.m.
 Wednesday, May 16
 S.I.T., 7:30 a.m.
 Thursday, May 17
 6th Grade Field Trip to Hays, depart at 6:45 a.m.
 Friday, May 18
 Science Fair, 1 p.m.

Focus on your health, not your weight

Have you tried dieting, but gained back all the weight lost and more? If so, you are not alone.

Studies suggest that we just tend to return to old habits that started the problem in the first place.

That doesn't mean giving up is your only option. Here are some things to consider as you find a new path:

-Focus on health, not weight. Size and shape don't necessarily reflect health. Eat plenty of vegetables (about 2.5 cups a day) and fruit (about 2 cups a day). Choose whole grains over refined, and lean proteins over fattier options. Get regular physical checkups and monitor your blood sugar, blood cholesterol, triglycerides and blood pressure. If they're in normal

Homeed
Tranda
Watts,
Extension
specialist



ranges, you're doing a lot of the right things.

-Move more. We live in a sedentary society. Most of us spend too much time in front of a television or computer monitor, never approaching the 30 to 60 minutes of physical activity we should get five days a week. Take a good look at your typical day and see if there's a way to add a 20 minute brisk walk to your regular routine. Whether or not you're already physically

active, taking these extra steps (literally) will help.

-Eat less. That piece of advice is so simple it might sound, well, laughable. But portions have grown so much over the last few decades that it can be hard to tell what a real serving size should be. You might try a simple step: Fill your plate as normal- then remove one-third of the main dish and the starch. See if you're satisfied with the smaller amount; if not, have another serving of non-starchy vegetables to see if that does the trick.

If you have questions please feel free to contact your local K-State Research and Extension Office or you may contact Tranda Watts at twatts@ksu.edu.

Local writers place in state contest

By Beverly Kindler

The GFWC Mid-Century Club annually sponsors the Creative Writing Contest. This contest is a project of GFWC of Kansas with categories for youth and club women for poetry and short stories.

Youth entries are judged by category- Category I- grades 1, 2, 3; Category II- grades 4, 5, 6; Category III- grades 7, 8, 9 and Category IV- grades 10, 11, 12. This year five youth entries were received.

Tessa Hauser and Abigail Davis entered short stories in Category I. Hadley Hauser entered poetry in Category II. Katelyn Skrdlant and Hadley Hauser entered short stories in Category II. Rosalie McMullen entered poetry in the Club Women category.

These entries were judged in the Sixth District and then were submitted for the state contest.

In the Sixth District the placings were poetry, Hadley Hauser, first; short story, Category I- Tessa Hauser, first, Abigail Davis, second; short story, Category II- Hadley Hauser, first, Katelyn Skrdlant, second; poetry, Rosalie McMullen, first.

In the state contest Katelyn Skrdlant received first in short story, Category II; Tessa Hauser received third in short story, Category I; Hadley Hauser received third in poetry, Category II; Rosalie McMullen received second in poetry, Club Women.

Each participant received certificates of recognition for their entries. The GFWC Rainbow Club presented monetary awards to the youth category winners.

SCHOOL MENU

Norton Jr.-Sr. High Schools Menu

Monday, May 14

Breakfast-Cinnamon bun, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly and milk.

Lunch-Beef burrito, lettuce and chopped tomato, peaches, soft cookie or chef salad and milk.

Tuesday, May 15

Breakfast-Pancake and sausage on a stick, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly and milk.

Lunch-BBQ meatballs, whipped potatoes, rolls w/ margarine, carrots, pineapple chunks or chef salad and milk.

Wednesday, May 16

Breakfast-Pizza squares, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly and milk.

Lunch-Hamburger w/cheese, lettuce and chopped tomato, chocolate pudding or chef salad and milk.

Thursday, May 17

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

Lunch-Chicken enchilada, lettuce and chopped tomato, french bread w/margarine, Mandarin oranges or chef salad and milk.

Friday, May 18

Breakfast-Scrambled eggs,

bacon, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly and milk.

Lunch-Pizza, fruit or chef salad and milk.

EES Menu

Monday, May 14

Breakfast-Hot ham slice, hashbrown patty, peaches, apple juice and milk.

Lunch-BBQ beef, homemade bun, broccoli and cauliflower salad, french fries, apricots and milk.

Tuesday, May 15

Breakfast-Blueberry muffin, peaches, orange juice and milk.

Lunch-Hamburger casserole, celery stick, pears, dinner roll and milk.

Wednesday, May 16

Breakfast-Hard cooked eggs, warm toast, apple juice and milk.

Lunch-Macaroni and cheese, little smokies, mixed vegeta-

bles, rosy applesauce, french bread and milk.

Thursday, May 17

Breakfast-Ice cold strawberries, bagel w/cream cheese, orange juice and milk.

Lunch-Chicken supreme, green beans, baby carrots, fruit basket upset and milk.

Friday, May 18

Breakfast-Applesauce muffins, pineapple chunks, grape juice and milk.

Lunch-Ham and cheese, homemade bun, pepper strips, pork and beans, peaches and milk.

Call Mike
 with all your
 social news.

877-3361

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-Karen Cox

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