

# CLUB NEWS

## By Beverly Kindler

The Mid-Century Club met Sept. 27 at the Norton Public Library Community Room for their annual Salad Supper. Virginia Will, president, called the meeting to order and welcomed the 14 members and guests Jill Lively and Melba Witt. Virginia led the group in singing the Doxology. The group then enjoyed the two salads that are the "Bring 2-a vegetable and a fruit" salads. The hostess, Fonda Lawrence, and Doris Winteroth mixed the "2" into two delicious salads that were served with assorted crackers and cheese.

Mary Beth Boyd introduced Jill Lively who presented her talk "To Pool or Not To Pool."

Jill, a former lifeguard and manager at the city swimming pool, gave a very informative talk concerning the Nov. 6 election for a new pool. She stressed what critical condition the present pool is in and pointed out many of the disadvantages and dangers, both for the patrons and also the employees, at the present pool. She also stressed the many advantages and safety of a new pool, again for both the patrons and employees. Jill encouraged everyone to get all the facts and she sincerely hopes it will be a "Yes" vote at the election.

Virginia conducted the business meeting. Eunice Neiltopp announced we will be deliver-

ing Meals on Wheels Oct. 8-14, and asked everyone to sign up for their delivery time.

Lynn Nelson, treasurer, presented the budget for the 2012-13 club year. Jean White moved this budget be approved. The motion seconded and carried.

Virginia gave a short report of Beverly Kindler's attendance at the GFWC 6th District Convention recently held in Wilson. She also showed Doris Johnston's hardanger coaster that won first place at the convention.

Roll call was answered with "Swimming hole memories." The next meeting will be Oct. 25 at 4:30 p.m. at the Methodist Church.

# SCHOOL MENU

## Norton Jr.-Sr. High Schools Menu

Monday, Oct. 8  
Breakfast-Long John, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Pigs in a blanket, broccoli/cauliflower salad, pork and beans, pears or chef salad and milk.

Tuesday, Oct. 9  
Chocolate banana bread, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Steak fingers, whipped potatoes and country gravy, carrots, roll w/margarine, pears or chef salad and milk.

Wednesday, Oct. 10  
Breakfast-Hot cereal, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Beef quesadilla pizza, carrots, dill pickles, peaches or chef salad and milk.

Thursday, Oct. 11  
Breakfast-English muffin w/sausage, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Chicken fajita, lettuce, tomato and shredded cheese, onions and peppers, orange half or chef salad and milk.

Friday, Oct. 12  
Breakfast-Monkey bread, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Beef and noodles, whipped potatoes, celery sticks, fruit cup, rolls w/margarine, apples or chef salad and milk.

EES Menu  
Monday, Oct. 8  
Breakfast-Rolled-up sausage links, tater tots, orange juice and milk.

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

Tuesday, Oct. 9  
Breakfast-Canadian bacon/cheese biscuit, apple

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

Wednesday, Oct. 10  
Breakfast-Sausage pancake stick, warm maple syrup, strawberry fruit cup, grape juice and milk.

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

Thursday, Oct. 11  
Breakfast-Homemade pancakes, warm syrup, apple juice and milk.

Lunch-Ike Burger, homemade bun, sweet potato french fries, dill spear, pears and milk.

Friday, Oct. 12  
Breakfast-Scrambled eggs/ham, pears, grape juice and milk.

Lunch-Baked chicken, whipped potatoes, gravy, black beans, strawberry fruit cup and milk.

NVHS Menu  
Monday, Oct. 8  
Breakfast-Oatmeal w/toppings, toast, eggs, apple juice or assorted cold cereal.

Lunch-Burritos, tossed salad w/dressing, buttered cauliflower, peach half and cookie

Tuesday, Oct. 9  
Breakfast-French toast, syrup, ham, hash browns, diced peaches or assorted cold cereal.

Lunch-Meatloaf, mashed potatoes, hot roll, buttered spinach and slushies.

Wednesday, Oct. 10  
Breakfast-Breakfast casserole, toast, applesauce or assorted cold cereal.

Lunch-Enchiladas, tossed salad w/dressing, buttered peas and strawberry/banana dessert.

Thursday, Oct. 11  
Breakfast-Banana muffin, sausage, eggs, orange slices or assorted cold cereal.

Lunch-Hot beef sandwich, mashed potatoes, California blend vegetables and carrot cake.

Friday, Oct. 12  
Breakfast-Ham, cheese biscuit, hash browns, pineapple or assorted cold cereal.

Lunch-Cheeseburger pockets, potatoes, buttered carrots and cherry crisp.

# Reality check



To help educate students on financial literacy, the North Central Kansas Special Education Cooperative hosted a "Reality Check" Wednesday morning at the Norton County 4-H Building. Sophomore students from Norton Community High School were allotted a mock job and paycheck and had to visit 13 different stations and budget their money to pay a month's worth of bills with their salaries. Volunteers from the school and the community represented different debtors like car dealers, daycare providers and tax collectors. The goal of the program is to help educate students about the realities of budgeting and the challenges of living in today's financial world. Pictured, Norton Superintendent Greg Mann (right) poses as a car salesman while students Jordan Karnopp, Molly Scott, Neysa Carlson and Jared Tallent prepare to write "checks" to pay for their vehicles.

—Telegram photo by Carleen Bell

# Choose water as your main beverage

All beverages are mostly water, which is a nutrient that is essential to life. Every body function depends on water, and you can live only a few days without water. Your total body weight is 55 - 75 percent water - which is about 10 to 12 gallons. Water makes up about 83 percent of the blood, 73 percent of muscles, 25 percent of body fat and 22 percent bones. Eighty percent of your total fluid intake comes from beverages of all kinds, and the other 20 percent comes from foods. Fruits and vegetables - fresh, frozen and canned - contain lots of water. For example, watermelons, tomatoes, lettuce and celery contain more than 90 percent water, and oranges are 87 percent water.

Milk, soy milk, juice and soup all supply water to the body and contain other nutrients.

Benefits of Drinking Water  
Choose water as your primary beverage. It is usually inexpensive and readily available. Water is also thirst quenching, contains no calories, fat, cholesterol, or caffeine, and is low in sodium. Water's other benefits include:

- Prevents dehydration
- Regulates body temperature to about 98.6 degrees
- Reduces fluid retention
- Gives the feeling of fullness when consumed with a meal
- Carries nutrients and oxygen to the cells
- Provides moisture to skin and other tissues

## Home ed Tranda Watts, Extension specialist



-Helps prevent constipation  
-Cushions joints  
-Helps strengthen muscles  
Tap water, especially from large municipal water systems, is just as safe as bottled water and less expensive. If bottled water gets a person to drink water, then the added expense may be worthwhile. Be aware, however that some bottled water is actually reprocessed tap water, and others have added sugar and sodium.

How Much is Needed?  
On an average day, a healthy adult needs 8 to 12 cups of water to replace the amount lost through perspiration, breathing, urination, and bowel movements. These fluids must be replaced to avoid dehydration and to keep the body working normally. When eating a high fiber diet, extra water is needed to process the additional roughage.

In general, one quart of water is needed daily for every 50 pounds of body weight. The exact amount of water needed depends on age, gender, weight, health, level of physical activity, foods eaten and medications taken and the weather.

Thirst is one sign that you need fluids. Your current fluid intake is probably adequate if you drink enough water to quench your thirst, you feel well, and you produce a normal amount of urine that is colorless or slightly yellow. However, do not wait until you feel thirsty before drinking something. Sometimes the brain doesn't get the thirsty signal. Older adults often lose the ability to sense thirst.

Questions? Please feel free to contact your local K-State Research and Extension Office or you may contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at [twatts@ksu.edu](mailto:twatts@ksu.edu).

# SCHOOL CALENDAR

NCHS  
Monday, Oct. 8  
Dental clinic, TBA  
"C" and JV FB vs. Colby (T), 4/6 p.m.

Tuesday, Oct. 9  
Jay Singers, 7:30 a.m.  
Student focus group meeting, A.P.

Wednesday, Oct. 10  
B.A.S.S. Meetings  
Kansas State University Admissions Counselor available, 8:30 a.m.

PSAT/NMSQT testing for juniors

FFA Greenhand Conference at Ellis, noon  
Early dismissal, 1 p.m.  
MTSS Collaboration time, 1:30-3:30 p.m.

Faculty meeting, 3:30 p.m.  
Thursday, Oct. 11  
Jay Singers, 7:30 a.m.  
SADD, A.P.

CC at Lakeside (Downs), 4 p.m.

9th FB vs. McCook, 7 p.m.  
MCL VB Tournament Play-in, (teams, location and time TBA)

Friday, Oct. 12  
State Tennis Tournament at Hutchinson

MCL VB Tournament at Phillipsburg, 9 a.m.

NJHS  
Monday-Friday, Oct. 8-13, NJHS Spirit Week

Monday, Oct. 8  
JH girls BB meeting, 8:30 a.m.

Dental clinic, TBA  
Tuesday, Oct. 9  
JH Marching Band perfor-

mance at Travis Field, 2:45 p.m.

Wednesday, Oct. 10  
KAYS, 8:30 a.m.  
JH boys BB interest meeting, 1:05 p.m.

Early dismissal, 1 p.m.  
MTSS Collaboration Time, 1:30-3:30 p.m.

Thursday, Oct. 11  
"A" Football vs. Smith Center (H), 5 p.m.

EES

Monday, Oct. 8  
Dental clinic, 8:30 a.m.

Tuesday, Oct. 9  
Fire Prevention Presentation, EC-3 at 1 p.m., 4-6 at 2 p.m.

Wednesday, Oct. 10  
Early dismissal, 1 p.m.  
MTSS Collaboration Time, 1:30-3:30 p.m.

Thursday, Oct. 11  
3/4 Grade Level meeting, 3:40 p.m.

Northern Valley  
Monday, Oct. 8

Fall Concert practice in Almena, 10:15-11:45 a.m.

Music Dept. and Book Scholarship Bake Sale in the HS front hallway, 6 p.m.

5th-12th grade vocal concert in Almena, 7 p.m.

School board meeting in the conference room in Almena, 8 p.m.

Tuesday, Oct. 9  
Yearbook ad sales in Phillipsburg from 8:15 a.m. to 3:45 p.m.

HS VB vs Stockton and Logan in Stockton, 5 p.m.  
Wednesday, Oct. 10

FFA Greenhand Conference at Ellis, 11:30 a.m.

Thursday, Oct. 11  
Fire Prevention Presentations by the Almena Fire Department 4 year Preschool walk to firehouse, 9:50 a.m.

K-4 Presentation in the GS Gym, 2:30 p.m.

JH VB and FB vs. Golden Plains in Rexford, VB at 4 p.m./FB at 5:30 p.m.

HS CC meet at Downs, 4 p.m.

Friday, Oct. 12  
End of 1st 9 weeks  
"Eat Well, Play Well" program in Logan, K-2 at 12:30 p.m., 3-5th at 2 p.m.

HS FB vs Stockton in Almena, 7 p.m. (Almena Fire Department hamburger feed starting at 6 p.m.)

Saturday, Oct. 13  
HS VB WKLL Tournament at Brewster, 10 a.m.

# HYDRABED

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# STUDENT NEWS

A Norton student is among recent graduates of the Ecotech Institute in Denver, Colo. Timothy Millan graduated in September with a degree in Wind Energy Technology from the institute.

# LAND AUCTION!

## 320± Acres

### Norton County, Kansas



## Friday, October 12 at 10:00 AM

### Auction to be Held on the Farm

- Combination property with 270.18± acres of quality cropland with productive Class II soils, and 40.82± acres of native pasture
- Level to gently rolling topography
- Located from the intersection of Highways 36 and 283 in Norton, two miles north and four miles west



For property details, contact:  
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