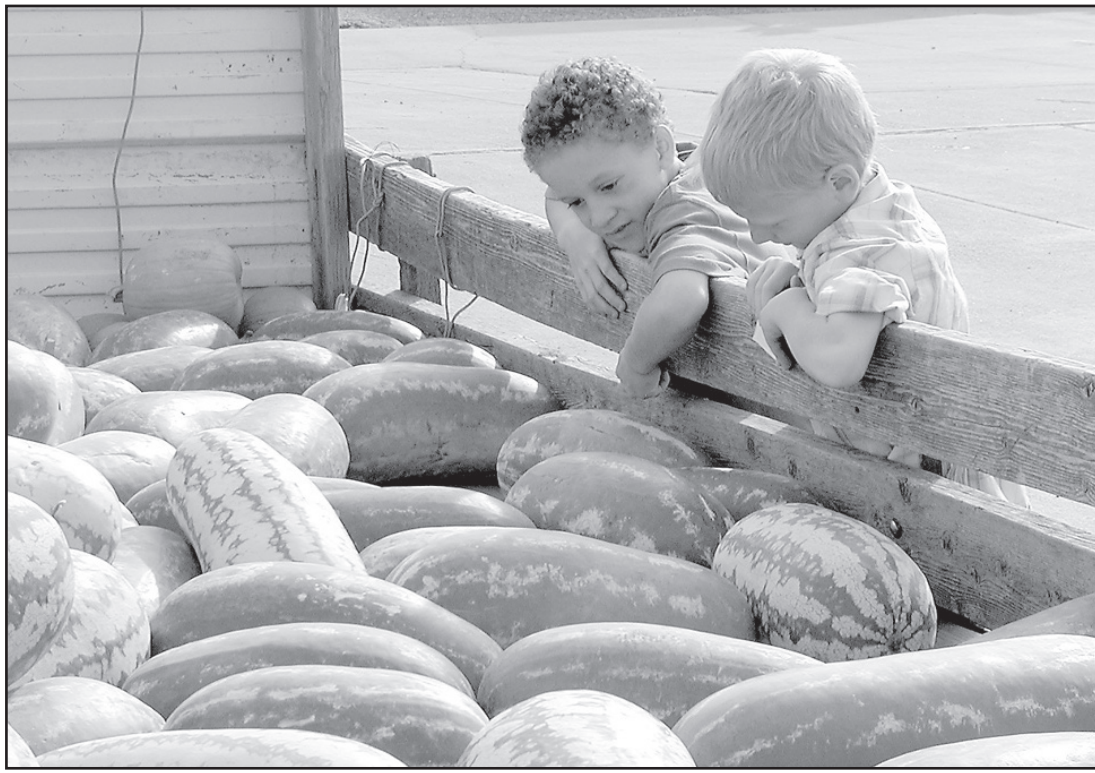


Organically good



Jim Rowh of Norton is once again sharing his great products with the public. Darius Shields and Joel Zillinger are pictured here as they check out Jim's organically grown pumpkins and watermelons Wednesday afternoon at the First Stop parking lot. — Telegram photo by Dana Paxton

SCHOOL MENU

Norton Jr.-Sr. High Schools Menu

Monday, Oct. 15
Breakfast-Pizza squares, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Breaded chicken sandwich, lettuce and tomato, corn, applesauce w/cinnamon or chef salad and milk.

Tuesday, Oct. 16
Breakfast-French toast stix w/syrup, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Beef burrito, lettuce, chopped tomatoes and cheese, peaches, soft chocolate chip cookie or chef salad and milk.

Wednesday, Oct. 17
Breakfast-Breakfast pocket, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Chicken noodles, whipped potatoes, hot roll w/margarine, carrots and broccoli, pears or chef salad and milk.

Thursday, Oct. 18
Breakfast-Breakfast quesadilla, sausage patty, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Ham and cheese roll-up, green beans, Carnivall Salad, pineapple chunks or chef salad and milk.

Friday, Oct. 19
No school-Teacher work day

EES Menu

Monday, Oct. 15
Breakfast-Breakfast burrito, apple juice and milk.

Lunch-Peanut butter and honey sandwich, cottage cheese, warm peas, celery stick, Mandarin oranges and milk.

Tuesday, Oct. 16
Breakfast-Sausage patty with biscuit, grape juice and milk.

Lunch-Pizza roll-ups, tossed salad, pears, green

beans and milk.
Wednesday, Oct. 17
Breakfast-Breakfast cake, grape juice and milk.

Lunch-Potato boats, baked beans, fruit cocktail, whole wheat roll and milk.

Thursday, Oct. 18
Breakfast-Hard cooked eggs, warm toast, apple juice and milk.

Lunch-Macaroni and cheese, little smokies, cooked carrots, rosy applesauce, pepper strips, french bread and milk.

Friday, Oct. 19
No school

NVHS Menu

Monday, Oct. 15
Breakfast-Breakfast taco, hash browns, apple sauce, or assorted cold cereal.

Lunch-Chili soup, crackers, cheese sticks, carrot/celery sticks and cinnamon twist.

Tuesday, Oct. 16
Breakfast-Cinnamon raisin biscuit, ham, eggs, juice or assorted cold cereal.

Lunch-Parmesan chicken, french bread, buttered green beans, applesauce cake.

Wednesday, Oct. 17
Breakfast-Pancake on a stick, hash browns, apples or assorted cold cereal.

Lunch-Beef-n-noodles, mashed potatoes, french bread, buttered corn and fruit cup.

Thursday, Oct. 18
Breakfast-Pizza bagel, hash browns, juice or assorted cold cereal.

Lunch-Chicken strips, sauce, mashed potatoes, buttered broccoli, hot roll and banana cream pie.

Friday, Oct. 19
Breakfast-Cinnamon butterflake biscuit, eggs, hash browns, sausage or assorted cold cereal.

Lunch-Lasagna, tossed salad w/dressing, buttered peas and carrots, french bread and Mandarin oranges.

SCHOOL CALENDAR

NCHS

Monday, Oct. 15
Scholars Bowl at Logan, 4 p.m.

JV FB vs. Phillipsburg, 5:30 p.m.

Tuesday, Oct. 16
Jay Singers, 7:30 a.m.
SADD Red Ribbon Week Committee Meeting, A.P.

Wednesday, Oct. 17
PSAT/NMSQT: Juniors (moved from Oct. 10)
S.A.C., A.P.
Site Council, 5 p.m.

Thursday, Oct. 18
Jay Singers, 7:30 a.m.
S.I.T., 7:45 a.m.
Forensics Interest Night, 6 p.m.

Vocal concert at East Campus, 7:30 p.m.

Friday, Oct. 19
Senior Night, 6:45 p.m. Tennis, cross country and football vs. Beloit, 7 p.m.

Saturday, Oct. 20
Regional Cross Country at Cimarron, girls race at 1 p.m. and boys race at 1:30 p.m.
Sub-state VB at SE of Saline, TBA

NIHS

Monday, Oct. 15
Cyber-bullying presentation in 8th grade computer class

Tuesday, Oct. 16
KAY Dance: JH gym, 7-9 p.m.

Wednesday, Oct. 17
VB and FB Awards Assembly, 8:30 a.m.

Thursday, Oct. 18
Vocal concert at East Campus, 7:30 p.m.

EES

Monday, Oct. 15

3rd and 4th grade vocal concert-rehearsal at East Campus, 8:30 a.m.

Site Council: EES Library, 5:30 p.m.

Tuesday, Oct. 16
3rd and 4th grade vocal concert-rehearsal at East Campus, 8:30 a.m.

3rd and 4th grade vocal concert at East Campus, 7 p.m.

Wednesday, Oct. 17
S.I.T. meeting, 7:30 a.m.
Book Fair begins (Oct. 17-24)

Thursday, Oct. 18
5th and 6th grade level meeting, 3:40 p.m.

Northern Valley

Monday, Oct. 15

Parent/teacher conferences in Alma, 4:30-8 p.m.

HS Scholars Bowl meet in Logan, 4:30 p.m.

KWET online writing portfolio seminar in Hays

Flu shots in Long Island
Tuesday, Oct. 16
HS VB vs. Palco and Victoria in Alma, 4 p.m.

Thursday, Oct. 18
JH FB vs. Stockton in Long Island, 5 p.m.

Friday, Oct. 19
HS FB vs. Thunder Ridge in Kensington, 7 p.m.

Saturday, Oct. 20
HS regional CC meet, TBA
HS sub-state VB, TBA

Fall preparation will help in spring

We're barely into fall, but gardeners should begin working their soil now in order to improve the health of their soil for spring planting.

Fall is the best time to prepare garden soil, according to K-State Research and Extension horticulturalist Ward Upham. The soil is often too wet in the spring to work without forming clods that will be present the rest of the growing season.

"Even if you work wet soil in the fall and form clods, the freezing and thawing that takes place in the winter will break them down, leaving a mellow soil the following spring," Upham said.

He also recommended working leftover garden debris into the soil, which reduces the chances of insects surviving the winter and decreases the risk of diseases overwintering.

"Working the debris into the soil is easier if you

mow the old vegetable plants several times to reduce the size of the debris," he said.

Tilling old plant materials into the soil increases the organic matter content, although it is usually a good idea to add in additional organic materials as well, such as leaves, grass clippings or rotten hay. Adding these materials in the fall allows more time for them to be broken down before spring planting. Upham recommended adding two inches of organic matter to the soil surface before tilling.

He also warned against over-tilling the soil.

"You should end up with particles the size of grape nuts or larger," he said. "If you work garden soil into the consistency of dust, you have destroyed the soil structure."

Accident Report

Sept. 4-A white 2007 Chevrolet 1500 pickup, driven by Justin Waggoner of Norton, was pulling forward and backing up to pack down rock that had just been put on the street. A second vehicle, driven by Ernest Long of Lenora, a 1994 Buick Park Avenue was following. Waggoner didn't observe Long behind him and backed into Long. The accident caused over \$1,000 in damage to the vehicles and there were no injuries reported. The accident was investigated by Norton County Sheriff Officer Adam Wahlmeier.

Sept. 4-A red 1995 GMC 1500, driven by Terry Kinderknecht of Alma, was backing away from a fuel pump. A second vehicle, driven by Larry Schemper, a gray 2011 Dodge 3500, was legally parked when Kinderknecht backed into Schemper's vehicle. Kinderknecht didn't see the vehicle because the sun was in his mirrors. The accident caused less than \$1,000 damage to the vehicles and there were no injuries reported. The accident was investigated by Norton County Sheriff Officer Adam Wahlmeier.

Sept. 12-A silver 2007 Chevrolet Silverado pickup, driven by Cory Ryan Martin of Nor-

ton, was traveling east bound on Highway 383 when a deer came out of the south ditch onto the highway. Martin was unable to avoid striking the deer and caused over \$1,000 damage to the vehicle. No injuries were reported. The accident was investigated by Norton County Sheriff Officer Adam Wahlmeier.

Sept. 19-A blue 1992 Oldsmobile Regency, driven by Dorothy Becker of Logan, was traveling west bound on Highway 9 when a deer came out of the north ditch onto the highway. Becker was unable to avoid striking the deer, causing over \$1,000 damage to the vehicle. No injuries were reported. The accident was investigated by Norton County Sheriff Officer Adam Wahlmeier.

Sept. 18-A light green 2009 Chrysler Town & Country, driven by Joni Berry of Lenora, was traveling east bound on Highway K9 at mile marker 25 when a deer entered onto the roadway from the south ditch. Berry was unable to avoid the collision,

Norton County Residents Supporting Carolyn Applegate for a write-in candidate as County Commissioner #2

- | | | |
|-----------------------|---|----------------------|
| Jim Applegate | ★ | Greg Murnahan |
| Jon Boxler | ★ | Janelle Matzek |
| Dick Boyd | ★ | Richard Meyers |
| Mary Beth Boyd | ★ | Janet Meyers |
| Gail Boller | ★ | Kimberly Mortensen |
| Reginald Beckman | ★ | Cindy McMullen |
| Scott Bohl | ★ | Jeff McKinley |
| Michelle Bohl | ★ | Mark McKenna |
| Todd Boller | ★ | Riley Moore |
| Dave Browne II | ★ | Nancy Moore |
| Norma Browne | ★ | Clay McMullen |
| Ken Carter | ★ | Janice Monier |
| Ray Caldwell | ★ | Patty Newell |
| Pat Douglas | ★ | Charles "Bud" Posson |
| Joe Dawson | ★ | Pat Pomeroy |
| Sarah Durham | ★ | Herman Pfannenstiel |
| Russ Erbert | ★ | Doris Pfannenstiel |
| Kathy Erbert | ★ | Lee Preston |
| Dean Esslinger | ★ | Judy Pfannenstiel |
| Linda Esslinger | ★ | Ramona Pabian |
| Jane Engelhardt | ★ | Betty Pfannenstiel |
| James Frack | ★ | Floyd Richard |
| Nikki Graham | ★ | Roberta Ryan |
| Harriet Gill | ★ | Karla Reed |
| Alan Hale | ★ | Dale Retke |
| Sherry Hickman | ★ | Jimmy Railsback |
| Brian Hickman | ★ | Nicole Raburn |
| Roger Hardiek | ★ | Harold Shinn |
| Mindy Harting | ★ | Norman Strayer |
| Ruth Hartman | ★ | Paula Strayer |
| Lisa Herman | ★ | George Seamon |
| DeWayne Jackson | ★ | Brandi Lynn Seamon |
| Don Kaus | ★ | Aden Shillig |
| Cheryl Kaus | ★ | Sue Ann Stutheit |
| Anthony Knoll | ★ | Denise Schmitz |
| Joan Knoll | ★ | Richard Thompson |
| Kristine Posson Knapp | ★ | Troy Thomson |
| Matt Kasson | ★ | Chriselle Thomson |
| Randal Knoll | ★ | Wanda M. Vincent |
| Brandi Keith | ★ | Jane Wyatt |
| Rob Lawson | ★ | John Whitney |
| Patti Long | ★ | Rich Wenzl |
| Natalie Linner | ★ | Tad Wicker |
| Justin Lindsay | ★ | Deena Wentz |
| Cynthia J. Linner | ★ | Gerald Wetter |
| Carol Lawson | ★ | Mary Kay Woodyard |
| Terry Laughlin | ★ | Jack Woodyard |
| Jill Lively | ★ | Adam Zerr |
| John Miller | ★ | (a partial list) |
| Bryce Marble | ★ | |

Experience Counts

Paid for by Carolyn Applegate for County Commissioner, Russ Erbert, Treasurer

October 17 is Kansas School Bus Driver Appreciation Day



During a normal school year Norton School and activity buses will drive more than 130,000 miles and over half of all Norton students will ride in a school bus every school day.

Our bus drivers are directly responsible for the safe transportation of the most precious of all cargoes — OUR CHILDREN.

Please join USD 211 in saying, "Thank You" and "Job Well Done" to our dedicated drivers.

REGULAR DRIVERS: Jim Jackson-Director of Transportation

•Daryl Barnett •John Becker •Doug Daniels •Curtis Eveleigh

•Donna Tanner •Steve Tanner •Larry Lyles •Jim Rowley;

SUBSTITUTE DRIVERS: •Dale Goss •David Harshbarger •Jerry Cummings •Ron Zwickle