

4-H promotes healthy living

Kansas 4-H and United-Healthcare (UHC) Community Plan have announced a partnership that will support 4-H Healthy Living programs. This partnership will help us reach more youth in our communities and increase our resources locally for healthy living programs. UnitedHealthcare is one of the managed care organizations that provide KanCare Medicaid services to Kansas residents. As part of a value-added service, they are promoting 4-H to their members and encouraging them to join 4-H. The UHC members should receive information about 4-H encouraging them to contact their local Extension office or visit the "Join Kansas 4-H" website at <http://www.joinkansas4-h.org/>.

All local Extension units can benefit from this partnership. This is an excellent opportunity to recruit new youth into the 4-H program and increase 4-H Healthy Living program resources. Enrollment flyers will be available at the Norton County Health Department and Norton Medical Clinic that serve KanCare members to help promote the 4-H and UHC partnership and encourage 4-H participation. For each youth that enrolls and participates in a 4-H program, the local unit will receive \$35/child/year to support 4-H Healthy Living programs. (Contact your local county health department or medical clinic for more information)

Research shows obesity to be a major cause of prevent-

Chasing Clovers

Patsy Maddy



able disability and death in the U.S. In the past three decades, childhood obesity rates have increased. The prevalence of obesity among children aged 6 to 11 years increased from 6.5 percent in 1980 to 19.6 percent in 2008, and the prevalence of obesity among adolescents aged 12 to 19 years increased from 5.0 percent to 18.1 percent during the same period (Centers for Disease Control and Prevention). In 2010, 29.4 percent of adults in Kansas were obese. The New England Journal of Medicine published an article in March 2005 stating that the prevalence and severity of obesity is so great among children that the associated diseases and complications – type 2 diabetes, heart disease, kidney failure, and cancer – are likely to strike people at younger and younger ages. Some researchers suggest that the current generation of children in the U.S. may have shorter life expectancies than their parents, if the childhood obesity rates continue at current levels.

In Kansas in 2013, 40 percent of high school students and 41 percent of adults reported eating fruits and vegetables less than once daily. Also in Kansas, 55 percent of high school students did not participate in at least 60

minutes of physical activity per day, and 52 percent of adults did not meet the recommendation of at least 150 minutes of moderate-intensity physical activity/week or 75 minutes of vigorous-intensity activity/week.

In addition to low intake of fruits and vegetables and insufficient amounts of physical activity, the increase in obesity is also linked to increased portion sizes, eating out more often, poor nutrition choices (i.e., choosing foods low in nutrient density), increased consumption of sweetened drinks, increased screen time (e.g., television, computer, electronic games), changing labor markets, and fear of crime which prevents outdoor exercise.

K-State Research and Extension (KSRE) was listed in the Kansas Department of Education Wellness Model Guidelines as an approved provider of nutrition education for schools. Additionally, the national 4-H Healthy Living Mission Mandate seeks to engage youth and families through opportunities that achieve optimal physical health and well-being. By supporting health-related programs for adolescents, 4-H Healthy Living encourages all youth to adopt healthy eating and physical fitness habits promoting healthier lifestyle choices.

Please contact Patsy Maddy at Twin Creeks Extension Office in Norton, Decatur, or Sheridan counties to find out more about making a healthy choice in "Joining the Club".

Geography Bee



Eisenhower Elementary School in Norton held the school level Geography Bee last Friday. It was sponsored by the National Geographic Society. These students competed to go on to the state level. Ten students in grades fourth through eighth participated. This year's winner was a repeat winner from last year, Lance Griffey with Jonah Ruder taking second and Jacob Porter placing third. Pictured here are nine of those who competed, Lauren Perez, Dante Smith, Jacob Porter, Coral Stewart, Carlie Voss, Jacob Schellhamer, Camdyn Unterseher, Abby DuBois and Jonah Ruder.

– Telegram photo by Dana Paxton

SCHOOL CALENDAR

NCHS

- Saturday-Monday, Jan. 18-20 FFA to Denver Stock Show
- Saturday, Jan. 18 Varsity wrestling at Newton, 9 a.m.
- MCL BB Tournament: Finals at FHSU, TBA
- Sunday, Jan. 19 Java Jive; NJHS Gym, 3 and 7 p.m.
- Tuesday, Jan. 21 Jay Singers, 7:30 a.m.
- Prom committee meeting, A.P.
- Scholar's Bowl at Phillipsburg, 4 p.m.
- JV/V BB at Plainville, 4:45 p.m.
- Wednesday, Jan. 22 Student focus group, A.P.
- Thursday, Jan. 23 Jay Singers, 7:30 a.m.
- S.I.T., 7:45 a.m.
- KAYS meeting, A.P.
- JV/V BB vs. Phillipsburg, 4:45 p.m.
- JV/V Wrestling at Colby, 6

- p.m.
- Friday-Sunday, Jan. 24-26 FFA Ag-Ed Symposium
- Friday, Jan. 24 Model U.N. in Wichita
- National Honor Society: Meeting for prospective members, A.P.
- Saturday, Jan. 25 Forensics at Hill City, 7:30 a.m.
- NCHS Dance Team: Little Kids Dance Camp at East Campus Gym, 10 a.m.
- Jay Singers perform for Water Conservation meeting, 7 p.m.
- Wednesday, Jan. 22 Site Council, 5 p.m.
- Thursday, Jan. 23 Spelling Bee: JH Gym, 1:30 p.m.
- Friday, Jan. 24 Stuco Dance: JH Gym, 7 p.m.
- EES
- Monday, Jan. 20 Site Council, 5 p.m.
- Wednesday, Jan. 22 Spelling Bee; cafeteria, 2 p.m.

- Saturday, Jan. 25 Little Kids Dance Camp at the East Campus Gym, 10 a.m.
- Northern Valley
- Monday, Jan. 20 MLK Day/Teacher inservice-No School
- Tuesday, Jan. 21 4th-8th grade Spelling Bee at Long Island, 2 p.m.
- Wednesday, Jan. 22 Reality Check (sophomores) in Phillipsburg, 9:30-11:15 a.m.
- Colby Community College during A.P.
- WKLL Scholars Bowl at Ransom, noon
- Thursday, Jan. 23 Red Cross Blood Drive in HS conference room, 9 a.m.-3 p.m.
- 4th Grade Sleepover
- Friday, Jan. 24 NVHS BB at Healy, 6:30 p.m.
- Saturday, Jan. 25 Norton County Conservation District meeting at the American Legion in Norton, 6:30 p.m. (meal included, please RSVP to Twila at 877-2623)

SCHOOL MENU

NCHS-NJHS

- Monday, Jan. 20 No School
- Tuesday, Jan. 21 Breakfast-Apple cinnamon bars, applesauce, orange juice and milk.
- Lunch-Beef and bean tostada, lettuce and chopped tomato, french bread, apple sauce and milk.
- Wednesday, Jan. 22 Breakfast-Assorted cereal, toast w/margarine, fruit, grape juice and milk.
- Lunch-Chicken enchilada, lettuce and chopped tomato, Mandarin oranges, celery sticks and milk.
- Thursday, Jan. 23 Breakfast-Breakfast quesadilla, picante sauce, fruit, grape juice and milk.
- Lunch-Pepperoni pockets, green beans, Mandarin oranges/peaches, cottage cheese, marinara sauce and milk.
- Friday, Jan. 24 Breakfast-French toast sticks, syrup, Mandarin oranges, orange juice and milk.
- Lunch-Spaghetti, garden salad, radishes, peaches, garlic bread and milk.
- EES Menu
- Monday, Jan. 20 No school
- Tuesday, Jan. 21 Breakfast-Rolled-up sausage links, tater tots, oranges, apple juice and milk.
- Lunch-Taco crunch, peaches, tossed salad, chocolate cake and milk.
- Wednesday, Jan. 22

- Breakfast-Scrambled eggs/ham, fruit cocktail, toast with jelly, grape juice and milk.
- Lunch-Ham and cheese, homemade bun, pepper strips, pork and beans, pears and milk.
- Thursday, Jan. 23 Breakfast-Warm cereal w/toppers, bananas, apple juice and milk.
- Lunch-Chicken supreme, green beans, baby carrots, fruit cocktail and milk.
- Friday, Jan. 24 Breakfast-Banana bread, applesauce, orange juice and milk.
- Lunch-Ham and beans, celery stick, cornbread, rosy applesauce and milk.
- Northern Valley Menu
- Monday, Jan. 20 No School
- Tuesday, Jan. 21

- Breakfast-French toast, syrup and assorted cold cereal.
- Lunch-Soft shell taco, tossed salad w/dressing, seasoned cauliflower and apple crisp.
- Wednesday, Jan. 22 Breakfast-Breakfast pita and assorted cold cereal.
- Lunch-Baked chicken drumstick, savory rice, seasoned corn and applesauce.
- Thursday, Jan. 23 Breakfast-Granola and assorted cold cereal.
- Lunch-Spaghetti, tossed salad w/dressing, seasoned green beans and grapes.
- Friday, Jan. 24 Breakfast-Monkey bread and assorted cold cereal.
- Lunch-Corn dogs, french fries, pork and beans, strawberries and bananas.

COLLEGE NOTES

Fort Hays State University deans have named 1,111 students to the Dean's Honor Roll for the fall 2013 semester. The list includes undergraduate students only. To be eligible, students must have enrolled in 12 or more credit hours and have a minimum grade point average of 3.60 for the semester. Full-time on-campus and virtual students are eligible. Students are listed by the county and city listed in their current permanent addresses. High schools are included for students who listed them and who graduated from high school within the last six years.

NORTON
Almena: Kitt Elizabeth Zillinger, a Phillipsburg High School graduate, is a sophomore majoring in nursing.
Clayton: Diedre Linn Kramer, a Norton Community High School graduate, is a freshman majoring in biology (botany).
Lenora: Chris Basgall is a sophomore majoring in infor-

mation networking and telecommunications (web development).
Norton: Julia Elise Kent, a Norton Community High School graduate, is a freshman majoring in art.
David James Mizell, a Norton Community High School graduate, is a junior majoring in art

(graphic design).
Brianna R. Nelson is a senior majoring in art (studio art).
PHILLIPS
Logan: Emily Rebecca Zillinger is majoring in nursing.
Prairie View: Brady Lane Tien, a Logan High School graduate, is a junior majoring in justice studies.

SOUP'S ON!

The Norton Community Center
208 West Main - Norton, Kansas

Is Holding A Fund Raiser

SOUP SUPPER
Saturday, January 18

5-7 P.M. • FREE WILL OFFERING

Community Calendar



Please submit your events for the Community Calendar which is printed in the Monday EXTRA. Events may be e-mailed to: nortontelegram@nwkansas.com or mailed to 215 South Kansas Avenue

THE NORTON TELEGRAM
785-877-3361

215 S. Kansas Ave.
Norton, Kan.
67654

• PUBLIC NOTICE • NOTICE OF HEARING

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NOTICE OF HEARING ON PROPOSAL FOR THE CITY OF ALMENA, KANSAS TO BE INCLUDED WITHIN TERRITORY OF THE ALMENA RURAL FIRE DISTRICT NO. 1

NOTICE IF HEREBY GIVEN that Governing Body of the City of Almena, Kansas, will meet at the City Building, 415 Main Street, Almena, Kansas, on Monday, February 3, 2014, at 7:00 p.m. for the purpose of conducting a hearing upon a proposal presented to the Governing Body that the City of Almena petition the Board of County Commissioners of Norton County, Kansas, by resolution that the lands within the City of Almena be made a part of or included within Almena Rural Fire District No. 1, at which time and place the Governing Body will consider such proposal and hear all persons interested in the matter.

Stacy Whitney
Almena City Clerk