

Treat stuttering early

Memphis: Parents who notice their young child beginning to stutter should seek help right away, according to the nonprofit Stuttering Foundation.

"In the past, experts incorrectly believed that paying attention to the child's stuttering would exacerbate the situation," said speech-language pathologist Lisa Scott, Ph. D of The Florida State University. "Children who stutter will have significantly less disfluent speech and a higher recovery rate if they are treated when they are young."

To help parents gain a better understanding of stuttering, the

Foundation offers free streaming video of Stuttering and Your Child: Help for Parents at www.stutteringhelp.org. The site also offers a worldwide referral list to specialists in stuttering.

According to a major new study published in the British Medical Journal, young children who received early treatment reduced their stuttering by 77 percent compared with a drop of just 43 percent among a second group of children who were not treated.

The Australian Stuttering Research Centre conducted the study involving 54 children between the ages of 3 and 6 years

old. There were 29 children who received treatment and 25 who received little or no treatment.

"The Stuttering Foundation has long been a proponent for early childhood intervention," adds Jane Fraser, president of the foundation. "Early treatment for children who stutter can effectively prevent the problem from becoming a chronic one."

Parents, teachers, and others who have questions about stuttering can call the Foundation's helpline at 800-992-9392, visit Web sites, www.stutteringhelp.org and www.tartamudez.org or e-mail info@stutteringhelp.org.

Free trees from foundation

Kansas residents can celebrate the start of the new year by receiving free flowering trees from the Arbor Day Foundation. Residents of Kansas who join the Arbor Day Foundation in Jan., will receive 10 free flowering trees just by becoming a member.

The free trees are part of the nonprofit Foundation's Trees for America Campaign.

For those who join the Foundation in Jan., they will receive two white flowering dogwoods, two flowering crabapples, two Washington hawthorns, two American

redbuds, and two goldenrain-trees.

"These compact trees are perfect for large or small spaces," said John Rosenow, chief executive of the Arbor Day Foundation. "They will give your home in Kansas the beauty of lovely pink, white, and yellow flowers and also provide winter berries and nesting sites for songbirds."

The trees will be shipped post-paid at the right time for planting between Feb. 1 and May 31 with enclosed planting instructions. The 6 to 12 inch tall trees are

guaranteed to grow or they will be replaced free of charge.

Members also receive a subscription to the Foundation's bimonthly publication, Arbor Day, and The Tree Book, which includes information about tree planting and care. To become a member of the Foundation and to receive the free trees, send a \$10 contribution to Ten Free Flowering Trees, Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, NE 68410, by Jan. 29. Kansas residents can also join online at www.arborday.org/january.

Haiti

(Continued from Page 1) Streck, Naomi's mom, after she received Naomi's call.

Naomi said the mission team was unaware of how much destruction there was, or how much attention had fallen on Haiti because the orphanage had not been damaged.

"We were spared all of that," she said.

Food and water remained a concern for the orphanage, which houses 95 children. Naomi said the team left all of their leftover food there, which would allow

more time for food to be delivered. The orphanage is the water source for Croix-des-Bouquets, but they had not turned the water on before Naomi left due to concerns about the amount of diesel fuel they would have to power a generator.

Naomi said power is limited by the city.

Naomi is entering her last semester in college, where she is majoring in elementary education. She will begin student-teaching this month.

"It's so much to take in, but I

feel ready to start," she said.

Haiti Lifeline Ministries has set up a relief fund to help provide aid to Haiti. The orphanage is run by Daniel and Nicole Dieudonne, who will also run the relief fund. Donations should be sent to "Haiti Lifeline Ministries, PO Box 508, Hesston, Kan. 67062.

Naomi looks forward to more mission trips in spite of last week's event.

"I would like to go back. It could happen anywhere, at any time. You can't live in fear," she said.

County

(Continued from Page 1) motor grader districts with one floating operator.

Wyatt said the downsize had been discussed for awhile.

"It's been a possibility for awhile with state funding and budget cuts," he said.

Services could be affected, including grading and sanding roads.

In other commission business:

- Norton County Solid Waste Supervisor Curt Archibald reported information on the recycling program for 2009.

- The commission discussed dues for Northwest Kansas Local Environment Protection Group for \$1,299.22, National Association of Counties for \$400, Kansas Legislative Policy Group for \$560.81 and the League of Kansas Municipalities for \$439.07. A motion was made to approve the dues as read. Vote taken, motion passed.
- A proposed Kansas Department of Transportation highway improvement project was discussed. The project is for improvement and construction of the Prairie Dog Creek drainage bridge east of Norton. The commission called Jeff Stewart, Kansas Department of Transportation, to set up an appointment.
- Reggie Beckman, Norton County Noxious Weed supervisor, told the commission he received a request to do Kansas Department of Transportation right-of-way spraying again this year. Beckman said he was going to have the same rate as last year's contract. Chairman Thomson signed the contract.

for the next three years. The commission signed the application.

The commission discussed including the community bus in the emergency preparedness plan. Thomson said the current plan has an agreement with Norton Community Schools. He will contact Pabian.

The next Norton County Commission meeting will be held Jan. 25 on the second floor of the courthouse.

SCHOOL CALENDAR

Norton Community High School
Tuesday, Jan. 19
 A.P. Jay Singers
 7p.m. MCL BB Tournament, Boys Quarterfinal Game @ Stockton

Wednesday, Jan. 20
 A.P. S.A.C.
 5 p.m. Site Council

Thursday, Jan. 21
 7:30 a.m. Jay Singers
 A.P. KAYS
 7 p.m. FFA
 TBA MCL BB Tournament: Back Side Games

Friday, Jan. 22
 TBA MCL BB Tournament: Semi-Finals @ FHSU

Saturday, Jan. 23
 9 a.m. FFA Speech Contest @ KSU- Manhattan
 Jay Singers perform for Soil Conservation Dinner
 TBA MCL BB Tournament: Finals @ FHSU

Norton Junior High School
Wednesday, Jan. 20
 5:30 p.m. Site Council

Thursday, Jan. 21
 7:30 - 9:30 p.m. Stuco Dance

JH Gym

Eisenhower Elementary School
Tuesday, Jan. 19

KDG CBM's
Wednesday, Jan 20
 7:30 a.m. S.I.T. meeting
 CNBM's: Grade 1
 KMO: Grade 5

Thursday, Jan. 21
 3:40 p.m. 5/6 Grade Level meeting

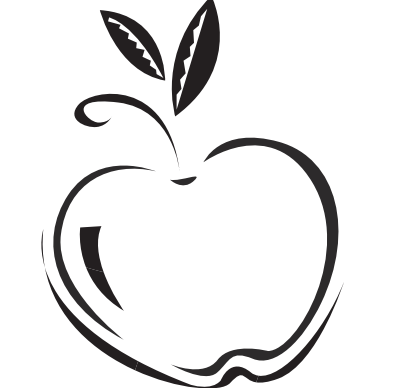
Northern Valley Schools
Tuesday, Jan. 19
 4p.m. HS BB vs Thunder Ridge at Almena
 6 p.m. - 8 p.m. Post Prom Soup Supper

Thursday, Jan. 21
 3 p.m. K-8 Pep rally in Almena, starting with JV Girls, then JV Boys, Varsity Girls, Varsity Boys'

4 p.m. Jr. High BB vs Thunder Ridge at Almena
 4 p.m. C-team Boys in the HS auditorium
 4 p.m. in the big gym B-team girls, then B-team boys, A-team girls, A-team boys

Chanda's Dance Illusions students will perform at half time of A-team boys
 5 p.m. - 7 p.m. Student Council Pancake Supper

Friday, Jan. 22
 Jr. High BB vs Logan at Almena
 3 p.m. HS Auditorium, JH B-

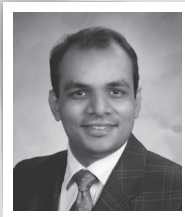


team boys
 3 p.m. Big gym JH A-team girls
 4 p.m. HS Auditorium JH B-team girls:
 4 p.m. Big gym JH A-team boys
 5 p.m. Big gym HS JV Girls 1/2 game
 5:45 p.m. Big gym HS JV Boys 1/2 game
 6:30 p.m. Big gym HS Varsity Girls
 7:45 p.m. Big gym HS Varsity Boys (HS times are approximate)

HS BB vs Logan at Almena
 Pink Night - Wear pink to the game and \$1.00 will be donated to the Susan G. Komen foundation by the Student Council. There will also be a "Locks of Love" hair cutting

Sunday, Jan. 24
 5 p.m. to 8 p.m. Post Prom Trivia Night in the HS Auditorium

New Spine Surgeon Brings a World of Experience to the Orthopedic Institute at Hays Medical Center



When everyday activities such as bending, looking overhead or simply shaking your head become a challenge due to back pain, turn to Vivek Sharma, M.D., at the Orthopedic Institute at Hays Medical Center. Dr. Sharma, the newest physician at the Orthopedic Institute, is an expert on the very latest surgical and non-surgical treatment options for problems of the back and spine. His focus is on finding the most effective way to address your spinal disorder and get you back to living your life.

Dr. Sharma has extensive experience in the diagnosis and treatment of a broad spectrum of spinal disorders including:

- Management of cervical, thoracic, and lumbar disc herniations
- Treatment of spine fractures and other spine injuries
- Spinal cysts
- Spinal cord herniation
- Spine tumors
- Surgery for spinal stenosis
- Inpatient and outpatient rehabilitation services

Dr. Sharma graduated from the G.S. Medical College and K.E.M. Hospital Program at the University of Mumbai in India. After completing his internship and residency, he earned his diploma in orthopedic surgery at the College of Physicians and Surgeons in Mumbai. He moved to the United States in 2005 and completed several clinical fellowships.

Dr. Sharma's fellowships include: Orthopedic Spine Surgery: The Christ Hospital, Cincinnati Children's Hospital, University of Cincinnati, (Cincinnati); Orthopedic Sports Medicine and Arthroscopy: Boston Children's Hospital,

Harvard Medical School (Boston); Pediatric Orthopedics: B.J. Wadia Hospital for Children (Mumbai, India), Cincinnati Children's Hospital, University of Cincinnati (Cincinnati); and Joint Reconstruction and Arthroplasty, University of Minnesota (Minneapolis).

He's also put his expertise to work as an orthopedic physician for the Boston Ballet, the Boston Marathon and NCAA games in Boston.

Now he's putting that same expertise to work for you. Right here in western Kansas. For more information about Dr. Sharma or available services at the Orthopedic Institute, go to www.haysortho.com.

Credit

(Continued from Page 1) committee. No nominations came from the floor. Eligible members present voted on the nominees.

Denise Bailey reported in her manager's speech that the credit union was in excellent financial condition and the membership is now at 2,544. She stated that there may be a need to look for a bigger facility to have the meeting in 2011.

"Look at your invitations next year closely, we may have a change in the location," she said.

Greg Engel and Bette Townsend were elected to the Board of Directors.

Wegener was recognized for his 61 years of membership with a gift card of \$61.

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Norton Outreach Clinic Schedule

Cardiology – Dr. Fisher Second Tuesday (785) 625-4699	Ophthalmology – Dr. Pokorny Surgery: Fourth Monday every other month Clinic: Fourth Tuesday every other month (785) 628-8218
Ear, Nose & Throat – Dr. Black Second Wednesday (785) 628-3131	Orthopedic – Dr. DeCarvalho Fourth Tuesday (866) 428-8221
Mobile Echo Monday (785) 877-3351	Urology Every fourth Monday (785) 877-3351

Call the number listed for specific clinic locations.