

American Heart Month draws attention to disease

February is American Heart Month, drawing attention to heart disease, America's No. 1 killer, and the strides being taken through research and education to raise awareness of risk factors and to decrease death rates.

Appropriately kicked off on National Wear Red Day (Friday, Feb. 5, 2010), the American Heart Association and its Go Red For Women movement urge everyone to support the fight against heart

disease in women by wearing red that day.

Heart disease is the No. 1 killer of women age 20 and over, but it is largely preventable. In fact, up to 80% of cardiac events in women may be prevented if women make the right choices for their hearts, including diet, exercise and not smoking. While 1 in 30 American women die of breast cancer, 1 in 3 women die from cardiovascular disease.

Cardiovascular disease kills approximately 450,000 women each year, which is about one each minute.

FEBRUARY 5th is National Wear Red Day! Join dozens of women, as well as companies and organizations in Kansas and cities across America by wearing red. It's a simple, powerful way to raise awareness of heart disease and stroke.

County

(Continued from Page 1) commission about job descriptions. The department has been working on updating the job descriptions, and Brannan said it should be completed soon.

He updated the commission on the service and maintenance agreement with Cat. He gave them the price to purchase the software and per hour service agreement. The commission felt it was too expensive to purchase.

• Norton County Solid Waste Supervisor Curt Archibald gave the commission a report on E-Waste Collections. During the week of Jan 18-22 6,540 pounds of E-Waste was shipped to Osborne.

He also reported permits for the compost pile have been submitted to the Kansas Department of Health and Environment for approval. The Kansas Depart-

ment of Health and Environment recycling report has also been submitted.

• Wanda Vincent, Norton County register of deeds, gave her 2009 annual report. For 2009, 363 deeds were recorded, 162 mortgages were filed and there were 733 other documents recorded. Fees charges for copies totaled \$2,419.86, and UCC's fee was \$380. Mortgage registration fees for the county were \$35,257.77, making total funds for the county general fund \$48,228.43.

• Tom Arpin, BG Consultants, and Ted Sanko, Garrett's Plumbing and Heating, were in to discuss construction of the Emergency Medical Service Facility. Arpin said the building is done with the exception of two emergency lights.

The rest of the concrete work was scheduled to be done soon.

A change order was presented for lighting on the west side of the facility, which will allow for lighting on the parking lots west of the building. The change order was approved by the commission.

Arpin discussed the possibility of removing the seeding from the contract due to the weather and time of year.

County Attorney Doug Sebelius said he would need to have complete data in the contract and make sure the scope of work is not violated. The final inspection will be at 9:30 a.m. on Feb. 23.

The county assumed utilities and insurance of the building yesterday.

The next Norton County Commission meeting will be held Feb. 8 at 9 a.m. on the second floor of the Norton County Courthouse.

Head Start awarded program

Head Start, a program of Community Action Partnership of Mid Nebraska, was awarded the UCLA/Johnson & Johnson "I CAN" Help My Child Stay Healthy national health literacy training program. The award provided training for a team of six Head Start management staff to be trained on implementation of their successful model of providing low-literacy healthcare training for Head Start parents. Since 2001, the Health Care Institute has reached nearly 27,000 Head Start families nationwide. "I CAN" Help My Child Stay Healthy will train Head Start parents to meet their children's health care needs, reducing unnecessary emergency room and clinic visits which overburden our health care system, as well as decreasing missed days at school and work. Through "I CAN," Head Start parents will have increased health literacy, knowledge, confidence and resources to care for common childhood illness at home.

The management team along with health professionals will be presenting "I CAN" training, in February 2010, in McCook for 100 participants, and in Kearney for 100 participants. The participants will include 50 Head Start parents who will invite a guest (spouse, significant other, parent, or friend), who is a part of their support system. Head Start centers participating in the training

include McCook, North Platte, Ogallala, Chase County Home Based, Dawson County Home Based, Dundy County Home Based, Frontier County Home Based, Furnas County Home Based, Hitchcock County Home Based, Norton County Home Based and Perkins County Home

Based. In McCook, they are working with community partners such as Good Samaritan Health Systems and McCook Christian Church. If any community member or health professionals would like to learn more, please call Sue Beebe or Deb Leach at 308-345-5468.

School

(Continued from Page 1) are already doing well in their courses.

"We want to make sure we're taking care of everyone across the board. We're going to be talking about that," he said.

Perez hopes to eventually make the advisor-base a 45 minute period.

"I envision this advisor-base period tagging onto the activity period for a full 45 minute period," he said.

Gundy

(Continued from Page 1) Alta May was unable to have children, but she has many nephews and nieces. Now a resident

of the Andbe Home, she enjoys visits and cards.

"People think you can't enjoy yourself when you get my age, but

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