

Leadership series set for March

Registration is now open for K-State Research and Extension's series of Board Leadership workshops to be held across the state in March. Designed to provide basic training for members of community-based boards, the series will be hosted by local Extension professionals at locations across the state. A session will be hosted for the Northwest area in Norton County at Norton Junior High School.

"Informed and committed board members are the key to healthy, effective boards and committees in our Kansas communities. K-State Research and Extension's Board Leadership Series will provide an opportunity for board members to learn the basics of being a good board member," said Trudy Rice, Extension Community Development Specialist. "Whether you are a member of a church board, a township board, a United Way agency board, or a rural water board, this training is appropriate for you."

The series will kick-off on March 4 with Conducting Effective Meetings. During this session, participants will learn about their roles and responsibilities as a board member, basics of parliamentary procedure, and strategies to make meetings more productive and effective.

On March 11, the topic will be Understanding Fellow Board Members and Conflict Manage-

ment. Participants will explore how personalities and generational differences affect the decision-making process, and learn how to manage conflict in a way that is productive, not destructive, to the board.

The March 16, session will cover Fundraising, Fund Management, Legalities and Ethics. This session will explore a board's options for raising and managing money, understanding such things as articles of incorporation, by-laws, and policies.

Strategic Planning will be the final topic on March 25. Participants will learn about establishing a common mission and vision for the board, and how to plan priorities for the future.

All sessions will be conducted from 6 to 8 p.m. Workshop participants will meet at host sites throughout the state to take part in web-based instruction and locally facilitated discussion. Sites include: Beloit, El Dorado, Garden City, Hutchinson, Iola, Lakin, Leavenworth, Liberal, Manhattan, Norton, Topeka and Sabetha.

Pre-registration for the event is required by February 22. There is a charge for this and it includes refreshments and materials. For more information, call the Twin Creeks Extension, Norton Office at 785-877-5755. Registration is available at www.ksre.ksu.edu/boardseries.

Prison nurse, employee of quarter

Sandra Becker received an award for Norton Correctional Facility Employee of the Quarter. Sandra is employed by Correct Care Solutions as a Registered Nurse. Sandra started in July 2011 and currently works the night shift. She is always professional in her job with staff as well as inmates. She is very good at her job and takes it very seriously. Sandra is effective



in helping inmates with small complaints and has been placed in a position where she was able to save an inmate's life. During this high stress moment she was able to maintain her composure which aided her in making the right decision to help the inmate to survive. She is noted for being quiet, friendly, and always willing to help someone even if it is not her job.

Registration open for leadership challenge

Kansas State University students, are you up for the ultimate leadership challenge?

The Wildcat Leadership Challenge is a four-day, intensive leadership development experience conducted each spring at the Rock Springs 4-H Center near Junction City. This year's event will be Feb. 28 to March 3.

Students participating will engage in both large- and small-group environments around topics such as diversity, inclusion, leadership styles, service learning, personal strengths and adaptive leadership. Students will be divided into learning communities and will be facilitated by junior and senior expedition leaders, who will facilitate team building and deeper levels of discussion.

"I believe that students will take from this challenge a deeper understanding of their own leadership," said James Love, doctoral student in counseling and student development, Manhattan, and a graduate teaching assistant in leadership studies. "They will also be able to

understand the challenges that surround them at K-State and around the world."

This year's theme for the Wildcat Leadership Challenge is "The Courage to Lead," which is framed with the understanding that action is needed for leadership, and courage is a form of that action. Opportunities are available to influence other people and to serve a greater good. These opportunities could result in creating change and having the courage for the change.

Deadline for applications is Feb. 21, and all Kansas State University students -- from freshmen to graduate students -- may apply. Lodging and food will be provided on site. Students interested may apply online at <http://www.k-state.edu/leadership/programs/leadershipchallenge.html>.

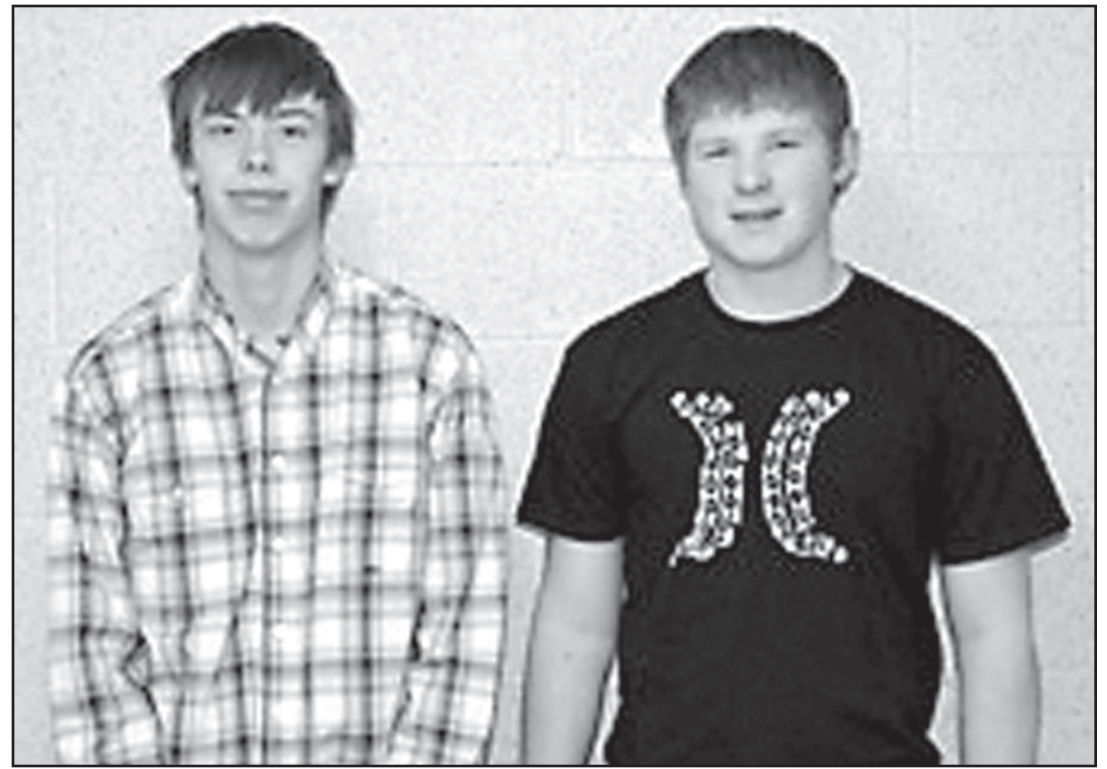
For more information about Wildcat Leadership Challenge, contact J.R. Love at 785-532-6085 or jrlove51@k-state.edu.

K-State faculty and staff serving as senior expedition leaders include: Laura Foote, assistant coordinator for K-State First;

Jenni Jones, assistant director for Greek affairs; Pedro Espinoza, project manager with the Collaborative Intercultural and Multilingual Advocacy Center in the College of Education; Madai Rivera, admissions coordinator for Hispanic recruitment with the College of Human Ecology; and Travis Redecker, assistant director of recreational services.

For help with your advertising needs please give Dana a call 877-3361 email: dpaxton@nwkansas.com

Academic winners



On November 28, three students from all 11 schools in the Western Kansas Liberty League participated in the league academic contest. The Logan High School junior class had an outstanding showing. As a team, they finished in second place, six points behind Golden Plains. Two Logan young men received medals for individual performances. Logan Kiser, son of Randy and Jean Kiser, earned first place in math. Kyle Pakkebier, son of Harvey and Sandra Pakkebier, earned first place in science.

Learn to communicate on Facebook

Are you new to Facebook and want to learn how to use it to communicate with your family? Or do you just have questions on how to use Facebook? A picture says a thousand words and is a great way to keep up with loved ones. Communication is so important, especially between friends and family and you don't want to miss out.

This lesson will teach adults how to connect with their family using Facebook. Fun with Facebook Fotos will also teach you how to upload pictures to Facebook, how to set your privacy settings so you know who sees what, and there will be a Q & A session at the end. Fun with Facebook Fotos will be presented by Julianne Shoup, Family and Consumer Science Agent for the Twin Creeks Extension District.

Come with questions and join us for this free program on Feb. 26, 2013 at the Norton Public Library from noon to 1 p.m. This is a noon-hour program

so please feel free to bring your lunch. RSVP to Twin Creeks Extension District - Norton Office at 785-877-5755 by 5 p.m. on February 25.

Low Cost Vaccine Clinic Friday, Feb. 22

5:00 P.M. - 7:00 P.M.
 •All Dogs must be on a leash
 •All Cats must be in a carrier
It is that time of year again.
 Be sure to register your dog with the City. To get registered all dogs must be current on vaccinations.

Norton Animal Health Center, LTD
 801 W. Holme, Norton, Kansas
 Phone: 785-877-2411
 Aaron R. White, DVM • Sarah Ketterl White, DVM
www.nortonanimalhealthcenter.com



Your dad deserves the best.

Your family has always been there for you. And now that it's your turn to take care of them, you're not settling for anything but the best. That's why Nebraska Heart Institute and Good Samaritan Hospital are partnering to bring you superior heart care. Because we agree with you—your loved ones deserve it.

CATHOLIC HEALTH INITIATIVES
Good Samaritan Hospital
 Kearney, Nebraska www.gshs.org
gshs.org



NEheart.com

Take care of your heart. Be sure to know your **ABCS**.

- Consult your doctor about a daily Aspirin regimen.
- Know your Blood pressure and Cholesterol numbers.
- If you Smoke, get help to quit.

February is **NATIONAL HEART MONTH**

Norton County Health Promotion Blood Screening

At the Norton County Health Department



Tuesday, Feb. 26, 2013
 Time: 7:00 a.m. - Noon

Provided by a joint effort of the Norton County Health Department and the Norton County Hospital

Need to be fasting (no food or drink after midnight) before testing

Health Profile and CBC #1 - \$40.00
 Screens electrolytes, kidney function, alkaline phosphate, glucose, cholesterol (HDL, LDL, VLDL and triglycerides) and CBC

PSA - #2 - \$20.00
 Evaluates prostate condition

TSH - #3 - \$15.00
 Evaluates thyroid levels and function

HbA1C - #4 - \$35.00
 Measure average blood sugar levels - (diabetics only)

LOCATION: Norton County Health Department
 801 N. Norton, Norton, Kansas

Questions? Call the Norton County Health Department at 785-877-5745

NO APPOINTMENTS NECESSARY

ACCEPT CASH AND CHECK ONLY! INSURANCE BILLING NOT AVAILABLE!