

Student from Norton takes gold at National SkillsUSA

For the second year in a row, a Northwest Tech student in the Communications Technology department in Goodland has received the gold medal at SkillsUSA National Championships in Telecommunications Cabling.

Working against the clock and other contestants, second-year Northwest Tech student Allen Collins proved his expertise in job skills and took home first place in Telecommunications Cabling.

Telecommunications Cabling is for students interested in voice and data network cabling and installation. The contests tests worldwide standards for data and voice connections, physical and logical networks and signal transmission. Contestants demonstrate skills in reading network design documentation, part list set up and purchase, pulling and mounting cable, choosing wiring closets, patch panel installation and termination, installing jacks and cable testing. The contest stresses safety and working effectively in group environments.

The winners of the annual SkillsUSA Championships in Telecommunications Cabling were announced Friday evening, June 28, 2013 at the Awards Ceremony of the SkillsUSA National Leadership and Skills Conference. The Conference was held June 24 - June 28, 2013, in Kansas City, Missouri. Over 5,900 outstanding

career and technical education students joined in the excitement of hands-on competition in 98 different trade, technical, and leadership fields.

SkillsUSA is the national organization for students in trade, industrial, technical and health occupations education. It sponsors the SkillsUSA Championships annually to recognize the achievements of career and technical education students and to encourage them to strive for excellence and pride in their chosen occupations.

The contests are planned by technical committees made up of representatives of labor and management and are designed to test the skills needed for a successful entry-level performance in given occupational fields. Safety practices and procedures - an area of great concern to labor and management alike - are judged and graded and constitute a portion of a contestant's score.

The 49th annual National SkillsUSA Championships was sponsored in part by Caterpillar, hosting Mike Rowe as the keynote speaker at the opening ceremony.

Rowe has spent the last eight years traveling the country looking for people who aren't afraid to get dirty. As a "perpetual apprentice," he's completed 300 different jobs, in all 50 states highlighting hundreds of men and women who do the kinds

of jobs that make civilized life possible for the rest of us.

The notion of depicting hard work as noble and fun is central to Rowe's personal mission. On Labor Day of 2008, he established mikeroweWORKS.com, an online trade resource center designed to reinvigorate the skilled trades and promote alternative education. Shortly thereafter, Rowe launched the mikeroweWORKS Foundation, which has raised over a million dollars for tool stipends and trade school scholarships. "Organizations like SkillsUSA impact the country and our workforce in a huge way," said Rowe. "These kids are incredible. Their work ethic and their creativity need to be encouraged in every way. It's an honor to be with them."

At this year's conference, Rowe introduced a new initiative from the mrW Foundation called "Profoundly Disconnected," a PR campaign specifically designed to address the country's widening skills gap, while calling attention to career opportunities that don't require a four-year degree. Caterpillar, a longtime partner of Rowe's around the skilled trades issue, is helping promote Profoundly Disconnected.

Students attending the 2013 SkillsUSA Championships from Northwest Tech included Allen Collins in Telecommunications Cabling and Katlyn Topliff in Related Technical Math.



Allen Collins (center) celebrates his gold medal at the SkillsUSA National Championships in Telecommunications Cabling, held June 24-28 in Kansas City, Mo. Collins is a 2003 graduate of Norton Community High School and is the son of Marilyn and Horace Collins Jr., and the nephew of Carol Mayo.

-Courtesy photo

Health is more important than weight

Because an overweight child or teen has a greater chance of becoming an overweight adult, you may be tempted to focus on a child's body weight. Instead of size, however, try to focus instead on his or her health. What can you do?

Focus on the positive. Encourage your children to think and talk about what they like about themselves, not what they don't like.

Help your youngster accept and enjoy his or her unique body and what it can do. Healthy people come in a variety of sizes and shapes. Do not emphasize physical appearances. Such an emphasis could have a negative impact on the child.

Encourage being physically active often, both as individuals and as a family. Physical activity burns calories and helps regulate the appetite. It also reduces

Home ed

Tranda Watts,
Extension
specialist



stress levels and anxiety, and can improve a child's outlook on life and self-esteem.

Buy and prepare a variety of healthful foods and offer them to all family members. Seldom serve high-fat high-sugar foods and beverages. Do not make food an issue. Don't deprive an overweight child of dessert if others are eating it. If a child feels deprived, he or she is more likely to sneak food or binge later.

Cook at home often. Encourage everyone in the family to

join in. Children usually enjoy eating foods they have helped select and prepare.

Encourage your children to eat only when they are hungry, and to stop eating when their physical hunger is satisfied. Don't ask them to be in the "Clean Plate Club."

Set a good example by demonstrating healthy living behaviors, yourself.

Source: Adapted from BL Knous, Young Families, Kansas State University, Vol. 6, #10 and reviewed by Tanda Kidd.

If you have questions about children and eating, please feel free to contact your local K-State Research and Extension Office. You may also contact Tranda Watts, Multi-County Extension Specialist -Food, Nutrition, Health and Safety at twatts@ksu.edu or at 785-443-3663.

Matthew Miller, of Norton. Miller is a senior studying biochemistry. He was named to the honor roll for the College of Liberal Arts and Sciences.

Stanton Nelson, of Long Island. Nelson is a senior studying piano. He was named to the honor roll for the School of Music.

Bryan Stephens, of Jennings. Stephens is a senior studying American studies. He was named to the honor roll for the College of Liberal Arts and Sciences.

da Delimont, Mariah Farber, Tonielle Fiscus, Marcus Herman, Kent Mann, Taylor Meder, Kyle Mindrup, Kaylen Rossi, Bethany Roy, Dustyna Sprigg and KaraJo Sprigg.

Logan-Paige Buss and Kathryn Hartman

ward Prewo, Logan, an M.S. in Education Administration; Anna Marie Zillinger, Logan, a B.B.A. in Accounting; Marvin John Gebhard, Long Island, an M.S. in Education Administration; Eric A. Woodside, Prairie View, a B.S. in Agriculture.

Contra Costa Chamber Orchestra, Yale Brass Trio, Conundrum Ensemble and the Interlochen Chamber Players.

For more information on Sternfeld-Dunn's award and the American Prize, go to www.theamericanprize.blogspot.com.

Arts and Sciences.

Kayleigh Brooks, of Norton. Brooks is a Prof 1 studying pharmacy. She was named to the honor roll for the School of Pharmacy.

Rhees Carlson, of Norton. Carlson is a sophomore studying in the College of Liberal Arts and Sciences. She was named to the honor roll for the College of Liberal Arts and Sciences.

Ashley Colip, of Norton. Colip is a senior studying geography. She was named to the honor roll for the College of Liberal Arts and Sciences.

credit hours receive semester honors along with commendations from their deans. The honors are also recorded on their permanent academic records.

Area students earning semester honors include:

Norton-Maia Carlson, Aman-

Agricultural Business; Sabrina Bader, Lenora, a B.S. in Justice Studies; Bryce A. Engelbert, Norton, a B.B.A. in Accounting (Public Accounting); Logan Riley Kats, Norton, a B.S. in Business Education (Teacher Licensure); Charli T. Lawson, Norton, a B.S. in Nursing. Phillips County-Paul Ed-

sistant professor of saxophone, commissioned and premiered the work.

Sternfeld-Dunn's music combines a frenetic rhythmic language, lean textures and lyrical sensitivity. It has been performed nationally and internationally by ensembles and organizations including the Kiev Philharmonic,

COLLEGE NOTES

Approximately 4,450 undergraduate students at the University of Kansas earned honor roll distinction for the spring 2013 semester.

The students, from KU's Lawrence campus and the schools of allied health and nursing in Kansas City, Kan., represent 96 of 105 Kansas counties, 41 other states and the District of Columbia, and 43 other countries.

Area honorees are as follows:

Eric Becker, of Lenora. Becker is a sophomore studying biology. He was named to the honor roll for the College of Liberal

More than 3,350 Kansas State University students have earned semester honors for their academic performance in the spring 2013 semester.

Students earning a grade-point average for the semester of 3.75 or above on at least 12

Fort Hays State University announced the names of 2,080 students who completed requirements for associate, bachelor and graduate degrees during the spring 2013 semester.

Area students who received degrees included:

Norton County-Allyson R. Pakkebie, Densmore, a B.S. in

Aleksander Sternfeld-Dunn, assistant professor of composition, music theory and technology at Wichita State University, has won the 2013 American Prize in composition for his saxophone concerto "Fireworks."

Victor Markovich, Wichita State's director of bands, and Robert Young, former WSU as-

Tomatoes are king of the garden

Kay Melia
vkmelia@yahoo.com

For most of us who play in the dirt out in the backyard, the tomato is the reason. Sure, we enjoy a few cucumbers and some green beans. What would a good vegetable garden be without some sweet corn or carrots? Some of us even raise a little zucchini or eggplant, proving once again that people will eat just about anything green that is grown in the garden.

But the tomato is King! We love our tomatoes! We love 'em fresh most of all, but we also can them, make salsa from them, and use them in all kinds of ways almost everyday. And so, as our gardens begin to mature here in the High Plains, every gardener's eyes are fixed on the tomato patch! We worry constantly about whether or not our plants are progressing properly. Are they getting enough water? Am I watering them too often? Should I fertilize them, and if so, with what, and when? Why aren't they setting on? How long am I going to have to wait to pick one?

The answers to many of our questions depends on the variety

we chose to plant. Some varieties will yield a ripe tomato long before others. Some varieties have completely different growing habits, depending on whether they are determinate (smaller vines) or the taller growing indeterminate types. Maturity times are further complicated by the date we set our plants out in the garden, and whether or not we caged them or simply allowed them to sprawl. To assign a definite date of maturity is not possible. Tomato plants are very shallow rooted. And so we must be aware of their need for moisture. I've always understood that they shouldn't be watered too often, but when temperatures reach into the 90s for several successive days, I don't hesitate to water them regularly, every day if necessary. I've also learned to avoid using a lawn sprinkler anywhere near the tomato patch. I fertilize them at least twice during the season with a water-soluble "pour-on" type of material, readily available at your garden center. The first feeding comes when the first bloom appears, and the second application comes about three weeks later. There are

many potential disease problems to worry about. The most serious of course is a word we just don't like to utter. If you notice one of your plants seems to have stopped growing, and the foliage is beginning to turn a sickening gray color, you must face the fact that you have been blighted! Watch it for a few more days, and then remove it from your garden, and carefully dump it in the landfill! There is no practical cure for blight. When you plant in the spring, ALWAYS plant varieties that are listed as showing resistance to blight. That is your best bet to avoid it.

My 30 tomato plants are looking pretty good as of the 4th of July. No blight, yet, lots of small green tomatoes, but still about 3 weeks until harvest. I have Super Tasty, Northern Exposure, Shady Lady, and a couple of Burpee's new fancy schmancy Super Sauce.

I hope your garden is maturing nicely and that the plus-hundred degree temperatures will occur in gardens other than yours. And always remember... it's more enjoyable out there at 6 a.m. than it is at 2 p.m.

Look!

What's Coming Up!!

- JULY -

Reservoir News

Pre-Fair Special

Post-Fair Special

Please Contact Dana to be included in these specials!

215 South Kansas Norton, KS.
Phone: 785-877-3361
Fax: 785-877-3732
E-Mail: dpaxton@nwkansas.com

THE NORTON TELEGRAM