

Rural Kansan competes in Sochi

By Ron Wilson
Huck Boyd Institute

Winter Olympics, Sochi, Russia. An American woman is competing in the Olympic event called the skeleton. This woman isn't just representing America, she is especially representing rural Kansas.

Katie Uhlaender is the young Olympian with the Kansas connection. She must have gotten her interest in sports from her father, the former major league baseball player Ted Uhlaender. Ted Uhlaender played outfield for the Minnesota Twins, Cleveland Indians, and Cincinnati Reds. In 1972, his last year playing baseball, the Reds won the pennant and played in the World Series. He went on to be a scout for the San Francisco Giants.

Ted married Karen, a ski instructor. Their daughter Katie grew up in Breckenridge, Colo.

In 2003, as a high-schooler, Katie discovered the sport of skeleton. This is a timed event consisting of a stripped-down sled on which a single rider hurtles head first down a sheet of ice at speeds approaching 80 miles an hour. It sounds scary, but it appealed to Katie's athleticism and sense of adventure. Katie even won the junior nationals in this event.

Meanwhile, Katie's family had purchased an 800-acre farm in northwest Kansas, in Rawlins County west of the county seat of Atwood, near the town of McDonald. Her dad, Ted Uhlaender, enjoyed fixing fence

and working on the farm.

Katie continued to train and compete in the skeleton. She finished sixth in the 2006 Olympics and in 2007 and 2008, she won the World Cup championship. In 2009 she placed second, but as she left the winner's stand she learned the tragic news: Out on the farm, her father had perished from a massive heart attack.

This was very hard for Katie, a self-professed "daddy's girl." Ted had encouraged her throughout her athletic career.

"He would remind me of things he had done in his career and how proud he was," Katie said. "Just the way he spoke to me gave me reassurance that I was on the right path and that I was doing the right thing."

Katie said she suffered without her father's encouragement. Then a month after his death, Katie was seriously injured in a snowmobiling accident. After all that, in the 2010 Olympics she finished a disappointing 11th place.

After the Olympics, Katie and her brother went to the farm to check on things. She said she felt her father's spirit when she got to the farm and she started working on the farm herself.

In a Team USA video, Katie said, "My father left behind a farm in western Kansas, three hours east of Denver. I'm not scared to get dirty, I'm not scared to get work done, and I love seeing the product of my hard work. It's American," she said.

When not on the farm, Katie was training or competing. Then came the 2012 World Cup competition. Katie wore a chain with her father's 1972 National League pennant ring around her neck, and she won the World Cup.

At the 2014 Winter Olympics in Sochi, Katie faced very tough competition. In the end, she placed fourth in the event, just four one-hundredths of a second from the bronze medal.

People in Rawlins County, Kansas were watching the Olympics with great interest. Ken Higley said he had not met Katie but owns ground which adjoins the Uhlaender's place. "Her dad was really nice," Ken said. People here seem especially pleased that Katie is celebrating her Kansas connection. It's been a great thing for us out here. People in Rawlins County and Atwood and McDonald are very proud of her."

It's exciting to find an Olympian with ties to rural Kansas. After all, McDonald is a community of 155 people. Now, that's rural.

Winter Olympics, Sochi, Russia. We commend Katie Uhlaender for making a difference by representing the U.S. with her athleticism and competitive fire as she competes in the Olympics. As she hurtles down the ice, she carries two special things with her: Her father's major league pennant ring and the well-wishes of her neighbors in rural Kansas.

Scholarship fund-raiser



The Norton PEO Chapter held a baked potato bar scholarship fund-raiser before this Tuesday's ball games against Hoxie. With a variety of toppings to choose from, people enjoyed a great meal with desert included. Allison Engelbert is seen her getting the toppings of her choice.

— Telegram photo by Dana Paxton

101st Cattlemen's Day set for March 7

Kansas State University will host the 101st annual Cattlemen's Day on Friday, March 7 in Weber Hall in Manhattan.

The day starts at 8 a.m. in Weber Arena with a commercial trade show and educational exhibits, and the program beginning at 10 a.m. in 123 Weber Hall.

In the keynote address, "The Future of Beef Export Demand," Paul Clayton, senior vice president of export services for the U.S. Meat Export Federation, will discuss the changing landscape of beef exportation, including barriers to foreign trade, maintaining current markets, the creation of new marketing channels, and the importance of beef exports for the future of the U.S. beef cattle industry.

"The Cattle Industry Outlook," presented by K-State agricultural economists Glynn Tonsor and Ted Schroeder, will focus on the cattle and beef market outlook and the economic implications of production and animal health technologies. Tonsor and Schroeder will address evolving regulations and the expectations of customers and consumers, as well as economic issues related to the rein-

roduction of zilpaterol, as well as impending antibiotic restrictions.

Lunch, sponsored by U.S. Premium Beef and commercial exhibitors, will be followed by breakout sessions, including:

- Sunflower Supreme: Riding the Expansion Wave – Jaymelynn Farney, K-State Research and Extension beef systems specialist;

- Avoiding Catastrophic Disease – Bill Brown, Kansas Commissioner of Animal Health;

- Methods for Heat Stress Abatement – Lindsey Hulbert, K-State Research and Extension animal well-being specialist;

- Salmonella in Beef Lymph Nodes – Sarah Gragg, K-State Olate assistant professor of food science;

- Control and Management of Genetic Defects in Commercial Beef Herds – Bob Weaver, K-State Research and Extension cow-calf specialist; and
- Synchronization Programs for Beef Cow-Calf Operations – Sandy Johnson, K-State Research and Extension livestock production specialist.

Cattlemen's Day participants have the option to take a tour from 1:30-3 p.m. of K-State's

new O.H. Kruse Feed Technology Innovation Center, led by K-State associate professor, Charles Stark.

Registration for Cattlemen's Day is available online at www.ksubeef.org or by sending \$20 per attendee (if registered by Feb. 28) to Cattlemen's Day Registration, Kansas State University, 139 Call Hall, Manhattan, KS, 66506-1600. The fee after Feb. 28 and at the door is \$30 per person.

Cattlemen's Day activities will be followed by the 37th Annual Legacy Sale (<http://asi.ksu.edu/bullsale>) at 3:30 p.m. in K-State's Purebred Beef Teaching Center. The sale includes more than 70 Angus, Hereford, SimAngus and Simmental bulls, five show heifer prospects, 20 bred females, and six American Quarter Horse Association-registered horses. A social at the Stanley Stout Center follows the sale.



SCHOOL CALENDAR

NCHS

Monday, Feb. 24
JV/V BB vs. Smith Center (moved from Feb. 4), 4 p.m.
Senior Night: Basketball, Cheerleaders, and Dance Team
Tuesday, Feb. 25
Jay Singers, A.P.
Student Focus Group, A.P.
Wednesday, Feb. 26
MCEL Music Festival: No school for students
FFA Ag Mechanics/Spring meeting at Goodland, 9 a.m.
Prom menu meeting, 5 p.m.
Thursday, Feb. 27
Jay Singers, 7:30 a.m.
Kansas Scholastic Press Association contests at FHSU
S.I.T. meeting, 7:45 a.m.
Pep Rally (A.P. moved to the end of the day), 3:10 p.m.
Friday, Feb. 28-March 1

State Wrestling Tournament at FHSU

Saturday, March 1
Forensics at Concordia

NJHS

Tuesday, Feb. 25
JH vocal and band concert; JH gym, 7 p.m.
Wednesday, Feb. 26
MCEL Music Festival: No school for students
EES

Tuesday, Feb. 25
A.R. meeting, 3:40 p.m.
Wednesday, Feb. 26
Parent-Teacher Conferences: No school for students

Northern Valley

Monday, Feb. 24
FFA Chapter meeting, 7:30 p.m.
Tuesday, Feb. 25
NVHS BB vs. Golden Plains

at Almena, 5 p.m.

Wednesday, Feb. 26
FFA Ag Mechanic Contest at Goodland, 9 a.m.
K-State representative during A.P.

Thursday, Feb. 27
KMEA Conference in Wichita
Tech Cadre in Hays, 9 a.m.
NVJH Scholars Bowl at Damar, 4 p.m.

Friday, Feb. 28
KMEA Conference in Wichita
Pep Rally in HS gym, 3:20 p.m.

NVHS BB vs. Triplains/Brewster at Almena (Senior Night), 5 p.m.

Saturday, March 1
KMEA Conference in Wichita
Forensics Meet at Ellis/Trego, 7:30 a.m.

SCHOOL MENU

NCHS-NIHS

Monday, Feb. 24
Breakfast-Assorted cereal, toast w/margarine, fruit, juice and milk.
Lunch-BBQ meatballs, whipped potatoes, rolls w/margarine, cauliflower, pineapple tidbits and milk.
Tuesday, Feb. 25
Breakfast-Waffles, syrup, sausage links, fruit, juice and milk.
Lunch-Grilled chicken sandwich, lettuce and tomato, grapes, baked beans and milk.
Wednesday, Feb. 26
No School
Thursday, Feb. 27
Breakfast-Breakfast burrito, fruit, Picante Sauce, juice and milk.
Lunch-Ham slice, scalloped potatoes, green beans, rolls w/margarine, apples and milk.
Friday, Feb. 28
Breakfast-Breakfast pocket, Picante sauce, fruit, juice and milk.
Lunch-Stuffed crust pepperoni pizza, vegetable salad, peaches and milk.

EES Menu

Monday, Feb. 24

Breakfast-Oatmeal muffin, whole grain cereal, strawberries, apple juice and milk.

Lunch-Taco crunch, peaches, tossed salad, chocolate cake and milk.

Tuesday, Feb. 25
Breakfast-Star Spangled Pancake, sausage links, orange juice and milk.

Lunch-Ham and cheese, homemade bun, pepper strips, pork and beans, pears and milk.

Wednesday, Feb. 26
No School

Thursday, Feb. 27
Breakfast-Whole wheat bagel, chilled yogurt, oranges, grape juice and milk.

Lunch-Ham and beans, celery stick, cornbread, rosy apple-sauce and milk.

Friday, Feb. 28
Breakfast-Sausage breakfast sandwich, fruit cocktail, orange juice and milk.

Lunch-BBQ beef, homemade bun, 1/2 broccoli salad, sweet potato french fries, raisels and milk.

Northern Valley Menu

Monday, Feb. 24
Breakfast-Ham and cheese biscuit, hash browns, yogurt and

assorted cold cereal.

Lunch-Mac-n-cheese, meatballs, seasoned peas, Krispie Treats and kiwi.

Tuesday, Feb. 25
Breakfast-Waffles, syrup, eggs, fruit and assorted cold cereal.

Lunch-Frito pie, tossed salad w/dressing, seasoned corn and pineapple chunks.

Wednesday, Feb. 26
Breakfast-Cherry coffeecake, hash browns, juice and assorted cold cereal.

Lunch-Chicken enchilada, tossed salad w/dressing, seasoned spinach and brownie.

Thursday, Feb. 27
Breakfast-Banana muffin, eggs, juice and assorted cold cereal.

Lunch-Ham-n-cheese pockets, mashed potatoes, broccoli and carrots and fruit cup.

Friday, Feb. 28
Breakfast-Breakfast casserole, toast, fruit and assorted cold cereal.

Lunch-Mexi-tot Supreme, tossed salad w/dressing, seasoned green beans and banana half.

CORRECTION

A story on the front page of the Feb. 18 edition of The Norton Telegram on the Economic Development Board meeting said that a report the staff had put together for its Main Street beautification project lacked information.

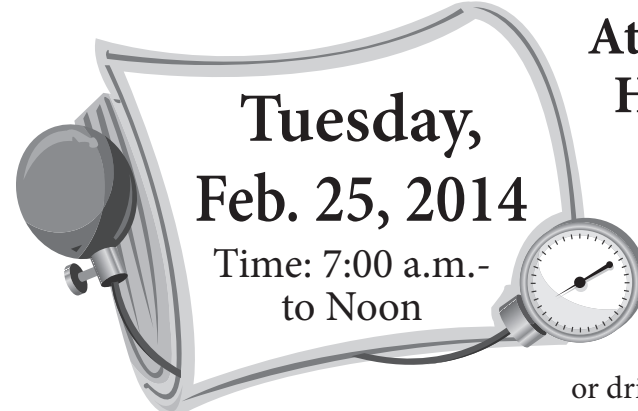
The report, however, had lots of information and the mistake was a reporting error.

The Norton Telegram will correct or clarify any mistake or misunderstanding in a news story. Please call our office at 877-3361 to report errors.

We believe that news stories should be fair and factual and appreciate your calling to our attention any failure to live up to this standard.

Norton County Health Promotion Blood Screening

At the Norton County Health Department



Tuesday,
Feb. 25, 2014
Time: 7:00 a.m.-
to 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!