

Walk Kansas 2014 is almost here

It is a pleasure for K-State Research and Extension's Twin Creeks District Offices to offer Walk Kansas again this year. We would like to encourage those who have participated before and also first-timers to go to your local K-State Research and Extension Office and pick up a registration packet! Walk Kansas begins on Sunday, March 16 and ends on May 10. Registrations will be due in the Twin Creeks offices at Norton, Oberlin and Hoxie on Wednesday, March 12. (Note this is different than the information in the packet. We have extended the deadline.)

What do you need to do? Just find five friends to participate with you in helping to improve your lifestyles by increasing your activity levels and improving your consumption of fruits and vegetables. You will also have the opportunity to purchase a Walk Kansas t-shirt if you desire. This year's colors are tropical blue, the standard purple, and gray. Each office has a sample blue shirt if you would like to see the color in person. (There is also a picture on the Twin Creeks Face Book page at K-State Research and Extension - Twin Creeks.)

There are so many benefits

Home ed

Tranda Watts,
Extension
specialist



that come from being active every day. Hippocrates, an ancient Greek physician who is referred to as the "father of medicine," said, "Walking is man's best medicine. You have two doctors, your left foot and your right foot."

During the eight weeks of Walk Kansas you will see inspiring stories from previous Walk Kansas participants shared in a weekly newsletter. You will receive this newsletter when you give us your e-mail address on the registration forms. Hard copies will not be sent out to those who do not have an e-mail address. However, you can stop by the local office and ask for a copy if you wish. The website www.walkkansas.org and Walk Kansas's Face book page. (Please "like" Kansas State University Walk Kansas on Face book.) will also feature weekly newsletters as well as an app or

online tool, health and nutrition information, and a tasty recipe to try.

You will want to check the progress of your team each week on the map at www.walkkansas.org. Click on "team progress" on the left navigation of the home page, then click on your county or district and look for your team. If you click "on the map," you will see your team progressing toward its goal. (Remember, teams have to turn in minutes so that they can be posted on the web site. This insures that you do see progress.) Kansas history and trivia about locations your team is traveling through will appear.

Why don't you consider all the benefits you can get from walking or doing many other forms of moderate physical exercise and plan to be a part of the 2014 edition of Walk Kansas.

If you have questions about Walk Kansas, please feel free to contact the Twin Creeks Extension Offices in Norton, Oberlin and Hoxie or you may contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at twatts@ksu.edu or phone 785-443-3663.

Taking one for the team!



On Friday, Feb. 21, the Logan High School cheerleaders were raising funds for one of their team members, sophomore Brooke Warren, to attend the CheerHawaii USA Invitational camp to be held at the University of Hawaii Campus in Honolulu, Hawaii from June 25-July 2, 2014. They held a "Kiss the Pig" contest. Physical education instructor and girls basketball coach Dustin Patee won the honor of smooching with a pig, with the help of sophomore Austin Tien.

-Courtesy Shannon Kats

Cadet law gives students experience in law

High school students interested in law enforcement will once again have the opportunity this summer to see what law enforcement training and careers are like through the Cadet Law Enforcement Academy. The Cadet Law Enforcement Academy program is hosted by the Patrol, and sponsored by the American Legion and the American Legion Auxiliary. Cadet Law this year will be held from June 8-June 13.

The goal of Cadet Law is to give young men and women and opportunity to learn more about what law enforcement jobs entail the duties, training, and discipline that go along with a career in the field. It teaches high school students a great deal about leadership, and about coming together as a team.

The American Legion, American Legion Auxiliary, and Kansas Highway Patrol are looking for students who not only excel in the classroom, but who are of the highest moral integrity, said

Kansas Highway Patrol Recruiter, Lieutenant Amy Ayers. After a week of participation with the dedicated members of the Kansas Highway Patrol, they will understand the personal character and leadership it takes to enter this demanding profession of law enforcement.

Students at Cadet Law are coached by Kansas Highway Patrol troopers who spend the week in Salina, encouraging the students, and helping them develop. College students who have attended the Kansas Highway Patrol Collegiate Law program will help mentor the high school students during the program.

Throughout the week, cadets have a rigorous schedule to follow that is very similar to that of actual recruit troopers. The students experience a variety of classroom instruction and the real-world activities a trooper faces. Cadets go to the firing range, practice pursuit driving, fly with the Patrol's pilots in

agency airplanes, and practice car stop scenarios. Physical training and attention to detail are both emphasized throughout the duration of their academy experience.

In order for a student to be eligible to attend Cadet Law, students must be in the summer between their junior and senior years of high school and must have a "C+" academic average. Students must be deemed medically fit to participate in all activities. Students will need to fill out an application to attend, including writing a brief essay on why they would like to participate in the program. Applications are due by March 31, 2014. Students should contact the American Legion at (785) 232-9315 for an application and further information. There is no cost to the cadet, but there is a \$300 sponsorship fee by the local American Legion Post or American Legion Auxiliary Post. Lodging, food, and uniform are provided for the week.

SCHOOL CALENDAR

NCHS
Monday, March 3
Spring sports practices may begin
MCL Forensics at Hill City, 8 a.m.
Wrestling photos, wrestling room, 3:30 p.m.
Men's Sub-State BB Quarterfinal game at Hays-TMP, 7 p.m.
Tuesday, March 4
Jay Singers, 7:30 a.m.
Women's Sub-State BB Quarterfinal game at Minneapolis, 7 p.m.
Wednesday, March 5
MTSS early dismissal; meals served; buses run at dismissal, 1 p.m.
Thursday, March 6
Jay Singers, 7:30 a.m.
Student Focus Group, A.P.
Sub-State BB Boys Semi-finals at Hoisington, TBA
Friday, March 7
Registration deadline for April 12 ACT
American Legion Boys State Assembly; junior boys, A.P.
Sub-State BB Girls Semi-finals at Hoisington, TBA
Saturday, March 8

MCL Art Show at Dane G. Hansen Museum in Logan closes
Forensics at Hoisington, 8 a.m.
Sub-State BB Championship Finals at Hoisington, girls 6 p.m., boys 7:30 p.m.
NJHS
Monday, March 3
KAY members read Dr. Seuss at EES during MTSS, 1:30 p.m.
Scholar's Bowl at Hill City, 4 p.m.
Tuesday, March 4
Stuco meeting, 8:05 a.m.
Wednesday, March 5
KAY Board, 7:45 a.m.
MTSS early dismissal; meals served; buses run at dismissal, 1 p.m.
Friday, March 7
MCEL Wrestling Tournament at Plainville, 3 p.m.
EES
Monday, March 3
Dr. Seuss Day
Kindergarten Round-Up, 5 p.m.
Wednesday, March 5
MTSS early dismissal; meals served; buses run at dismissal, 1 p.m.

Thursday, March 6
IEP Day
Northern Valley
Monday, March 3
NVHS Sub-State Boys Basketball at Grainfield. Have a bye
Tuesday, March 4
NVHS Sub-State Girls Basketball at Grainfield vs. Cheylin, 6 p.m.
Wednesday, March 5
Junior class during A.P.
Thursday, March 6
(K-4) World Strongman Anti-Bullying Assembly at HS Gym, 1:45 p.m.
(5-12) World Strongman Anti-Bullying Assembly at HS Gym, 2:45 p.m.
NVHS Sub-State Boys Basketball at Grainfield, 7:30 p.m.
Friday, March 7
NVHS Sub-State Girls Basketball at Grainfield, TBD
Saturday, March 8
Forensics Meet at Hays, 7:30 a.m.
NVHS Sub-State Boys and Girls Basketball at Grainfield, TBD
Sunday, March 9
Daylight Saving Time begins

SCHOOL MENU

NCHS-NJHS
Monday, March 3
Breakfast-Oatmeal chocolate chip bar, fruit, juice and milk.
Lunch-Roast beef and cheddar roll-up, corn, carrots, pears and milk.
Tuesday, March 4
Breakfast-Sausage gravy, biscuits, fruit, juice and milk.
Lunch-Chicken wrap, onions and green peppers, Picante Sauce, lettuce and chopped tomatoes, Mandarin oranges, corn, cheddar/bacon baked fries and milk.
Wednesday, March 5
Breakfast-Assorted cereal, toast w/margarine, fruit, juice and milk.
Lunch-Chili Frito, rosy apple-sauce, carrots and milk.
Thursday, March 6
Breakfast-English muffin w/ sausage, fruit, juice and milk.
Lunch-Chicken fry patty, whipped potatoes, rolls w/margarine, broccoli and cauliflower, Mandarin oranges/peaches and milk.
Friday, March 7
Breakfast-Pancake and sausage on a stick, syrup, fruit, juice and milk.
Lunch-Stuffed crust cheese pizza, combo salad, pork and beans, applesauce and milk.

EES Menu
Monday, March 3
Breakfast-Sausage gravy biscuit, apricots, grape juice and milk.
Lunch-Spaghetti, tossed salad, peaches, garlic bread and milk.
Tuesday, March 4
Breakfast-Western omelet quesadilla, salsa, tater tots, peaches, orange juice and milk.
Lunch-Corn dog, sweet potato tots, pepper strips, fruit cocktail, and milk.
Wednesday, March 5
Breakfast-French toast, warm syrup, strawberry fruit cup, apple juice and milk.
Lunch-Peanut butter and honey sandwich, cottage cheese, warm peas, celery stick, Mandarin oranges and milk.
Thursday, March 6
Breakfast-Breakfast cake, pineapple chunks, grape juice and milk.
Lunch-Beef burrito, cheesy broccoli, applesauce, baby carrots and milk.
Friday, March 7
Breakfast-Kansas Granola Bar, cheese stick, Mandarin oranges, apple juice and milk.
Lunch-Tuna noodles, green beans, cucumber slices, apricots and milk.

Northern Valley Menu
Monday, March 3
Breakfast-Waffles, syrup, links, fruit, juice and assorted cold cereal.
Lunch-Submarine sandwich, french fries, baked beans and slice peaches.
Tuesday, March 4
Breakfast-Sausage biscuit, graham crackers, yogurt and assorted cold cereal.
Lunch-Cavatini, tossed salad w/dressing, seasoned peas and Mandarin oranges.
Wednesday, March 5
Breakfast-Banana bread, mixed fruit, ham and assorted cold cereal.
Lunch-Cheese pizza, tossed salad w/dressing, relish plate and strawberry/banana dessert.
Thursday, March 6
Breakfast-Breakfast casserole, fruit, juice and assorted cold cereal.
Lunch-Roast beef, mashed potatoes, seasoned cauliflower and mixed fruit.
Friday, March 7
Breakfast-Cinnamon coffee-cake, fruit, eggs, juice and assorted cold cereal.
Lunch-Fish fillet, mashed potatoes, seasoned beets and apple crisp.

CLUB NEWS

Chapter AA, PEO met at the home of Ruth Durham on February 11. Sarah Durham served as her co-hostess. Prior to the meeting Sandy Worden and Belinda Thalheim aided the members in making beautiful, unique Valentines using the Iris Folding method.

Members were reminded of the Five Star Reciprocity brunch on April 5, 10 a.m. at Oberlin's Golden Age Center. Reservations need to be made by April 1 to Cheryl Metcalf, Oberlin.

An article was highlighted from The PEO Record magazine regarding fun, easy fundraising ideas.

Officers were reminded that annual reports are due March 10.

Cindy Boller and Karen Griffiths reported plans for a fun social at Cindy's home on May 1; a multi-course French dinner. Joan Streck, RN, presented

a short segment on women's heart health and recommended websites to browse for helpful information.

The March 11 meeting will convene at the home of Mary Beth Boyd with Kim Chambers

as co-hostess.

PEO is a philanthropic, educational organization that promotes educational opportunities for women and continues to work through six projects of the international chapter.

The Norton Area Chamber of Commerce
Annual Chamber Banquet
Tuesday, March 11
at the American Legion Ballroom
Featuring: NCHS Jay Singers with
Special Guest Miss Kansas 2013 Theresa Vail
SOCIAL HOUR: 6:00 P.M. • RSVP by March 5 •
DINNER: 7:00 P.M.
TICKETS \$25.00 AT CHAMBER OR FROM COMMERCE BOARD MEMBER
CALL 785-877-2501 FOR MORE INFO

Free Wellness Program

Topic:

Understanding Lab Test Results



Tuesday, March 4, 2014
7:00 p.m.

Prairie Land Electric -basement

Program by Dr. Martin Griffey, D.O., Internal Medicine, In Conjunction with Norton County Health Department

For more information, call the Norton Medical Clinic at 785-877-3305 or the Norton County Health Department at 785-877-5745



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COLLEGE NOTES

Nicole Marie Forbes of Beaver City was named to the University of Nebraska-Lincoln Deans' List/Honor Roll for the fall semester of the 2013-14 academic year.

Forbes is a freshman pre-

speech-language pathology major in the College of Education and Human Sciences.

College of Education and Human Sciences, 3.75; Dean Marjorie Kostelnik.

