

Letters of intent signed for college



Goodland High School senior Jacee Herl (right) signed with the Northwest Kansas Technical College rodeo team on Wednesday. With her were Coaches Lester and Brenda Cress and her parents, Jon and Judy Herl. Signing with the golf team last week was Hugoton High School senior Kevin Omo (above). On hand were Hugoton golf coach Jason Hajek and Northwest Tech coach Travis Jones.



Aging expo planned in Atwood on Friday in April

This year, a professional development opportunity will be offered in conjunction with the Full Circle on Aging Expo, Friday, April 27, in Hill City.

Adding a professional development track is intended to help those who provide services to older adults earn continuing education credits.

The new offering provides in-depth, hands-on learning sessions for those who provide services to older adults.

The Northwest Kansas Area Agency on Aging and the Department of Health and Human Performance at Fort Hays State University are joining Kansas State Research and Extension in sponsoring and planning Kansas State Research

and Extension in sponsoring and planning the conference.

The professional track is titled "Keep Them Active, Mind and Body," and is scheduled from 7:30 a.m. to 3:30 p.m. (Mountain Time) as part of the expo at the Immaculate Heart of Mary Catholic Parish Hall in Hill City.

Participants can earn up to seven continuing education units for long-term care, nursing, social work, administrative, occupational therapy and related occupations. Sessions include:

- Managing Dementia Behaviors, presented by Jenny Shipman, program director, Alzheimer's Association, central and western Kansas. She will address the ways in which

dementia affects behaviors; tips for identifying concerns, and how to use cues and clues in problem-solving and managing the illness.

- Use your Noodle, Have a Ball, Get your Residents Moving, presented by Kim Eichinger, executive director of fitness, Country Meadows Retirement Communities in Hershey, Pa. Eichinger has tips for using common inexpensive equipment to add variety to exercise programs, engage individuals with tasks that use familiar tools and adapt activities for various levels of mobility.

- Virtual Alzheimer's: A Hands-On Dementia Experience, also presented by Shipman, who is certified in advanced dementia care. She

will discuss what it feels like to have dementia, offer tips for identifying challenges patients with dementia face, simulate challenges and lead a discuss on day-to-day care for patients.

- Rhythm Play in the Prevention, Treatment and Maintenance of Alzheimer's Disease, presented by Karla Jo Grimmett, certified physical therapist assistant, and Julie Tegethoff, a health rhythms facilitator.

Attendees at both conference tracts will come together for the luncheon to share in the keynote address: "Lifestyle Choices and Your Health," presented by Andrew Crocker, extension program specialist in gerontology and health

with Texas AgriLife Extension Service.

Crocker will focus his remarks on 1) understanding how lifestyle choices may affect health and wellness; 2) getting a handle on the resources available to make positive choices related to health and wellness; and 3) understanding how small lifestyle changes can yield positive results in health and other aspects of life.

Early registration is recommended, as space is limited to 40 participants. The cost is \$75, which includes a conference packet and lunch.

The cost to attend the morning or afternoon only session is \$50 each, and does not include lunch.

The deadline for registration is Friday, April 20.

Late registrations will be accepted if space is available; a late fee of \$20 for the all-day session and \$10 for each of the half-day sessions will be charged.

More information about the professional development opportunity associated with the Full Circle on Aging Expo, is available online: www.northwest.ksu.edu/fullcircle (click on professional track), and by calling the Northwest Area Kansas State Research and Extension Office at (785) 443-6281, from 7:30 to 4 p.m. (Mountain Time) Monday through Friday.

Technical college students named to honor society

Two Goodland students at Northwest Kansas Technical College will be inducted at 5:30 p.m. (Mountain Time) Thursday, March 29, in the 2012 National Technical Honor Society at the Student Union in Lyons. The two Goodland students are Timothy Hawkins in electrical technology and Tammy Freeman in medical assistant at the Goodland campus.

To qualify for the honor society a student must have a grade point average of 3.0 or above, be in good academic standing, have good attendance, graduate in the current school year, receive faculty recommendation and may include a desire to pursue a career in their field of study, dependability and leadership.

Other students from Northwest

Tech to be inducted are Lindsey Mills of Stratton, Colo., in cosmetology; Patrick Lorens of Stratton, Neb., in communications technology; Joanie Partridge of Lamar, Colo., in respiratory therapy; Julie Vazquez of Granada, Colo., in automotive technology; Amanda Pankonin of Wauneta, Neb., in computer graphics technology; Jill Bracelin of St. Francis in cosmetology; Becky Hillman of WaKeeney in medical assistant at the Hays campus; Keaton Lang of Tribune in automotive technology; Chance Marble of Atwood in automotive technology; Amanda Huckeba of Stratton, Colo., in cosmetology; Megan Stephens of Little River in medical assistant at the Goodland campus; Jacob Pankonin of Imperial, Neb., in automotive technology; Cody

Fry of Eads, Colo., in automotive technology; and Peyton Littell of Maywood, Neb., in automotive technology.

The purpose of the honor society is to reward excellence in workforce education; develop self-esteem, pride and encourage students to reach for high levels of achievement; promote business and industry's critical work place values - honesty, responsibility, initiative, teamwork, productivity, leadership and citizenship; help school build and maintain effective partnerships with local business and industry; and champion a stronger, more positive image for workforce education.

For information about the college to to www.nwktc.edu. or (800) 316-4127.

Archeology dig, training to be held in Shawnee County

Volunteers will have an opportunity to participate in the 2012 Kansas Archeology Training Program field school June 2 through 17.

The Kansas State Historical Society and Kansas Anthropological Association will join forces to investigate the Kansas site of Fool Chief's Village on the north side of Topeka in Shawnee County.

This Kansas site was selected because of a road project at the intersection of U.S. 24 and Menoken Road, which will have a negative impact on the site. The Kansas Historical Society, under contract with the Kansas Department of Transportation and under the direction of the Federal Highway Administration will carry out a data recovery program to mitigate adverse effects to the site.

The annual field school is an opportunity for the public to work alongside professional and avo-

lunteers. No experience is necessary, just a desire to learn. Participation can be for all or part of the project. Participants assist archeologists in surveying for sites, excavating sites and cleaning/cataloging artifacts in the lab. Archeology techniques courses are also offered and can be taken for college credit.

Registration fee for the field school is \$20 for members of the Kansas Anthropological Association or Kansas Historical Founda-

tion. Nonmember fee is \$80. Children must be at least 10 years old and accompanied by a parent or responsible adult. After May 1 the participation fee increases to \$30 for members and \$90 for nonmembers. For more information call Virginia Wulfkuhle at (785) 272-8681 ext 266. The registration packet and full information is available on the Historical Society's website at kshs.org/14622.

matters of record

Real Estate

The following real estate transactions have been reported by the Sherman County register of deeds. Patrick Schroeder and Angela

Schroeder convey and warrant to Carlena Schroeder, Lots 6 and 7, Block 1, Sharp's Addition to City of Goodland.

Patient Support Programs at Goodland Regional Medical Center

Tuesday, March 27—Diabetes 101: Session 2—5-6 p.m. MST

Please join us for the second session of this very informative workshop. The presenter, Jillian Richard, APRN, FNP-C, CDE, will speak on a variety of topics concerning diabetes. Presented by KUMC Center for Telemedicine & Telehealth.

Wednesday, March 28—Jin Shin Jyutsu—Building the Immune System—2-3 p.m. MST

Jin Shin Jyutsu, the ancient art of balancing life energy in the body can help strengthen the immune system. Presented by Turning Points.

All programs are free Meet in the Large Boardroom

220 W. 2nd Goodland KS 67735

See more information on our website: www.goodlandregional.com



DO YOU OWN A fuel tank?

The EPA now requires America's farms & ranches to prepare oil-spill (SPCC) plans on their fuel storage tanks.

Keep your farm-business free from fines and attend this regulation meeting.

| Goodland | Oakley | Quinter |
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| March 26th, 2012 Elks Lodge 1523 Arcade St. Goodland, KS 12:00 p.m. | March 27th, 2012 NKESC 703 W. 2nd Oakley, KS 12:00 p.m. | March 28th, 2012 Church of the Brethren 700 Grant St. Quinter, KS 12:00 p.m. |
| Colby | FREE MEAL | Hoxie |
| March 29th, 2012 City Limits Convention Center 22275 Rensae Ave. Colby, KS 12:00 p.m. | | March 30th, 2012 4H Building 1308 Main Hoxie, KS 12:00 p.m. |

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Boy Scout Chili Feed

Saturday, March 24, 2012
11 a.m. to 6 p.m.
Methodist Church Fellowship Hall, Goodland, KS
(12th & Sherman)

Tickets: Adult-\$6.00, Children \$3.00