

# Atwood man and tech college recognized as Leaders of the Year

An Atwood man and the Northwest Kansas Technical College were among those recognized by Kansas State University's Huck Boyd National Institute for Rural Development as Leaders of the Year.

"These rural Kansans have demonstrated a high level of innovation, hard work and service to their customers and communities," said Renee Shaw, chair of the board of the Huck Boyd National Institute for Rural Development.

This year's award categories and winners, given on Feb. 22 in Manhattan:

Community Service: Northwest Technical College, Goodland.

Entrepreneurial Development: Chris Sramek, Rawlins County Hometown Prosperity, Atwood.

Entrepreneurship: Dave Dreiling, GTM Sportswear, Manhattan.

Tourism: Jeff Oakes, Flint Oak, Fall River. Agribusiness: Doyle Pearl, J.B. Pearl Sales and Service, St. Marys.

In 2009, Dr. Ed Mills became president of Northwest Tech. He made cutting edge technology a priority, which launched an iPad Learning Initiative under which every full-time student would receive one of the notepad computers.

Applications for the iPad were integrated into technology and general education classes.

"We were the first two-year college in the nation to have a one-to-one initiative, with one iPad per student," said Diane Stiles, assistant vice president for academic affairs.

The City of Goodland launched an iPad initiative as well. In fall 2010, Fast Company magazine listed Northwest Tech as one of "five technologically decked-out schools," along with Notre Dame, Stanford, George Fox and Duke University. In January, Northwest Tech won the Distinguished Program Award from Apple Computer.

For information, go to [www.nwkte.edu/ipad-initiative.php](http://www.nwkte.edu/ipad-initiative.php).

Rawlins County was facing the typical rural demographic trends of brain drain and outmigration when Chris Sramek took the position of county economic development director. Sramek was an entrepreneur himself, having moved back to town to start a meteorology business.

He got involved with bottom-up economic development efforts such as Ogallala Commons, a multi-state grass-roots initiative for sustainable development, and a Nebraska ini-

tiative called HomeTown Competitiveness.

Based on the Nebraska model, Kansas Farm Bureau then launched its own program, now called the Kansas Entrepreneurial Communities Initiative. Rawlins County Hometown Prosperity was one of three organizations selected to participate. It emphasizes local leadership, strong local development organizations, community philanthropy and youth engagement, attraction and entrepreneurship.

Since joining this initiative, personal income by nonfarm proprietorships in Rawlins County has grown to record high levels, and Rawlins County actually grew in population. For information, see [www.rawlinscounty.info](http://www.rawlinscounty.info).

The Leaders of the Year winners were selected by students in an entrepreneurship class in K-State's College of Business. Each year, the institute selects its leaders from among those featured on its weekly Kansas Profile radio program and column during the previous 12 months.

The Huck Boyd Institute is a public/private partnership between K-State Research and Extension and the Huck Boyd Foundation, with offices at the Huck Boyd Community Center in Phillipsburg.

## Professional track added to conference

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 K-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 8:30 a.m. to 4:30 p.m. 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 Jenny Shipman, who is certified in ad-

vanced dementia care. Shipman will discuss what it feels like to have dementia, offer tips for identifying challenges patients with dementia face, simulate challenges and lead a discussion 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) understand-

ing 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](http://www.northwest.ksu.edu/fullcircle) (click on Professional Track), and by calling the Northwest Area K-State Research and Extension Office at (785) 443-6281, from 8:30 a.m. to 5 p.m. Monday through Friday.

## On the Beat

COLBY POLICE  
Tuesday

11:10 a.m. - Provided information about dog at large.

3:41 p.m. - Caller reported neighbor upset with dog at 1150 S. Franklin. Spoke with both parties.

6:59 p.m. - Report filed on incident.

THOMAS COUNTY SHERIFF  
March 2

7:56 a.m. - Booked Kirt Alan Dugger.

8:03 a.m. - Released Dugger.

11:22 a.m. - Released Gregory Wayne Hopkins.

1:26 p.m. - Booked Paul M. Petruzzello.

1:56 p.m. - Released Petruzzello.

4:14 p.m. - Booked Lewis Black.

5:01 p.m. - Booked Richard J. Bachman.

5:13 p.m. - Released Bachman.

7:42 p.m. - Caller reported erratic vehicles on eastbound I-70 at mile 35. Traffic stop of suspected vehicle; no record of high rate of speed or erratic driver.

March 3

3:11 a.m. - Booked Christopher Williams.

3:24 a.m. - Released Williams.

7:07 a.m. - Criminal damage to property: caller advised of stolen mailbox in the 1800 block of County Rd. 14.

9:24 a.m. - Caller reported debris on roadway three miles east of Brewster on U.S. 24. Citizen removed debris.

1:14 p.m. - Caller reported receiving suspicious text messages. Spoke to subjects, will have supplement to case from Feb. 28.

5:55 p.m. - Caller reported get-

ting numerous hang-up calls while in Brewster. Spoke to subject, juvenile dialing wrong number. Everything OK.

6:20 p.m. - Put four calves back into pasture at County Rd. 27 and Cemetery Road, Gem.

6:28 p.m. - Put two more calves back into pasture at County Rd. 27 and Cemetery Road.

7:55 p.m. - Provided civil standby in the 3000 block of U.S. 24.

March 4

9:42 a.m. - Assisted Highway Patrol on traffic stop at eastbound I-70 mile 41.

11:30 a.m. - Assisted Highway Patrol on traffic stop at eastbound I-70 mile 52.

12:35 p.m. - Caller reported injured deer in ditch in front of 2682 County Rd 36. It was dead upon arrival.

12:44 p.m. - Booked Brooks Andrew Gilliland.

1:39 p.m. - Booked Morgan Lee Hutchens.

5:51 p.m. - Subject advised of stolen gun. Report filed.

6:50 p.m. - Narcotics violation report filed on traffic stop in the 1300 block of E. College Dr.

6:50 p.m. - Narcotics violation, driving under the influence and driving while suspended reports filed for traffic stop in the 1300 block of E. College Dr.

7 p.m. - Caller reported cattle out south of Gem. Unable to locate, gone upon arrival.

7:23 p.m. - Booked Brian Spencer.

8:05 p.m. - Booked Joshua Carman.

9:15 p.m. - Dead air 911 call from mile 42 on I-70. Everything OK.

## 'DUCK' is watchword when storms threaten

The National Weather Service has a new acronym to remind of key safety rules during severe storms - especially those that might lead to tornadoes.

The acronym is DUCK - short for: Down to the lowest level; Under something sturdy; Cover your head; and Keep in the shelter until the storm has passed, said state climatologist Mary Knapp.

"These simple phrases can be a quick reminder for anyone of their safety plan during the chaos of a storm," said Knapp, who directs

the Kansas Weather Data Library, based at Kansas State University. She is a K-State delegate to the Extension Disaster Education Network [www.eden.lsu.edu](http://www.eden.lsu.edu).

March 12-16 is the 2012 Kansas Severe Weather Awareness Week. Additional safety tips are available at [www.NWS.gov](http://www.NWS.gov) and [www.FEMA.gov](http://www.FEMA.gov).

Information about Kansas weather is available on the Weather Data Library website: [www.ksre.ksu.edu/wdl/](http://www.ksre.ksu.edu/wdl/).

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