

Norton runner finishes junior year as K-State athlete

By Dick Boyd

nortontelegram@nwkansas.com

Laura Lee Baird of Norton has finished her junior year of competition in cross country, indoor and outdoor track for Kansas State University in Manhattan.

Her junior year was highlighted by a personal record in the cross country 6K where she ran a 21:38 in the Big 12 Championship Meet at College Station, Texas on October 29, 2011. She improved her personal best in the event by 53 seconds!

While running for Kansas State, Laura Lee has set four other personal records. They are 800 meters, 2:12; 1500 meters outdoor, 4:35 (converts to 4:54 mile); 1600 meters indoor, 5:01; 4K cross country, 14:33.

In 2010, Laura Lee was chosen First Team Academic All Big 12 Cross Country and First Team Academic All Big 12 Track and Field.

In 2011, she repeated as First Team Academic All Big 12 Cross Country and First Team Academic All Big 12 Track and Field.

She was also the Kansas State Women's Cross Country representative for the Student Advisory Committee for 2011-2012.

Laura Lee still holds two school records in track at her alma mater, Norton Community High School. She set the 800 meter record of 2:19.15 in 2008 and the 1600 meter run school mark of 5:17.50 in 2009.

She finished third in the Kansas State

Cross Country Meet her senior year and helped lead the Norton Community High School Track Team to the State Championship her junior year.

Laura Lee had five top-three finishes in the Kansas State Track Meet in the 400 meter dash, 800 meter run and 1600 meter run.

She also played varsity basketball for the Lady Jays and finished with 1,143 career points, including 179 three-point baskets.

She is the daughter of Leslie and Jim Baird and granddaughter of Ruth Hartman the late Dr. Roger Hartman and Betty Baird and the late Leland Baird.



Lady Cat and former Lady Blue Jay Laura Lee Baird has a determined look on her face as she competes in the 1000 meter run indoors in the Wildcat Invitational during the 2012 season. She placed third in the event in 3:03.89.

-Courtesy photo

Medical technician course now available

Cloud County Community College is offering an Emergency Medical Technician course at Cloud's Geary campus in Junction City beginning Sept. 10. This course is the Emergency Medical Technician initial course of instruction required for persons involved in providing emergency care. It will include care of the patient prior to transport, control of the accident scene, preparation for transport, transport and care of the patient while en route to a hospital emergency department,

communications, reporting, record keeping, and vehicle care. It will provide the participant with the preparation necessary for testing for certification and practice as an Emergency Medical Technician in the State of Kansas.

This course meets the requirements of the Board of Emergency Medical Services as set forth in the Kansas Administrative Regulations. It will follow the guidelines "Emergency Medical Technician-B" set forth by

the National Highway Traffic Safety Administration, a branch of the U.S. Department of Transportation. This course will address and follow the "Authorized activities of the EMT", as mandated by the Kansas State Statutes

This class begins on Sept. 10 and ends on Feb. 18. Michael Guy, MICT, I/C is the instructor for this course. The course will be taught at Cloud's Geary County Campus, 631 Caroline Avenue, Bldg. A, Junction City, KS. Class size is limited to 18

students.

Scholarships are available. Military Payment Options for payment: GI Bill, My CAA and Army Tuition Assistance. Installment Payment Plan also available.

For more information and a complete schedule or to pre-register for this course, call 1-800-729-5101, ext. 370 or ext. 719 or 785-243-1425, ext. 370 at Cloud County Community College.

Additional haying/grazing is approved

Adrian J. Polansky, State Executive Director of the Kansas Farm Service Agency, has announced that emergency haying and grazing of Conservation Reserve Program practices CP8A-Grass Waterways, CP23-Wetland Restoration, CP23A-Wetland Restoration Non-Floodplain, CP27-Farmable Wetlands Pilot Wetland and CP28-Farmable Wetlands Pilot Buffer acreage has been approved for all Kansas Counties.

To minimize the impacts on these specialty practices, the following provisions must be met: Haying and grazing will not be permitted within 120 feet of a stream or other

permanent water body. Haying is limited to one cutting. No more than 50 percent of a field may be hayed and the haying must be completed by Aug. 31.

No more than 75 percent of a field may be grazed and the grazing must end by Sept. 30. No extensions will be granted for haying or grazing authorizations.

Producers must obtain a modified conservation plan that allows for emergency haying and grazing, taking into consideration the existence of protected species. The haying or grazing privilege may be leased but not subleased.

Participants in approved counties shall contact the local Farm Services Agency county office to request emergency haying and grazing on an individual contract basis prior to haying and grazing.

If the cover is destroyed, the practice must be re-established at the contract participant's own expense to remain in compliance with the program contract.

Participants must also accept a 10 percent reduction in the annual rental payment for the acres actually hayed or grazed.

The deadline is just one month away for kids ages five to 13 in Kansas to enter artwork for a statewide poster contest focusing on Put the Brakes on Fatalities Day.

Three statewide winners will receive family packages from the Rolling Hills Wildlife Adventure and the Courtyard by Marriott of Salina, and also \$50 gas cards from QuikTrip Corporation.

A total of 18 regional winners in the six regions and age groups (ages 5-7, ages 8-10 and ages 11-13) will receive a bi-

cycle and a helmet donated by Safe Kids Kansas.

All entries must be post-marked by Friday, Sept. 14, and should be mailed to: AAA Kansas, Public Affairs, 3545 SW 6th Street, Topeka, KS, 66606. On the back of the 8 1/2 by 11-inch paper entry must be the child's full name; age at time of entry; mailing address; county; a parent's name; and contact phone number. For more information, go to the department's website, www.ksdot.org, and click on the Put the Brakes on Fatalities Day logo.

Meeting planned for Ogallala Aquifer

To continue important steps to conserving and extending the Ogallala Aquifer, Governor Brownback, in coordination with the Groundwater Management Districts No. 1 and 3 will host public meetings in Scott City and Garden City, Wednesday August 22.

Scott City, William Carpenter 4-H Bldg., 608 N. Fairground Road from 9 a.m. to noon

Garden City, Garden City High School, 2720 Buffalo Way Blvd., 2 p.m. to 5 p.m.

Ogallala Aquifer stakeholders, and all people who live and work over the Ogallala aquifer, are welcome and encouraged to attend. There will be an open discussion about conserving the Ogallala aquifer on the Govern-

nor's 2012 Water Policy Legislation, recent groundwater levels and projections of future water levels and economic studies on the value of Ogallala water will be presented.

The meeting agenda can be found on the Kansas Water Office web site, www.kwo.org/

Ogallala/brochure_draft_ss.pdf. For more information call (785) 296-3185 or (888) 526-9283 (KAN-WATER).

If accommodations are needed for persons with disabilities, please notify the office at least five working days prior to the meeting.

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Platte Valley Medical Group P.C. introduces

Dr. Tom Pagano

Dr. Tom Pagano will be providing Cardiology and Interventional Cardiology services and is now accepting new patients. Dr. Pagano is a Board Certified physician in Cardiovascular Disease, Interventional Cardiology, and Internal Medicine. He completed his Internal Medicine and Cardiology fellowship at Creighton University in Omaha, Nebraska. Prior to his employment with Platte Valley Medical Group, P.C., Dr. Pagano was an Assistant Professor of Medicine at Creighton School of Medicine. Now accepting New Patients.



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s.haynes@nwkansas.com
and dpaxton@nwkansas.com

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215 South Kansas, Norton, Kansas - Phone 785-877-3361
e-mail: nortontelegram@nwkansas.com