

Program offers master's degrees

Elementary and secondary school educators with full-time jobs who wish to obtain administrative certification have a new path to an advanced degree from the nationally ranked University of Kansas School of Education. Beginning in June 2013, the KU School of Education will offer its widely respected Master of Science in Educational Administration degree in a blended format. The program combines web-based coursework with a traditional classroom experience.

"The new format was developed for busy teachers who wish to obtain a master's degree in educational administration and pursue a license to become a building principal," said Rick Ginsberg, dean of the School of Education. "The blended program acknowledges that these professionals need to balance their current teaching and family responsibilities with their educational careers."

The program offers a master's degree from KU's School of Education, ranked by U.S. News and World Report as the No. 12 public university educa-

tion graduate school. Ginsberg said the blended program provides the best of many worlds: the convenience of online coursework and real-world simulations, collegial learning, world-class instructors and increased affordability. Face-to-face class meetings will take place 3-4 times per semester in Lawrence or the KU Edwards Campus in Overland Park giving students the opportunity to work in person with their professors and cohort groups.

"Students throughout the state and the region can interact and share experiences and ideas with colleagues while saving travel time and driving expense," Ginsberg said. "In addition to Kansas residents, residents in 11 western Missouri counties are eligible for the Metro KC Tuition Rate, which is the same in-state tuition rate as paid by Kansas residents."

In the classroom, students develop long-term professional and scholarly relationships with both faculty and colleagues. Courses balance theory and practice while focusing on research-based strategies that pre-

pare graduates to become school administrators.

Research shows that students are more likely to participate in online discussions compared to traditional classrooms. Online learners have demonstrated better subject mastery and test performance when lessons include content that is visual, auditory and practical - and can be reviewed multiple times, if necessary. Typical coursework will include case study analyses, writing, discussions, interactive co-learning exercises, videos and smaller assignments that bring material to life.

Online coursework is delivered via widely available technology for which the primary technology requirements are a standard Internet connection and audio/video capability.

The application deadline for KU's 2013 summer coursework is April 1, 2013, with courses beginning in June 2013. More information is available <http://elps.soe.ku.edu/academics/edadmin/mse>online. Applications can be made <http://www.graduate.ku.edu/application-process>here.

Teamwork is vital in so many ways

By Ron Wilson
Huck Boyd Institute

Teamwork. It's vital for success in athletics, communities, businesses, and organizations. But how can we build better teams? How can more successful teamwork be achieved? How can we create high performing teams? Today we'll learn about a leadership development opportunity that focuses on teamwork.

For 17 years, a leadership seminar has been held annually on the Kansas State University campus. Its mission is to enhance the leadership skills and capacities of the K-State community and communities throughout Kansas. This year's event will be held on Wednesday, March 27, 2013. The theme for this year's seminar is "Working Together to Create High Performing Teams."

The keynote speaker for the 17th annual K-State Leadership Seminar is Tom Champoux, founder and president of the Effectiveness Institute in Bellevue, Wash. Champoux is said to be "a nationally recognized and dynamic speaker, energizing trainer and effective coach who dramatically demonstrates the need for organizations to shift focus away from power and toward collaborative responsibility. The heart of his work lies in creating an organizational culture built around empowerment and the exchange of trust, respect and dignity."

One of his core beliefs is that every leader, manager and individual has the potential to create a positive impact on team and organizational performance.

The seminar is intended to give participants practical, hands-on information and tools; best practices for effective leadership; inspiration to exercise leadership when it really counts; an idea of where to go for additional leadership resources; and a connection to others who are working to grow their leadership skills.

Breakout sessions will include information on teamwork in four different contexts: universities, the military, communities, and non-profit organizations. Featured in those breakout sessions will be a diverse set of speakers discussing how to build more effective teamwork in these different contexts.

The session about teamwork in a university setting will feature Dr. Jackie Hartman, K-State's chief of staff and director of community relations. The military session will feature Colonel Wil-

liam J. Clark, garrison commander at Fort Riley. The community session will feature Janet Siebert from Arkansas City, who is president of the Kansas Leadership Forum, and the non-profit session will feature Rick McNary, vice president of Strategic Partnerships for Outreach, Inc.

Rick makes the point that there is a difference in the practice of teamwork between teams of employees and teams of volunteers. Rick has a rich history of working with those who volunteer. As we have chronicled previously, Rick founded the non-profit organization known as Numana Inc. to deal with issues of world hunger.

In the first six months of 2010, Numana empowered more than 120,000 volunteers to package over 20 million nutritious meals for the Salvation Army's response to the Haiti disaster and recovery. Now a consultant, Rick created and implemented the Kansas Hunger Dialogue which gathered top administrators, faculty, and students from Kansas' institutions of higher learning to collaborate on hunger. He serves on the steering committee for the Universities Fighting World Hunger Summit in Kansas in March 2013. He was the 2012 recipient of a National Innovation Award from the Alliance to End Hunger for his Healthy Foods/Hunger Free Community model.

These are remarkable accomplishments for someone who comes from the rural community of Potwin, Kansas, population 449 people. Now, that's rural. He will share his perspective on building teamwork among volunteers.

Other speakers include K-State's April Mason, provost and senior vice president; and legendary K-State head football coach Bill Snyder. In keeping with the theme, a reduced registration fee is available for teams of participants.

For more information on the seminar or to register, go to www.k-state.edu/leadershipseminar.

Teamwork. Yes, it is vital for success in athletics, communities, businesses, and organizations. We commend all those involved with the K-State Leadership Seminar for making a difference by encouraging the creation of high performing teams. The importance of teamwork has even been emphasized by players such as NBA superstar Michael Jordan, who is considered perhaps the most talented basketball player of all time. He once said, "Talent wins games, but teamwork and intelligence win championships."

Palm Sunday



This Sunday is Palm Sunday. This cross stands in front of the First United Methodist Church in Norton as a reminder of what sacrifices were made for us.

— Telegram photo by Dana Paxton

Make events fun, healthy and active

Eating healthy and being physically active can be a fun part of parties and events like Easter. Great gatherings are easy to do when tasty, healthy foods from all the food groups are offered in a fun, active environment. Above all, focus on enjoying friends and family.

1. Make healthy habits part of your celebrations. Food and beverages are a part of an event, but they do not have to be the center of the occasion. Focus on activities to get people moving and enjoy being together.

2. Make food look festive. Decorate foods with nuts or seeds or use new shapes for vegetables. Add a few eye-catching fruits to a favorite dish, serve up a new recipe, or add a sprinkle of almonds or green onions to add just an extra something.

3. Offer thirst quenches that please. Make fun ice cubes from 100 percent juice or add slices of fruit to make water more exciting. Create a "float" by adding a scoop of low-fat sorbet to seltzer water.

4. Savor the flavor. Take time to pay attention to the taste of each bite of food. Make small changes in your old recipes or try dishes from another culture to liven things up.

5. Include foods from all food groups for your party. Offer whole-grain crackers, serve a spicy bean dip and a veggie tray, make fruit kabobs, layer yogurt and fruit to create a sweet parfait. Use whole grains and veggies to make a savory healthy salad.

6. Make moving part of every event. Being physically active makes everyone feel good. Dancing, Moving, playing active games, wiggling, and giggling add fun to any gathering.

7. Try out some healthier recipes. Find ways to cut back on sugar, salt, and fat as you prepare your favorite recipes.

8. Keep it simple. Have others participate by contributing a prepared dish, helping with the clean up, or keeping the kids active and moving.

9. Shop smart to eat smart.

Home ed
Tranda
Watts,
Extension
specialist



Save money by offering foods that fit your budget. Buy in-season produce when it costs less and tastes better. Plan in advance and buy foods on sale.

10. Be a cheerleader for healthy habits. It's never too early for adults to set an example. Keep in mind that children follow what the adults around them

VOTE FOR Jerry Jones Ward 1 City Council
PAID POLITICAL AD BY JERRY JONES

Coady for MAYOR
Follow me on facebook
PAID POLITICAL AD BY LEN COADY

LODGE NOTICES

American Legion Harmonson Redd Post No. 63
Second and Fourth Monday 7:30 p.m.
Darren McMullen, Commander
Curt Archibald, Adjutant

Eagles Lodge FOE 3288
Second and Fourth Wednesday, 7:30 p.m.
Larry Hawks, President
Secretary, Ron Miller

Veterans of Foreign Wars
Reg. 7:00 p.m.
First Mon. of each Month
Curt Archibald, Commander
Joe Ballinger, Quartermaster

I.O.O.F. No. 157
Meet at Eagles Club
First and Third Thursday
Each Month at 7:30 p.m.
Geneva Tier, Noble Grand
Randy Knoll, Secretary

The American Legion Riders Post 63
Meet at 5:00 p.m. at the American Legion Building on the Second Sunday of Every Month
website: www.alr63.org

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March 22-27
Showing at the
NORTON THEATRE
The Croods-3D
1 Hour, 49 Minutes (PG)
Friday and Saturday: 8:00 p.m.
Sunday: 5:00 p.m.
Mon., Tues., Wed.: 7:00 p.m.

OZ: The Great and Powerful-in 3D
2 Hours, 21 Minutes (PG)

OZ is a Premiere movie - \$7.00 and \$6.00. NO SUNDAY DISCOUNT
The Croods-3D is a Premiere movie - \$7.00 and \$6.00. NO SUNDAY DISCOUNT

PREMIERING IN NORTON, MARCH 29
GI JOE: RETALIATION (PG)
FREE MOVIE AFTER EASTER EGG HUNT
SATURDAY, MARCH 30-3:00 P.M.

Let's Go to the Movie

COMING SOON

This ad is brought to you by The Norton Telegram

COLLEGE NEWS

Several local students accepted scholarships from Fort Hays State University for the 2013-2014 academic year at a recent Student Recognition Program in Phillipsburg.

Logan: Katie Becker, a 2013 Logan High School graduate, accepted a \$500 Academic Opportunity Award in psychology. Becker is the daughter of Dorothy Becker, Logan. She plans to major in psychology.

Almena: Phillip Compton, a 2013 Northern Valley High School graduate, accepted a \$500 Academic Opportunity Award in technology studies. Compton is the son of Robert Compton, Almena. He plans to major in technology studies.

Norton: Christopher Fisher, a 2013 Norton High School graduate, accepted a \$500 Academic Opportunity Award in agriculture. Fisher is the son of Ron and Vicki Fisher, Norton. He plans to major in agriculture.

Norton: Dalton Miller, a 2013 Norton High School graduate, accepted a \$500 Copper Academic Award and a \$500 Academic Opportunity Award in nursing. Miller is the son of

Shawn and Pam Miller, Norton. He plans to major in nursing.

Scholarship awards announced at each year's FHSU Student Recognition Programs are the first set of scholarships for the following academic year

to be announced by the university.

Call Mike with all your social news.
877-3361

TUESDAY, APRIL 2

VOTE FOR Robert Bowman CITY COUNCIL WARD 3

PAID POLITICAL AD BY ROBERT BOWMAN

Tuesday, March 26, 2013

TRUNK SHOW

COLE Family Eyecare
Benjamin B. Cole O.D.P.A.
785-877-5115

You're invited to join us for Cole Family Eyecare's Trunk Show with Kenmark Optical!

Our frame representative will be on hand to show frame collections in all colors, shapes, and sizes. Please stop in from 2-6 p.m. to see the collections, receive discounted pricing, and sign up for door prizes including free frames and free lenses.