

Reduce risk of Type 2 Diabetes

Type 2 diabetes is a chronic condition that affects how your body uses its main source of fuel - sugar (glucose). Insulin is a hormone that regulates the movement of sugar into your cells. If you have type 2 diabetes, your body either resists the effects of insulin or it doesn't produce enough insulin to keep glucose at a normal level. Type 2 diabetes can be life-threatening if untreated. While there is no cure, you can often manage this condition through healthy lifestyle habits.

Most people go through a "pre-diabetes" phase before they are diagnosed with type 2 diabetes. During this time, blood glucose levels are higher than normal. Generally there are no symptoms of pre-diabetes so a test is required to know for sure. This condition is especially common among older

adults, as one in two people ages 65 and older have pre-diabetes. During this phase, there is still an opportunity to delay and even prevent development of type 2 diabetes.

Research shows you can lower your risk for type 2 diabetes by 58 percent through moderate exercise (30 minutes a day, five days per week) and losing seven to 10 percent of your body weight, if you are overweight.

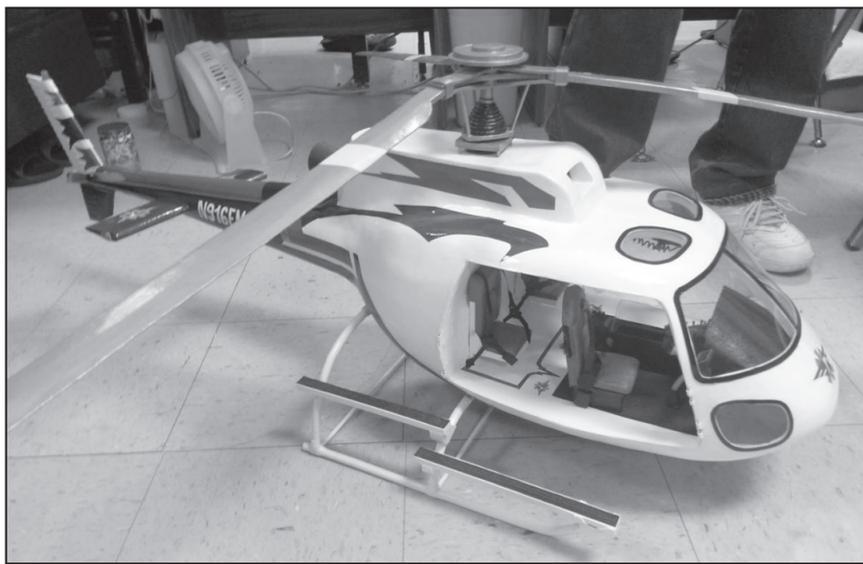
Other lifestyle habits that can prevent or help manage type 2 diabetes include not smoking; eating a healthful diet (vegetables, fruits, whole grains, low fat dairy, lean protein) with moderately sized portions and limited sweets; drinking alcohol in moderation; and getting enough sleep. Reducing the amount of sweetened beverages you drink can also help. New research confirms that consuming just 12

ounces of sugar-sweetened soft drinks per day increases the risk for type 2 diabetes in adults by 22 to 25 percent.

More information about diabetes is available from the American Diabetes Association. A simple Diabetes Risk Test is available at: <http://www.diabetes.org/diabetes-basics/prevention/diabetes-risktest/>. If you could be at risk for type 2 diabetes, the first step is to see your doctor to determine if testing is needed.

If you have further questions, please feel free to contact your local K-State Research and Extension Office or you may contact Tranda Watts, Multi-County Extension Specialist, Food, Nutrition, Health and Safety at: twatts@ksu.edu or phone 785-443-3663.

A model inmate



A resident at Norton Correctional Facility's Stockton site has found a creative outlet that makes him a "model" inmate.

Since he was incarcerated several years ago, the man took up creating model vehicles in his cell - some as small as a shoebox, others as large as a child's tri-cycle - using only the most rudimentary of materials.

Employing little more than paper, glue and paint, the man crafts model vehicles of all types which appear so realistic, you'd swear they came out of a kit from a hobby store.

He recently donated a 1920 Model-T pickup truck to a raffie. The item brought \$200.00 to benefit the K9 halfway house dog program at the Kansas Department of Corrections Stockton Facility. He hopes to sell the helicopter to

benefit St. Catherine's Hospital in Garden City, KS.

The inmate has created models of numerous antique vehicles, but also has made an airplane and a large John Deere tractor.

"He's totally self-taught," said NCF Public Information Officer Terry Petrie. "He's incredibly resourceful. He uses cardboard paper, toilet paper and regular paper which he buys from the canteen. And what he does with it is just remarkable."

Petrie said the inmate uses his own money for the materials. When he completes a project, a member of his family will usually take it home with them after one of their regular visits.

"He's very happy when people are able to see and appreciate his projects, and he wants to use them to benefit

others," said Petrie. "He hopes that they can be auctioned or sold for a good cause."

Petrie said the inmate will devote several hours a day on a project, when his schedule allows, and sometimes he works for weeks or months to achieve a finished product. His most recent project is the Eagle Med Flight for Life Helicopter which he started in March 2013, and which took him three months and 22 days to complete.

"We're always looking for productive outlets for the inmates, where they gain a sense of accomplishment and learn new skills," said Petrie. "This particular inmate is a real testament to the kind of talent these men have and the potential they have to do good in our society."

New award honors collaborators

The Huck Boyd National Institute for Rural Development and the Kansas Leadership Forum, with support from the Kansas Health Foundation, are pleased to announce a new recognition to be presented in 2013 called the "KLF Connector Award."

The award is intended to recognize a person who has done an outstanding job in encouraging collaboration among partners and who has provided outstanding leadership in connecting people and programs for positive community purposes.

In addition to receiving an awards certificate, the person selected will be able to designate a charity which would receive a \$1,000 donation in that person's honor. The award replaces the KLF's annual Distinguished Leadership Award.

When first founded in 1994, the KLF organization was to "link people working in the field of leadership, establish relationships for the exchange of ideas, information and research, and encourage the creation of new partnerships..." The purpose of the new award is to emphasize and support this element of connection and collaboration.

An independent review committee will consider if nominated individuals:

- 1) Identify and encourage strengths, assets and resources among others?
- 2) Utilize such talents from multiple sources in a collaborative fashion?
- 3) Engage other people or groups in efforts to accomplish positive community or organi-

zational purposes?

4) Involve diverse populations in accomplishing shared goals?

5) Work to build new partnerships and relationships?

Individuals and organizations are encouraged to submit nominations of outstanding Kansans to be considered for this award. More information and a nomination form can be found online at www.huckboyd.ksu.edu/. Questions can be emailed to the Huck Boyd Institute at rwilson@k-state.edu.

Proposals should be submitted electronically (in pdf or Word format) to jlizer@k-state.edu no later than Oct. 1, 2013. Please put "Nomination" in the subject line. All proposals must be received by Tuesday, Oct. 1, 2013 to be considered.

Virtual career fair to be held Sept. 24

KANSASWORKS will host a statewide virtual career fair on Sept. 24 in conjunction with Convergys Corp., a global leader in relationship management. The company plans to hire up to 500 home agents during the fall to service new client needs. Convergys will be hiring for full time and seasonal positions from a select number of states, including Kansas.

WHAT: Home agent career fair for Convergys Corp., sponsored by KANSASWORKS. The company is specifically hiring customer support representatives, sales and service representatives and technical customer support representatives.

WHEN/WHERE: Job seekers can attend a session at a KANSASWORKS Workforce Center or participate in the career fair via webinar. Sessions will be offered at 9 a.m. and noon. Job seekers can visit one of the following KANSASWORKS Workforce Centers (please note that at designated Workforce Centers the career fair will only be offered via webinar on Workforce Center PCs):

- Dodge City, noon
- Emporia, 9 a.m. and noon
- Garden City, noon
- Great Bend, noon
- Hays, noon
- Hutchinson, noon
- Independence, 9 a.m. and noon (webinar only)
- Junction City, 9 a.m. and noon
- Lawrence, 9 a.m. and noon (webinar only)
- Manhattan, 9 a.m. and noon
- Overland Park, 9 a.m. and noon (webinar only)
- Pittsburgh, 9 a.m. and noon (webinar only)
- Topeka, 9 a.m. and noon
- Wichita, 9 a.m. and noon

Addresses for these locations can be found by going to KANSASWORKS.com and clicking on "Contact".

Participants who wish to attend remotely should access the following URL:
Attendee URL: www.livemeeting.com/cc/cvg-pro/join?id=Sally+Jones++Convergys&role=attend
Dial-in phone number: (800) 556-5000, Passcode: 5447313
ADDITIONAL INFORMATION: Job seekers are encouraged to dress appropriately. KANSASWORKS staff will be available to help participants

with resume preparation and job counseling services. Please note that Convergys will not conduct formal interviews during the career fair. Job seekers must apply online through the company's website at www.convergysworkathome.com to be considered for open positions. Anyone with questions should contact their nearest Workforce Center or visit KANSASWORKS.com.

CONVERGYS HOME AGENT INFORMATION: Home agent positions may include salary, health benefits, flexible scheduling and paid training. Home agents will provide customer service support for various Convergys clients. The pay is \$9 per hour plus incentives.

Agents must meet certain home office standards to be considered, including a quiet place to work inside their home, a personal computer that meets Convergys' minimum standards, high-speed Internet access and a noise-canceling headset. A complete list of technical requirements can be found at www.convergysworkathome.com.

HANSEN MUSEUM

How many of you have been flipping through channels on the television and happened to come across the "Joy of Painting with Bob Ross" program. If you stopped for only a moment, you would have been captivated by the simple and easy method of his painting techniques. We will again have two certified instructors that teach classes at the Hansen Museum on a regular basis. T.R. Mathews and Sandy Seamone, Arriba, Colorado, will be here to entertain and instruct, step by step, revealing how easy and fun it is to paint the Bob

Ross way. No previous experience is necessary and anyone can do it.

On Saturday, October 12, 2013, the class will be painting "King of the Hill" and on Sunday, October 13, 2013, "Seaside Evening." The classes will run 9-12 and 1-3 both days.

This fabulous learning opportunity is brought to you through the Hansen Museum Continued Education Program and offered to the public at a reduced rate. For more information call 785-689-4846 or go to our web at www.hansenmuseum.org. All you need to bring is a roll of paper towels, all other supplies are provided.

GRAB a Walking Noan Meal during Highway 36 Treasure Hunt, Andbe Home, 201 WEST CRANE, NORTON, KANSAS Sept. 20 & 21, 2013 11:00 a.m. to 1:00 p.m.

Serving Walking Taco Salads, Frito Pies, Chili and Hot Dogs, Pop, and Water

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"LOOK FOR THE RED CABOOSE"
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Sharpening Carbides, Planer Blades, Chain Saws and Most Items for Home, Garden and Shop!!

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LEO'S SHARPENING

Beef Stocker Field Day is Sept. 26

Presentations on beef stocker economics to environmental impact to cattle health and more are planned for Kansas State University's 2013 Beef Stocker Field Day on Sept. 26.

The day begins with registration at 9:30 a.m. and the program at 10:15 a.m. at K-State's Beef Stocker Unit located on West Marlatt Ave. on the west side of Manhattan.

The program features industry and university speakers from Nebraska, Oklahoma and Kansas, as well as a producer panel discussion. Presentations include:

- The 30,000-Foot View: What's in Store for the Stocker Program;
- How Can Your Stocker Operation Fit;
- Receiving Health Programs - Are They the Same as Five Years Ago;
- Environmental Impacts on Beef Stocker Health and Well-

ness;

- Carry-Over Effects of Stocker Cattle Systems on Feedlot Performance and Carcass Characteristics; and
- Producer Panel: Do Flint Hills Stocking Rates Still Apply?

The fee to attend, which includes all presentations, a barbecue brisket lunch and the Cutting Bull's Lament, featuring prairie oysters and Call Hall ice cream to wrap up the day, was \$25 if paid by Sept. 15 or \$35 if paid at the door. More information, including online registration, is available at www.KSUbeef.org. More information is also available by contacting Lois Schreiner at lschrein@ksu.edu or 785-532-1267.

Call Mike with all your social news.
877-3361

NORTON COUNTY ARTS COUNCIL, INC.
2013-2014 MEMBERSHIP DRIVE AND TOUR OF HOMES
Sunday, September 22
2:00 - 4:00 P.M.

- Chris and Tina Tanner - 5315 Road W1 (6 miles North on Hwy. 283 to Road F, 1 Mile W. to W1, 1/4 Mile So.)
- Rose Garrison - 1026 Truman Drive
- The Prairie Inn at Lathrup House Bed and Breakfast - 602 N. First

Purchase a membership at any home on the tour or by mail: \$5.00 admission for non-members

MEMBERSHIP ENTITLES YOU TO FREE ADMISSION TO ALL NCAC PROGRAMS/EVENTS

MEMBERSHIPS INDICATE CATEGORY AND NUMBER OF EACH DESIRED

Students - \$10.00 • Single - \$25.00 • Family - \$50.00 • Patron - \$100.00

AMOUNT ENCLOSED \$ _____ (MAKE CHECKS PAYABLE TO NORTON COUNTY ARTS COUNCIL, INC.)

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RETURN THIS MEMBERSHIP WITH YOUR CHECK OR MONEY ORDER TO: PO BOX 225 NORTON, KS 67654. FOR MORE INFORMATION CALL RUTH AT 785-877-2627

Sept. 13-Sept. 18

Showing at the

NORTON THEATRE

We're the Millers
2 Hours (R)

Friday and Saturday: 8:00 p.m.
Sunday: 5:00 p.m.
Mon., Tues., Wed.: 7:00 p.m.

Red 2
2 Hour, 6 Minutes (PG-13)

We're the Millers is \$7.00 for Adults Only. \$3/tx on Sunday
Red 2 is \$7.00 for adults and \$6.00 for children 12 and under. \$3/tx on Sunday

FRIDAY, SEPTEMBER 20 THE BUTLER (PG-13)
FRIDAY, SEPTEMBER 27 CLOUDY 2: Revenge of the Leftovers (PG)

COMING SOON

This ad is brought to you by The Norton Telegram