

# Aging Expo in Hays on April 25

An estimated 34 million Americans are caregivers for an older family member, and of that number, 15 percent live one or more hours away from their loved one, according to the National Alliance for Caregiving (www.caregiving.org/pdf/research/milesaway.pdf).

In addition to recommendations for taking care of aging family members at a distance, speakers at an upcoming one-day conference will cover a variety of topics, such as health-care, estate planning, protecting elderly individuals from crime

and bridging technology gaps. The conference will take place Friday, April 25 at the Messiah Lutheran Church in Hays. K-State Research and Extension will sponsor the event, titled "Full Circle an Aging Expo." The conference is open to older adults, their families and caregivers.

Keynote speakers will include Jeff Burnett, assistant professor at Fort Hays State University, who will give a talk on being realistic about your health at any age, and Angel Shaver, the 2013 Ms. Wheelchair Kansas,

who will speak on maintaining a positive and thankful attitude. Registration is \$25 per person or \$40 for two family members, and the pre-registration deadline is April 17. Registration at the door is \$35 per person and will take place until 9:15 a.m. the day of the event. The program will be from 9:45 a.m. to 3:30 p.m. Registration fees cover lunch and the facilities. Go to www.northwest.ksu.edu/p.aspx?tabid=98 for registration and program information or call the Northwest Area Extension Office at 785-462-6281.

## HANSEN MUSEUM

The Dane G. Hansen Memorial Museum presents "Rags, Rugs and Weavers: A Living Tradition." This exhibition explores this textile tradition through the work of eight accomplished rag rug weavers. Rugs, descriptive panels, sample materials and tools, and photographs illustrate all aspects of rag rug weaving.

Our artist of the month is North 40 Alpaca, Mitch and Vickie Vandament from Osborne. They have sweaters, socks, jackets, headbands, scarves, saddle blankets, finger puppets, and many other amazing items on display through the month of March.

Our next continuing education class will be an Oil painting workshop taught by Barbara Schaffner from Wheatland,

Wyo. It will be a four day workshop beginning on April 9, and running through April 12. Classes are from 9 a.m.-noon and 1 p.m. - 4 p.m. each day. For more information or a registration form call the museum or visit our website.

For more information check our website at hansenmuseum.org or call the museum at 785-689-4846.

## SCHOOL CALENDAR

**NCHS**  
Monday, March 24  
National Honor Society, A.P.  
Tuesday, March 25-Tuesday, April 1  
Cheer Tryout Practices: Stull Gym, 7 a.m.  
Tuesday, March 25  
Jay Singers, 7:30 a.m.  
FFA Livestock Contest in Smith Center, 9 a.m.  
Cheerleader Parent Meeting, 6 p.m.  
Wednesday, March 26  
National Honor Society Induction: Stull Gym (A.P. moved to end of day), 3 p.m.  
Combined Site Council Meeting, 5 p.m.

Monday, March 24  
Winter Sports Awards, MTSS  
Tuesday, March 25  
Dance sponsored by JH Cheerleaders: JH Gym, 7 p.m.  
Wednesday, March 26  
Combined Site Council Meeting, 5 p.m.  
EES  
Wednesday, March 26  
Combined Site Council Meeting, 5 p.m.  
Thursday, March 27  
Friday, March 28  
**Northern Valley**  
Monday, March 24  
Site council meeting in Long Island, 7 p.m.  
Tuesday, March 25  
Livestock judging in Smith

Center, 9 a.m.  
Senior Faculty Game in Alma, 7 p.m.  
Wednesday, March 26  
Lifetouch picture day  
Senior government trip to Topeka  
Army recruiter during A.P.  
Thursday, March 27  
Senior government trip to Topeka  
STUCO Red Cross Blood Drive, high school conference room, 3 p.m.  
JH/HS Community Recital in Long Island, 7 p.m.  
Saturday, March 29  
HS Regional Solo and Ensembles in Oberlin, TBD

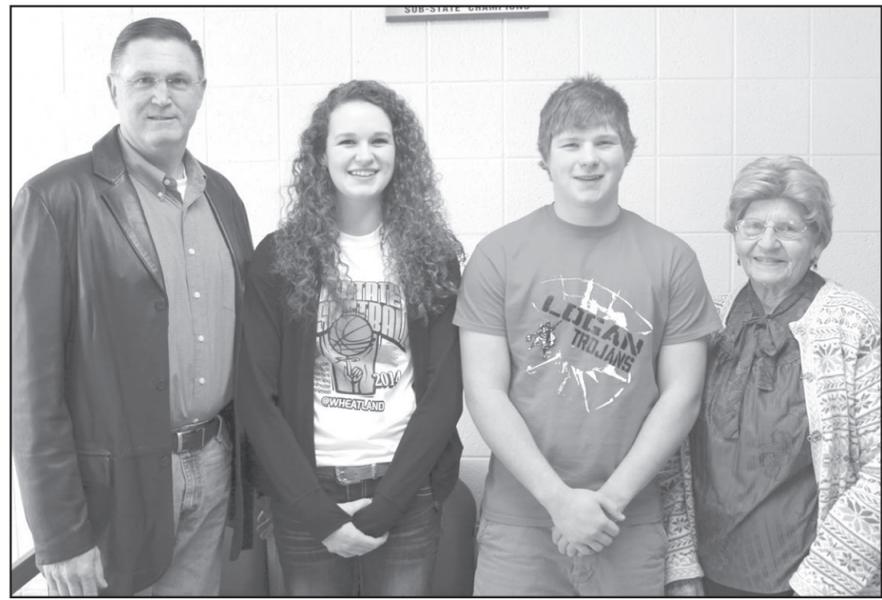
## SCHOOL MENU

**NCHS-NJHS**  
Monday, March 24  
Breakfast-French toast, syrup, fruit, juice and milk.  
Lunch-Chicken strips, whipped potatoes w/country gravy, broccoli and cauliflower, rolls w/margarine, pears and milk.  
Tuesday, March 25  
Breakfast-Cherry Frudel, fruit, juice and milk.  
Lunch-Corndogs, baked beans, carrots, pineapple tidbits and milk.  
Wednesday, March 26  
Breakfast-Assorted cereal, toast w/margarine, fruit, juice and milk.  
Lunch-Taco salad, lettuce and chopped tomato, corn, green peppers, rosy applesauce, chocolate cake and milk.  
Thursday, March 27  
Breakfast-Sunrise flatbread pizza, fruit, juice and milk.  
Lunch-Chicken nuggets, potato puffs, carrots, Mandarin oranges, French bread and milk.  
Friday, March 28  
Breakfast-Assorted hot cereal, fruit, juice and milk.  
Lunch-Breaded beef patty, whipped potatoes, country gravy, broccoli and cauliflower, rolls w/margarine, apples and milk.  
**EES Menu**  
Monday, March 24  
Breakfast-Pumpkin chocolate

chip muffin, whole grain cereal, oranges, grape juice and milk.  
Lunch-Scalloped chicken, warm peas, pears, celery stick and milk.  
Tuesday, March 25  
Breakfast-Sausage pancake stick, warm syrup, pineapple chunks, apple juice and milk.  
Lunch-Pizza roll-ups, tossed salad, peaches, green beans and milk.  
Wednesday, March 26  
Breakfast-Breakfast burrito, peaches, orange juice and milk.  
Lunch-Potato Boats, baked beans, fruit cocktail, whole wheat roll and milk.  
Thursday, March 27  
Breakfast-Biscuit breakfast sandwich, pears, grape juice and milk.  
Lunch-Sloppy Joe, homemade bun, 1/2 corn, sweet potato tots, Raisels and milk.  
Friday, March 28  
Breakfast-Chilled yogurt, strawberries, toast with jelly, orange juice and milk.  
Lunch-Macaroni and cheese, fish portions, cooked carrots, rosy applesauce and milk.  
**Northern Valley**  
Monday, March 24  
Breakfast-Blueberry muffin, mixed fruit/ham slice and assorted cold cereal.  
Lunch-Taco salad, relish plate, bread stick and peach crisp.

Tuesday, March 25  
Breakfast-Pancake on a stick, syrup, hash browns, grape juice and assorted cold cereal.  
Lunch-Baked chicken, savory rice, seasoned peas and apple slices.  
Wednesday, March 26  
Breakfast-French toast stix, syrup, fresh fruit, eggs, juice and assorted cold cereal.  
Lunch-Frito Pie, tossed salad w/dressing, seasoned green beans and grapes.  
Thursday, March 27  
Breakfast-Cinnamon raisin biscuit, eggs, peaches and assorted cold cereal.  
Lunch-Chili w/crackers, carrots/celery sticks, sliced pears and cinnamon bun.  
Friday, March 28  
Breakfast-Breakfast pizza, yogurt cup, banana and assorted cold cereal.  
Lunch-Mac-n-cheese, meatballs, seasoned spinach and rosy applesauce.

# Scholarship winners!



Two Logan seniors were awarded the 19th annual Freida States scholarship for \$1000 each. Mrs. States taught in the Logan district for over 30 years. (Pictured) Scholarship Committee Chair Bob Jackson, seniors Cynthia Bressler and Logan Kiser, and Freida States.

-Photo courtesy of Shannon Kats

## Seniors from area high schools honored

Students from 10 Kansas high schools will be honored Thursday, April 3, by the University of Kansas Alumni Association and KU Endowment.

A total of 36 seniors from high schools in Graham, Norton, Osborne, Phillips and Smith Counties will be recognized for their academic achievements and named Kansas Honor Scholars at a 6:30 p.m. dinner and program at the Dane G. Hansen Memorial Plaza Community Room, 110 W. Main St., Logan.

Area students are as follows: Cynthia Bressler, of Logan. Bressler is a senior at Logan High School.

Logan Kiser, of Logan. Kiser is a senior at Logan High School. Hunter Chandler, of Alma. Chandler is a senior at Northern Valley High School.

Bailey Ambrosier, of Norton. Ambrosier is a senior at Norton Community High School.

Darcy Bainter, of Norton. Bainter is a senior at Norton Community High School.

Leif Carlson, of Norton. Carlson is a senior at Norton Community High School.

Katelyn Engelbert, of Norton. Engelbert is a senior at Norton Community High School.

Ashley Hildebrand, of Norton. Hildebrand is a senior at Norton Community High School.

Cody O'Hare, of Norton. O'Hare is a senior at Norton Community High School.

Johnnye Ruder, of Norton. Ruder is a senior at Norton Community High School.

Since 1971, the Kansas Honors Program has recognized over 120,000 scholars, who rank in the top 10 percent of their high school senior classes and are selected regardless of occupational plans or higher-education goals. Each year, the KU Alumni Association and its volunteers host 37 programs that reach all 105 counties across the state and include approximately 360 high schools.

During the ceremony, each student will receive a Webster's

New College Dictionary and a commemorative certificate.

Doug Houston, associate dean for academic affairs at the University of Kansas, will speak to the students and their parents and guests.

Honored students will be guests of the alumni association and KU Endowment; parents and area alumni are welcome to attend at a cost of \$15 each.

Community volunteers collect reservations, coordinate details and serve as local contacts for the event. Rob Wenzl, of Phillipsburg, is the site coordinator and the Graham and Phillips County coordinator. Steven Weltmer, of Smith Center, is the Smith County coordinator. Tom Baumann, of Norton, is the Norton County coordinator. Philip Hardman, of Osborne, is the Osborne County coordinator. Carol Bales, of Logan, is a coordinator for the program.

The Kansas Honors Program is made possible by KU Endowment and proceeds from the Jayhawk license plate program.

## STUDENT NEWS

Eisenhower Elementary School will be conducting a free Early Childhood Screen on Friday, March 28. If you have a concern in any of the following developmental areas; vision, hearing, speech, motor, behav-

ior and/or reasoning, please call to schedule your child for this screening. Those eligible are children ages three and four and those who turn five after Aug. 31. Early Childhood screenings will take place through-

out the day. The appointments are approximately 45 minutes in length. To schedule an appointment, please call Eisenhower Elementary at 877-5113 by March 27, and ask for Joan Hale.



**NORTON CONSIGNMENT**

**Auction Farm Related Items**

Location: 3 Miles North on Hwy. 283 to Rd I, then 3 Miles East to Rd E3; or 3 Miles East on Hwy. 36 to Rd E3, then North 3 Miles to Rd I

**Saturday, April 26**

**STARTING TIME: 10:00 A.M.**

To Consign: E-mail Item Description to dmcewen41@gmail.com or call 1-785-877-2279 Doris or Drop Off At McEwen Auction Office

CONDUCTED BY: **McEWEN AUCTION**

*Need Consignments by Saturday, April 5 for Advertisement*

**Over the next 3-6 weeks, the Norton County Hospital and Medical Clinic will be changing to a new computer system.**

It is essential that we update your current contact details -- this includes your home, work and cell phone numbers as well as a current mailing address. If possible, please arrive at least 10 minutes in advance of your appointment time so staff can have time to verify your information.

*We also ask that you bring your current insurance card with you when you come to the Hospital or Clinic for an appointment. You will also be asked to pay for any co-pay due at the time of service.*

The Norton County Hospital remains committed to providing the quality health care services you and your family have come to know and trust.

**NCH** *We appreciate your patience during this transition time to our new computer system.*

**April 1st, Norton County Voting Locations**

- City of Norton, Wards I, II and III
  - Courthouse Lobby
  - Rural USD #211
  - Courthouse Lobby
- City of Lenora Highland #1
  - USD 211 Voters
- Lenora Community Center (Normal Voting Location)

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**Kansas Alliance for Responsible Gambling**