



## Conrad Joins The American Cancer Society Advisory Board of Fulton County



The American Cancer Society Advisory Board of Fulton County would like to announce the addition of Jenny Conrad, as the Marketing & Communications Chair. She comes to join an already well-established volunteer-driven board comprised of Fulton County residents. "She brings many talents, but overall, a passion to move forward in assisting ACS in getting the word out about the good work we do in our Fulton County communities," states

Jessica Stewart, ACS Director of Community Development. "We are very pleased and honored to have Jenny join us in our fight against cancer."

Jenny is a graduate of Bowling Green State University with a Bachelor of Science degree in Journalism with a concentration in public relations and marketing. She has experience working in the corporate arena, travel industry, free-lance business and non-profit sector. This is Jenny's 11th year as the guidance assistant for Evergreen High School. She also serves as the district's Wellness Coordinator and Senior Class Advisor.

As the wellness Coordinator, Jenny is responsible for helping the district's students, staff, administrators,

and communities achieve and maintain healthy lifestyles. She provides information and opportunities regarding nutrition and exercise, highlighting health issues, promoting area wellness activities, as well as organizing health screenings. Jenny has secured the Northern Buckeye Educational Council (NBEC) Employee Wellness Grant the past two years for Evergreen Local Schools and created the following staff wellness programs: In 2008 - Walk for Wellness program, a 6-week walking competition, and the 2009 Weigh-In-For Wellness program, a 12-week "biggest-loser" competition based upon largest percentage of weight lost. This year's program is slated to focus on the students of the district, entitled Viking Strong.

Jenny also considers it a pleasure to serve as the EHS senior class advisor and work every year with the senior students as they prepare for their individual futures, career planning, graduation and special events.

Jenny is a life-long resident of Fulton County and the Evergreen Local School District. "I am honored and

thrilled to be involved with the Fulton County American Cancer Society because I believe in the ACS

Mission and the ability to make a difference for the thousands of individuals affected by cancer, not only

on a national level, but here at home in Fulton County as well. Both the Evergreen wellness position and

the fight against cancer are very close to my heart," states Jenny Conrad. She resides in Metamora with her husband Scott and their two children; Evan 10 years, and Claire 7 years.

For more information on the American Cancer Society programs, services, or the Relay For Life, please call anytime, day or night, at 1-800-227-6446, or visit cancer.org

## Jim Steffan America's fun fitness coach.

By Stacia Tietje, Student Reporter

Jim Steffan is America's fun fitness coach. He will be coming to our school January 15th. A student log will be sent home and students should do something active 4 hours every week and fill it out on their log. The completed forms must have a parent's signature and then turn the completed form into the office.

February 19th is the deadline to turn them in. February 22nd through March 25th, there will be a raffle for everyone who turned in their logs. There will be 1 winner every day and they will receive a Viking Strong T-shirt.

Jim Steffan says, "It's about being fit in all aspects of life." He wants to motivate students to start to exercise, to have a healthy eating life style, and to be drug free.

## Alyssa Grubbs, Art Education BGSU To Student Teacher At Evergreen



Hello to the Evergreen Elementary Vikings! I would like to introduce myself as Miss Alyssa.

I am a student at Bowling Green State University and am very excited to be student teaching here at this school.

Aside from artistic endeavors, I enjoy reading and volunteering my time at the Humane Society. I will be in the art room with Mrs. Przybylski and know that I am going to learn a lot about what it means to be an excellent teacher.

My artistic focus is in drawing and I usually enjoy drawing animals and wildlife because nature and the environment are very important to me. I believe that art plays an important role in teaching children to look at things differently and be creative in their problem solving skills.

Art has the ability to help kids make connections and understand information in a different way. I enjoy all forms of art and hope to integrate other areas of the curriculum so that students can come to learn about creative thinking and have an appreciation for art and academics. I hope to bring to the classroom a sense of wonder and desire to learn about the world around them. I will do this by introducing new themes, ideas and techniques; as well as integrating art, academics and technology.

Thank you for this wonderful opportunity.

## Goats and "Udder" Things 2009 in Review

Our club had a very good 2009 season with several members earning recognition. A few of our highlights are:

Congratulations to-

Eleven Year Member: **Joyce Stasa**

Ten Year Members: **B.J. Gombash, Samuel Heilman, Colleen Roesner, and Courtney Roesner.**

**Janice Stasa** was chosen, Fulton County's 2009 Beef Queen. She also won an award for Outstanding Record Keeper for having her Secretary Book judged.

Outstanding 2009 4-H Members are: **Gabby Crisp, Cody French, Esther Heilman, Daniel Lemle, Grace Shumaker and Alec Truckor.**

We also have seven other members who did "very well" and were close to winning the above award. Their names will be announced at our Awards Banquet on March 7th. This will be a potluck and an annual family fun event starting at 5:00 pm.

We were very happy to have earned a 2nd place award for our fair booth.

It is not too early to start thinking about what projects you may want to take for the 2010 season. There are over 200 projects to choose from. 4-H age is 8 years old and enrolled in the third grade as of Jan 1 of the current year. Membership ends Dec.31 of the year in which and individual attains the age of 19. Cloverbuds must be age 5 and enrolled in kindergarten as of Jan 1 of the current year.

**Our first 2010 club meeting will be held on Sunday, March 7 at 5:00 pm at the Richfield Township Hall.**

[www.goatsandudderthings.com](http://www.goatsandudderthings.com)

## Teen Tech Week

The week of March 8th is "Teen Tech Week" and we will be celebrating with "Techies for Teen Trekkies". This program is part of a grant the Evergreen Community Library applied for through "Mighty Cause/Read Kiddo Read". Come in this week and discover how technology presented in *Star Trek* and *Star Wars*, is now a reality. You can also enter your name in a drawing for prizes by checking out a book. So come into the library and boldly go where no teen has gone before. By the way, Debbie will be dressed as a Vulcan in the afternoons this week!