

# people make radio great

later, he offered me a job.”  
When she started, she just did the news. Now, she signs off, does news and party line, schedules and records commercials, sells ads, goes to meetings and writes stories.

In her almost 18 years with the station, she’s been through three owners and two station managers.

Over the years, she said radio has changed. “It’s not as live as it used to be,” she said. “It can be live, and some of it is, but with our small staff, it has to be partially automated.”

The best part of her job, she said, is all of the people she meets. Also, she said, she had a nice boss.

The toughest thing she ever had to do happened when she first started working at the Norton station.

“When I first got here, they were changing from the state hospital to the correctional facility. I didn’t know what was going on.

“And, people don’t ever believe it, but getting over my shyness was tough. I was really shy.”

Mrs. Wente said she didn’t think there was a worst part to her job.

“I really just like what I do,” she said. “I like the flexibility. If I need off, Marvin (Matchett, station manager,) let’s me off.

“Plus, I work mornings and Mike (her husband) works nights, so there is always somebody home with the kids.”

She and Mike met in Colby. She had graduated and he was in college. They’ve been married 15 years and have two sons — Anthony, 11, and Jarrett, 6.

In the years since she started at the Norton station, Deena has been recognized for her work. She received first place for a news series from the Kansas Association of Broadcasters for a five part series on how the expansion of the Norton Correctional Facility affected the community.

She also gets recognized by Northern Valley Schools every year.

She is the secretary for the St. Francis Society, secretary for the American Youth Soccer Organization, and is the secretary on the Norton City/County Economic Development Committee. She also was a member of Leadership Norton two years ago.

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Back: Ramona Pabian, Alberta Metheny, Mildred Engelhardt; Seated: Evelyn Paden, Dolores Fitzmaurice, Darla Dole. Not Pictured: Berneta Niblock.

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Julie Hilburn (above) stands in the alleyway of one of the breeding units at Husky Hogs, Long Island. She is preparing to artificially inseminate a sow. Ms. Hilburn has worked at the large hog operation for about a year. She maneuvers a 600 pound male hog (right) between the female's pens to get their interest and make the insemination process easier.

— Telegram photos by Carolyn Plotts

## 'Making bacon' is all in

By CAROLYN PLOTTS

She has had other jobs, but nothing in her work history prepared Julie Hilburn for her job in the breeding operation at Husky Hogs in Long Island.

Ms. Hilburn, who lives in Almena, graduated from Northern Valley High School in 1984, and finished a year at vocational technical school at Goodland where she took secretarial courses.

"Sitting down is not my thing," she said.

There's certainly no sitting down on her job now.

One of the duties of the slightly built red-head is to make sure hundreds of pigs get pregnant by artificial insemination.

Having had no previous experience working with hogs, Ms. Hilburn was slightly taken aback on her first day at work, when she learned she would have to artificially inseminate a sow.

She said, "I thought to myself, 'Oh, no'."

But, she has certainly gotten the hang of it, as she patiently and skillfully deals with each animal.

Each sow has a computer sheet outlining her production history.

Within days after weaning her last litter, the sow is brought to the breeding unit where she is inseminated. Thirty days later she is checked with a portable sonogram unit to see if the insemination "took".

Running the sonogram is another of Ms. Hilburn's responsibilities.

"Julie is the best sonogrammer we have," one of her male co-workers said.

If the sow is still "open" the five to seven-minute insemination process is repeated.

Sometimes, she works in the farrowing unit where hundred of baby pigs are born every day.

Even though the female pigs weigh about 600 pounds, she said she doesn't feel she is in any danger as she walks up beside the hogs.



## a day's work for woman

scratches their backs and talks to them. When it is needed, she can even maneuvered the lone male hog in the building up the alleyway between the females without any concern.

She said the men she works with have helped her out a lot and treated her well. "If there's a sow I can't move, I get one of them," she said. "They're stronger." She also said the best part of her job was

the people. She likes the hogs, but they don't talk back to you.

Since working at Husky Hogs, Ms. Hilburn has completed her pork quality assurance training and learned how to vaccinate the animals.

Her parents are Bob and Linda Covington, Almena.

She has three children, a son, Jesse, 18, and two daughters, Joni, 14, and Jasmine, 3.

## Hair colors are becoming warmer

Here's a hairy thought: If you're like many people, your look has become a bit dated. It's easy to settle into a style and remain loyal to it long after its expiration date has passed.

Experts say color is the first thing that comes across as old-fashioned, whether it's on wallpaper, eye shadow or hair. Color is a constantly moving arbiter of current taste and different palettes have been coming in and out of vogue for hundreds of years.

One haircolor consultant, Giselle, said she has detected a noticeable shift in women's haircolor preferences, which are mainly going warmer.

If you're still feeling tentative highlights can be a quick and easy way to add anything from subtle to intense streaks to your hair..

So try this quick test: if your bathroom is still seafoam, your eye shadow still aqua and your haircolor reminiscent of "Dynasty," it might be time for a change.

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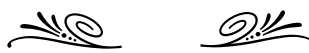
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Store-owner Rhonda Heikes wears all kinds of hat at Lenora's Country Corner, including checking out and sacking groceries for the customers.

— Telegram photo by Veronica Monier

## Lenora woman wears many hats at grocery store

By VERONICA MONIER

From dealing with freight and bookkeeping to stocking shelves, cooking and being a cashier, Rhonda Heikes does it all.

Mrs. Heikes and her husband Raymond started Country Corner 11 years ago when Lenora didn't have a grocery store.

"I really don't know why I decided to do this," she said. "I guess it was because there was a real need for it. The grocery store had closed and I decided I'd like to try it.

"It's going well."

Mrs. Heikes said the grocery store has just about everything — balloons, deli, gas, lottery, gift items made by Mr. Heikes, movie rentals and flowers on Valentine's Day.

"We tried to expand so there is something for everyone in the community," she said.

Since the town's cafe closed, Country Corner has added lunch specials to its offerings. She cooks meals and has something different every day. Usually, she said, they try to have two specials at noon — things like barbecue, potato salad, soups, baked chicken over rice, tacos and wraps.

Before they took over, Mrs. Heikes said the grocery store had been closed for several months. They leased it first and then bought it.

She said she enjoys everything she does.

"I plan on sticking around as long as possible," she said. "It takes a lot of hours. You

have to be dedicated to what you are doing. Working freight and unloading it, it's all just part of the job."

Mrs. Heikes said she gets in at 7 a.m. to start cooking. When she doesn't cook, she gets in at 8 a.m. and stays until 6 p.m., which is when the store closes. They are open seven days a week, 7 or 8 a.m.-6 p.m. weekdays; 9 a.m.-5 p.m. Saturdays; and 10 a.m.-4 p.m. Sundays.

She is the only full-time employee. Her husband and daughter Kendra help part-time, and so do Donna Jones and Roberta Bruinekool.

"My husband is very supportive," she said. "He's pretty busy, being the mayor and doing construction and working on the farm, but he still finds time to help here. He's a big help."

Mrs. Heikes has lived in the Lenora area for 39 years. The family moved from the farm into town 18 years ago.

She grew up in Norton and lived there until she got married. Before buying the grocery, she worked at Duckwalls in Norton, was a beauty operator and worked in a cabinet shop, where they did carpentry and construction. She also worked for the post office for eight years.

She and Raymond had two children, but they lost their son about 10 years ago to cystic fibrosis. They have three grandchildren.

# Women need to stay aware of breast cancer

Between family and careers, women are busier than ever, which means they may be putting off one of the very things that could save their lives- scheduling mammograms.

Breast cancer is the second most common cancer and the second leading cause of cancer death among women. A National Cancer Institute study found that one in eight women will develop breast cancer in her lifetime. However, nearly 96 percent of women who are diagnosed at an early stage survive for more than five years, according to the American Cancer Society.

"The earlier breast cancer is found, the better the chances of successful treatment," said Dr. Cynthia Foss Bowman, a pathologist at Northshore Long Island Jewish Healthcare System in Hyde Park, N.Y. "The longer a cancer goes undetected, the more likely it will spread, affecting other organs."

The exact cause of breast cancer is still unknown but certain risk factors are linked to the disease. "The biggest risk factors for breast cancer are female gender and aging," according to Dr. Bowman. Other risk factors include:

- Family history: Women whose close blood relatives have had breast cancer are at higher risk for getting the disease themselves. Having a mother, a sister or a daughter with breast cancer nearly doubles a woman's risk.
- Personal history of breast cancer: Women

with cancer in one breast have a greater chance of developing a new cancer (not just a recurrence of the earlier cancer) in another part of the same breast or in the other breast.

- History of radiation treatment: Women who had chest area radiation treatment as children or young women have a significantly increased risk for breast cancer.

Having a regular high-quality mammogram in addition to a clinical breast exam is one of the most important things a woman can do to prevent breast cancer. Mammograms can help detect cancer before it can be felt in a self-exam or clinical breast exam.

The College of American Pathologists suggests that all women 40 years and older should have annual mammograms, based on their physician's recommendation. Women between the ages of 20 and 39 should have a clinical breast exam every three years. All women 20 and older should conduct a breast self-exam every month.

The College of American Pathologists provides a free web site that reminds people to schedule annual health tests such as mammograms. Simply visit MyHealthTestReminder.com to select the day on which you would like to be reminded to schedule a mammogram. On that date, you will receive an e-mail reminding you to call your doctor or health care provider to schedule an appointment.

# Calories can be burned on the go

Low-carb, high-fiber, nonfat...it sometimes seems like everyone in America has an answer for staying in shape. Regardless of your diet preferences, one way to stay fit that's agreed on by health and fitness experts is burning calories.

Exercise is considered the best way to keep your mind and body from missing a beat, but finding time to exercise can sometimes be a bit of a mystery. Busy lifestyles make it difficult to develop and maintain a regular fitness program, and even successful programs can be jeopardized by travel or other changes from daily routines.

Fortunately, as wellness continues to be a prevalent issue in America, the travel industry in particular is stepping up to help its guests stay in shape on the road.

New hotel services make it easy for guests to maintain a fitness routine while away from home. Hotel programs are one way to stay in shape while on the road, but there are more ways to burn those unwanted calories. Follow these fun tips to make the most of every travel activity:

- The old adage has it: "There are only two types of luggage-carry-on and lost." Now there are even more reasons not to check your bags before your flight: Lugging your suit-

case around the airport for 20 minutes before your flight burns around 160 calories, and lifting it up to store it in the overhead bin takes care of another six calories.

- Keep drinking water to stave off dehydration while you're in the air, and when it finally works its way through your system, use the restroom at the far end of the plane. An average Boeing 747 is about 231 feet long and those extra paces could take care of a good 50 or 60 calories throughout a cross-country flight.

- A small adjustment in your posture could mean a big adjustment in how much energy your body uses while sitting. Try to sit up a little straighter and you could burn more than 100 calories for every half hour you're stuck on an airplane, waiting in line or sitting in a meeting.

- Even getting a good night's sleep can contribute to your fitness regime. Not only will you have more energy for your workout the next morning, but your body is burning between 400 and 500 calories while you're catching z's.

Keep these tips in mind the next time you travel and you'll see how easy it can be to keep your body in better shape when you are on the road.

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Pictured from left: Mary Ellen Roeder, Almena Cook; Joanne Miller, Grade School Secretary; Barb Nelson, Northern Valley Clerk; Debbie Hogan, Northern Valley Treasurer. Not pictured, Becky Delimont, Almena Cook. Pictured from left: Ann Griffin, Long Island Junior High Secretary; Joyce Schemper, Long Island Cook; Irma Laurin, Long Island Cook. Not pictured, Karen Shearer, Long Island Cook.

Thank You All — We Couldn't Do It Without You



Linda Donovan, co-manager at Norton County Co-operative Association tests some grain for moisture and weight. Mrs. Donovan has worked at the elevator for 33 years.  
— Telegram photo by Carolyn Plotts

# Co-op chief deals with marketing

By CAROLYN PLOTTS

After 33 years at Norton County Co-operative Association, Co-manager Linda Donovan discusses marketing, futures and hedging like a chef discusses a recipe.

"I've done it for so long, I don't even think about it anymore," she said.

A 1968 graduate of Norton Community High School, she started work at the co-operative in 1970 in accounts receivable.

She was promoted to office manager, then in 1978 to co-manager with Robert Smith.

Mrs. Donovan said she has taken outreach courses offered through Colby Community College, but most of her training has been on-the-job.

Her responsibilities include marketing grain, purchasing fuel and overseeing the financial records.

She said she enjoys marketing and there have been many changes over the years in the way grain is marketed.

"We hedge more now than we used to," she said.

This is also the biggest challenge in her job, she said.

The Norton Co-operative offers fuel, fertilizer, feed and farm supplies and has 15 full-time employees.

Between 1 and 2 million bushels of grain goes through the co-op most years. There is a branch in Clayton and a seasonal house, used during harvest, in Reager.

Mrs. Donovan sees women in all areas of her work.

"In 100 percent of agribusinesses, you'll find women involved," she said.

She and her husband Pat have a farm.

They are the parents of a daughter, Shari High of Douglass, and have two grandchildren.

"I'm a proud grandma," Mrs. Donovan said showing off pictures of her grandchildren.



## SALUTING the Working Women of Norton County



Pictured back row from left, Carol Erlenbusch, Sherry Hickman, Sonya Montgomery, Veronica Monier, Carolyn Plotts; front row, Susie Marble, Cynthia Haynes, Vicki Henderson

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