

CLASSIFIEDS

small ads **BIG** deals

Physical activity helps reduce chance of accident, injury

A proactive approach to health and physical activity can reduce the risks of accident and injury, including falls, that can cause a loss of mobility and independence and increase the risk of a premature death.

The National Center for Injury Prevention and Control reports that one in three adults ages 65 and older fall each year. In 2002, nearly 13,000 people ages 65 and older died from a fall-related injury.

From 90 to 95 percent of older adults who break a hip do so in a fall. Twenty-five percent of older adults who break a hip typically die from complications such as pneumonia within six months.

The natural aging process - changes in vision, loss of muscle tone, coordination or flexibility, and bones that become more brittle with each year - can make older adults more vulnerable than the general population.

So can trying to negotiate stairs while adjusting to a new pair of bifocal or tri-focals or tripping over clutter in the home, where 50 to 60 percent of falls occur.

The statistics are cause for concern, so here is a four-part plan to reduce the risk of falling:

1. Ask your health care provider for a "fall assessment," which typically tests balance and assesses walking style, and ask if a fall prevention program or clinic is available. If your health care provider recommends using a cane or walker for added stability, use it.

2. Make a commitment to exercise, either individually or with a

Home ed
Tranda Watts,
Extension
specialist



group, to maintain, strengthen and improve muscle tone, flexibility and balance.

3. Review medications at least annually, as side effects from prescribed or over-the-counter medications can impair senses and increase risks of accident and injury.

4. Make changes in the home. Eliminate clutter, remove throw or scatter rugs that often are at fault in a fall, and install grab bars by the toilet, shower and bath tub. Use non-skid mats in the shower and tub, use night lights, and install a bedside telephone if you don't already have one.

Leave some tasks, such as cleaning the gutters or climbing a ladder to change a light bulb, to younger people - or a professional.

For more information on developing a proactive lifestyle as you age, contact your local K-State Research and Extension office or e-mail twatts@oznet.ksu.edu

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Norton, Decatur, Gove, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail twatts@oznet.ksu.edu. For more information, contact the county extension office, 877-5755.

General Public Transportation Bus

CALL 785-877-5352
We Cover All of Norton County
Bus is Available to the General Public and is Not Limited to Senior Citizens
Wheelchair Accessible
This Project Funded in Part by the KDOT Public Transit Program

874-4724
12/26

SEPTIC TANKS PUMPED. Systems installed. Logan Septic and Water, Logan, Kan., 785-689-4888.

HELP WANTED

FULL TIME DIETARY Department position. Varied hours with some required weekends. Homelike environment, competitive wages, attractive employee benefit package. Please apply in person at the Andbe Home, 201 W. Crane, Norton, KS 67654. 12/26

INCOME TAX PREPARER during tax season. Experience preferred. Please reply to box TAX c/o Telegram, 215 S. Kansas Ave., Norton, KS 67654. 12/26

FULL-TIME, ACCOUNTING Administrator position, available at the Valley Hope Association corporate office in the Accounts Receivable Department. Will train motivated applicant. Starting salary ranges from \$7.53 to \$9.24/hour DOE. Excellent benefits. If interested, email, mail, or fax resume to the Valley Hope Association, attn: Mary Ann Hager, P.O. Box 510, Norton KS 67654; fax: 7 8 5 - 8 7 7 - 2 3 2 2 ; reginab@valleyhope.com. Application deadline is January 2, 2007. EOE 12/29

CARD OF THANKS

The family of Maxine Brooks would like to thank the doctors, nurses, and medical staff of the Norton County Hospital for the care they provided to our mother over the last month. We would also like to thank family and friends for the many acts of kindness shown to us during Mom's hospital stay and passing. The visits, cards, food and other acts of kindness and thoughtfulness are very much appreciated. Shirley and Jerry Gallentine, Frank and Garnetta Brooks, and Barry and Barbara Brooks. 12/22

NOTICE

The MYSTIC MOONSTONE is now downstairs at Twice Sold Treasures in Norton. We have great gifts for yourself and others, including simmering pots, incense and incense holders, photos, milk bath and foot soak, bags, hats, scarves and gloves, candle holders and much more. Stop by for a free sample of foot soak. 12/29

AT YOUR SERVICE

JUNKMAN'S RECYCLING - Wanted to buy - aluminum cans, aluminum, brass, copper, catalytic converters, scrap electric motors, car and truck batteries. 100 E. 8th St., Kearney, Neb. 1-308-236-8996. 12/26

LITTLE GIGGLES Daycare now open and accepting children 6 weeks old and above. 1/9

JILL'S HELPING HANDS needs part-time worker in Atwood. Taking applications for future positions in Norton, Colby and Goodland. Must be mature and dependable. Call Jill at 785-622-4254 or email jillshelpinghands@ruraltel.net 1/3

Now hiring Part-time evening help, apply at Norton Dairy Queen. 1/9

IMMEDIATE OPENING for CNC milling and lathe operators. Experience preferred but can train. Benefits include health, vacation, sick pay and retirement. Miltech Machine, Norton. 785-877-5381. tf

PRODUCTION CNC MACHINISTS, Trainees and Production Workers. Growing high-tech manufacturer located in NW Kansas has openings. Excellent benefits. Pay based on experience. Apply at Natoma Corp., East Highway 36, Norton or call 785-877-3529. tf

FOR RENT

FOR RENT - Modular home, three bedroom, two bath, partial utilities paid, no yard work. Ideal for older couple. 785-877-5225 or 785-871-7071. 12/26

NICE, CLEAN three bedroom house with garage and a 2 bedroom house with garage for rent in Norton. 785-877-5253 or 785-871-1990. tf

APARTMENT AVAILABLE AT Sunflower Apartments, 1002 N. Second Street, Norton. Call Darlene McEwen at 785-877-3606 or 785-877-5153. Handicap accessible; equal housing opportunity. tf

FOR RENT - Two-Bedroom House, 302 S. Wabash, no pets. \$235 per month plus 1/3

deposit. Call 785-877-3590. tf

OFFICE SPACE for rent in the Carter Building, downtown Norton. \$175/includes utilities. 785-877-3361. tf

HOMES FOR SALE

TWO BEDROOM, 1 bath house on corner lot, large 2 car garage, CHCA, 102 S. Graves, Norton, \$39,000. Call 785-877-3441. tf

VEHICLES FOR SALE

2003 MITSUBISHI Galant, silver and in excellent condition. Good gas mileage. 785-877-5277. 12/27

BIRD CITY Housing Authority has a 1998 Chevy S10 pickup for sale, 45,724 miles, in great condition, \$5,500 OBO. Contact Dana Wright at 785-734-2407 or stop by the office at 209 N. Rich Ave., Bird City from 8-1 M-F. 1/9

PUPPIES FOR SALE

POMERANIAN PUPPIES - White/cream and dark brown. Males are reduced just for Christmas. Call 785-877-2058 or 785-871-0770. 12/26

AUSTRALIAN SHEPHERDS - Toys, miniatures, papers, good family pets, show quality, tri-colored, \$500. Call 785-538-2454. 1/3

DIRECTOR OF NURSING ANDBE HOME INC.

We are currently seeking a compassionate, dedicated and KS licensed RN with management experience as Director of Nursing for the Andbe Home, located in Norton, KS, a 76-bed, long term care center. Responsibilities for the overall management of the nursing services department in accordance with the Care Center's policies, standards of nursing practices and Federal and State regulations. Promoter of quality of care and life for all residents' needs. The Andbe Home has a strong commitment to teamwork and positive shared success. We offer a competitive salary, attractive benefit package and friendly working environment. Please send your resume to The Andbe Home, 201 W. Crane, Norton, KS 67654.

WANTED FULL TIME PRODUCTION PERSONNEL

Working with hogs, experience a plus but will train the right individuals. Wages negotiable, excellent benefits, Almena or Long Island, Kansas area.

Monday-Friday Call: 785-854-7666 or Evenings & Weekends 785-669-2517

BUY IT SELL IT FIND IT IN THE CLASSIFIEDS

NORTON LIVESTOCK, INC.

785-877-5161 - NORTON, KANSAS

From everyone at Norton Livestock

Merry Christmas & Happy New Year.

We appreciate your business very much

Next Cattle Sale: January 4
Next Special Cow Sale: January 16

SALE BARN PHONE 785-877-5161
Clarence Tien, 785-973-2231 • Cellular, 785-567-8113
Jan Tien, 785-973-2744
Cellular, 785-567-8515

✓ CHECK THE CLASSIFIEDS FOR ALL YOUR NEEDS

FOR SALE BY SEALED BID

Tract #1: SW/4 25-4-27, Decatur County
Tract #2: W/2 W/2 36-5-27, Decatur County

SELLER: DENA GILLESPIE ESTATE

The Seller reserves the right to accept or reject any or all bids. Bids should be submitted in a sealed envelope, one for each tract. The envelope should be marked "LAND BID" on the outside of the envelope. Bids are to be received no later than January 10, 2007 at Box 296, Oberlin, Kansas 67749.

LODGE NOTICES

American Legion Harmonson Redd Post No. 63
Second and Fourth Monday
Joe Ballinger, Commander

Eagles Lodge FOE 3288
Second and Fourth Wednesday, 8 p.m.
Dennis Gilhousen, President
Bill Nelson, Secretary

Sons of the American Legion
Fourth Monday 7:30 p.m.
James Railsback, Commander
Alan Hale, Adjutant

Veterans of Foreign Wars
Reg. 7:00 p.m.
First Mon. of each month
Gary Bruinekool, Commander
Joe Ballinger, Quartermaster

I.O.O.F. No. 157
108 South Kansas, Norton
Thursday-7:30 p.m.
Fun Night—Last Thursday of each month
Scott Collins, Noble Grand
Bill Cochran, Secretary

HUMAN SERVICE OPPORTUNITY NORTON

We're looking for reliable, caring individuals for the following position in Norton.

Direct Support Professional - will participate in and co-ordinate the teaching and supports provided to adults with developmental disabilities. This position is a house supervisor/direct care position of leadership and oversees many day to day activities which may include, but are not limited to the training of other direct service providers, financial and medical issues of persons served and the upkeep of the home. High School diploma or equivalent preferred and at least one year of human services experience required. Individual must be able to work a flexible schedule as some day, evening and weekend hours are required.

Positions offering a competitive salary based on experience and a comprehensive benefit plan including health, dental and prescription coverage, retirement (KPERs), paid leave and more!

Apply in person at: **Frontier Developmental Center**
1104 State Street, Norton, KS 67654
785-877-5154
Web dsnwk.org

DSNWK - Work that Makes a Difference! EOE or on line at www.DSNWK.com

THANK MY LUCKY SCARS

A Memoir
Ward Foley, Ph.D.*
*Physically Disabled

...and a God Didn't Make Me A Woman Because I Had Enough Problems.

Book by Ward Foley
Ph.D* *Physically Disabled

Visit the author at www.WardFoley.com

THE NORTON TELEGRAM
215 South Kansas Avenue,
Norton, KS 67654
Phone: 785-877-3361

\$24.95 + \$1.65 Tax =
\$26.58 Picked Up
Plus \$5 Shipping/Copy
Mailed and Handling

Classifieds GET THE JOB DONE!
Buy • Sell • Trade • Rent • Hire