For Classified rates and information, call 785-877-3361.

Tuesday, December 26, 2006

THE NORTON TELEGRAM

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# Physical activity helps reduce chance of accident, injury

A proactive approach to health Home ed Tranda Watts, Extension specialist



group, to maintain, strengthen and

3. Review medications at least

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 cleander 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 twwatts@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 email twatts@oznet.ksu.edu. For

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### WANTED FULL TIME PRODUCTION PERSONNEL

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

**Monday-Friday Call:** 

785-854-7666 or

**Evenings & Weekends** 

785-669-2517

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 prema-The National Center for Injury Prevention and Control reports that one in three adults ages 65 and

nearly 13,000 people ages 65 and older died from a fall-related inimprove muscle tone, flexibility and balance. adults who break a hip do so in a

annually, as side effects from prescribed or over-the-counter medications can impair senses and increase risks of accident and injury. Make changes in the home.

So can trying to negotiate stairs while adjusting to a new pair of bior trifocals or tripping over clutter ing the gutters or climbing a ladin the home, where 50 to 60 per-The statistics are cause for con-

cern, so here is a four-part plan to 1. Ask your health care provider for a "fall assessment," which

2. Make a commitment to exer- more information, contact the cise, either individually or with a county extension office, 877-5755.

fall prevention program or clinic **PUPPIES FOR SALE** is available. If your health care provider recommends using a **POMERANIAN PUPPIES** cane or walker for added stability, White/cream and dark use it. brown. Males are reduced just

typically tests balance and as-

sesses walking style, and ask if a

Long Island, Kansas area

## 874-4724

**OOS** 

SEPTIC TANKS PUMPED. Systems installed. Logan but can train. Benefits in-Septic and Water, Logan, clude health, vacation, sick town Norton. \$175/includes Kan., 785-689-4888. Machine, Norton. 785-877-

12/26

5381.

### 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

ING Administrator position,

available at the Valley Hope

Association corporate office in

the Accounts Receivable De-

partment. Will train moti-

vated applicant. Starting sal-

\$9.24/hour DOE. Excellent

benefits. If interested, email,

mail, or fax resume to the Val-

lev Hope Association, attn:

and Garnetta Brooks, and Barry and Barbara Brooks. 12/22FULL-TIME, ACCOUNT-

small

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

Project Funded in Part by the KDOT Public

**CARD OF THANKS** 

The family of Maxine Brooks

would like to thank the doc-

tors, nurses, and medical staff

of the Norton County Hospi-

tal 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

### 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

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 12/29JILL'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

PRODUCTION CNC MA-CHINISTS, 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.

**IMMEDIATE OPENING for** 

CNC milling and lathe opera-

pay and retirement. Miltech

### 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-

12/26

NICE, CLEAN three bedroom house with garage and a 2 bedroom house with garage for rent in Norton. 785-

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.

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

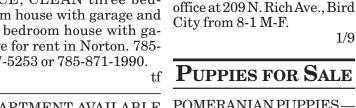


**VEHICLES FOR** SALE tf 2003 MITSUBISHI Galant.

877-5277.

871-7071.

ary ranges from \$7.53 to 877-5253 or 785-871-1990.



HERDS — Toys, miniatures, tf papers, good family pets, show quality, tri-colored,

CHECK

THE

CLASSIFIEDS

FOR ALL

**YOUR NEEDS** 

for Christmas. Call 785-877-2058 or 785-871-0770. AUSTRALIAN

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

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

tors. Experience preferred OFFICE SPACE for rent in

deals

deposit. Call 785-877-3590.

the Carter Building, down-

utilities. 785-877-3361.

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12/27

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12/26

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SHEP-

\$500. Call 785-538-2454.

ture death.

jury.

older fall each year. In 2002,

From 90 to 95 percent of older

fall. Twenty-five percent of older

adults who break a hip typically

die from complications such as

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

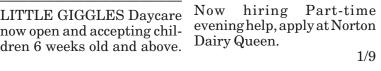
the general population.

cent of falls occur.

reduce the risk of falling:

pneumonia within six months.

silver and in excellent condition. Good gas mileage. 785-



### evening help, apply at Norton 1/9

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### 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

### 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-coordinate 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



We are currently seeking a compassionate, dedicated and KS 0.0 licensed RN with management experience as Director of Nursing for the Andbe Home, located in Norton, KS, a 76-bed, 0 00 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 6 Federal and State regulations. Promoter of quality of care and life for all residents' needs. The Andbe Home has a strong 0 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 0 Home, 201 W. Crane, Norton, KS 67654. **0.0'0.00'0.0 0.0'0.0 0.0'0.0** 



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.



Book by Ward Foley Ph.D\* \*Physically Disabled Visit the author at www.WardFoley.com

THE NORTON EGRA

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

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



108 South Kansas, Norton Thursday-7:30 p.m. Fun Night-Last Thursday of each month Scott Collins, Noble Grand Bill Cochran, Secretary

**CLASSIFIED ADS PAY OFF!**