

A crafty craft...



Carissa Wentz taught her niece and nephew how to make a foam caterpillar during her Senior Demonstration/Illustrated Talk project at the Norton County 4-H Club Days Saturday morning. Results from Saturday's projects and more pictures will be in The Telegram later this week. — Telegram photo by Veronica Monier

Loans to build, upgrade farm storage available

Farmers and ranchers who need to build or upgrade farm storage and handling facilities can get loans through the U.S. Department of Agriculture Farm Service Agency's Farm Storage Facility Loan Program.

The loans have a seven year term with annual principal payments plus interest amortized over the term of the loan. The maximum principal loan amount shall be 85 percent of the net cost and won't exceed \$100,000. The Farm Service Agency maintains a first lien on the facility and a first lien is required on the real estate where the structure is located for all loans over \$50,000.

If you are interested in the program, call the Farm Service Agency at 785-877-5156.

Foundation offering health care scholarships

Students interested in pursuing a career in health care may apply for a scholarship made available through the Dane G. Hansen Foundation. Any application for a health-related career that will enhance the delivery of health care in the Phillipsburg/Norton area will be considered.

To be eligible for this scholarship the applicant must have completed the prerequisite classes and been accepted into their chosen medical field. Each scholarship carries a \$3,000 annual grant. The awards are renewable, year by year, if satisfactory progress is made towards completion of professional training.

The scholarships are administered by the Board of Trustees of the Phillips County Hospital. After receiving the applications, an interview will be set up with the hospital Board of Trustees.

Applicants should write to: Health Scholarships, Attn: Human Resources, Phillips County Hospital, P.O. Box 607, Phillipsburg, Kan. 67661.

Deadline for applications is April 10.

Studies give good news for coffee drinkers

Those who have a morning cup of coffee each day now have some reasons to continue that daily habit. The risks and benefits of coffee consumption have been studied extensively for more than 30 years. These studies are now revealing evidence that moderate coffee consumption (3 to 5 cups a day) may reduce the risk of some diseases.

- Lower risk of type 2 diabetes — Consuming 5 or more cups per day can improve glucose regulation and tolerance. These same benefits have been seen in those who consumed 3 to 4 cups per day. The benefits are evident in caffeinated and decaffeinated

Home ed
Tranda Watts,
Extension
specialist



- Lower cancer risk — Certain components in coffee can provide a cancer-protective role. These components are naturally occurring polyphenolic antioxidants and heat produced antioxidants. Some studies show that coffee is the primary source of dietary antioxidants.

- Lower liver disease risk — A clinically significant reduced risk of liver cancer and cirrhosis has been linked to coffee consumption. Coffee increases the release of cancer-detoxifying enzymes to reduce these risks.

- Lower Parkinson's disease risk — Some studies show that even just one cup of coffee per day can cut the risk for this disease in half. Caffeine is the component that protects or conserves brain cells in Parkinson's disease.

On the downside, studies show that coffee does not reduce risk factors associated with cardiovascular disease, such as blood pressure. Coffee drinkers, as well as non-

coffee drinkers, should be reminded that getting 30 minutes of moderate exercise a minimum of five days a week can also provide huge benefits for your health. An easy way to do that exercise was to get a group of five friends and sign up for Walk Kansas this spring from March 11 to May 5.

If you have Walk Kansas or food related questions, please feel free to contact your local K-State Research and Extension Office.


Tranda Watts can be reached by calling 785-443-3663 or e-mailing twatts@oznet.ksu.edu. For more information, contact the county extension office, 877-5755.

TUES., APRIL 3

VOTE

Harriett Gill

WARD I
CITY COUNCIL



"I want to work for you!"

Paid for by Harriett Gill

Valley Hope honored for its work

(Continued from Page 1) provide good treatment and sustain ourselves through the ups and downs in this field, as well."

He said George is a valued and active member of the Valley Hope board, who has always done "everything he can to help the chemically dependent."

Gregoire has been at the facility 30 years. Leipold, who also serves as the executive vice president of the association, has been there 15 years and is following in the footsteps of his parents, Dr. William "Doc" and Val Leipold.

George said that it takes a special person to reach out with their

own time and money to help others around them. He has witnessed the effects made by these two individuals on people who are less fortunate, he said.

Part of the success of the facility is 40 years of dedicated employees, Gregoire said, adding that the honor really belongs to them.

"We just happen to be the names on the certificates," Gregoire said.

Valley Hope Association began in Norton in August 1967. There are now nine residential facilities and 18 outpatient offices in Kansas, Nebraska, Colorado, Oklahoma, Missouri, Texas and Arizona.

Congratulations

Class of 2006-07

~ Darla Ellis, Janis Monier, Kelli Perez,
Marvin Matchett, Patricia Rowh,
Donna Foley, Kelly Hill, Michael Haresnape,
Laura Brooks and Wade Carter ~



The Norton Telegram and its readers would like to congratulate our future county leaders on their graduation from Leadership Norton County for the 2006-07 year. Pictured are Janis Monier, Donna Foley, Kelly Hill, Patty Rowh and Darla Ellis. Class members not pictured are Kelli Perez, Marvin Matchett, Mike Haresnape, Laura Brooks and Wade Carter.

Program sponsors this year were Valley Hope Association, Almena State Bank, First State Bank, Rural Telephone/Nex-Tech, Natoma Corp., KQNK Radio, Keith G. Sebelius Foundation, New Age Industrial, The Bank, Don's Floor Covering, City of Norton, Norton County Commissioners, K-State Research and Extension and Norton Area Chamber of Commerce.

CITY OF NORTON

Rabies Clinic

Friday, March 23 — 5-7 p.m.
Saturday, March 24 — 9-12 p.m.

at Norton Animal Health Center
801 W. Holme, Norton, Kansas


Rabies Vaccinations-\$13.00
Parvo Distemper-\$13.00

No Exam Fees!

All dogs in City Limits over the age of 6 months must have the rabies vaccination and be registered with the City of Norton.

CITY TAGS CAN BE PURCHASED FOR \$5.00

PROTECT YOUR PET



VOTE

TUES., APRIL 3

★★★★★

CHARLOTTE STEPHENSON



Moving
Norton
Forward

WARD II

NORTON CITY COUNCIL

Pd. Pol. Adv. By CHARLOTTE STEPHENSON

