

Preventive actions to fight flu

Centers for Disease Control and Prevention recommends a three-step approach to fighting influenza (flu).

The first and most important step is to get a flu vaccination each year. But if you get the flu, there are prescription anti-viral drugs that can treat your illness. Early treatment is especially important for the elderly, the very young, people with certain chronic health conditions, and pregnant women. Finally, everyday preventive actions may slow the spread of germs that cause respiratory (nose, throat and lungs) illnesses, like the flu.

How does the flu spread? Flu viruses are thought to spread mainly from person to person through the coughing, sneezing, or talking to someone with the flu. Flu viruses also may spread when people touch something with flu virus on it and then touch their mouth, eyes or nose. Many other viruses spread these ways too.

People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick. That means you may be able to spread the flu to someone else before you know you are sick as well as while you are sick. Young children, those who are severely ill, and those who have severely weakened immune systems may be able to infect others for longer than 5-7 days.

What are everyday preventive

actions? Everyday preventive actions are steps that people can take to help slow the spread of germs that cause respiratory illness, like flu. These include the following personal and community actions:

-Cover your nose and mouth with a tissue when you cough or sneeze. This will block the spread of droplets from your mouth or nose that could contain germs.

-Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

-Avoid touching your eyes, nose and mouth. Germs spread this way.

-Try to avoid close contact with sick people.

-If you or your child gets sick with a respiratory illness, like flu, limit contact with others as much as possible to help prevent spreading illness. Stay home (or keep your child home) for at least 24 hours after fever is gone except to seek medical care or for other necessities. Fever should be gone without the use of a fever-reducing medicine.

-If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.

What additional steps can I take at work to help stop the spread of germs that can cause respiratory illness, like flu?

-Find out about your employer's plans if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.

-Routinely clean frequently touched objects and surfaces, including doorknobs, keyboards, and phones, to help remove germs.

-Make sure your workplace has an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes.

-Train others on how to do your job so they can cover for you in case you or a family member gets sick and you have to stay home.

-If you begin to feel sick while at work, go home as soon as possible.

What additional preventive actions can I take to protect my child from germs that can cause respiratory illness, like flu?

-Find out about plans your child's school, child care program, or college has if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.

-Make sure your child's school, child care program, or college routinely cleans frequently touched objects and surfaces, and that they have a good supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes on-site.

-Ask how sick students and staff are separated from others and who will care for them until they can go home.

Medical student trains in Norton

Jonathan Strain, an Andover, Kansas, native and a fourth-year medical student at the Kansas University School of Medicine-Wichita, is receiving hands-on, clinical training in Norton, from Martin Griffey, D.O.



Strain will be in Norton through Jan. 26.

The KU School of Medicine-Wichita Rural Preceptorship program exposes medical students to community-based medicine in rural Kansas communities, which is the most common kind of care across the state.

The program is in support of the school's mission to educate doctors for Kansas and allows medical students an opportunity to participate in clinical medicine, procedures, hospital care, community health, and

the business of medicine in a rural setting.

The KU School of Medicine-Wichita educates doctors for Kansas while improving the health of Kansans through research and innovation.

Public Notice: Notice of School Election

Published in The Norton Telegram on Tuesday, January 8, 2013. (1T)
NOTICE OF SCHOOL ELECTION
UNIFIED SCHOOL DISTRICT NO. 326

Notice is hereby given, pursuant to the provisions of K.S.A. 25-2018(b) that an election of Board Members of Unified School District No. 326 will be held in Phillips County April 2, 2013. The positions to be voted on are Board Member Positions #3, #4, #5 and #6.

Candidates may file by petition or by paying a fee of \$5.00. Each such filing must be made with the Phillips County Clerk before noon, January 22, 2013. Notice is further given that if there are four or more candidates filing for any one of these positions, a Primary Election will be held February 26, 2013. The names of the three candidates receiving the greatest number of votes at the Primary Election, if one is held, shall appear on the ballot in the General Election.

Signed and sealed this 3rd day of January, 2013
Linda McDowell
Phillips County Election Officer

24th Annual Wichita RV Show
JAN. 9th-13th
Special Show Prices
\$8 ADULTS • \$1 CHILDREN
2 FREE ADMISSIONS WITH THIS AD!
Wednesday, January 9 4pm-9pm
Thursday, January 10 4pm-9pm
Friday, January 11 12-9pm
Saturday, January 12 10am-9pm
Sunday, January 13 12-6pm
Kansas Coliseum Pavilions • www.wichitarvshow.com

NOTICE OF 64th

Annual Meeting Monday, January 21, 2013

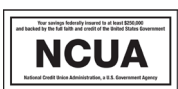
11:30 a.m.
to be held at the St. Francis Parish Hall
104 S. Wabash, Norton, Kansas

Please R.S.V.P. by Monday, January 14

\$1.00 PER PERSON

United Northwest Federal Credit Union

912 N. Archer Avenue, Norton, KS • Phone 785-877-5191
117 S. Penn, Oberlin, KS • Phone 785-475-2322



website: www.unwfcu.org.

Public Notice: Resolution No. 2-2013

Published in The Norton Telegram on Tuesday, January 8 and Tuesday, January 15, 2013.

RESOLUTION NO. 2-2013

A RESOLUTION FIXING THE TIME AND PLACE AND PROVIDING FOR NOTICE OF A HEARING BEFORE THE GOVERNING BODY OF THE CITY OF NORTON, KANSAS, AT WHICH THE OWNER, HIS OR HER AGENT, LIENHOLDERS OF RECORD, OCCUPANTS AND OTHER PARTIES IN INTEREST OF STRUCTURES LOCATED WITHIN SAID CITY AND DESCRIBED HEREIN MAY APPEAR AND SHOW CAUSE WHY SUCH STRUCTURE SHOULD NOT BE CONDEMNED AND ORDERED REPAIRED OR DEMOLISHED AS DANGEROUS OR UNFIT STRUCTURE.

WHEREAS, the enforcing officer of the City of Norton, Kansas, did on the 19th day of December, 2012, file with the governing body of said city, a statement in writing that the structure, hereinafter described, is unsafe and dangerous.

NOW, THEREFORE, BE IT RESOLVED BY THE GOVERNING BODY OF THE CITY OF NORTON, KANSAS:

That pursuant to Norton Code 4-401 et al, Dangerous and Unfit Structures, a hearing will be held on the 6th day of March, 2013, before the governing body of the City at the City Council Meeting Room at 5:45 p.m., located at the Norton City Building, 301 E. Washington, Norton, Kansas at which the owner, his or her agent, any lienholders of record, any occupant and any other parties in interest, as that term is defined by law, of the structure located at:

109 E. Main, Norton, Kansas and further described as Lot Five (5), Block Twenty-One (21), Norton Town Association Addition to the City of Norton, Norton County, Kansas with the record owner being known as Paul A. Gower and Mary S. Gower.

may appear and show cause why such structure should not be condemned as an unsafe or dangerous structure and ordered repaired or demolished.

BE IT FURTHER RESOLVED, that the City Clerk shall cause this resolution to be published at least once a week for two consecutive weeks on the same day each week. That at least thirty days shall elapse between the last publication and the date set for the hearing. A copy of this resolution shall be mailed by certified mail within three days after its first publication to the last known address of each owner, agent, lienholder, and occupant and shall be marked "deliver to addressee only".

Adopted this 2nd day of January, 2013.

/s/ David N. Corns, Mayor

ATTEST:

/s/ Darla R. Ellis, City Clerk

Public Notice: Notice of Suit

Published in The Norton Telegram on Tuesday, January 8, 15, 22, 2013 3(T)
IN THE DISTRICT COURT OF NORTON COUNTY, KANSAS

GALL MOTOR CO., INC.,
NEW LOOK BODY SHOP
Plaintiffs,

vs.
2004 Nissan Titan SE
Vehicle ID No: 1N6AA07B84N514323

AND the unknown heirs, executors, administrators, devisees, trustees, creditors, and assigns of any defendants which are existing, dissolved, or dormant corporations; the unknown executors, administrators, devisees, trustees, creditors, successors, and assigns of any defendants who are or were partners or in partnership; the unknown guardians, conservators, and trustees of any defendants who are minors or are under any legal disability; and the unknown heirs executors, administrators, devisees, trustees, creditors, and assigns of any person alleged to be deceased,
Defendants.

Case No.
2012-
LM-378

NOTICE OF SUIT (K.S.A. 60-307)

The State of Kansas to the above-named Defendants, and all other persons who are or may be concerned:

You are hereby notified that a petition has been filed in the District Court of Norton County, Kansas by Gall Motor Company Inc., New Look Body Shop, Plaintiffs, praying for an order quieting the title to the following described vehicle:

2004 Nissan Titan SE, VIN No.: 1N6AA07B84N514323

The Petitioner further seeks an order holding the Plaintiffs to be the owner to the above described vehicle, free of all right, title, and interest of the above-named Defendants, and all other persons who are or may be concerned, and that they and each of them be forever barred and foreclosed of and from all right, title, interest, lien, or equity of redemption in or to the above-described vehicle, or any part thereof.

You are hereby required to plead to said petition on or before the 29th day of January 2013, in said court at 9:00 a.m., Norton County, Kansas. Should you fail therein, judgment and decree will be entered in due course upon said petition.

Gall Motor Company Inc.
New Look Body Shop
Plaintiff

Charles E. Worden #7417 WORDEN LAW OFFICE
213 S. Kansas, P.O. Box 427, Norton, Kansas 67654
(785) 877-3086 Attorney for Plaintiff

Public Notice: Notice of Suit

Published in The Norton Telegram on Tuesday, January 8, 15, 22, 2013 3(T)
IN THE DISTRICT COURT OF NORTON COUNTY, KANSAS

GALL MOTOR CO., INC.,
NEW LOOK BODY SHOP
Plaintiffs,

vs.
2003 Jeep Wrangler
Vehicle ID No: 1J4FA49S93P323634

AND the unknown heirs, executors, administrators, devisees, trustees, creditors, and assigns of any defendants which are existing, dissolved, or dormant corporations; the unknown executors, administrators, devisees, trustees, creditors, successors, and assigns of any defendants who are or were partners or in partnership; the unknown guardians, conservators, and trustees of any defendants who are minors or are under any legal disability; and the unknown heirs executors, administrators, devisees, trustees, creditors, and assigns of any person alleged to be deceased,
Defendants.

Case No.
2012-
LM-379

NOTICE OF SUIT (K.S.A. 60-307)

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You are hereby notified that a petition has been filed in the District Court of Norton County, Kansas by Gall Motor Company Inc., New Look Body Shop, Plaintiffs, praying for an order quieting the title to the following described vehicle:

2003 Jeep Wrangler Vehicle ID No.: 1J4FA49S93P323634

The Petitioner further seeks an order holding the Plaintiffs to be the owner to the above described vehicle, free of all right, title, and interest of the above-named Defendants, and all other persons who are or may be concerned, and that they and each of them be forever barred and foreclosed of and from all right, title, interest, lien, or equity of redemption in or to the above-described vehicle, or any part thereof.

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Plaintiff

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213 S. Kansas, P.O. Box 427, Norton, Kansas 67654
(785) 877-3086 Attorney for Plaintiff

A new year, a new you

It's that time again when we're thinking about the New Year and what resolutions we should adopt for 2013. Maybe it's eating healthier, exercising, or shedding a few extra pounds. While it's easy to be motivated at the thought of turning over a new leaf in the New Year, many worthy resolutions are forgotten by Valentine's Day. Don't set yourself up for failure; regardless of the resolution, you'll be more successful if you follow these simple guidelines:

-Be sure to set goals that are realistic. Many people make the mistake of being overly ambitious in setting goals. You are much more likely to achieve your goal when you are mindful of what you can realistically achieve and what may be an unreasonable target for you to reach.

-Have an action plan. This should include a timeline that lists the steps along the way to help you reach your goal.

-Be specific about what your goal is. Rather than thinking "I want to lose weight," ask yourself how much you think is a realistic amount of weight for you to lose. It could be something like "I want to lose five pounds by Valentine's Day." You could set smaller goals for each week to help you achieve the larger goal.

-Write down your goal, when you want to achieve it, and the action plan for how you will achieve the goal. Studies have shown that those who put their goals in writing are much more likely to achieve them. This also helps to remind you what you need to do in order to progress. Use positive phrases that affirm your behavior, such as "I will exercise 20 minutes five days a week" instead of "I will not sit

Home ed
Tranda
Watts,
Extension
specialist



around on the couch and watch television every night."

-Be flexible with yourself. Understand that setbacks may happen along the way. Be sure to realize that this doesn't prevent you from ultimately reaching your goal.

-Many people who achieve their goals have rewarded themselves. This could be something that is special and important to you, such as treating yourself to a movie or some alone time with a favorite book.

However big or small, realize that any change towards a healthier lifestyle is progress. As the Chinese philosopher Lao Tzu wrote in the 6th century B.C., "A journey of a thousand miles begins with a single step."

Questions? Please feel free to contact your local K-State Research and Extension Office or you may contact Tranda Watts, Multi-County Extension Specialist, Food, Nutrition, Health and Safety at twwatts@ksu.edu.

CORRECTION

Due to reporter error, a photo for the Coloring Contest in the January 4 edition of the Norton Telegram identified Coy Cox as the third place winner in the seven to 12 year old division. The correct name is Coy Kinderknecht.

The Norton Telegram will correct or clarify any mistake or misunderstanding in a news story. Please call our office at 877-3361 to report errors.
We believe that news stories should be fair and factual and appreciate your calling to our attention any failure to live up to this standard.