

Walk Kansas team deadline Feb. 27

By **TRANDA W. WATTS**,
Extension specialist

It's time again to begin forming teams for this year's Walk Kansas program. The program runs from March 14 to May 8.

The fee to register is \$5 per person. This year registrations will be due on Friday, Feb. 27, so you will need to act quickly and contact the County Extension Office to pick up a captain's packet for your team. T-Shirt orders (also \$5 per person) will be due at this time as well. There will be a one-time only shirt order, so please be prepared to turn this order in at the same time as your team registration.

Can you meet the challenge of walking 423 miles? Walk Kansas is an eight-week program encouraging families, schoolmates, co-workers, friends, and/or neighbors to come together as a team. You need to recruit five others to make a six-member team, who will collectively walk 423 miles — the distance across Kansas. For a team, it takes each member walking about 30 minutes or 1.75 miles a day, five days a week, to meet the goal.

This is an opportunity to promote health and fitness for the entire family from small children to grandparents, while building family or even neighborhood unity. It's a great way to enjoy time together as a group or one-on-one

with a child or teenager or someone who could use a supportive friend. Walking together lends itself to stimulating conversation. Or it could be a time of quiet to reflect on your day or week.

Other forms of physical activity may be substituted or combined with the walking program. Walk Kansas will accept running, cycling, and other fitness activities for the accumulation of miles. If you have the drive to stick with a physical activity program, Walk Kansas is for you. Studies have shown that a regular walking reduces debilitating diseases, increases energy, helps elevate mood, and promotes a healthy cardiovascular system.

This program has proven successful in weight management while promoting healthy life styles, because anyone can do it. You can do it any time of the day and you do not have to go to a specific location to walk. Teams will choose a name and a team captain who will turn mileage in to the County Extension Office each Monday. The friendly competition among and between teams makes it fun, motivational, and inspirational.

If you have further questions about Walk Kansas, please contact your County Extension Office, contact me at (785) 443-3663 or email me at twatts@oznet.ksu.edu.



Kansas Highway Patrol troopers stopped vehicles on Armory Drive Wednesday morning to make sure children were properly buckled in for National Child Passenger Safety Awareness Week. — Telegram photo by Carol Erlenbusch

Patrol makes public aware of child safety

State troopers are working to get information to the public about National Child Safety Awareness Week, which is going on this week.

Lt. Douglas Griffiths of Troop D in Norton said the patrol tries to rotate its focus on cities in the area.

This year, they are focusing on Plainville, Osborne, Norton and Oberlin. One way to do that is getting information into the schools.

He said troopers have worked with radio stations on public service announcements which should air this week.

Another way to educate people, said Lt. Griffiths, is through enforcement lanes. Troopers are looking for kids who need to be in car seats, whether they have their seatbelts on and if adults are setting a good example.

If a vehicle is stopped and they aren't following the laws, he said, the driver gets a ticket.

"The patrol ... has zero percent tolerance in this area," he said.

"Motor vehicle crashes are the leading cause of death for children up to age 18," Lt. Griffiths wrote. "For the years 2000 through 2002, 256 children died in Kansas as a result of traffic crashes. Of these, only 25 percent were properly restrained or utilized child safety restrictions."

Last year during National Child Safety Awareness Week, troopers parked near Oberlin Elementary School and stopped as many ve-

hicles as they could to see if everyone was in compliance. The idea is to familiarize people with the laws and to keep the kids safe, Lt. Griffiths said, and several mothers learned a lesson.

Tickets were handed out, though the lieutenant suspects that some parents got through when all of the troopers were busy. Lt. Griffiths said the "thank yous" outweighed the complaints by drivers.

This week is important, said Lt. Griffiths, but it is important to keep the kids safe every day.

Almena approved for engineering grant

By **KRISTEN BRANDS**

The Almena City Council met on Feb. 2 for its regular meeting.

President Monte Montgomery said Almena has been approved for a \$50,000 engineering grant to design new water wells for the city's water system.

He said the council would reap next fall for the grant money to actually develop and construct the new wells.

Snow routes and emergency routes were also on the agenda as

the council decided to designate all of Bryant and Pratt avenues, Main Street, and all of Van Horn, Railroad, and Mills avenues as snow/emergency routes. Attorney Doug Sebelius will write the ordinance and submit it to the council.

In other business, the council:

- Learned that the utility bills for the new Christmas lights were unusually high, tallying \$1,713.63 from Dec. 2, 2003 to Dec. 30, 2003. It was decided to contact Midwest Energy and see if something could be done to cut down expenses next year.

- Had Graham Construction look at replacing a new window for the city office.

- Heard from Almena resident Mike Hawks about his bill for the collapsed sewer line at his residence. The council suggested that Mr. Hawks turn the matter over to his attorney.

- Learned that Mr. Montgomery will be working with City Manager Bill Alexander about the stray cat situation. The Northern Valley

School District said the cats are affecting both teachers and kids during school hours.

- Heard City Clerk Twila Ingram and Councilwoman Kristi Eggers plan to work on the city's 20-20 mitigation plan.

Nobody injured in accident

A three-car accident was recently reported by the Norton Police Department.

On Jan. 30 the mishap occurred at the intersection of U.S. Highway 36 and 283. A 1999 Chevrolet pickup, driven by Justin M. Graham, Norton, and a 1993 Freightliner, driven by William L. Ownes, WaKeeney, were stopped on 283 at the stop sign. The pickup was in the center lane, and the Freightliner was in the right-turning lane. Dennis H. Busch, the driver of a 1995 Peterbuilt, attempted a left turn from U.S. 36 and the rear, trailer tires struck the Chevrolet, which in turn pushed

into the Peterbuilt.

All the drivers were wearing their seatbelts during the time of the accident.

Over \$500 in property damages were reported.

Kirwin Refuge to host speaker on Feb. 19

Brice Krohn, Biological Technician with Rainwater Basin Wetland Management District, Kearney, Neb., will be the speaker at 7 p.m., Thursday, Feb. 19 at Kirwin National Wildlife Refuge. He will speak on the topic of "The Fascinating World of Sandhill Cranes".

The public is invited to attend the lecture to learn about the gray and gregarious migrating birds. To learn more call the Refuge at 785-543-6673.

PUBLIC NOTICE

Norton County Treasurer's Quarterly Report

Published in The Norton Telegram on Friday, February 13, 2004. (1T)

**STATE OF KANSAS
COUNTY OF NORTON
TREASURER'S QUARTERLY REPORT
AS OF JANUARY 31, 2004**

County Funds Budgeted	Fund Balance
County General	1,060,601.79
Road & Bridge	474,613.29
Special Bridge	70,805.51
Ambulance	117,853.40
Andbe Home	1,648.93
Appraiser's Cost	44,624.10
Bond & Interest	89,354.40
Bridge Bond	127,267.58
Community College	25,125.05
County Health	46,645.17
Economic Development	105,707.49
Election	36,947.35
Employee Benefits	624,486.37
Extension Council	2,239.54
Fair Building	1,516.08
4-H Maintenance	16,177.21
Historical Preservation	2,468.98
Hospital Maintenance	9,156.08
Mental Health	4,229.47
Mental Retardation	7,944.33
Noxious Weed	48,309.49
Noxious Weed Deficiency	70.29
Senior Citizens	3,574.24
Soil Conservation	1,608.76
Airports	2,138.02
Landfill Closure	115,632.02
Special Liability	1.93
Bridge Construction #2	665,142.36
Special Machinery & Equip	45,498.07
Co Health Capital Outlay	164,421.38
Ambulance Capital Outlay	31,389.00
Noxious Weed Capital Out	53,842.98
Clayton Cemetery	378.20
Edmond Cemetery	315.07
911 Tax	33,138.41
Bridge Bond 2004	20,000.00
County Funds Non-Budgeted	Fund Balance
Co Treas Capital Outlay	13,559.96

Co Clerk Capital Outlay	8,443.26
Dist Court Capital Outlay	1,868.52
Reg of Deeds Cap Outlay	12,989.20
Sheriff Capital Outlay	3,475.26
Appraiser Capital Outlay	2,375.88
Election Capital Outlay	34,633.60
Solid Waste Cap Outlay	262,162.00
Special Drug & Alcohol	17,957.52
Spec Parks & Recreation	10,801.83
Special Auto	29,335.31
Reg Deeds Tech Fund	8,026.91
Unclaimed Monies	6,698.14
Strays Sold by Sheriff	3,046.91
Attorney Fund Cap Outlay	4,275.60
Alcohol & Drug Test Fund	2,198.29
Co Attorney Training	3,055.49
Co Attorney Diversion	18,182.02
Special Law Enforcement	636.26
Worthless Check Admin Fee	196.35
Northwest BT Region	44,284.67
Data Processing Cap Out	29,820.00
4-H Building Cap Outlay	3,641.00
Long and Short	10,000.00
Revenue Funds	Fund Balance
Current Tax	57,504.80
Vehicle Tax	9,307.74
RV Tax	112.30
Redemptions Real Estate	4,744.34
Escrow Account	1,609.37
Compensation Sales Tax	16,486.22
City Funds	Fund Balance
Clayton City - General	55.28
Trustee Fund	Fund Balance
Court Trustee - State	3,322.36
Court Trustee - Local	28,463.53
Case Management	26,055.33
Juvenile Just Authority	29,528.52
Juvenile Intake	12,364.74
Juvenile Director	27.46
Family Education	10,537.66
Juvenile Intake	4,336.44
Juvenile Intake	38,200.25
JISP	27,149.90
Diversion	33,362.47
Juvenile Intake	28,480.74
Judicial Capital Outlay	3,551.00
TOTAL CASH IN TREASURY	4,921,334.07

I do solemnly swear the above statement is complete, true and correct to the best of my knowledge and belief, so help me God.

Cynthia J. Linner, County Treasurer
Subscribed and sworn before me this 31st day of January, 2004.
Robert D. Wyatt, County Clerk

PUBLIC NOTICE

The Estate of Dorothy Heller

Published in The Norton Telegram on Friday, February 6, 13, 20, 2004. (3T)
IN THE DISTRICT COURT OF NORTON COUNTY, KANSAS

In the Matter of the Estate of Dorothy C. Heller, deceased

Case No. 2004-PR-8
NOTICE TO CREDITORS
THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that on February 2, 2004, the will of Dorothy C. Heller was admitted to probate and record and Dorla E. Jones and Danny E. Heller were appointed co-executors without bond and issued Letters Testamentary.

All creditors are notified to exhibit their demands against the estate within four months from the date of first publication of this notice, as provided by law, and if their demands are not thus exhibited, they shall be forever barred.

Dorla E. Jones, co-executor
Danny E. Heller, co-executor
Mark C. Whitney, No. 9607
WHITNEY LAW OFFICE
112 S. Kansas, P.O. Box 208
Norton, Kansas 67654
(785) 877-2661
Attorney for Danny C. Heller

John F. McClymont
RYAN, WALTER & McClymont, CHTD.
120 S. State, P.O. Box 364
Norton, KS 67654
(785) 877-5183
Attorney for Dorla E. Jones

Are you concerned about the rising cost of doctor and hospital services?

www.HealthInsurance2004.com

Underwritten by Reserve National Insurance Company

AHI-1

Look What's Going On!

Subscribe today ...

PLEASE SEND A GIFT SUBSCRIPTION TO THE FOLLOWING ADDRESS
 PLEASE START A NEW SUBSCRIPTION FOR ME
 PLEASE ADD TO THE FOLLOWING SUBSCRIPTION
NAME: _____
ADDRESS: _____
CITY: _____ ZIP: _____
STATE: _____
GIFT SUBSCRIPTION FROM _____ IS ENCLOSED
MY CHECK FOR \$ _____

... In every issue you'll know what is happening when it comes to ... local and area coverage!

Subscribe Now or Renew Your Subscription at

THE NORTON TELEGRAM

215 S. Kansas—785-877-3361

PLUS...
If you need a gift idea, a new subscription to The Norton Telegram is perfect!!!

SUBSCRIPTION RATES—

NORTON, PHILLIPS, GRAHAM DECATUR & FURNAS COUNTIES:

1 Year	\$60.00
6 Months	\$32.00
3 Months	\$18.00

ELSEWHERE IN KANSAS AND NEBRASKA:

1 Year	\$70.00
6 Months	\$42.00
Student (9 Mo.)	\$52.50
Less than 6 Mo. would be \$15 per month	

ELSEWHERE IN US:

1 Year	\$76.00
6 Months	\$40.00
Student (9 Mo.)	\$57.00
Less than 6 Mo. would be \$15 per month	

TAX IS INCLUDED