

Swine conference set for Feb. 5

Kansas State University will host the 2013 Swine Profitability Conference in Forum Hall at the K-State Student Union on Tuesday, Feb. 5.

The conference will provide swine producers and allied industry with in-depth information on production management, marketing and business decisions related to capital investment and profitability in the swine industry.

The day will begin with registration and morning refreshments at 9:15 a.m., with the program starting at 9:30 a.m. Presentation topics and presenters include:

*Jack and Pat Anderson Lecture in Swine Health Manage-

ment: Five Key Changes in Modern Management Practices Necessary to Improve Profitability - Jeff DeMint, veterinarian, Bern-Sabetha Veterinary Clinic;

*Keeping a Swine Business Going for the Long Haul: What Our Family has Done to Ensure Success - Roy Henry, Longford, Kan., and JoAnn Alumbaugh, Linden, Iowa;

*Future Plans to Deal with Production Expectations of the Retail Pork Sector - Chris Novak, chief executive officer, National Pork Board;

*The Changing Landscape of the U.S. Swine Industry - Ron Plain, agricultural economist, University of Missouri; and

*What We Need to Know About Animal Activist Groups, Past, Present and Future - Trent Loos, Loos Tales, Neb.

The cost to attend, which includes lunch, refreshments and conference materials, is \$25 if paid by Jan. 25. The fee after that date and at the door is \$50. Checks should be made payable to K-State Swine Profitability Conference, and sent to Lois Schreiner, 213 Weber Hall, Kansas State University, Manhattan, KS, 66506-0201, Attn: K-State Swine Profitability Conference.

More information, online registration and printable registration forms are available at: www.asi.ksu.edu or call 785-532-1267.

An important message about sleep

Getting enough sleep can help relieve stress any time of the year. However, getting enough sleep throughout the year is difficult for many people. But a recent study gives another reason why it's important to get enough shut-eye. Findings reported in the October, 2012, Annals of Internal Medicine showed that the fat cells of study participants who slept an average of only 4.5 hours a night were not able to respond to insulin properly, compared to when they slept 8.5 hours a night. This disruption could lead to weight gain, Type 2 diabetes, obesity and other health problems. One of the authors of the study, states that this new finding is of particular interest because sleep is important not only for brain cells as we have known for a long time but for all cells of the body, including fat cells and probably muscle cells, liver cells and others. How much sleep do we need? While children and adolescents need at least 9 - 11 hours of sleep each night, the National Sleep Foundation recommends most adults get 7-9 hours every night..

Make a List

Since this is the time of year to make and check-off lists, here are some ideas to help you increase the amount of sleep you are getting every night.

-Pace yourself with activities. While some people like to bake, attend parties, shop, and go to school activities, don't feel like you have to do it all. Plan ahead and make time to do the things that mean the most to you. Sleep easy at night knowing your day was well spent on priorities.

-Keep healthy habits including following a regular sleep cycle. Don't try to catch-up on your sleep debt on weekends. Research has shown that

Home ed
Tranda
Watts,
Extension
specialist



this is a debt that cannot be repaid.

-Limit alcoholic beverages which can interfere with the sleep cycle. While low amounts of alcohol may increase total sleep time, too much alcohol can disturb normal sleep patterns and cause a rebound effect causing you to awake in the middle

of the night.

-Maintain positive relationships so that you don't lie awake at night replaying arguments over in your mind. Try to brush-up on your effective communication skills and conflict resolution strategies so that you are prepared to deal with difficult situations when they arise.

-Don't over indulge in food or beverages, which can make it difficult for you to fall asleep. Enjoy small amounts of special foods, saving a treat or two for tomorrow.

-Relax, take time to be quiet and reflect. This may be taking a walk, or simply sitting quietly reflecting on the blessings in your life.

This week (and from now on!) your goal is to get a minimum of 7 hours of sleep every night. A good strategy to achieve this is to increase the amount of sleep you get each night in gradual increments. Start by going to bed 15 minutes early, then add 15 minutes each night until you find yourself getting a minimum of seven hours of sleep every night. Eight hours may be even better for most people. Pleasant Dreams!

If you have questions, please feel free to contact your local K-State Research and Extension Office or you may contact Tranda W. Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at twatts@ksu.edu.

Crazy about Patsy!



The Norton County Arts Council sponsored the Patsy Cline tribute artist Melinda Ferree on Saturday at the East Campus Auditorium. A crowd of over one hundred attended the event and were treated to the songs of former country artist Patsy Cline. Ferree got started portraying Patsy when taking on a part in a community theatre years ago. She now does three to four shows a month on her own.

- Telegram photo by Dana Paxton

Flu outbreak prompts reminder for seniors

This flu season is shaping up to be one of the worst in decades, with the Centers for Disease Control already reporting widespread outbreaks in many states.

While anyone can get the flu, seniors are especially susceptible to the virus and are at greater risk for serious flu-related complications that can lead to hospitalization and even death. Ninety percent of flu-related deaths and more than half of flu-related hospitalizations occur in people age 65 and older.

"The flu can be very dangerous for seniors, so we are concerned about this recent outbreak," said Jeff Huber, president of Home Instead, Inc., franchisor of the Home Instead Senior Care® franchise network. "We encourage seniors and their families to take extra precautions to protect themselves from the virus."

To fight the flu, senior care experts recommend the following:

Get a Flu Shot: Experts strongly encourage all seniors

and those in frequent contact with seniors to get vaccinated if they haven't already done so. Medicare covers one vaccine per flu season.

Practice Good Hand Washing: Wash hands with soap frequently, especially after coughing or sneezing. If soap and water aren't available, use an alcohol-based hand sanitizer.

Cover Coughs and Sneezes: Droplets from a sneeze or a cough can travel up to six feet. Cover coughs and sneezes with a tissue and dispose of the tissue immediately. If a tissue is not available, cough or sneeze into the elbow, not the hands.

Stay In to Stay Well: If there's an outbreak in the area, avoid trips to crowded shopping centers or community events.

Avoid Contact: Those with flu-like symptoms, especially school-aged children, should avoid contact with senior loved ones. Enlist the help of friends, neighbors or professional Home Instead CAREGiversSM to take over caregiving responsibilities,

if necessary. Rest Well, Eat Well: Get plenty of sleep, drink plenty of fluids and eat healthy foods. Experts also recommend a diet rich in Vitamins C and D and plenty of exercise.

If senior loved ones begin to show symptoms of the flu, contact their health care provider immediately. Anti-viral medications (like Tamiflu) are available to help make symptoms less severe.

For more information about senior and caregiver well-being, please visit www.caregiverstress.com.



HONOR ROLL

Norton Junior High School
Honor Roll-2nd Nine Weeks
Highest Honors 4.00
7th Grade
Dustin Harting
Cale Patterson
Jace Ruder
Callie Uehlin
8th Grade
Caitlyn Cox
Wilson Ellis
Koby McEwen
Honor Roll I 3.50-3.99
7th Grade
Mariah Addington
Jessica Ambrosier
Anna Burge
Kara Frack
Ryan Johnson
Seth Otter
Tevin Petrie
Justis Posson
Emily Riley
Jace Smothers

Nicole Thrailkill
8th Grade
Brian Clavijo
Kennedy Leibbrandt
Miah Melvin
Baylee Miller
Layton Miller
Josephine Otter
Jena Risewick
Kade Unterseher
Harrison Woodyard
Honor Roll II 3.00-3.49
7th Grade
Collyn Auker
Jessie Dawley
Kiana Estes
Heaven Gallegos
Dallas Gosselin
Dalaina Karnes
Dennis (Raye) Kasson
Nicole Rumbach (Vahling)
8th Grade
Alexandria Aldridge
Jacob Green

Caleb Gregerson
Tyus Henson
Mitchell Hickman
Macayla Kent
Landon Porter
Kira Robertson
Julian Snyder
Taylor Wahlmeier
Trenton Wright

Norton Junior High School
Honor Roll-1st Semester
Highest Honors 4.00
7th Grade
Cale Patterson
Jace Ruder
Callie Uehlin
8th Grade
Caitlyn Cox
Wilson Ellis
Honor Roll I 3.50-3.99
7th Grade
Mariah Addington
Jessica Ambrosier
Anna Burge
Kara Frack
Dustin Harting
Ryan Johnson
Seth Otter
Tevin Petrie
Justis Posson
Nicole Thrailkill
8th Grade
Alexandria Aldridge
Brian Clavijo
Macayla Kent
Kennedy Leibbrandt
Koby McEwen
Miah Melvin
Baylee Miller
Layton Miller
Josephine Otter
Landon Porter

Jena Risewick
Julian Snyder
Kade Unterseher
Harrison Woodyard
Honor Roll II 3.00-3.49
7th Grade
Collyn Auker
Trenton Chisham
Jessie Dawley
Kiana Estes
Heaven Gallegos
Dallas Gosselin
Dalaina Karnes
Dennis (Raye) Kasson
Emily Riley
Nicole Rumbach (Vahling)
Jace Smothers
8th Grade
Jacob Green
Caleb Gregerson
Tyus Henson
Mitchell Hickman
Kira Robertson
Taylor Wahlmeier
Trenton Wright

Call Mike with all
your social news.
877-3361
mstephens@nwkanas.com

•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, admin-)
istrators, devisees, trustees, creditors, and)
assigns of any defendants which are exist-)
ing, 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, con-)
servators, and trustees of any defendants who)
are minors or are under any legal disability;)
and the unknown heirs executors, administra-)
tors, devisees, trustees, creditors, and assigns)
of any person alleged to be deceased,)
Defendants.)

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, admin-)
istrators, devisees, trustees, creditors, and)
assigns of any defendants which are exist-)
ing, 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, con-)
servators, and trustees of any defendants who)
are minors or are under any legal disability;)
and the unknown heirs executors, administra-)
tors, devisees, trustees, creditors, and assigns)
of any person alleged to be deceased,)
Defendants.)

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:

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. 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