

Tips to keep the flu at bay

Flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death.

Every year in the United States, on the average:

- 5 to 20 percent of the population gets the flu.
- More than 200,000 people are hospitalized from flu complications.
- About 26,000 people die from flu.

**Home ed
Tranda Watts,
Extension
specialist**



The flu spreads in respiratory droplets caused by coughing and sneezing. It usually spreads from person to person, though occasionally a person may become infected by touching something with the virus on it and then touching their mouth or nose.

Adults may be able to infect others a day before getting symptoms and up to seven days after getting sick. That means you can give someone the flu before you know you're sick as well as while you are sick.

You have heard who the groups are who should get flu shots frequently in recent days. Here are some groups of people who should not be vaccinated:

- People who are allergic to chicken eggs.
- People who have had a severe reaction to an influenza vaccination in the past.

- People who are sick with a fever. Get your shot when you no longer have a fever.
 - People who developed Guillain-Barre syndrome within six weeks of getting an influenza vaccine previously.
- If you are unable to get a flu shot this fall, here is advice from the Center for Disease Control related to good health habits to help prevent the flu:

- Avoid close contact, especially with people who are sick. When you are sick, keep your distance from others to protect them.
- Stay at home when you are sick. If possible, stay home from work, school and errands. You will help prevent others from catching your illness.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Washing your hands often will help protect you from germs.
- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something contaminated with germs and then touches his or her eyes, nose, or mouth.

Other good habits, such as getting plenty of sleep, engaging in physical activity, managing stress, drinking water, and eating good food will help you stay healthy this winter and all year long.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Decatur, Gove, Norton, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail twatts@oznet.ksu.edu. For more information, contact the county extension office, 475-8121.

Club learns about eye care

Mid-Century Federated Club met Nov. 11 at the home of Doris Winteroth. Leta Donovan was the co-hostess.

Dr. Karen Aldridge, O.D. was the guest speaker. She gave a presentation, "Aging Eyes — Concerns and Cares".

Dr. Aldridge emphasized early detection and treatment of developing vision conditions and the importance of continued visual well-being. She talked about cataracts, glaucoma, macular degeneration and dry eyes. She said that more eye problems occur because people are living longer. She gave information about treatments for eye problems and stressed the importance of regular eye care.

Jean White, president, conducted the meeting. Twenty-one

members answered roll call of, "My Questions About Eye Care". Beverly Kindler presented the "Know Federation Report" on continuing education.

The Christmas meeting will be at 6:30 p.m. Thursday at The Rose of Sharon Bed and Breakfast.

Urgent news for people who took

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INTER-CITY
Results Oct. 28 — High Scratch: Dennis Balderston, 198; Joe Karabin, 198; Dana Knapp, 179; Darin Williams, 165; High Series: Dennis Balderston, 487; Vance Poage, 458; Joe Karabin, 446; Darin Williams, 445;
High Handicap: Dennis Balderston, 239; Dana Knapp, 234; Joe Karabin, 226; Dennis Corbin, 220; High Handicap Series: Joe Sanko, 614; Dennis Balderston, 610; Darin Williams, 595; Dana Knapp, 592

PUBLIC NOTICE

The Estate of Marcell Miller

Published in The Norton Telegram on December 3, 10, 17, 2004. (3T)
IN THE DISTRICT COURT OF NORTON COUNTY, KANSAS
In the Matter of the Estate of MARCELL MILLER, deceased.

Case No. 2004-PR-44
NOTICE OF HEARING
STATE OF KANSAS, COUNTY OF NORTON, ss.

The State of Kansas To All Persons Concerned:

You are hereby notified that on December 2, 2004, a petition was filed in this Court by Richard P. Miller and Allan J. Miller, heirs of Marcell Miller, deceased, praying for the **Determination of Descent of Marcell Miller, deceased** and for approval of and adoption of a **Valid Family**

Settlement Agreement; and you are hereby required to file your written defenses thereto on or before the 29th day of December, 2004, at 9:30 o'clock a.m. of said day, in said Court, in the City of Norton, in Norton County, Kansas, at which time and place said cause will be heard. Should you fail therein, judgment and decree will be entered in due course upon said Petition.

Richard P. Miller
Allan J. Miller
Petitioners

John F. McClymont, #09379
RYAN, WALTER & McClymont, Chtd.
120 S. State - PO Box 364
Norton, Kansas 67654
785-877-5183
Attorney for Petitioners

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Sophomores: Ashley Kingham, Andrea Lowry, Abigail Ponstein
Juniors: Joey Copper, Hope Hansen, Clarke Nelson
Seniors: Janelle Fritz, Lindsey Graham, Julie Griffin, Kristin Hardy

HONORS I

- Freshmen:** Joni Hilburn, Kelsey Kinderknecht, Justin Lee, Bryce Marble, Jessica Largent
Sophomores: Kelli Cole, Henry Griffiths, Jessica Holmes, Jena Jessup, Jessica King, Melody Miller

- Juniors:** Cody Lowry, Andrew Sheley, Avery Thalheim, Serena Woodside, Emily Zillinger
Seniors: Mercedes Hays, Jesse Hilburn, Lindsey Jessup, Chris Lee, Thomas Ostmeier, Kelsey Stupka

HONORS II

- Freshmen:** Kylena Hager, David Harris, Amanda Hopkins, Jessica Largent, Amy Shearer, Amanda Turman
Sophomores: Krista Lohman, Jessica Wenzl
Juniors: Brynton Anderson, Tom Bartley, Casey Dole, Cole Kinderknecht
Seniors: Jayme Horacek

NORTHERN VALLEY JUNIOR HIGH SCHOOL

First Nine Weeks
HONOR ROLL

- Eighth Grade:** Brittney Braun, Drew Britt, Cody Callaway, Taylor Hammond, Hannah Hawks, Stanton Nelson
Seventh Grade: Alison Cole, Megan Cole, Samuel Field, Amber Sheley, Karen Wenzl

- HONORABLE MENTION**
Eighth Grade: Drew Eagleburger, Nathaniel Graham, Ethan Hays, Eric Woodside
Seventh Grade: Christina Anderson, Miriah Florence, Jacob Gallentine, Jordan Herman, Landon Schneider, Brandon Towery, CJ Woodmansee

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Husky Hogs, LLC, Long Island

CONGRATULATIONS