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THANKING ALL OF OUR WONDERFUL WORKING WOMEN



Back Row, Left to Right: Janet Jilka, Clara Williams, Cindy Wright, Shannon Farber, Nikki Wright, Jeanice Gosselin, Alice Hawks, Gidget Mosier; Middle Row: Pam Miller, Jule Shearer, Theresa Shellito, Shana Harting, Marilyn Collins, Cindy Mattison; Front Row: Jeanine Pharis, Darla Brown, Joanie Winkel, Deb Bowen



Back Row, Left to Right: Mary Harvey, Pam Copper, Jennifer Schoenberger, Deb Lydic, Katie Lentz; Front Row: Alicia Worthington, Cynthia Washburn.



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Being a doctor is perfect

By VERONICA MONIER

Dr. Glenda Maurer thinks her job is perfect for her.

"I've always had an interest in science, in how things work," she said. "Looking back, my grandfather delivered all of his children at home except one.

"It wasn't like I always wanted to be a doctor. At first, I wanted to go into veterinary medicine. I kept my options open when I went to university. I applied to medical school and was accepted.

"When I was there, I found how much I loved it. It's a really suitable profession for me."

Dr. Maurer grew up on a farm near Neudorf in Saskatchewan, Canada. She said she was always fixing up hurt animals.

"Everything found its way into my mother's kitchen," she said. "I guess the combination of nurturing and healing is still with me."

She attended a small high school near her family's farm. She said if she would have stayed there, her graduating class would have been about 10 students. But, instead, she went

to a boarding school her senior year. The school was set up by the Lutheran Collegiate and a lot of her graduating class were either doctors, nurses and lawyers.

From there she went to the University of Saskatchewan, where she graduated in 1985. She did a year of rotating internship, which is a requirement to do family practice.

In addition to science, she said she was also interested in languages and did language studies at university.

"Medicine is another language," she said. "The medical language is very fascinating to me. There is a broad base of medicine. It's a wide expression of things that I can do well — talk, listen, give advise."

When she was young, she had a role model named Dr. Steele, who was the only female doctor in the area when she was growing up.

"She was a little unconventional," she said. "She wrote a book and adopted a child. I found her so inspirational. She was loved."

She said Dr. Steele saved her grandmother's life when she was accidentally shot with a shotgun. She literally put her back together,



Dr. Glenda Maurer loves her job, everything from delivering babies to suturing wounds. She and Registered Nurse Jennifer Schoenberger (left) looked at a patient's lab results at the Doctor's Clinic. Another aspect of her job that she loves is science which includes checking samples (above) in the microscope.

— Telegram photos by Veronica Monier

fit for local physician

she said.

Dr. Maurer said she came to Norton almost eight years ago because she and her husband Dale wanted to raise their family in a smaller area.

"We were trying to raise a small family in a big city," she said. "We had three little children and one on the way. Dale and I were always on call. The nanny was raising our children."

She said both she and her husband were from small towns. When they decided to move, they looked at several places, but picked Norton because they liked it the best.

She said she didn't want to leave Canada, because she loved it there. But, she doesn't miss the traffic or the crime. Here, she said, she can get to work or to the school in five minutes.

"I like that I know what happens at school with my kids before I get home," she said. "Norton is perfect for us. Dale wants to be at home with the kids and here he can do that."

Dr. Maurer's specialty is family practice, which is something that lets her do a little bit of everything — obstetrics, emergency medicine, internal medicine, and even dermatology.

"With family practice, you learn about every practice and specialty," she said. "It lets you treat the whole person."

She said her favorite things to do are delivering babies and suturing.

"It's such a miracle," she said. "The body's way of healing itself is also a miracle."

The hardest thing she has to do, she said, is delivering bad news. Telling a patient a bad diagnosis like cancer or diabetes and the tragedy of a young person's death never gets easier, she said.

Dr. Maurer lives in Norton with her husband and their children — Maia, 12; Rhees, 11; Leif, 9; and Neysa, 7.

She said she loves living here and is grateful for everything that the community has given her.

"We're really blessed," she said.



We Salute Our Working Women



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**Thanks to all the Women
Who are Working to Make
Norton County a Better Place!**



Front Row: Left to Right, Sherry Hickman, Leslie Pfannenstiel, Gina Frack, Kathryn Rachow; Back Row: Angela Bird, Kathleen Schemper, Susan Engelbert, Penny Otter, Jenda Jones. Not Pictured: Penni Britt, Sandy Husted, Margie Applegate.

**Norton County Health Department
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Outdoor girl likes working at sale barn

By CAROLYN PLOTTS

Bridgette Shearer is a self-proclaimed country girl.

She grew up in Kirwin and attended vocational technical school in Hays.

"I wanted an outside job," she said, as she checked in cattle before sale time at Norton County Livestock Association.

Working the alleys and pens at a sale barn in all kinds of weather conditions certainly qualifies as an outside job.

Her husband had worked at the sale barn and she said she thought she would give it a try too. That was about a year ago and she says she really likes her job.

Her responsibilities include checking in the cattle, recording who owns them and any information needed, working in the back pens, bringing the animals up to the barn and into the sale ring, helping sort, running the gate and clerking the sale.

Clerking, she said, is her favorite part of the job.

Understanding the fast lingo of the auctioneer doesn't phase her, either.

But the fun part, she said, is working with the cattle and the farmers and ranchers.

While working around large animals can be a bit risky, Mrs. Shearer said she has not been injured.

"I was never hurt too bad," she said. "(I was) more scared. A couple of cows ran over me once. It happened while I was running the gate."

She said the men she works with help her a lot.

"They kinda watch out for me," she said.

She and her husband David live outside Almena where they have horses and cattle. They also have a daughter Ashley, 10, and son Drake, 5.



Many Thanks To Our Hard Working Women



Back Row: Sandy Preuss, Barbara Hansen, Elaine Gaer, Sue Hillebrand; Second Row: Christy Wayland, Dana Hanlon, Sherry Rushton, Evelyn McDiffett, Lisa Kinderknecht, Jennifer Simoneau, Ann Wolf, Diana McGee; Seated: Julie Fowler, LeeAnn Shearer

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Keeping track of the animals and who brought them in to sell, are some of Bridgette Shearer's (above) duties at Norton Livestock Association, where she has worked for a year. Mrs. Shearer (below) checked over paper work in the loading chute office.

— Telegram photos by Carolyn Plotts



Understanding heart disease is crucial for healthy women

Currently, women have unprecedented access to health information and consider lifelong vitality a priority. However, surveys consistently report that women are remarkably unaware of potentially life-saving health information. Take this short quiz to determine your risk awareness.

True or false?

1. Cancer is the #1 killer of women over 40.
2. Heart disease usually begins when a woman reaches her mid-40s or menopause.
3. Drinking tea may reduce the risk of coronary heart disease.
4. The Heart Truth is a national heart disease awareness campaign for women.
5. The Red Dress Collection is a fashion show designed to increase women's awareness of heart disease.

Answers

1. False. One in three women dies of heart disease, making it the #1 killer of women. It affects more women than the next seven leading causes of death combined, including breast cancer (Source: AmericanHeart.org).
2. False. Heart disease is a progressive disease and is "ageless," potentially starting in the teenage years (The Heart Truth). Risk factors include cigarette smoking, high blood pressure, elevated cholesterol, physical inactivity, being overweight or obese, and diabetes.
3. True. In October 2003, the USDA reported that men and women who drank black tea for three weeks reduced their "bad cholesterol" (or LDL) by an average

of 7.5 percent. Researchers concluded that drinking black tea in combination with a healthy diet significantly reduces cholesterol and may reduce the risk of coronary heart disease.

4. True. The Heart Truth, sponsored by the National Heart, Lung, and Blood Institute, was launched in 2002 to warn women of their #1 health threat, heart disease.

5. True. Top designers, models and celebrities unite on the runway at Olympus Fashion Week to debut a one-of-a-kind collection of red dresses, promoting the Red Dress as the symbol for women and heart disease awareness. Celestial Seasonings(r) is a proud co-sponsor of the Red Dress Collection 2005 Fashion Show to encourage women to protect their heart health.

Understanding heart disease in women is crucial. Often, all that's needed is a commitment to a healthier lifestyle: exercising regularly, maintaining a healthy weight, quitting smoking and eating a heart-healthy diet. Further, adding just two cups of tea daily provides useful levels of tea's beneficial phytonutrients.

With over 80 all-natural, unique teas brimming with flavor, like Celestial Seasonings Golden Honey Darjeeling or Persian Mint Spice Decaf Black Teas, it's easy to indulge in a delicious beverage that supports your heart health.

To learn more about The Heart Truth campaign, heart health and Celestial Seasonings sponsorship of the Red Dress Collection 2005, visit www.hearttruth.gov or www.celestialseasonings.com.

Book helps with romance

Whether you haven't had a satisfying date in years or you just can't seem to get to the altar, a best-selling book provides women with crucial keys to success in love. Best-selling author Margaret Kent has revised and updated her now classic marriage guide "How to Marry the Man of Your Choice" to help today's women.

The book is meant to help women feel more empowered and in control of their lives. Kent says with her advice, women can be as popular with men as they choose and that they can forget their fears of rejection and competition.

The marriage guide spans the mating process from the "hello" to the "I do." The guide addresses techniques to declaw the dating competition. From there, it explores virtually every facet of meeting and attracting men.

The book also gives advice on how to dress to your advantage for age and body type, how to find the best places to meet men (including Internet dating sites), and how to deal with

"dastardly acts"-behavior that Kent says sometimes sabotages a relationship that is otherwise on its way to the altar.

According to Kent, women who follow the strategy in the book should meet and marry the man of their choice within two years.

When Kent's book first debuted in 1987, it became an instant best-seller, landing the author on a host of top-rated TV talk shows ranging from Oprah (she was Oprah's first guest ever) to "Larry King Live" and "CBS This Morning." The book was touted as the first publication of its kind to offer sensible, easy-to-follow advice for finding the perfect mate and leading him down the wedding aisle.

To date, the guide has sold over one million copies. This year's newly revised, updated edition includes advice for an entirely new generation of women who are eager to take control of their lives and find the man who is right for them.

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Flexibility,

By VERONICA MONIER

Deena Wentz didn't always want to work in radio.

That didn't happen until she was in the eighth grade.

"I wanted to be a school teacher," she said. "I wanted to teach English."

Mrs. Wentz said she changed her mind when she heard a woman on the Hays radio station.

"I figured if she could do it, I could do it," she said. "Really, I heard her on the radio and thought 'I can do that'."

She started working at KQNK in Norton on Nov. 16, 1987, when she was 22 years old. Before that, she worked for two years at KXXX/KQLS, a radio station in Colby. She also worked for two years at the radio station at Colby Community College, where she graduated in 1986 with an associate of art degree in mass communications.

The degree qualified her to work in both radio and television.

She did a couple of stories for KSNK Television in Oberlin and the college television station, but she said she really wasn't interested in television.

"About 20 years ago a shooting happened in Colby, which is how I met Larry (Black, the former owner of KQNK)," she said. "I followed the trial for the college radio station and called in reports to KQNK. A couple of years

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"Technology has changed a lot since I first started," said Deena Wentz about her job working at a radio station. With the small staff, Mrs. Wentz, along with the other radio staff, have to pre-record most of what people hear on KQNK, including news, weather, and sports. Some of the programs, like party line and the coffee table, are broadcast live.

— Telegram photos by Veronica Monier.

Working Women are the Shining Jewel in the Work Force of Norton County — Thank You!

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