

Barb Redeker, right, and daughter Jessie help decorate the haunted house in Almena that the Northern Valley Booster Club is sponsoring on Saturday night from 8 to 11 p.m. There will be a scary movie shown at the school and a hayrack ride to the spook house. Come join the fun!!! — Telegram photo by Susie Marble

4-H'ers to celebrate achievements

ment Night on Sunday, Nov. 6, at sadors, Achievement Night Com- friends. the 4-H Building in Norton.

A carry-in dinner, sponsored by the Norton Area Chamber and 4-H families, will be served at 5 p.m. with the program beginning after

"The Kansas Centennial" will be the theme and will help set the mood. Member recognition is planned with the prestigious I Dare You award and Key awards given to older 4-H'ers for their leadership achievements.

The Norton Area Chamber of Commerce is helping to co-host the event and will sponsor the annual Friend of 4-H Award given to an individual who has given longtime leadership to 4-H.

This program invites 4-H families, leaders and sponsors of the Norton County 4-H program.

"4-H members are recognized in a variety of ways," said County Extension Director Keith VanSkike, "such as judging at County Fairs and State contests, Club Days or individual club involvement, and for individual membership achievements."

Individual and group recognition will include the club promotion award and many youth project

Come Help **Almena State Bank** honor Norman Stockham on his Retirement Monday, October 31 9 a.m.-3:30 p.m.

The Norton Telegram... News you need!

at the

Almena Office

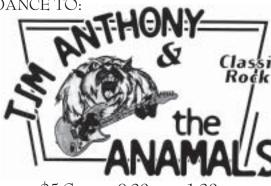
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Norton County 4-H members, and record book completion mittee and 4-H Clubs are helping leaders and parents will be recogawards. The County 4-H Trips and with this program to show off their nized at the annual 4-H Achieve- Awards Committee, 4-H Ambas- achievements to sponsors and



State Street Phone:

Saturday, November 5



Coming Soon...Restaurant Grand Opening



Telecom Connectivity fee. These fees are not laxes or government-required charges. Other surcharges may include federal and state mandated Universal Service Fund fees and a 911 fee of up to \$1.94. Limited-time

offer at participating locations. Requires service agreement, credit approval and approved handset. \$200

early termination fee applies. Activation fees may apply. Other restrictions apply. Terms and conditions available at Authorized Agent locations or www.alltel.com

Chamber of Commerce honors Hospice at breakfast

By VERONICA MONIER

Around 90 people gathered Hospice Services, Inc., at the annual Norton Area Chamber of Commerce breakfast.

Erlenbusch welcomed the crowd and thanked the Chamber ambassadors for all that they do.

She then introduced Sandy Kuhlman, the executive director of Hospices Services, Inc.

Ms. Kuhlman thanked the Chamber for the honor and said she always appreciated the chance

to talk about Hospice. She gave a big thanks to special volunteers Betty Ambrosier, Elaine Mann and Ward Foley.

teers in Norton County are key to who we are and what we are," she On the advisory board, she said,

"They and many other volun-

were Vicki Enfield and Alberta Also, she said, she couldn't do

it without the Hospice employees and introduced those in attendance Monica Monroe, Julia Schemper, Amanda McKenzie,

Reva Benien and Missy Lamont. She also thanked Hospice's partners, including the Norton County Hospital.

Ms. Kuhlman said Hospice is about quality, compassionate care. They have a team oriented approach.

"We focus on caring," she said. "Hospice came about because people didn't know what to do when the cure wouldn't work. We care for people with life-limiting illnesses who want or need com-

She said Hospice covers 14 counties and the main office is in Phillipsburg. It is covered by Medicare and Medicaid, and is a managed care program. She said they receive a certain amount of money from Medicare and Medicaid to do a variety of things, including equipment, supplies and

get, she said, comes from bership drive kick-off. She en-Wednesday morning to honor fundraising and private donations. Charitable dollars are spent and used locally, she said.

Volunteer Elaine Mann said Chamber Board President Carol Hospice is there to help while people are dying, making them as comfortable as possible.

> Ms. Kuhlman said the average length of stay is about 70 days, while nationally, the average is about 50 days.

infants to the elderly, she said.

A main part of Hospice's bud-breakfast is the Chamber's memcouraged businesses to sign up and then talked about some of the things the Chamber does.

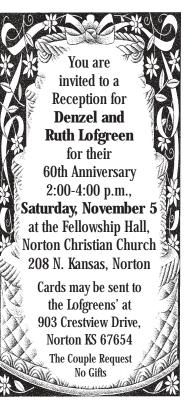
'We can't continue to do what we do without your generous sup-

port," she said. She introduced Chamber Director Karla Reed, the "person who does all the work" and also introduced the other board members.

Door prizes were given to Steve Hospice cares for all ages, from Streck, Jack Ward, Denzel Lofgreen, Brian Carlton, Betty



Sandy Kuhlman, the executive director of Hospice Services, Inc., talked about Hospice and what it does during the annual Chamber breakfast Wednesday morning. — Telegram photo by Veronica Monier



USD 211 Board of Education is seeking an individual interest in serving on the Norton Recreation **Commission Board of Directors**

The term of office for this position will begin on December 1, 2005 and run through November 30, 2009. The Recreation Commission Board of Directors is responsible for the oversight, direction and policies of the programs and activities sponsored by the Norton Recreation Commission. Interested persons should submit their names to the USD 211 Board of Education office at 105 E. Waverly (877-3386) on or before 4:00 p.m. on Wednesday, November 7. The Board of Education will appoint the position at their November 14 Board meeting. Interested persons must be of at least legal voting age and reside within the boundries of USD 211 to be eligible for this position.

Norton County Wellness Fair

"A Wealth of Resources to Better Your Health"

Wednesday, November 2, 2005 — 4-8 P.M. National Guard Armory, Norton, KS—Free Admission

Come and join us for an interactive health and wellness fair for adults of all ages. Here's just a few of the things you can experience:

- •Free Blood Pressure and Oxygen Checks •Flu Shots (if available) and Tetanus Boosters
 - Bone Density Screenings Tips for Fitness, Flexibility, and Weight Loss
 - New Information on Anti-Oxidants and Nutrition Free Hand Massage • Stroke Identification Tips • Oral Health and Tooth Brushing Techniques
 - •Tips on Managing Stress •Addiction Self-Test • Motorized Wheelchairs, Scooters, and Therapeutic Shoes for Diabetics
- Every aspect of health and wellness will be covered including physical, emotional, social, psychological and spiritual

Exhibitors Attending and Available to Share Information About Their Products and Services Are:

•B & B Sales •Big Brothers/Big Sisters •Body Works Massage Therapy •Colby Community College-Dental Hygiene •Crow Chiropractic •DSNWK •High Plains Mental Health Center •Hospice Services Inc. • Kansas National Guard • K-State Research and Extension • Family Nutrition Program • K-State Research and Extension-Norton County • LINK • Masters Touch Fitness and Massage • Men's and Women's Fitness For Life • Northwest Kansas Area Agency on Aging • Norton Cares • Norton County Hospital • Norton County EMS • Norton County Farm Bureau • Norton County Health Department •Norton County Sheriff •Norton Ministerial Alliance •Norton Manor •Norton Public Transportation •Osteoporosis Services Inc. •Pamida •Prairie Wind Eye Care •PRN Home Health Regional prevention Center-Hays
Smoky Hill Foundation
Valley Hope Association
Waddell Reed-Kathy Zimmerman • Western Kansas Talking Books • West Region SRS

Lunch Stand Provided by the Norton Senior Center

For More Information Contact the Norton County Health Department at 877-5745 or the Norton County Extension office at 877-5755