



Kim Snyder (top left) schedules a client for a session at Bella Sole day spa, while Ashley Otter (below), 16,



checks out the sleek tanning bed. Chad Snyder (top right) opens the door on the dry-heat sauna.

— Telegram photos by Carolyn Plotts

Spa brings touch of city to country

By CAROLYN PLOTTS
Bella Sole means, "beautiful soul" and is the motto of Norton's only day spa providing you with tanning beds, aqua massage, an infrared sauna and thermal massage.

Owners Chad and Kim Snyder recently completed 2 1/2 months of renovation of the former Riemann Sewing Center at 212 W. Pearl to create the stylish, yet tranquil surroundings of Bella Sole. Sage, cream and burgundy colors reflect the soothing style of the spa. Mrs. Snyder said, "We wanted to bring a little bit of the city to the country." She designed and created all the window treatments, herself. Bella Sole opened Jan. 22.

Mrs. Snyder said Hawks Electrical did the wiring and installed the lighting fixtures; Kevin Lyons designed and built the reception area desk. He also designed the layout of the walls and rooms; and Kris Posson designed their sign, did the spa's lettering and the artwork on the window of one of the tanning rooms.

Patrons enter to a welcoming foyer where they are guided to the studio's reception desk. There, Mrs. Snyder directs patrons to any of the facility's various pieces of equipment.

With prom and summer fast ap-

proaching, many are seeking the overall tan look. She pointed out the extra features of her spa's tanning beds. They have special bulbs with reflectors to evenly tan your face and neck as well as overhead bulbs to get the tops of your shoulders. She even has one over-sized bed to accommodate tall or large people.

Spa patron, Janice Ebner, praised the tanning beds for an additional benefit. "It makes me relax — and, today I needed it," she said.

Both owners are enthusiastic about all the benefits afforded to their patrons by the infrared sauna. They said the dry-heat sauna enhances the body's immune system, improves cardiovascular conditioning, offers stress relief, relieves pain and can even play a role in weight loss.

The thermal massage table offers a soothing retreat with heated jade rollers that target 12 to 15 points on the body. Calming music plays while a client relaxes. Mr. Snyder said, "Everyone who uses the table, goes to sleep. It is so soothing."

The ultimate relaxation device, however, has to be the water massage unit. It is a quick way to get an hour's worth of massage in only 10 to 20 minutes. A client is fully clothed and never gets wet al-

though it is a water massage. Pressure jets promote better circulation, reduce stress and relieves aches and pains. The water is heated to 92 degrees but can be cooled if heat cannot be tolerated. The water massages you from your head to your toes.

Expansion plans for the future include flavored oxygen. Oxygen "bars" are already a big hit in major cities and the Snyders believe Norton clients will seek the benefits. They said that increasing oxygen levels by 30 percent has many health benefits, including promoting healthy skin.

A licensed cosmetologist, Mrs. Snyder received training on all the equipment in the studio and is



knowledgeable about all the services offered. The spa is also licensed for the tanning beds. She said, "My goal was to create a place where people can come, unwind and relax. I wanted a peaceful atmosphere."

The Snyders live in Norton. They have two sons, Jason Majors, Norton and Derrick Hadra, Evansville, Ind.; a daughter, Cherise Hadra, Albion, Ill.; and four grandchildren.

Bella Sole is open from 9 a.m. to 9 p.m., Monday through Friday; from 10 a.m. to 2:30 p.m., Saturday; and closed on Sunday. To learn more about Bella Sole call 785-874-4289.

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Shelter to sponsor play at Fort Hays

Fort Hays State University will present a play, "Vagina Monologues" at 8 p.m. on March 2, 3, and 4 at Felton-Start Theater in Malloy Hall on the campus.

Pastor Charlotte Strecker-Baseler, of the Faith Lutheran Church in Oberlin, said, "Members of the Decatur County Stand Against Violence task force feel that this information should be made available to the community as we feel certain that others would want to see this theater production."

She said the group is joining together to form a tri-county task force called, "Support Abuse Free Environments - Decatur, Rawlins and Cheyenne Counties."

Eve Esler, author of the play, found while interviewing 200 women, a continuing thread emerged. All had been sexually assaulted, so she decided to help fight the problem by writing this

play. She named her mission, V-Day (Until the Violence Stops).

Ninety percent of the proceeds from the play and other events held on campus will be donated to Northwest Kansas Domestic and Sexual Violence Services, formerly known as the Northwest Kansas Family Shelter.

The other 10 percent collected will go to provide assistance to "Comfort Women," which includes all races and ages, who were placed into sexual slavery by the Japanese government during WWII. The women are asking the Japanese government to apologize for the government's actions in this atrocity against women. So far, the Japanese have not responded to the request.

Tickets are \$10 for anyone who is not a season ticket holder and \$5 if you are. The tickets will be sold at the door.

Kensington took second. Other schools involved were Palco, Logan and Eastern Heights.

On Feb. 2, the team went to Brewster for the regional meet. The team just barely missed placing third.

The leading scorer for this year's team was Tom Bartley with a season's total of 700 points; Emily Zillinger had 300 points; and Clarke Nelson had 225 points. The team's best subjects this season were language arts, mathematics and current events.

Coached by Kirk Kasson, the Northern Valley Scholar's Bowl team was in league competition on Feb. 1 as they hosted a meet in Alma.

The team made up of Tom Bartley, Clarke Nelson, Emily Zillinger, Stanton Nelson and Travis Redeker, finished in third place. Other students participating were: Andrew Sheley, Kelli Cole, Kylene Hager, Jesi Zillinger, Cameron Duede and Cody Callaway.

Western Plains finished in first place in the tournament and

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Workshop to help health

A workshop to educate the public about preventing death and disability from heart attacks and strokes will be presented at 10 a.m. Friday at the Norton County 4-H Building.

Norton County Extension Agent, Keith VanSkiike, said Family Consumer Science Agent from Graham County, Karen Shepard will present the information.

Ms. Shepard will help those attending understand some of the risk factors associated with heart attacks and strokes and

identify life-style behaviors. She will also explain how to take action if someone you know is exhibiting signs of an attack or stroke.

This public education lesson is made available by K-State Extension and Family and Community Education Units of Norton County.

Following the workshop, Jolly Mothers unit will hold their regular meeting. Everyone is invited to attend. For more information call the Extension Office at 877-5755.

HUSKY NOTES

Another busy evening for the Northern Valley School Board on Feb. 13 at the Alma School.

Members present included Gale Hays, president; Doyle Baird, Glenn Brands, Blaine Marble, Harlan Ponstein, Alan Woodside, Bill Lowry, superintendent, Lonnie Brungardt, high school principal, Dwight Vallin, elementary principal and Barb Nelson, clerk.

Adoption of Agenda: Mr. Marble moved and Mr. Baird seconded a motion to adopt the agenda as amended to add item 7d. Golf Program and 7e. Use of Facilities. Motion carried 6-0.

Approval of Minutes: Mr. Baird moved and Mr. Ponstein seconded a motion to approve the minutes of the January 11, 2006 board meeting. Motion carried 6-0.

Approval of Bills: Mr. Woodside moved and Mr. Baird seconded a motion to pay the bills as presented. Motion carried 6-0.

Hearing of Visitors: Visitors Pat David, Jill Stoelting, Joey Copper, Tom Bartley, Scott Shearer, Renier Deetleffs, Frans Laubscher and Sarely Salazer were welcomed.

Pat David reported on what the different classes are working on.

Board/Administration/Policy Evaluation: Results of the evaluation survey were reviewed.

Board Training: Max Heim from the Kansas Association of School Boards will be here at 3:30 p.m. on March 13 for board training. He will meet with the board until 6 p.m. at which time the board will break for supper. Superintendent evaluation will be from 7 to 7:30 p.m. regular board meeting will begin at 7:30 p.m.

Schools for Quality Education: First National Bank has donated \$250 to Schools for Quality Education to fund the low-enrollment report. Mr. Baird moved and Mr. Woodside seconded a motion to send \$250 to Schools for Quality Education. Motion carried 6-0.

Technology/E-Rate Report: Mr. Brungardt presented a list of equipment that he would like to see purchased. Some of it would replace old equipment and some would be additional equipment. Some of it could possibly be funded through E-Rate. Mr. Brands moved and Mr. Marble seconded a motion to approve the purchase of the USB Flash Drives, the Priority Time School Bell Software and the Liebert TrippLite UPS Power Backup at this time. Motion carried 6-0. At the next board meeting the board will discuss options on the rest of the items and money available for purchases.

Class Schedules: Mr. Brungardt presented a proposal for changing the schedule. The board asked Mr. Brungardt to gather feedback for further discussion at the next meeting.

Golf Program: Mr. Woodside reported that he has been approached about the possibility of having a golf program. The board asked that students be surveyed to determine interest in this program and that they be advised that there would be a \$75 fee for green fees.

Use of Facility: Mr. Woodside inquired regarding the use of the shower facilities at the Long Island site for a group of about twenty who will be coming to the Prairie View and Luctor churches. Mr. Baird moved and Mr. Ponstein seconded a motion to approve the request for this group to use these facilities. Motion carried 6-0.

Personal Day Requests: Jill Stoelting asked to use personal leave on Feb. 16-17 so she could go to Nebraska State Wrestling where her son will be competing. Permission is required since these days are previous to a school holiday. Mr. Marble moved and Mr. Baird seconded a motion to approve this request. Motion carried 6-0.

Jill Stoelting departed the meeting at 8:45 p.m.

Robbie Griffiths and Susan Lowry submitted requests to take March 29-30 as personal leave so that they could accompany the juniors and seniors on the New York/Washington, D.C. trip. These days are immediately following spring break. Mr. Marble moved and Mr. Ponstein seconded a motion to approve these requests. Motion carried 6-0.

Pat David departed the meeting at 8:52 p.m.

Almena Exchange Bus Route: Mr. Ponstein moved and Mr. Marble seconded a motion to accept Dan Field's resignation for the Almena exchange route. Motion carried 6-0.

Mr. Woodside moved and Mr. Marble seconded a motion to contract Bryan Shearer for the Almena exchange bus route. Motion carried 6-0.

Superintendent Evaluation: Mr. Lowry passed out the evaluation instrument to board members.

Joey Copper, Tom Bartley, Scott Shearer, Renier Deetleffs, Frans Laubscher and Sarely Salazer departed the meeting at 9:05 p.m.

Personnel Report: At 9:05 p.m. Mr. Marble moved and Mr. Baird seconded a motion that the board go into executive session for the purpose of discussing personnel matters for non-elected personnel; and that the board return to open meeting in fifteen minutes at the same location. Motion carried 6-0.

Mr. Lowry, Mr. Brungardt and Mr. Vallin remained in the room for this executive session. This executive session is required to protect the privacy interests of an identifiable individual. At 9:20 p.m. Mr. Baird moved and Mr. Woodside seconded a motion to extend executive session for fifteen minutes. Motion carried 6-0. At 9:32 p.m. Mr. Brands moved and Mr. Baird seconded a motion to return to open meeting.

Motion carried 6-0.

Negotiations: A copy of the teachers letter was available. There was no discussion.

Administrative Reports: Mr. Lowry reported on recent and upcoming events.

Mr. Vallin reviewed upcoming events for the elementary and junior high schools.

Mr. Brungardt reported on the Life Smarts competition and upcoming events. He briefly reviewed projects that the leadership class is working on.

Mr. Brungardt presented Mr. Lowry and the board with a plaque for his appreciation for their support of his military service.

Board Member Reports: Mr. Baird talked about some goals he would like to see met for the Foundation.

Mr. Hays congratulated the junior high on their sports teams. Congratulations to the junior high girls basketball team for an undefeated season.

Mr. Ponstein thanked Mr. Lowry for his work.

Adjournment: At 10 p.m. Mr. Marble moved and Mr. Ponstein seconded a motion to adjourn. Motion carried 6-0.

These minutes are not official until approved at a subsequent meeting of the board.

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