



At work in Norton's newest beauty salon, (above) Cuts 4 You, Debbie Graham, left, cuts a customer's hair, while shop owner, Judy Stragey, talks to a patron in the pedicure room. (below) Stylists McKenzie Rietzke, left, and Ashley Stragey took an appointment for a client. — Telegram photos by Carolyn Plotts

Cool 'Cuts' available at new salon

By CAROLYN PLOTTS
A bright, shiny, new hair salon, Cuts 4 You, has appeared in the space where years before had been a dentist's office. Judy Stragey, owner of the new business, at 104 N. State, said she is excited about the salon and invites everyone to stop in for a visit. "We have five stylists on staff and we are all anxious to serve the community," she said. "Two of the stylists just graduated and I'm happy to be able to give them both a chance." Besides Ms. Stragey, stylists include her daughter, Ashley Stragey, McKenzie Rietzke, part-time stylist, Marilyn Donahey and Debbie J. Graham, former owner of Debbie's Beauty Boutique. Miss Stragey and Miss Rietzke are recent graduates of the cosmetology school at Northwest Kansas Technical College in Goodland. In fact, Ms. Stragey and Mrs. Graham are also graduates of the school. The newly remodeled salon features a state-of-the-art pedicure chair, in a private room, with a whirlpool footbath and heat massage; a tanning bed, also in a pri-



vate room, with four facial bulbs and 40 body bulbs; and a vented manicure room where patrons can have a manicure or get acrylic nails. Additional services offered at Cuts 4 You are paraffin wax dips for the hands or feet, eyebrow and leg waxing, perms, comb outs, foiling, coloring and, of course, prom hair styles. "Everything in the shop is brand new," said Ms. Stragey. The salon's grand opening will be held from 9 a.m. to 5 p.m. Wednesday, March 7. Cookies and coffee will be served. Cuts 4 You is open from 8 a.m. to closing Monday through Friday and from 9 a.m. to 5 p.m. Saturday. Walk-ins are welcome, but to make an appointment call 874-4611.

Kansans team up to walk for health

Physicians and food and nutrition professionals typically recommend adding moderate and regular physical activity — 30 minutes five or more days a week — to maintain a healthy lifestyle. But, what if you're not athletic? Or don't have the time or money to join a gym or hire a babysitter? Walk Kansas, a fitness program sponsored by Kansas State University and K-State Research and Extension Offices all over the state of Kansas (including Norton County), may be the answer you are looking for. Walk Kansas encourages heart healthy aerobic exercise close to home. Here's how it works: Friends, family, co-workers or others, working as a team of six individuals, log miles or minutes of alternate aerobic activity equal to the east-to-west distance across Kansas — 423 miles — in eight weeks. Sound impossible?

Home ed
Tranda Watts,
Extension
specialist



Knowing that others are counting on you can be a good motivator, according to county residents who participated in the program in the past few years. The fitness effort doesn't guarantee weight loss, but the benefits of exercise are many, including lowering blood pressure and cholesterol and reducing the risks of heart disease, diabetes and some cancers such as colon cancer. Participants also report a happier outlook, increased energy and self confidence, stress reduction, more restful sleep, and weight

loss. One individual reported increased fruit and vegetable consumption while participating in the program and credits it with helping her lose 20 pounds and keep it off. Not a walker? Fifteen minute segments of alternate aerobic exercise such as bicycling, swimming, playing basketball or running count toward a team's total mileage. Last year was a very successful year for Norton County. Please consider participating again this year and help to increase the number of teams for the county. For registration or more information, contact your local K-State Research and Extension Office. Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Norton, Decatur, Gove, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail twatts@oznet.ksu.edu.

Water conference set for March 15

Sedimentation to federal reservoirs will be the focus of the 24th annual Water and the Future of Kansas Conference, Thursday, March 15, at the Capitol Plaza Hotel in Topeka. The conference is a forum for state agency, university and organization representatives who study, plan, regulate or have an interest in influencing water management decisions. Any Kansan who is interested in water can attend the conference and learn more about issues affecting the state's water supply. The conference theme is "From Dust Bowl to Mud Bowl: The Threat of Sedimentation to Our Federal Reservoirs." Topics addressed through plenary and breakout sessions, panel discussions and poster sessions include an overview of reservoir and watershed processes, as well as sedimentation rates and future trends in federal reservoirs. Sources of sediment, economics of sediment

management and strategies for water resource protection also will be discussed. Also at the conference, Donnie Blanz, an award-winning singer and songwriter, will give the luncheon presentation, "The Cowboy Cattle Drive: Lessons in Team-

work." The early registration fee is \$75. Information is available by calling the K-State Division of Continuing Education's conference office at 785-532-5575 or online at www.dce.k-state.edu/conf/waterfuture/



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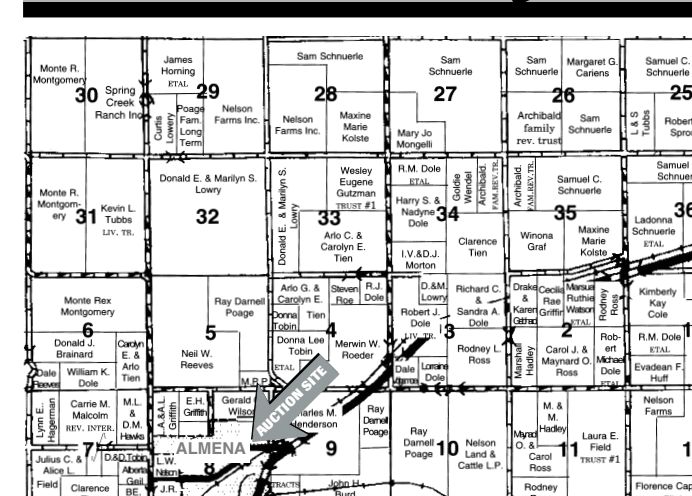

136.6 ACRES

PHILLIPS COUNTY LAND AUCTION

SATURDAY - MARCH 17, 2007 - 10:00 A.M.
ALMENA, KANSAS

AUCTION LOCATION: Almena City Building, Almena Kansas

ERVIN J. GRAF ESTATE

LAND LOCATION: From Long Island, KS, 3 miles West on Highway 383.

LEGAL DESCRIPTION: The West Half of the Northwest Quarter (W $\frac{1}{2}$ NW $\frac{1}{4}$) of Section Thirty Three (33), and the East Half of the Northeast Quarter (E $\frac{1}{2}$ NE $\frac{1}{4}$) of Section Thirty Two (32), Township One (1) South, Range Twenty (20), West of the 6th P.M., Phillips County, KS., less 4.4 acres, more or less, (subject to survey) with House and Outbuildings, and Highway and Railroad Right-of-ways.

ACREAGE: 136.6 Total Acres: 97.6 Acres Irrigated Cropland – 7.7 Acres Dryland Cropland – Balance: Prairie Dog Creek and Trees.

FARM SERVICE AGENCY DATA: Wheat Base: 22.3 Acres – Direct Yield: 41 Bu. – CC Yield: 51 Bu. – 2007 Payment – \$404; Corn Base: 45.5 Acres – Direct Yield: 133 Bu. – CC Yield: 148 Bu. – 2007 Payment – \$1440; Grain Sorghum Base: 17.6 Acres – Direct Yield: 56 Bu. – CC Yield: 72 Bu. – 2007 Payment – \$293; Soybean Base: 12.3 Acres – Direct Yield: 36 Bu. – CC Yield: 43 Bu. – 2007 Payment – \$165

2006 TAXES: \$2783.60

TERMS: 10% down payment at the auction, with the balance due on or before April 17, 2007.

POSSESSION: The buyer will obtain full possession the day of closing.

FSIA PAYMENTS: The buyer will receive the 2007 government payment.

EVIDENCE OF MARKETABLE TITLE: Title insurance will be provided by Phillips County Abstract. The cost of an owner's policy for the amount of the purchase price, will be divided equally between the seller and the buyer.

TAXES: The 2006 and prior years taxes shall be paid in full by the seller. The 2007 and subsequent years are the responsibility of the buyer.

WATER RIGHTS: The sellers rights transfer to the buyer at closing. This property is permitted to irrigate 100 acres, with 2 irrigation wells. The well located in section 33 is certified for 545 GPM and 60 acre feet, and the well in section 32 is certified for 800 GPM and 90 acre feet.

IRRIGATION DITCH: 79.9 acres – past payment of \$20 per acre has not yet been approved for 2007.

IRRIGATION EQUIPMENT: There are no engines, meters, or irrigation pipe included with this property.

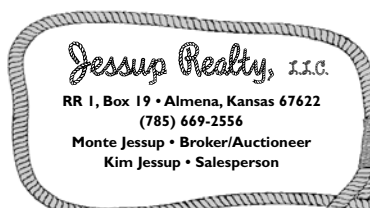
MINERALS: The sellers rights transfer to the buyer at closing.

MANNER OF SALE: This property will be auctioned by the acre for 134 acres.

AGENCY OF DISCLOSURE: Jessup Realty, L.L.C. is the agent of the seller, with the duty to represent the seller's interest.

CONDITIONS: All acreages are based on U.S. Government measurements, and are considered approximate. All statements, representations, and information are from reliable sources and are believed to be correct; however, the seller and Jessup Realty makes no warranties, either expressed or implied. The cost of the survey for the acres excepted for the farmstead are the responsibility of the seller. The property sells in "as is" condition. Announcements made at the auction take precedence over written material.

AUCTIONEER'S NOTE: This auction offers a rare opportunity to buy irrigated cropland in the Prairie Dog Valley, in a good location along highway 383. For more information or a tour of this property, contact Monte Jessup, Broker, Jessup Realty, L.L.C., at 785-669-2556, 785-476-5328, or mjessup@plpnt.com.



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Monte Jessup • Broker/Auctioneer
Kim Jessup • Salesperson

The

Young Americans

Featuring Norton Students

7:30 P.M.

Tuesday, March 6

Stull Gymnasium - Norton, KS

Adults: \$8.00 - Students: \$5.00
Doors Open at 6:45 p.m.