

See to Learn week begins

Attention parents of 3-year-old children in Kansas: Undetected vision problems can make your child less likely to graduate from high school, affect his or her sports performance and limit career choices - all before your child even starts school.

Fortunately, there's the Eye Care Council's SEE TO LEARN program. Through the program, participating optometrists will provide free vision assessments at their offices to 3-year-old children across Kansas Monday, through Friday. For a listing of participating optometrists, visit <http://seetolearn.com/member-list.html#kansas>.

SEE TO LEARN is an innova-

tion, three-step preventive health program designed to ensure that children entering school have the vision capability needed to achieve classroom success. The program also is designed to educate parents and teachers about the warning signs of vision problems in school-age children.

"Participating optometrists from around Kansas provide the free assessment service year-round, but we place extra emphasis on awareness during SEE TO LEARN Week to ensure parents know about the program and can take advantage of it," said Julie Toon, Eye Care Council president and Wichita optometrist.

Since the program was created

over a decade ago, optometrists have provided free vision assessments to more than 45,000 children.

For a list of participating optometrists or a referral, call 800-960-EYES (3937) or visit www.seetolearn.com.

The Eye Care Council is a special vision health information resource created to better educate the public about vision and appropriate eye care. For more information, please consult an Eye Care Council optometrist, call the Council at 800-960-EYES or visit the Council's Web site at www.seetolearn.com.

Hall's

(Continued from Page 1) a "slur," or hiccup.

Streck has said the economy was the major factor in deciding to close.

"I hate it. It's really a testimony of the economic slur," Wicker said.

Wicker said the economy has affected a lot of businesses in Norton.

"We should all look at what we can do," she said.

In spite of Hall's closure, interest in a downtown clothing store

has increased.

According to Norton City/County Economic Development Director Diane Stiles, several people are interested in opening a clothing store.

"The idea of a community owned clothing store is coming back stronger," she said.

She said she has talked to a few people who are in the preliminary stages of opening a business. She will hold a meeting in late March to determine community interest.

Connie Sanko's family has owned the building for 60 years.

"It broke my heart. It's been in our family for 60 years," she said.

Sanko is unsure if the building will be rented or sold.

"We're hoping to get it rented. I've had some inquiries," she said.

Sanko said she can be contacted at 877-5483 for more information about renting or purchasing the building.

Police Log

February 9

9:35 p.m. Report of individual receiving text messages

February 10

2:12 a.m. Individual refused ambulance and requested ride to Norton County Hospital, 200 block Graves

4:27 a.m. Request ride home from Norton County Hospital

7:53 a.m. Report of water line break, Nixon

9:13 a.m. Report of dog running loose, Norton Community High School

1:45 p.m. Report of semi blocking roadway, 900 block West St.

2:30 p.m. Funeral escort

2:54 p.m. Report of stolen numbers off debit card

3:14 p.m. Two vehicle accident, Second and Lincoln

3:24 p.m. Request for incident report

4:42 p.m. Activated life line

4:56 p.m. Request to speak to officer, 300 block W. Main

5:08 p.m. Request to speak to officer, Sheriff's Dept.

9:33 p.m. Keys locked in vehicle, 500 block N. Second

February 11

9:33 a.m. Report of attempted break-in, Senior Citizens Building

1:30 p.m. Request to speak to officer concerning ticket

2:52 p.m. Motorist assist, E. Lincoln

4:41 p.m. report of vehicle driving all over the road

8:18 p.m. Individual taken into custody on arrest warrant, Legion

9:04 p.m. Report of dog running loose, 300 block Wabash

February 12

1:06 a.m. Barking dog complaint, 500 block E. Lincoln

2:45 p.m. Request for extra patrol on E. Highway 36

3:45 p.m. Two vehicle accident, 400 block State

3:53 p.m. Information on possible intoxicated driver

10:39 p.m. 911 call to dispatch by intoxicated individual

February 13

4:22 a.m. Parking citation

6:18 a.m. Keys locked in vehicle, 600 block N. Norton

11:16 a.m. Report of individual being locked out of house

1:19 p.m. Report of vehicles parked in no parking zone

3:18 p.m. Complaint on two dogs, 700 block N. Wabash

3:44 p.m. Report of found keys, Brooks Motel

6:52 p.m. Report of hit deer E. Hwy. 36

7:00 p.m. Report of dog running loose, Library

11:53 p.m. Barking complaint, 500 block W. Wilton

11:55 p.m. Individual taken into custody, O'Briens

February 14

1:55 a.m. Barking dog complaint, 600 block N. Second

3:07 a.m. Report of phone harassment

3:13 a.m. Activated alarm, 100 block N. Second

11:57 a.m. Keys taken out of vehicle during night, 300 block W. Lincoln

1:14 p.m. Report of someone dumping trash in private dumpster

2:04 p.m. Parking citation

6:07 p.m. Report of dog running loose, 1000 block N. Norton

February 15

7:50 a.m. Keys locked in vehicle, Norton Community High School

10:50 a.m. Telephone harassment

9:07 p.m. Request to pick up child and bring home, 1000 block Kennedy

11:11 p.m. Barking dog complaint, 100 block Indiana

February 16

11:23 a.m. Report of barking dogs, 600 block Second

11:37 a.m. Keys locked in vehicle, Post Office

11:52 a.m. Request for police report

3:19 p.m. Report of individual that won't leave residence, 500 block W. Waverly

9:30 p.m. 911 call, kids playing with phone

Warning signs for a heart attack

By RACHEL FRIEDMAN

Rachel@newsandexperts.com

Everyone should know the warning signs for a heart attack but according to Dr. Isaac Eliaz, effective prevention requires much more than a list of potential symptoms.

"Heart attacks strike quickly and without warning," said Dr. Eliaz - an author, lecturer, researcher, clinical practitioner and product formulator for natural health supplement manufacturer Econugenics, www.econugenics.com.

"So as the national discussion turns to preventing heart attacks during American Heart Month, the real question isn't whether people can recognize the warning signs, but rather, whether they can recognize if they are at risk in the first place."

According to the American Heart Association, an estimated 81 million American adults -- more than one in three -- have one or more types of cardiovascular disease (CVD). Of these, 38 million are estimated to be under 60 years of age.

"And those are just the reported cases," Dr. Eliaz said. "What about the people who have CVD and don't know it or haven't been diagnosed by a doctor because they haven't seen a doctor? Our mission should be to help these people recognize they are in high risk categories and get checked

out."

According to Dr. Eliaz, high risk factors include:

- Smoking
- Excessive alcohol consumption
- A diet high in saturated fat and cholesterol
- Sedentary lifestyle
- Obesity
- Glucose intolerance
- Diabetes
- High salt intake

"There are a number of lifestyle options that may avert the condition," he added, referencing a free report he wrote about it at <http://cardiobalance.org/>. "The obvious advice, of course, is to maintain a healthy body weight, moderate consumption of alcohol, exercise, reduce sodium intake, alter intake of calcium, magnesium and potassium, and reduce stress. But there's more than that."

Dr. Eliaz recommended the following tips for heart healthiness:

- Heart Healthy Diet -- The first and most obvious step is to shed excess weight through exercise and adopting a heart-healthy diet with heavy consumption of antioxidant-rich fresh fruits and vegetables as the best way to reach both of these goals -- but be sure to eat organic as often as possible, as pesticides will only introduce aggravating toxins into your body.
- Watch Your Fiber -- Moderate

intake of high-fiber whole grains that are low on the glycemic index scale is also important, along with lean protein like chicken, turkey, and fish (as long as you beware of excess mercury content in the fish).

• Anti-oxidant Snacks -- Other heart-healthy snacks include seeds and nuts, and even small amounts of antioxidant-rich dark chocolate. Drinking green tea and red wine (in moderation) are also excellent ways to protect your heart.

• Good Fats and Bad Fats -- It's more important that you choose "good" fats as opposed to "bad" fats. The saturated and trans fats that you'll find in red meat, butter, and most fast foods are more likely to clog arteries than unsaturated choices like olive oil and fish oil - the latter of which can actually boost your heart health.

"At the end of the day, we need to understand the things about our lifestyle that contribute to our risk for heart disease," he said. "That way, it really won't matter whether we memorized the warning signs of a heart attack, because we may never experience them."

About Dr. Isaac Eliaz

Dr. Isaac Eliaz is a respected author, lecturer, researcher, product formulator, and clinical practitioner. He has been a pioneer in the field of integrative medicine since the early 1980s.

February 19

12:28 a.m. Report of dog running loose, 500 block N. 1st

8:36 a.m. Report of stray dog needing picked up, 500 block N. 1st.

9:19 a.m. Report of dog running loose, Norton Manor

2:48 p.m. Report of lost dog, 5:27 p.m. Civil standby, Crane

February 20

1:30 a.m. Curfew violation

6:37 a.m. Welfare check, Archer

12:09 p.m. Two vehicle accident, Wilton & Archer

2:31 p.m. Report of dogs running loose, E. Woodfield



ANNUAL

McMullen & Wyatt Auctions

Farm Consignment Auction

McMullen & Wyatt Auctions is now accepting consignments for our Annual Spring Auction. Any farm related items, livestock equipment, tools, machinery, tractors, or trucks accepted for the March 27 auction. To consign or for more information, please contact Donald or Robert

785-877-3299 OFFICE
785-877-2731 ROBERT
785-877-2028 DONALD



Public Notice

Published in The Norton Telegram Tuesday, February 9, 16, 23, 2010 (3T)

In the Matter of the Estate of Lois Louise Kitzke, Deceased Case No 2010-PR-6

Notice of Hearing and Notice to Creditors

The State of Kansas To All Persons Concerned:

You are hereby notified that on February 4, 2010, a Petition was filed in this court by Paul Thomas Kitzke Jr. and Charles John Kitzke named in the Last Will and testament of Lois Louise Kitzke, deceased, praying that the will filed with the Petition be admitted to probate, that they be appointed as executors without bond, that they be granted letters Testamentary.

You are required to file your written defenses thereto on or before March 8, 2010, at 11:00 o'clock a.m., of said day, in this Court, in the city of Norton,

Norton County, Kansas, at which time and place the cause will be heard. Should you fail, judgment and decree will be entered in due course upon the Petition.

All creditors are notified to exhibit their demands against the estate within four (4) months from the date of first publication of this Notice, as provided by law, and if their demands are not thus exhibited, they shall be forever barred.

Paul Thomas Kitzke, Jr.
Petitioner
Charles John Kitzke
Petitioner

Karen L. Griffiths #09919
Sebelius & Griffiths, LLP
P. O. Box 10
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Announcement

FREE

Informational Seminar

Learn About Windows 7 Operating System

Thursday, Feb. 25

1st Session: 3:30 p.m.
2nd Session: 5:30 p.m.

To Be Held at the Norton Technology Center
103 S. State, Norton

No Pre-Registrations Required
785-874-4844
WITH QUESTIONS