

10 week old Lhasa Poo, up-to-date on shots, \$100. Brown sable. Call (785) 626-4219.

G 1/9-1/16

Neutered male dorkie, free to good home. Call 785-443-4316.

C 1/9-1/16

Adorable, house-raised shihtzu puppies. Parents both AKC registered. Great with kids! 2 females left. Ready to go - 785-852-5000.

C 1/9-1/16

For Sale: Split level 4 bed- room, 2 car garage, 2 bath, large corner lot, underground sprinkler, 110 N. Martin, Oberlin. (785) 460-3006. O 1/9-1/30

New reduced price on 5 bedroom, 2 bath country home on 15 acres with horse corral, pasture, machine shed and grain bins . . . now \$169K, with 50% owner financing. View at: <http://kansascountryhome4sale.com> or call 800-440-0467. N tfn

COMPLETE FITNESS CENTER FOR SALE! Changing Lifestyles, 13th & Main, Goodland. Contact Pat Howe at (785) 890-7512 or (785) 821-2389 for more information. G 5/16-tfn

Homes for sale: Home on five acres with several out-buildings, 12 miles south of Norton. A rock home on eight acres with several out-buildings, 15 miles south of Norton. Call Larry Riggs with

Kansasland Realtors at 785-874-4776.

N tfn

REAL ESTATE SERVICES

Let Us List Your Property. Call Duane McEwen, listing agent for Home Range Realty Inc. at 785-877-3032. N tfn

Contact Owner/Broker Larry Riggs at Kansasland Realtors for listings and sales private treaty or auction, 785-543-4440 or 785-874-4776. N tfn

Make the Weiser Choice - Contact Weiser Realty for all of your real estate needs at 785-877-2185. Jolene L. Weiser, Broker; Samantha M.

Hager, Salesperson. N tfn

FOR RENT

Two bedroom apartment. Oberlin (785) 475-3450. O 1/9

FOR LEASE: Bird City Senior Estates. Three brand new apartments. Contact Shad or Penny Sheldon 785-899-5942 or 785-821-2666. SF tfn

Downtown office space available at 5th and Franklin, Colby. Call 785-462-3939. C 9/19-TFN

Houses and apartments Goodland, KS. All sizes. Call for details. (785) 890-6538. G 6/20-tfn

Houses & Apartments. Cole Real Estate in Goodland 785-899-2683. G tfn

Income based one bedroom vacancy. Contact: Lacy Frack, PHM, Norton Housing Authority, KS034, 785-877-2714. N 1/11/13

Whispering Pines, Independent and Assisted living. Apartments available. Providing the highest quality of life for aging adults. 785-874-5500 - wpines@ruraltel.net. Norton, KS. N 1/9/13

Consider living in an independent apartment complex in Norton for people over 55 years of age. Garage, appliances and other conveniences. For information contact Nancy McGinnis, Administrator. 785-877-2601. N tfn

FARM SERVICES/EQUIPMENT

Disc Rolling—Rolling on the farm. Call Ron Lewis, Eustis, NE. 308-486-3501. N tfn

BUSINESS/REAL ESTATE

425 Center Ave., Oakley, KS - 4 bed, 1 3/4 bath, wood floors, full basement, 2-car attached garage, privacy fence, patio, new window treatments, appliances stay, close to school. Look at photos on www.nexttechclassifieds.com. Call Chris 785-953-7255. C 1/9



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2001 Dodge Neon FWD, Cloth, Auto	\$2,500
2004 Ford F-150 XLT, 5.4L, 4x4, Cloth	\$8,700
2004 VW Touareg, Low Miles	\$16,825
2005 Toyota 4Runner, 2WD, Super Clean	\$12,400
2005 Chevy Silverado, K2500HD	\$13,900
2005 Ford F-250 XLT, Supercab	\$16,500
2006 Ford Crown Vic, Interceptor Pkg	\$5,900
2006 Ford F-150, 4x4 pkg.	\$15,900
2006 Ford, S/C, 4x4, long box, Beige Cloth	\$14,500
2007 Ford King Ranch F-150 Crew, 59,452	\$27,500
2007 Honda Pilot, Fully Loaded	\$20,250
2007 Chevy K-2500 HD, Gas, Crew, Longbox	\$24,995
2008 Ford Explorer XLT, Leather, Clean,	\$20,200
2008 Chevy Equinox LTZ, AWD, Loaded	\$19,800
2008 Dodge 2500 Diesel, great shape	\$31,995
2009 Ford F-150 King Ranch Crew	\$31,000
2009 Nissan Altima, loaded	\$16,800
2009 Cadillac STS, loaded	\$28,250
2010 Ford F-150 Crew Lariat, 60,700	Priced to sell
2010 Buick LaCrosse	\$24,495
2010 Ford Explorer Eddie Bauer	\$23,000
2010 Ford Explorer Eddie Bauer	\$26,000
2011 Chevy Impala LT, 34K	\$21,000
2012 Ford Fusion SEL, FWD, Great Mileage	\$17,500
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Oberlin, Kan. 67749 (785) 475-2206

The Saint Francis Herald • Box 1050
St. Francis, Kan. 67756 • (785) 332-3162

The Norton Telegram • 215 S. Kansas.
Norton, Kan. 67654 • (785) 877-3361

Make your New Year's Resolution to be a healthier you!

Once again, the Thomas County Coalition /Wellness Committee is sponsoring health screenings and a healthy lifestyle program,

"Thomas County Wellness Challenge."

HEALTH SCREENINGS

Citizens Medical Center, Inc., working in conjunction with the Thomas County Coalition, will offer health screenings in the Citizens Medical Center Specialty Clinic Lobby on January 9, 10, 11, and 12, 2013 from 6:00 am – 9:00 am.

Screenings include:

- Comprehensive Profile (includes a Lipid Profile, Glucose, and Complete Blood Count) —requires 10-12 hours fasting - \$30
- TSH (Thyroid) — (Recommended for baseline or if having symptoms) \$20
- Hgb A1C (3 month glucose average) — (Known diabetics or significant history) - \$20
- Prostate Screening/PSA — (males only) - \$25
- EKG — (recommended for baseline) - \$35
- Pulmonary Screening — Free

THOMAS COUNTY WELLNESS CHALLENGE

The Thomas County Wellness Challenge is an eight week individual program that encourages increased exercise and healthy eating habits that will promote healthy life styles and desired weight in a fun, virtual format.

The program guidance will be: **5210**

- **5** or more fruits and vegetables
- **2** hours or less of screen time
- **1** hour of physical activity
- **0** sugary drinks, more water

This program includes: the Comprehensive Profile blood test; BODPOD testing, for percentage of lean and fat body mass/considered the "Gold Standard" for measuring body composition; weekly weigh-ins and lessons on wellness every week. All this for one low price of \$40.

The Thomas County Wellness Challenge will get under way Tuesday, January 15, 2013, at the Thomas County Health Department, 350 S. Range. Weigh-in will be "come and go" from 7:45 am – 4:45 pm. Weigh-ins will be every Tuesday through March 12. Participants will receive correspondence, weekly assignments and reading material via e-mail. The Thomas County Wellness website, www.thomascountywellness.org will also be utilized for the weekly postings. Provisions will be made for those who need an alternative format. Weigh-in and assignments are not required, but incentives will be given based on a point system in which points are given for program participation. The Final Weigh will be March 12, 2013.

To register, simply go to the "wellness challenge" tab on the Thomas County Wellness Website, www.thomascountywellness.org and fill out the registration form. You will receive a confirmation e-mail after your registration is complete. Payment of \$40 can be made online when you register or with a check to the Wellness Committee in care of Pat Erickson, 1255 S. Range, Colby, KS 67701.

Registration deadline: For those participating in the free blood work, registration is due January 8th, if not having blood work, registration is due January 14th.

If you have questions about the 2013 Health Screenings or the Thomas County Wellness Challenge, contact:
Citizens Medical Center, Education Department (785) 460-4850 • E-mail jbrown@nwkshealthcare.com
Thomas County Health Department (785) 460-4596 • E-mail findir@thomascohealth.com
Thomas County Extension Office (785) 460-4582 • E-mail diann@ksu.edu