

Choose foods and lifestyle to help prevent diabetes

In the U.S., about 8 percent of the population — 24 million children and adults — has diabetes. The Centers for Disease Control and Prevention also reports that about 57 million Americans have pre-diabetes, and that one in three children born after 2000 is at risk of developing the disease.

Genetics factor into whether or not an individual will develop diabetes, yet everyday choices can increase vulnerability.

Early symptoms of the disease can include blurred vision, excessive thirst, frequent urination, hunger, unexplained fatigue or irritability. Some who have diabetes may not identify symptoms with the disease. An example might be an unexplained — and uncharacteristic — irritability. Others who have the disease may not experience any symptoms. The medical community encourages an annual health screening that includes measuring fasting blood sugar levels.

An early diagnosis can be an advantage and prevent serious problems, since uncontrolled diabetes can lead to amputation of the feet or legs, blindness, kidney failure, and sexual dysfunction in men and women. If not controlled during the first trimester of pregnancy, diabetes can cause birth defects or the death of an unborn child. If not controlled during the second or third trimester, diabetes may lead to a large baby and put mother and child at risk.

Up to 58 percent of the people diagnosed with pre-diabetes, and as many as 71 percent of adults ages



Home Time

*By Tranda Watts
Multi-county Extension Agent*

60 and over who are diagnosed with pre-diabetes, can delay or prevent the development of type 2 diabetes. Here are some preventative health tips:

- Get an annual health screening, including a fasting blood sugar test.
- Strive to maintain blood sugar, blood pressure and cholesterol at healthy levels. Research from the Diabetes Control and Complications Trial, conducted from 1983 to 1993, has shown that keeping blood sugar levels as close to normal as possible can reduce damage to the eyes by 76 percent and damage to kidneys by 35 to 56 percent.
- Reduce body weight by 5 to 7 percent, if overweight. A person weighing 200 pounds can experience health benefits from losing as little as 10 pounds.
- Be physically active for at least 30 minutes most days to improve blood sugar levels, decrease insulin resistance and reduce the risks of a heart attack or stroke. If pressed for time, try exercising at five-or-10-minute intervals to accumulate 30 minutes of physical activity. Try parking the car at the far end of the parking lot and walking, or taking

the stairs, rather than the elevator.

- Avoid tobacco use.
- Color your plate — choose brightly colored vegetables and moderate portions of fruit, whole grains, and proteins such as cooked dried peas and beans, soy foods, low-fat or skim dairy products, fish, nuts, seeds, chicken or turkey (without skin), lean cuts of red meat or eggs.
- Reduce intake of saturated or solid fat, salt and added sugar.
- Learn how to cope with necessary stresses; reduce or eliminate unnecessary stresses.
- Brush and floss teeth daily to protect teeth and gums.
- Report changes in eyesight to a health care professional.

Contact your local K-State Research and Extension Office for more tips to reduce risks from diabetes or e-mail twatts@ksu.edu.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Decatur, Gove, Norton, Sheridan, and Trego counties. Call her at (785)443-3663 or e-mail twatts@ksu.edu. For more information, contact the county extension office, 475-8121.

Public Notices

Estate of H. Votapka

PUBLIC NOTICE
(Published in The Oberlin Herald,
Wednesday, August 26, September 2, 9,
2009)3t

IN THE DISTRICT COURT OF DECATUR COUNTY, KANSAS
PROBATE DIVISION

In the Matter of the Estate of
HOWARD E. VOTAPKA, Deceased.

Case No. 2009-PR-23

NOTICE OF HEARING AND NOTICE TO CREDITORS

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that a petition dated the 19th of August 2009, has been filed in this court by Janette E. Votapka, as the surviving spouse and heir of Howard E. Votapka, deceased, praying for administration of said estate and for the appointment of Janette E. Votapka as administrator of the estate.

You are further advised that the petitioner in this matter has requested administration pursuant to the Kansas Simplified Estates Act, and if such request is granted the court may not supervise administration of the estate and no further notice of any action of the administrator or other proceedings in the estate will be given except for notice of final settlement of the decedent's estate. Should written objections to simplified administration be filed with the court, the court may order supervised administration to ensue.

You are hereby required to file your written defenses to the appointment of Janette E. Votapka as administrator of the estate on or before September 18, 2009, at 10:00 A.M. in this court in the city of Oberlin in Decatur County, Kansas, at which time and place the cause will be heard. Should you fail therein, 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 months from the date of the first publication of this notice as provided by law, and if their demands are not thus exhibited they shall be forever barred.

Janette E. Votapka, Petitioner

Steven W. Hirsch #12789
HIRSCH & PRATT, LLP
124 So. Penn. P.O. Box 296
Oberlin, Kansas 67749
(785) 475-2296
Attorney for Petitioner

Cooperative Statement

PUBLIC NOTICE
(Published in The Oberlin Herald,
Wednesday, September 9, 2009)1t

STATEMENT OF NONDISCRIMINATION

Prairie Land Electric Cooperative, Inc. is the recipient of Federal financial assistance from the Rural Utilities Service, an agency of the U.S. Department of Agriculture, and is subject to the provisions of Title VI of the Civil Rights Act of 1964, as amended, Section 504 of the Rehabilitation Act of 1973, as amended, and the rules and regulations of the U.S. Department of Agriculture which provide that no person in the United States on the basis of race, color, national origin, age, or handicap shall be excluded from participation in, admission or access to, denied the benefits of, or otherwise be subjected to discrimination under any of this organization's programs or activities.

The person responsible for coordinating this organization's nondiscrimination compliance efforts is Allan Miller, General Manager. Any individual, or specific class of individuals, who feels that this organization has subjected them to discrimination may obtain further information about the statutes and regulations listed above from and/or file a written complaint with this organization; or the Secretary, U.S. Department of Agriculture, Washington, D.C. 20250; or the Administrator, Rural Utilities Service, Washington, D.C. 20250. Complaints must be filed within 180 days after the alleged discrimination. Confidentiality will be maintained to the fullest extent possible.

Ordinance No. 825

PUBLIC NOTICE
(Published in The Oberlin Herald,
Wednesday, September 9, 2009)1t

ORDINANCE NO. 825

An ordinance amending ordinance #825 relative to utility collections.

BE IT ORDAINED BY THE GOVERNING BODY OF THE CITY OF OBERLIN, KANSAS:

Section 1. Notwithstanding the provisions of city code sections 17-205, 17-206, and 17-207 as well as the provisions of city ordinance #825, the city administrator shall have the power, in extenuating circumstances, to make extended payment agreements for delinquent accounts.

Section 2. All ordinances or city code provisions in conflict herewith are hereby repealed.

Section 3. This ordinance shall take effect and be in full force from and after its publication in the official city newspaper.

PASSED BY THE COUNCIL AND APPROVED BY THE MAYOR ON THIS 3RD DAY OF SEPTEMBER, 2009.

Joe Stanley, Mayor

Attest: Karen Larson, City Clerk

Commission Proceedings

PUBLIC NOTICE
(Published in The Oberlin Herald,
Wednesday, September 9, 2009)1t

COMMISSIONER PROCEEDINGS
MONTH OF August 2009

COMMISSIONER PROCEEDINGS SALARIES IN GROSS AMOUNTS PAID 08 - 31 - 09: GENERAL 48,809.71; R/B 30,329.92; HEALTH 5,207.25; AMBULANCE 5,014.00; NOXIOUS WEED 9,002.41; ELECTION 1,106.00; SUMMER REC 1,000.00; TRANS AUTO 1,589.38; RFD 555.00; TREAS AUTO 2,048.00;
TOTAL PAYROLL: \$104,661.67

ACCTS PAYABLE WARRANTS August PAID 09 - 08 - 09: Advance Ins 229.08; Allied Oil 744.90; Alltel 105.97; AT&T/SBC 130.59; AT&T 980.64; Bankers Credit Card 304.29; BCBS 31,703.53; Shane Bird 150.00; City of Oberlin 3,769.10; Colby Wrecking 562.26; Conoco 203.90; Conoco/Sheriff 153.76; CPM 1,586.85; CPM 114.00; CPS 962.50; CSI Tax & Acctg 133.00; CSI Forms 50.55; Culligan Water 296.70; D&M Service 19,115.50; D&M Service 15,156.63; D&M Sinclair 170.67; Decatur Coop 1,766.55; Decatur Cnty Implement 109.74; Decatur Cnty Nox Weed 3,481.58; Dollar General 124.75; Eagle Comm 60.58; Eagle Comm 150.71; Eakes Ofc 445.62; Edwards Machine 437.10; FA Consulting 176.25; Fishnet Security 50.84; Gene Gallentine 88.00; Hancock Gravel 3,131.00; Hirsch & Pratt 2,890.37; Ideal Linen 215.71; Inland Truck 105.80; KADCCA 150.00; Kansas-n 403.21; Kansas Land Tire 2,984.75; KDHE/Immunizations 103.59; KITUSA 280.40; L&M Repair 195.00; Lockwood 146.00; Marilyn Mack 300.54; McKesson 4,948.34; Med-Tech 141.94; Merck & Co 1,561.54; Sam Mertens 79.20; Midwest Energy 78.23; Nex-Tech (rural) 386.59; Nex-Tech (rural) 3,546.38; Nex-Tech (wireless) 412.72; Norcat Sr Citizen 52.00; Norton Cnty Clerks Ofc 383.17; Oberlin Automotive 1,520.86; Oberlin Herald 3,359.40; Oberlin Medical Arts 55.00; Oberlin Tire 210.50; Ofc Wrks 192.25; Oldham Sales 130.51; Orschelns 59.91; Price Digest 224.39; Rayes Grocery 132.74; Rayes Grocery 778.85; Red Willow Cnty Sheriff 56.74; SW Imp 138.16; Sanofi Pasteur 1,566.32; Share Corp 509.86; Span Publishing 144.00; Stanley Hardware 84.66; Sunflower Sr Center 124.31; Vicky Sylvester 663.11; Top Ofc 497.01; Ultramax 159.00; Ralph Unger 99.80; Nora Urban 474.24; Wal-Mart 154.73; Weiss Fire & Safety Equip 11,876.05; Zee Medical 174.05;
TOTAL ACCTS PAYABLE \$ 129,774.26 INCLUDING WARRANTS \$50.00 & UNDER AT \$375.19

BOARD OF COMMISSIONERS
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Ralph D. Unger, Member
Gene W. Gallentine, Member

ATTEST: Colleen Geihlsler, County Clerk

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Sale of Real Estate

PUBLIC NOTICE
(Published in The Oberlin Herald,
Wednesday, September 2, 9, 16, 2009)3t

THE DISTRICT COURT OF DECATUR COUNTY, KANSAS

Decatur Cooperative Association, Plaintiff,

vs.

Richard Kump, Defendant.

Case #2009-CV-13

NOTICE OF SALE

By virtue of an Order of Sale issued to me out of the said District Court in the above entitled action, I will on September 30, 2009, at 10:00 a.m. of said day at the front door of the Decatur County Courthouse in Oberlin, Kansas, offer at public sale and sell to the best bidder for cash in hand, the following described real property:

Lots Nine, Twenty and Twenty-one (9, 20, 21), all in Block Six (6), Original Town, now City of Jennings, Decatur County, Kansas, subject to any redemption rights as provided by law.

Ken Badsky, Sheriff of Decatur County, Kansas

Steven W. Hirsch #12789
HIRSCH & PRATT, LLP
124 S. Penn. P.O. Box 296
Oberlin, KS, 67749
Attorney for Plaintiff

Seed Wheat for Sale

Certified Fuller and Overlay, also: T129, T136 T812 and T81SV
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