



Chris Cox and Doug Johnson take a look how much the coyote weighed which Chris and his partner, Russ Erbert, bagged during the annual coyote and crow calling contest Saturday. In the end, the coyote was big enough to take the prize at 30 1/2 pounds. Doug and his partner, Dusty Gastineau, took first place with six coyotes.

— Telegram photo by Veronica Monier

## Callers bring in coyotes, crows

The 44 people participating in the 4-H Shooting Sports annual coyote and crow calling contest probably appreciated the nice weather on Saturday, considering that they were out hunting from dawn until dusk.

The 19 two-person teams who checked in at the end of the day brought in 17 coyotes, 11 crows and 1 bobcat.

Winners of this year's contest were: biggest coyote — Russ Erbert and Chris Cox, 30 1/2 pounds; most crows — Brock McChesney and Keith Ward, seven; overall winners — Doug Johnson and Dusty Gastineau, first place, six coyotes; Christopher Whitney and David Lamp, second place, two coyotes and one bobcat; Justin Klein and Tanna Portner, third place, two coyotes; Erbert and Cox, fourth place, two coyotes; and Jason Breiner and T.R. Richman, fifth place, one coyote and one crow.

Others bringing in coyotes and crows were: Jake Swisher and "Cubby" Cuthbertson, one coyote; Corey Urban and Vernon Carlton, one coyote; Kate Coleman and K.C. Richard, one

coyote; McChesney and Ward, seven crows; and Blake Hillebrand and Paul Juenemann, three crows.

Also checking in were Rich McChesney and Arehart, John Baker and Culligan, Doyle Brooks and Scott White, Austin Brooks

and Kent Legg, Jim Lenier and Ron Chester, John Ruder and Gary Bikeman, Brett McChesney and Justin Knowel, and Scott Tien and Brady Tien.

The coyote and crow calling contest is a fundraiser for Norton County 4-H Shooting Sports.

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at 785-877-3351 — 102 E. Holme, Norton, Kansas

# Kansas organization takes look at schools, vending machines

A new report, *Vending Machines in Kansas Schools: Jeopardizing the Student Body*, released today by the Kansas Action for Children, emphasizes the importance of the school nutrition environment in shaping children's lifelong habits. The report presents valuable information that policy makers can use to establish guidelines that protect and improve the well-being of all Kansas children, according to a spokesman for the organization.

"There is a critical link between nutrition and learning," said Gary Brunk, executive director of Kansas Action for Children. "Healthy kids learn better."

Kansas schools are uniquely

positioned to positively influence the eating habits and health of our children, yet many schools offer snacks and beverages with little or no nutritional value, Brunk said.

He said schools have the opportunity to help students establish and maintain lifelong, healthy eating patterns. With children growing heavier and concerns surrounding oral health escalating, vending machines are a logical place to begin making positive changes, he said. Policy makers, school officials, parents and caregivers can encourage this by getting the facts about products sold in their schools, Brunk said.

The report provides several recommendations for improving the

school nutrition environment including:

- Turning off soda and snack machines during school hours.
- Providing financial incentives for districts and schools to reduce their reliance on revenue from vending machines.
- Adopting student reward programs that do not involve food.
- Voluntarily adopting standards and policies to support changes.

Better health for Kansas kids is the foundation of better health for all Kansas, according to Kansas Action for Children.

For more information about Kansas Action for Children and healthy options for Kansas school children, visit [www.kac.org](http://www.kac.org).

## Walking program wants more people

(Continued from Page 1) sumption of health-promoting foods during the program and after the program. Past participants also have reported increased energy and a more optimistic outlook on life.

More than 90 Kansas counties

and 17,000 people are expected to participate in Walk Kansas this year. Its simplicity makes it appealing.

Are you interested in being on a walking team? Are you interested in improving your health and outlook on life? If you answered yes

to either of these questions, contact K-State Research and Extension of Norton County at 877-5755 and ask for a Team Captain's packet. Then begin the search for five friends or five people you would like to be friends with to form a team. Team registration and individual registrations should be turned into the Extension Office by Monday, March 6.

Last year Norton County had about 80 Walk Kansas participants. Organizers hope for 100 this year. Call now for your Walk Kansas registration information.

If you have further questions about the Walk Kansas program, please contact your local K-State Research and Extension Office or e-mail: [twatts@oznet.ksu.edu](mailto:twatts@oznet.ksu.edu).

## Hospital is in good health

(Continued from Page 1) Miller said she is coming from Selden. There were a lot of good applications, he said, so it was a tough decision but he thinks she'll do a good job for the hospital.

The hospital has gotten several applications for the chief financial officer position, as Mr. Carlton is moving to Denver. He said hopefully, they will have made a decision soon.

The hospital board and medical staff have joined a tobacco free pledge, which will cover all of the hospital's property. He said they hope to have it done by the end of the fiscal year. He said a committee has been formed to get the

policy put together. There is at least one employee who is a smoker on the committee.

There was a new bill being introduced to the legislature by the sheriff's association.

If the bill is passed, it will make the county responsible for paying a prisoner's hospital bills at a reduced rate.

## Fourth grader wins Eisenhower spelling bee

(Continued from Page 1) permission". Second place went to R.J. Third place winner was Rhees Carlson, sixth grade. Cody Ellis, fifth grade, is the team alternate.

Johnnye, R.J. and Rhees will compete in the County Spelling Bee to be held Feb. 15 in Lenora.

## Become A State Certified First Responder

Norton Co. EMS is offering the First Responder Course from 2/25/06 — through Mid June Certification Includes License and CPR

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785-877-5784  
Until 4 P.M.

AFTER 4:00 P.M.

785-202-0048 Andy, Director  
785-202-0080 Ruth, Asst. Dir.

# Norton County Health Promotion Blood Draws WED., FEB. 15

AT: The Norton County Health Department  
TIME: 7:00 a.m.-12 noon

PROVIDED BY A JOINT EFFORT OF THE NORTON COUNTY HEALTH DEPARTMENT AND THE NORTON COUNTY HOSPITAL

*Need to be Fasting Before the Test* (No Food or Drink After Midnight)

QUESTIONS? Call Norton County Health Department at 785-877-5745

### PROFILE #1

"Health Profile & CBC" — \$40.00

Health Profile Contains:

**ELECTROLYTES:** (Sodium, potassium, chloride and total carbon dioxide). These are major indicators of kidney and hormonal functions. Electrolytes are essential for the body's acid-base balance and the operation of nerves and muscles, especially the heart.

**KIDNEY FUNCTIONS:** (BUN, creatinine). These indicators are used to monitor kidney function.

**LIVER FUNCTIONS:** (Total albumin, globulin). These tests can be used in detecting and/or monitoring liver function damage, tissue damage or inflammation.

**ALKALINE PHOSPHATE:** (Uric acid, calcium, phosphorus). Used for detection and monitoring of bone, tissue and parathyroid disease, such as arthritis, gout, bursitis and lupus.

**GLUCOSE:** This test is to measure blood sugar levels and is used to help diagnose/monitor diabetes mellitus.

**CHOLESTEROL:** (Including HDL, LDL, VLDL, triglycerides and ratio of LDL/HDL). These are fats produced in the liver that combine with fatty oils in the blood stream. Cholesterol is further broken down and measured as HDL (good cholesterol) and LDL (bad cholesterol). The person who has higher levels of LDL is at greater risk of heart disease. Triglycerides determine the level of simple fats in the blood.

**CBC:** (Complete blood count with differential). This is a series of tests of the blood that provides a tremendous amount of information about the hematologic system, immune response and many other organ systems.

### PROFILE #2 (PSA)—\$20.00

**PSA—**This test detects an enlarged prostate, infected prostate and/or prostatic cancer. It can be used to evaluate disease progression and to monitor treatment.

### PROFILE #3 (TSH)—\$15.00

**TSH—**This test is used to evaluate thyroid function and detect if there is too much or too little hormone secreted by the thyroid.

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