

Flip for it...

Steve Hamilton, a.k.a. Chris Cakes, (above) manned one of the grills at last Thursday's business sponsored customer appreciation pancake feed. Not only did people go to eat the free food, but they went to browse the booths (right) set up by sponsoring businesses and sign up for prize drawings.

- Telegram photos by Veronica Monier



Correctional facility honors employees

ployees for the fourth quarter of and takes time to teach everyone. September of 1988 and was pro- Cross Instructor and her abilities

The Norton Correctional Facil- den Joel Hrabe. "Jerry shows care Mrs. Douglas has been with the team. ity honored two outstanding em- and concern for his subordinates Department of Corrections since "Julie is also a longtime Red

Blood tests can be taken Wednesday at county health

you go see your doctor or between to help diagnose and monitor diavisits?

Now is the time. The Norton County Health Department and HDL, LDL, VLDL, triglycerides the Norton County Hospital will be holding a blood draw on Wednesday from 7 a.m. to noon at the health department. No appointment is necessary.

Three different profiles will be offered, all of which require fast-

and a CBC for \$40. It will check:

• 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 monitordamage or inflammation.

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 mea- 5745.

Want to get a blood test before sure blood sugar levels and is used betes mellitus.

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 Cholesterol — (Including and ratios). 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 ing after midnight the night before. levels of LDL is at greater risk of Profile No. 1 is a health profile heart disease. Triglycerides determine the level of simple fats in the blood.

> • CBC — (Complete blood count with differential). This provides information about the hematologic system, immune response and many other organ systems.

> Profile No. 2 is a PSA for \$20. The PSA is a test that detects an enlarged prostate, infected prostate and/or prostatic cancer. It can be used to evaluate disease progression and to monitor treatment.

The third profile is a TSH for \$15. The TSH is a test that is used ing liver function damage, tissue to evaluate thyroid function and detect if there is too much or too • Alkaline Phosphate — (Uric little hormone secreted by the thyroid.

> The three profiles can be done individually or can be combined.

For more information, contact the health department at 785-877-

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 Only 10 Seats Available-

Call for Costs and Information



785-877-5784 Until 4 P.M.

2005.

Smith was chosen as uniformed officer and Administrative Assistant Julie Douglas was selected as the non-uniformed officer.

Captain Jerry Smith Smith started

with the Department of Corrections in September of 1989 and was promoted to Captain in November of 2000.

"Captain Smith is an exceptional officer whose leadership and example are a standard for all of us to follow," said Deputy War-

Commissioner injured when truck rolled

A Norton man was flown to Good Samaritan Hospital in Kearney after rolling his truck last week.

On Thursday at 11:55 a.m., Norton County Commissioner John Miller, 55, was driving south on Road W-6 in a 2001 Ford pickup truck when he swerved to miss a deer that ran in front of him, said a report by the Norton County Sheriff's Department. Mr. Miller lost control and rolled the truck.

He was taken by ambulance to the Norton County Hospital and was then later flown to Good Samaritan in Kearney.

As of Monday morning, Mr. Miller was in good condition at the hospital.

He wasn't wearing a seat belt at the time of the accident.

Cards and well wishes can reach his home at RR 3, Box 125, Norton, Kan., 67654.

You will usually find him to have moted to Administrative Assistant are second to none. She is an out-Corrections Specialist III Jerry a smile on his face when interact- in the spring of 1995.

mates.

Smith is an As-

sistant SORT

Commander,

structor, just to name a few. officer."

ing with em-

Emergency

Preparedness Julie Douglas Firearms In-

"Jerry Smith is an exceptional morale and plan activities that will

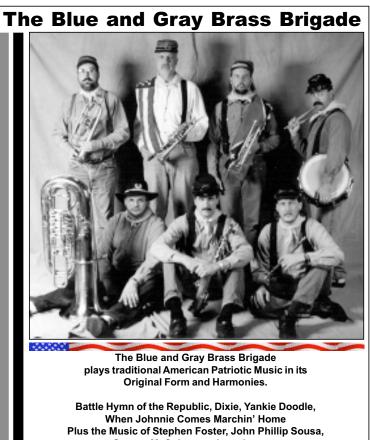
"Julie is a dedicated member of

ployees and in- NCF and is the hub of the Maintenance Department," said Mr. "Captain Hrabe. "Julie is very organized and dependable and is always looking for ways to help the Maintenance Department's operations run more smoothly. Her commitment to the Employee Activity Instructor and Committee is a huge asset to our employees. She is continually looking for ways to boost staff help them feel a part of the NCF

standing role model for other instructors and is passionate about teaching proper CPR and first aid skills to our staff."

AFTER 4:00 P.M. 785-202-0048 Andy, Director 785-202-0080 Ruth, Asst. Dir.





George M. Cohan, and much more

Friday, February 17, 2006 • 7:00 p.m. **Huck Boyd Center** 860 Park Street • Phillipsburg, Kansas

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