

Permit required to harvest hay on State and Federal highways

Hay harvesting on right-of-way along state and federal highways without a permit is illegal and is trespassing, according to the Kansas Department of Transportation (KDOT).

Haying permit applications are available at KDOT District and Area offices and are good for one year or a specific haying season. From April 1 to the end of each year, permits to harvest are issued in the order for which they are received.

Permits can be canceled at any time by either party and all operations shall be in accord with requirements and guidelines set by KDOT. Any person, firm or corporation wanting to mow or bale hay will need to submit a permit application to the KDOT office in their area.

For additional information, contact your local KDOT Northwest District Three Office in Norton at (785) 877-3315 or the KDOT area offices listed below; or call the KDOT

Bureau of Construction and Maintenance in Topeka at (785) 296-3576.

Northwest Kansas KDOT Offices

Norton District Office: (785) 877-3315

Phillipsburg Area Office: (785) 543-2163

Atwood Area Office: (785) 626-3258

Hays Area Office: (785) 625-9718

Oakley Area Office: (785) 672-3113

Tips for a healthier Independence Day

With the summer weather warming up and the Fourth of July just around the corner, it might be time for you and your family to break out the grill. This Independence Day, try some new heart-healthy recipes and start making cooking out a little "healthier":

Go fish! Fish, especially oily fish like tuna and salmon have great nutritional benefits including omega-3 fatty acids. Rub a fillet with lemon juice and parsley or rosemary for enhanced flavor.

Make a better burger: If you're grilling burgers, be sure to buy lean or extra lean beef, drain off the excess fat after cooking and avoid making huge patties - remember that a serving of meat is about the size of a deck of cards (3 oz). Add finely chopped green pepper to your beef to get in some veggies.

Baked fries: Slice white or sweet potatoes into sticks, lightly spray with olive oil cooking

spray, pepper and paprika and bake on a cookie sheet for 40 minutes at 375 degrees.

Veggie kabobs: Load up skewers with mushrooms, peppers, cherry tomatoes, zucchini, yellow squash or other veggies. Spray lightly with olive oil cooking spray and grill until slightly blackened.

Try grilled corn on the cob: Leave the husks on, and grill for about 30 minutes over medium flame, rotating occasionally. Remove from grill, let cool for about five minutes, remove husks and enjoy!

The Fourth of July isn't just about grilling out; it's also about snacking on delicious treats with family and friends. Try some of these simple tricks to eat healthier this summer (not just on the holiday) when you're looking for something sweet!

Fruit pops: Homemade freezer pops are an easy, fun treat for kids to make. Mash up fruit like peaches, grapes, berries or wa-

termelon and put them in paper cups, insert a popsicle stick, freeze overnight and enjoy!

Cool and crisp: Keep a variety of colorful veggies on hand that stay cool and crunchy for a refreshing treat - baby carrots, cucumber slices, and celery sticks are just a few ideas.

Fruit smoothies: Blend your favorite fresh fruits with fat-free or low-fat yogurt and ice for a refreshing drink or freeze and eat with a spoon like a frozen ice chill.

Mix it up: Make your own trail mix using your favorite unsalted, oil free nuts, seeds and dried fruits (just be sure to keep your servings to 1.5 ounces or 1/3 cup).

Just slice and serve: Summer months are peak season for most fruits, just slice and serve - the whole family will enjoy the refreshing natural sweetness and juices just the way nature made 'em!

Preparing for fair...



A horse show was held on Saturday at the Norton Equestrian Arena. There were 26 FFA, 4-H and Open class riders coming from Nebraska and Kansas that participated in 42 classes. Prizes were given and all entry proceeds went to Norton God's Pantry. The riders seen here are preparing to compete in the English Equitation class.

- Telegram photo by Dana Paxton

Three lakes are under a warning

The Kansas Department of Health and Environment (KDHE) samples publicly accessible bodies of water for cyanobacteria, commonly called blue-green algae, when the agency is alerted to a potential algae bloom in Kansas lakes. When harmful algal blooms are present, KDHE, in cooperation with the Kansas Department of Wildlife, Parks and Tourism and other lake managers where appropriate, responds by informing the public of these conditions.

Based upon sampling results and established health risk levels, the following Warnings and Advisories are in place.

KDWPT reminds visitors that when a lake is under an Advisory or Warning, marinas, lakeside businesses, and park camping facilities remain open for business, although swim beaches will be closed. Park drinking water and showers are safe and not affected by the algae bloom. Also, it is safe to eat fish caught during a harmful blue-green algae outbreak, as long as consumers clean and rinse the fish with clean, potable water; consume only the fillet portion; and discard all other parts. People should also wash their hands with clean, potable water after handling fish taken from an affected lake.

CURRENT WARNINGS &

ADVISORIES

Public Health Warning: High levels of toxic blue-green algae have been detected. A Public Health Warning indicates that water conditions are unsafe and direct water contact (wading, skiing and swimming) is prohibited.

Kansas public waters currently under a "Warning" status:

LOGAN CITY LAKE, Phillips County

MARION RESERVOIR, Marion County

MEMORIAL PARK LAKE (Veteran's Lake), Barton County

When a Warning is issued, KDHE recommends the following precautions be taken:

- Humans, pets and livestock do not drink lake water

- Water contact is prohibited. Avoid swimming, wading or other activities with full body contact of lake water

- Clean fish and rinse with clean water, consume only the fillet portion, and discard all other parts

- Do not allow pets to eat dried algae

- If lake water contacts skin or pet fur, wash with clean potable water as soon as possible

- Avoid areas of visible algae accumulation

Public Health Advisory: Harmful blue-green algae have been detected. A Public Health

Advisory indicates that a hazardous condition exists. Water activities like boating and fishing may be safe; however, direct contact with water (i.e., wading, swimming) is strongly discouraged for people, pets and livestock.

Kansas public waters currently under an "Advisory" status:

MILFORD LAKE (North of Farnum Creek) Geary County

When an Advisory is issued, KDHE recommends the following precautions be taken:

- Humans, pets, and livestock do not drink untreated lake water

- Clean fish and rinse with clean water, consume only the fillet portion, discarding other parts

- Do not eat or allow pets to eat dried algae

- If lake water comes in contact with skin or pet fur, wash with clean potable water as soon as possible

- Avoid areas of visible algae accumulation

KDHE will update these statements as conditions warrant.

PUBLIC Contact Information:

Receive up-to-date lake conditions at this Toll Free Number: 1-855-HAB-LAKE (1-855-422-5253).

Prison

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was officially terminated on June 30, 1968.

The new name, Norton State Hospital became effective July 1, 1967. It eventually housed 430 residents and employed 339 staff. From August 1967 to November 1968, the sanatorium's

nurse's building was home to the newly established Valley Hope alcohol treatment center.

By the late 1980's the need for prison housing became a bigger concern for the State and the hospital was converted to a minimum security prison. The first inmates arrived on Sept. 22, 1987. The site of Norton

Correctional Facility has grown to 644 acres and today is a medium/minimum security facility that can employ 280 staff and house 707 inmates.

(The Norton Telegram would like to thank Norton Correctional Facility and the Norton County Museum for their assistance with this story.)

Fire Ban

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and was told by Norton County Attorney Doug Sebelius that it was a county road, and so the county had authority to close it for such a display. He went on to say, "that in doing this, the Norton Area Chamber of Commerce would take over the fireworks event and not the State Park. Mrs. Vance would have to apply for a permit from Rural Fire Chief Otter to be allowed to fire the display." Mrs. Vance thought that was a great idea and agreed to take that on and informed Otter that she would be doing just that.

Otter was concerned about the east side of the dam, due to the

inaccessibility to it if a fire were to start on that side. "It would be tough to fight. Wind will be a major factor. he said. I hate to say it but we will have to wait till the day of so we can see what the wind is going to do and to see if we get any rain by then." Commissioner Peterson questioned if the fireworks could be angled to shoot out over the water from the dam road and pyrotechnician Larry Nelson told him they could. Officer Kuhn asked Otter, "If the bureau approves the permit will the fire trucks be there?" Otter replied by saying that yes they would be there unless they got called out to cover another county fire. Peterson asked Vance if the show

would be twice as big as normal since there were two years worth of fireworks funds used to purchase them and she said, "It will be a bigger show."

Sheriff Thomson asked the commissioners if someone needed to be declared the interim Emergency Preparedness Director since the former director Justina Smith was now assuming the position of Road and Bridge Department Director and that left the position vacant. Commissioner Charles Posson moved to temporarily appoint Sheriff Thomson for this position and if he was unable to do it, undersheriff Rick Wenzel would take over in his absence. The motion was passed.

Hospital

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and the state's new KanCare program are causing operational and financial challenge for the hospital, Mr. Stover said.

There is also the problem of coding services so that they will get paid, he said. In the past the hospital has had 13,000 codes to deal with for services that it provides. That is going to 70,000 codes and that will cause problems because any miscoding will result in nonpayment or delayed payment for the hospital. It's a lot for the medical and clerical staffs to work with.

KanCare has caused some special problems for the hospital, he said. With three insurance companies, each with its own set of rules, there have been some surprises and problems although the staff is working through them.

The hospital has had to hire more staff just to make sure the paperwork gets done, Mr. Miller

said. "We're going to have to stay on top of that (paperwork) or we won't get paid," Mr. Miller told the commissioners.

Commissioner R.A. Peterson, a chiropractor, noted that with write-offs going up the hospital may need to raise some of its prices to get the most out of insurance companies such as Blue Cross.

The hospital personnel agreed that they needed to get the maximum that insurance companies will pay for services because with write offs and cutbacks in payments, the facility can't afford to leave any money on the table.

Going over the budget, Mr. Stover, said that expenses are expected to increase 2.6 percent with salaries and benefits increasing 1.5 percent and other expenses 3.3 percent. Salaries and benefits, he said, are 61 percent of the total budget for 2014 compared with 64 percent of the

2013 budget.

The departments have been asked to watch staffing closely, he said, to avoid overtime but still cover all that is needed.

Patient revenue is expected to increase by 3.15 percent or \$482,226. This increase is due to raising the nursing service charges at the Norton Medical Clinic, Mr. Stover said. However, he warned, not all patient revenue is collectable due to bad debt, contractual adjustments and charity care. Bad debt will cause the budget to increase by 7 percent or \$346,000, he said.

Despite all the challenges the hospital is facing, it is still looking forward, Mr. Miller said. There is a five-year capital budget to renovate the old surgery and upper level of the hospital. This project will probably cost \$4.5 million, he said, but the hospital needs to keep moving forward and make use of these areas.