



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



Blood tests can be taken Wednesday at county health

Want to get a blood test before you go see your doctor or between visits?

Now is the time. The Norton County Health Department and 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 fasting after midnight the night before.

Profile No. 1 is a health profile 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 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 mea-

sure blood sugar levels and is used to help diagnose and monitor diabetes mellitus.

- Cholesterol — (Including HDL, LDL, VLDL, triglycerides 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 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 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 to evaluate thyroid function and detect if there is too much or too 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 785-877-5745.

Correctional facility honors employees

The Norton Correctional Facility honored two outstanding employees for the fourth quarter of 2005.

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



Jerry Smith



Julie Douglas

Captain 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-

den Joel Hrabec. "Jerry shows care and concern for his subordinates and takes time to teach everyone. You will usually find him to have a smile on his face when interacting with employees and inmates."

"Captain Smith is an Assistant SORT Commander, Emergency Preparedness Instructor and Firearms Instructor, just to name a few.

"Jerry Smith is an exceptional officer."

Mrs. Douglas has been with the Department of Corrections since September of 1988 and was promoted to Administrative Assistant in the spring of 1995.

"Julie is a dedicated member of NCF and is the hub of the Maintenance Department," said Mr. Hrabec. "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 Committee is a huge asset to our employees. She is continually looking for ways to boost staff morale and plan activities that will help them feel a part of the NCF

team. "Julie is also a longtime Red Cross Instructor and her abilities are second to none. She is an outstanding role model for other instructors and is passionate about teaching proper CPR and first aid skills to our staff."

The Blue and Gray Brass Brigade



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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.

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