

Valentine's Day games...



For Valentine's Day last week, Mrs. Joyce Lofgreen's first grade class had to get as many hearts as possible from the "heart station" to their desks. The catch was they had to use only a straw to do so. The game was one of several the students played for the holiday.

— Telegram photo by Veronica Monier

County health offering blood screenings

By VERONICA MONIER
vmonier@nwkansas.com

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 screening from 7 a.m. to noon on Monday, Feb. 25 at the health department. No appointment is necessary. Payment will need to be by cash or check, as insurance billing is not available.

Three different profiles will be offered, all of which require fasting after midnight the night before.

Profile No. 1 is a health profile 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 measure blood sugar levels and is used to help diagnose and monitor diabetes mellitus.
- Cholesterol — (Including HDL, LDL, VLDL and triglycerides). 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.

Small business center offering tax workshops

HAYS — Fort Hays State University's Kansas Small Business Development Center will offer two separate tax workshops, Small Business Tax and Contractor Tax, in May. Both workshops will be offered at different times on the same days in Colby, Hays and Great Bend.

Small Business Tax will be offered from 1 p.m. to 4 p.m. Tuesday, May 6, in Colby at the Chamber Office, 350 S. Range; Wednesday, May 14, in Hays at the Sternberg Museum of Natural History, 3000 Sternberg Dr.; and on Thursday, May 15, in Great Bend at the Golden Belt 1 Stop Career Center, 1025 Main.

Contractor Tax will be offered from 6 p.m. to 8 p.m. at the same locations.

The Small Business Tax workshop will assist in clarifying

important topics that often seem time-consuming and confusing for business owners. The main topics are sales tax and withholding tax.

The deadlines for early registration, \$35, are May 6 for Colby, May 7 for Hays, and May 8 for Great Bend. Late registration is \$45.

The Contractor Tax workshop helps to clarify important topics for those in the construction, installation, oil or similar businesses. The workshop is jointly sponsored by KSBDC and the Kansas Department of Revenue.

The deadlines for early registration, \$45, are the same as those for the Small Business Tax Workshop. Late registration is \$55.

To register, call the FHSU KSBDC at (785)-628-5615 or e-mail ksdbc@fhsu.edu.

Results of the screening will be available at the Norton County Health Fair on Wednesday, Feb. 27 at the National Guard Armory in Norton. The fair will run from 4 to 8 p.m. Participants that can't make it to the fair will receive their results by mail.

For more information, contact the health department at (785) 877-5745.

Northwest Kansas needs to prepare for severe storm season

(Continued from Page 1)

Drive. The classes, Mr. Floyd said, "are open to people of all ages who have an interest in learning more about storms in the High Plains, weather safety or storm spotting." One class will be held in each county during a weekday evening, he said, "and I will also be discussing the 2007 record

number of tornadoes reported in the area, as well as the devastating Greensburg tornado." The Norton Telegram will provide additional information as these important dates get closer. If you need additional information now, however, you may email david.l.floyd@noaa.gov, or phone (785) 899-6412. Their website is weather.gov/goodland.

the Norton Thrift Store always provides the food and supplies for the canteen.

After five years as coordinator, Mrs. Gilhousen is stepping down from the position. Ready to accept the responsibility is Justina Smith, Norton.

Receiving pins were: 1-gallon, Chastity Harman, Lawrence Smith, Steve Streck and Mar-

cia Uehling; 2-gallon, Ronald Branek; 3-gallon, Lisa Millan, Don Wegener, Sr. and Darrell Skrdlant; and 6-gallon, Roger Huff.

The next blood drive is from 7 a.m. to 1 p.m., April 17 at Norton Correctional Facility. A future blood drive will be from noon to 6:30 p.m., June 17. The location will be announced at a later date.

Council looks at Sunshine's roof

(Continued from Page 1) handicap accessible, offer a food program, and work with SRS.

This June, Mrs. McKenna said they will have been open for 28 years.

She said Sunshine recently received bids on painting and caulking the exterior and on fixing the roof. The roof, she said, is already finished, but hasn't been paid for yet. She said she didn't know if the city could help, but it would be appreciated.

The bid for painting is from Riemann Painting for \$2,935 and the roofing bid is from Murray Roofing for \$14,750.

Ms. Yeager said they have the money for the roof and are careful about not spending money they

don't have. They also do fund raising to help, she said.

Mrs. McKenna said the other project they want to work on is moving the air conditioning vents. But, she said, they are putting that off until they have the money for it.

Councilman Ron Briery asked if the city paid for the roof, could Sunshine take care of painting and the vent project.

"I would have no problem bringing this before the council," said Mr. Briery. "But, we would have to know that the money is going for the roof and not for salaries or something."

Mr. Briery said he would bring the issue up at Wednesday's council meeting. The meeting starts at

5:30 p.m. and will be at the city building.

The committee also talked to representatives of the Norton Public Library. The library is withdrawing its request for money to help pay for training a new head librarian.

However, it would like the city to contribute to a sign to be placed in front of its building.

Mr. Briery suggested that they have someone design a sign for them and then come back with the design and a cost estimate, so the council would have something to look at.

Librarian Mary Luehrs thanked the committee for its time and consideration.

Champion emerges from county bee

(Continued from Page 1) spelled "incognito" and then spelled "dungaree". Neither Marisa nor Tyler were able to spell their words correctly, making R.J. the county champion.

In the spell-off for second place, Tyler spelled "doubtful" correctly, giving Marisa third place.

Other spellers making it to the county bee were:

- Eisenhower Elementary — Hailey Branek, fourth grade; Darcy Bainter, sixth grade;
- Norton Junior High — Dylan Spradlin, seventh grade; Jordan Wahlmeier, eighth grade;

- Northern Valley Grade School — Brianna Martin, fourth grade; Brant Cox, fifth grade; Tommy Hanes, fifth grade;
- Northern Valley Junior High — Ashley Constable, eighth grade; Gunnar Hays, eighth grade;
- Lenora Grade School — Kirsten Georgeson, fourth grade; Christine Holzmeister, sixth grade; Kelsey Marx, sixth grade.

Norton Counselor Melissa McClain was the county bee coordinator and pronouncer. Judging were Mirla Coleman, Norton; Joan Hale, Norton; Jim Springer, Northern Valley; and Mike Korte,

Lenora. Pam Menagh, Norton, handled contestant check-in.

This year, Kansas has three qualifying state bees. The winners will go to the national competition.

R.J. will be representing Norton County at the Great Bend Tribune's Sunflower Spelling Bee on March 8 at Barton County Community College. The bee will begin at 1 p.m.

Prairie Land Electric provided the champion's dictionary, while The Norton Telegram provided plaques for the top three placers.

Blood drive exceeds goal by two units

the Norton Thrift Store always provides the food and supplies for the canteen.

After five years as coordinator, Mrs. Gilhousen is stepping down from the position. Ready to accept the responsibility is Justina Smith, Norton.

Receiving pins were: 1-gallon, Chastity Harman, Lawrence Smith, Steve Streck and Mar-

cia Uehling; 2-gallon, Ronald Branek; 3-gallon, Lisa Millan, Don Wegener, Sr. and Darrell Skrdlant; and 6-gallon, Roger Huff.

The next blood drive is from 7 a.m. to 1 p.m., April 17 at Norton Correctional Facility. A future blood drive will be from noon to 6:30 p.m., June 17. The location will be announced at a later date.

Whispering Pines...

One of a kind in Northwest Kansas! Why? INDEPENDENT AND ASSISTED LIVING OFFERING THESE SERVICES:

- ✓ Three daily meals served. Guest meals available
- ✓ Housekeeping of your unit on a regular basis
- ✓ Social and leisure activities tailored to your desires
- ✓ All urgency call system monitored 24-hours a day
- ✓ An above ground reinforced concrete and block storm shelter for 40 individuals
- ✓ Weekly laundry service for flat linens and towels
- ✓ All utilities except telephone and cable TV
- ✓ Assisted living apartments available

For more information or to schedule a dinner and tour
Call Cynthia Collins at 785-874-5500,
W. Highway 36, Norton, Kansas

Kansas Department of Aging - Partnership Loan Program
MEDICAID APPROVED - HCBS APPROVED

SPONSORED BY
CITY OF NORTON AND NORTON ANIMAL HEALTH CENTER

Rabies Clinic

Friday, March 22 - 5-7 p.m.
Saturday, March 23 - 9-12 noon
at Norton Animal Health Center

801 W. Holme, Norton, Kansas

Rabies/Parvo Distemper - \$14
Feline Leukemia - \$17

All dogs in City limits over the age of 6 months must have the rabies vaccination and be registered with the City of Norton

First 10 Pets to
Receive Shots for FREE

No OFFICE VISIT CHARGE

Come Help Us Celebrate!
30th ANNIVERSARY
Norton Sports Center
W. HIGHWAY 36 - NORTON, KANSAS
Wed., February 20
9:30 a.m. - 5:30 p.m.

Food, Prize Drawings

YAMAHA/KAWASAKI

NORTON COUNTY HEALTH PROMOTION BLOOD SCREENING

Monday, February 25

7:00 a.m. to Noon

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

HEALTH PROFILE #1 - \$40.00
Screens electrolytes, kidney and liver function, alkaline phosphate, glucose, cholesterol (HDL, LDL, VLDL and triglycerides) and CBC.

PSA - PROFILE #2 - \$20.00
Evaluates prostate condition

TSH - PROFILE #3 - \$15.00
Evaluates thyroid levels and function

Need to be fasting (no food or drink after midnight) before testing

Location: Norton County Health Department
801 N. Norton, Norton, Kan.

NO APPOINTMENTS NECESSARY

ACCEPT CASH AND CHECK ONLY
INSURANCE BILLING NOT AVAILABLE

Results of the screening will be available at the Norton County Health Fair on February 27 at the National Guard Armory in Norton from 4:00-8:00 p.m. Participants that cannot attend the Health Fair will receive their results by mail.

Questions? Call the Norton County Health Department at 785-877-5745

The Norton Telegram is a proud sponsor of the Norton County Health Fair

NewsLine: 877-3361