

Nurse practitioner likes to help in child birth

By CAROLYN PLOTTS

The Doctor's Clinic is a busy place. And that's a good sign, said nurse practitioner Kay Garman who has been practicing there and at the Norton County Hospital since the first part of February.

Mrs. Garman specializes in family practice with an emphasis on women's health, especially prenatal and delivery care.

She was certified a nurse/midwife at Kansas University Medical Center and also earned a Master of Science degree in nursing. Her official title is advanced registered nurse practitioner.

She is also a certified lactation consultant. That means she can deal with anything regarding breast feeding from problems to premature births.

"My goal is to accommodate a woman's pregnancy," Mrs. Garman said. "I want to have a partnership with a client. Birth should be a family-centered process."

One of the options she wants to make available is water birth. During water birth, the patient is partially submerged in a warm water tub.

When the baby is born, it goes into the water for a comfortable transition from mother's womb to world. Since the child hasn't breathed yet, there is no danger of inhaling water. This helps introduce the baby to the world in a calm, peaceful atmosphere.

Mrs. Garman is excited about water births and she said Norton

County Hospital administrator Rich Miller is very supportive.

"He is a caring person," She said, "I feel he's truly concerned about health care delivery in the Norton Community."

Mrs. Garman added that Mr. Miller was exceptional in his recruiting approach and also credited the medical facilities Norton has to offer as a key in her decision to practice in Norton.

"I like the stability of the health care providers in this community," she said. "They are outstanding. In fact, that's what attracted me to working here. For a rural community we can provide a lot of services that you don't normally find in rural areas. I'm totally impressed."

She also praised the emergency medical personnel.

"The support system offered by the EMTs is great," she said. "If I need to transport (a patient) it's at my fingertips."

Mrs. Garman said she is interested in all phases of women's health care, including geriatric care.

She said a lot of women are confused about menopausal estrogen and estrogen/progesterone replacement therapy and cancer risks.

One of the issues is a concern that the therapy developed to decrease the risk of endometrial cancer actually increases the risk of breast cancer. She encourages women to consider switching to



Certified nurse midwife, Kay Garman, consulted with a patient by phone from her office at the Doctor's Clinic. — Telegram photo by Carolyn Plotts

bio-identical hormones. These are natural hormones made available from compounding pharmacists.

"Each woman is unique in her special needs," she said. "The dose that works for one, may not for another."

Saliva testing is the most reliable measurement of absorption with topical hormone replacement.

She has been a nurse for more than 23 years, receiving her undergraduate and master's degrees from Fort Hays State University.

She also earned a special certificate as a family nurse practitioner from the university. She worked

for a couple of years in Grand Island as an emergency room nurse.

"One minute you were delivering emergency care; the next minute you were delivering a baby. There was lots of variety," she said.

Her background also includes a mental health facility and an urgent care facility. She is experienced in all aspects of labor and delivery and rural nursing. She practiced in Phillipsburg three years before coming to Norton.

A nurse practitioner must have a master's degree. She can write prescriptions, order tests and manage chronic and acute illnesses.

Sometimes more than 100 patients go through the Doctor's Clinic in a day. Mrs. Garman said that is a good sign. The fact that it is such a busy place is a reflection of the good care provided.

Mrs. Garman and her husband Ken have two children, a son, who is a senior at White Rock High School in Burr Oak, and a daughter, who is a senior at the University of Nebraska in Kearney. Mr. Garman farms in Jewell County, raising cattle, wheat and milo and doing custom cutting.

To set an appointment with Mrs. Garman, call the Doctor's Clinic at 877-3305.

Firemen look for assistance

By CYNTHIA HAYNES

Dave Barber, with the U.S. Department of Agriculture Rural Development office in Hays visited with the Norton County commissioners last Monday about what his office could do to help the county get a new ambulance barn and a new truck and firehouse for Rural Fire District No. 1.

Members of the board of Norton Rural Fire District No. 1 Steve Persinger and Chris Harding also joined in the discussion. Acting Ambulance Director Andy Nielsen had planned to attend but had to answer an emergency call.

Mr. Barber said that what he had to offer was more of a loan program than grant money.

"I think these guys are working very hard to find grant dollars and more power to them," he said, indicating the firemen. "What they're experiencing and what I've seen is grant dollars are getting harder and harder to come by. It's just getting tough."

He said that he thought that, if the firemen could find some grant money, his department might be able to help with the matching money in the form of a loan.

"What might fit better is enough grant dollars to get close," he said. "Then maybe we can help them clean up with a loan that would not put too much of a burden on the taxpayers of the county."

"If we fund the whole thing I'm almost certain it would be in the form of a loan."

He said he wasn't sure of the timing but he had seen the fire equipment the fire district had and he felt they needed a new pumper and probably a fire house.

Since the rural fire district isn't generating enough money to pay back a loan, a tax increase might be required, he said. Newer fire equipment should help reduce insurance rates in the district, he said, and that might make a tax increase more palatable.

Commissioner Leroy Lang said that he is worried about a new subdivision, a church and Whispering Pines Retirement and Assisted Living Center, all of which are outside Norton City limits.

The county has always relied on mutual aid agreements with other fire districts, County Councilor Doug Sebelius said. The county even has one with the correctional facility.

There are three fire districts in Norton County with three boards, the firemen said, and except for Rural Fire District No. 1, they have good equipment.

Mr. Barber said the fire department needs to prepare an estimate of what it would cost for a new truck and a building to put it in.

County sets up meeting on prescription plans

By VERONICA MONIER

At their meeting last Monday, the Norton County commissioners discussed a meeting set for April 28. The multi-county meeting, which is being pushed by the state, will cover prescription plans for cities and counties.

Joel Wright, with TeamTech of Kansas City, Mo., said that his company has been doing research for the state on several matters, including prescription drug plans.

He said there are several plans available to counties. Some allow the use of local pharmacies and some don't.

Included are MMCAP, a statewide contract for drugs and medical supplies; contracted correctional healthcare services, which reduces the cost of drugs and other services, but is limited in the areas it could be used; the Kansas Department of Corrections program, where bulk pricing is available, but local pharmacies cannot be used; and the NACO discount drug card, which can be used at participating pharmacies.

Commissioner John Miller asked Norton County Hospital Administrator Rich Miller if he saw anything the hospital could

use. The hospital administrator said he thought it came down to learning more about the plans. He said he didn't want to ever close the doors on options and that they should take a deeper look into it.

Mr. Wright said his company is trying to give counties options and help them save money.

"We're trying to get all these people together," he said. "If it can even save them a little bit of money it will be worth the time. It just depends on what each organization needs."

"It doesn't cost anything to

come to this forum. It might be valuable or it might not, but it won't hurt anyone either way to come."

Mr. Miller said he would mention the forum to other hospitals, but recommended that Mr. Wright not cut out the local pharmacies.

"You need to keep the local people involved," he said. "It doesn't do us any good when local companies close because business is going elsewhere."

"Our local pharmacies do things that big pharmacies won't do, like helping someone who needs a prescription filled, even though the

business is closed for the night or weekend."

Sheriff Troy Thomson agreed with the hospital administrator, saying that the pharmacist will identify pills found as soon as they are brought to him.

Mr. Wright said they weren't trying to push out local pharmacies. He said he would like the pharmacists to attend the forum to get their ideas.

Commissioner Miller said the prescription forum would be in the morning, and a local government roundtable would be held in the afternoon.

Jennings teachers to hold auction

The Prairie Heights Teachers' Association is getting ready for its second annual consignment auction to raise money for scholarships.

The auction will begin at 10 a.m. Saturday, April 16, at the Jennings School.

Teacher Judy Rogers said last year they were able to give seven scholarships ranging from \$200 to \$400.

The association is looking for donations of items to auction, either on consignment or donations.

For consignment items, said Mrs. Rogers, the association will keep 20 percent and give 80 percent to the owner.

Last year, she said, they sold a bus from the school and some extras. Mrs. Rogers said she didn't know if they would have a bus again, but they will be selling some refrigerators and freezers from the kitchen.

Other items available are a Rival electric countertop grill, a "Digimon" blanket, sets of glasses, tools, dishes, and

Multimile tires.

All of the items need to be at the school by 4 p.m. Friday, April 15.

Mrs. Rogers said they will take most items, but no clothing.

The doors will open at 8 a.m. and the sale will start at 10 a.m.

PUBLIC NOTICE

City of Alma Notice of Suit

Published in The Norton Telegram on Tuesday, March 29, April 5 and 12, 2005. (3T)

IN THE DISTRICT COURT OF NORTON COUNTY, KANSAS CITY OF ALMENA, KANSAS, Plaintiff.)

vs. Case No. 2005-CV-10 GREG JOHNSON and GEORGEANNE JOHNSON, husband and wife, NANCY JOHNSON YEAGER and LES YEAGER, wife and husband, the unknown occupants, the unknown heirs, executors, administrators, devisees, trustees, creditors and assigns of such of the defendants as may be deceased; the unknown spouses of the defendants; the unknown executors, administrators, devisees, trustees, creditors, successors and assigns of such of the defendants as are or were partners or in partnerships; and the unknown guardians, conservators and trustees of such of the defendants as are minors or are in anywise under legal disability, Defendants.)

NOTICE OF SUIT

THE STATE OF KANSAS TO: Greg Johnson, Georgeanne Johnson, Nancy Johnson Yeager, Les Yeager, the unknown occupants, the unknown heirs, executors, administrators, devisees, trustees, creditors and assigns of such of the defendants as may be deceased; the unknown spouses of the defendants; the unknown executors, administrators, devisees, trustees, creditors, successors

and assigns of such of the defendants as are or are partners or in partnerships; the unknown guardians, conservators and trustees of such of the defendants as are minors or are in anywise under legal disability; and all other persons who are or may be concerned:

YOU ARE HEREBY NOTIFIED that a Petition for Partition has been filed in the District Court of Norton County, Kansas, by the plaintiff, City of Alma, Kansas, praying for partition of certain real estate located in Norton County, Kansas, described as follows, to-wit:

A tract of land commencing at the Northeast Corner (NE/c) of Section Seventeen (17), Township Two (2) South, Range Twenty-one (21) West of the Sixth P.M., running thence South 18 rods, thence West 130 feet, thence North 18 rods, thence East 130 feet to the place of beginning; and YOU ARE HEREBY REQUIRED to plead to the said petition on or before the 10th day of May, 2005, in said Court at Norton, Norton County, Kansas. Should you fail therein, judgment and decree will be entered in due course upon said petition.

CITY OF ALMENA, KANSAS, Plaintiff

R. Douglas Sebelius #09157
Almena City Attorney
105 South Norton Street
P. O. Box 10
Norton, KS 67654-0010
785-877-5143
Attorney for Plaintiffs

Norton prom to celebrate life's special moments

"A Moment Like This" is the theme for Norton County High School's Junior-Senior Prom on Saturday.

Prom sponsor Vicki Robison invites the public to view the decorations from 1-3 p.m.

The promenade starts at 6 p.m., in the high school gymnasium. Following the banquet, prom goers will dance to music provided by a professional disc jockey with Complete Music from Manhattan. The dance will be in the junior high gymnasium with the coronation of the Prom King and Queen scheduled for 11 p.m. The public is also invited to attend the crowning ceremony.

The prom party ends at midnight when Post Prom begins in the East Campus gymnasium.

Opening for the Season
FRIDAY, APRIL 8
Fairacres Greenery
1801 W. "O" St., McCook, NE
Directions: North on Hwy. 83 to "O" St., 1 Block East
PHONE: 308-345-6831

- Annuals • Perennials • Hanging Baskets
- Rose Bushes • Trees • Shrubs
- Gift Certificates • Mulch
- Compost • Patio Arrangements

The Alferd Packer Memorial String Band

The Alferd Packer Memorial String Band performs a lively, engaging stage show that involves the audience, joyously in their own musical traditions. 1870's costuming and raucous humor complement these accomplished musician's performances of Old-Time String Band, Bluegrass, and American Folk Music.

The Alferd Packer Memorial String Band is six multi-instrumentalists singing and playing fiddles, banjo, guitars, mandolin, hammered dulcimer, accordion, bass, shotgun and washboard. Their infectious good humor and high energy leave no toe untapped.

sponsored by
PHILLIPS COUNTY
Arts COUNCIL
P.O. BOX 143 PHILLIPSBURG, KS 67661

Sunday, April 10th, 2005
3:00 p.m.
Huck Boyd Center
860 Park Street, Phillipsburg, Kansas

\$5.00 Adults - \$2.50 Students or Arts Council Membership