

Hospital issues considered Announced cut off dates

By Judy Sherard

jsherard@nwkansas.com

Norton County Hospital issues dominated the Norton County Commissioners meeting Sept. 20. Chairman Richard Thompson presided, and Commissioner Carolyn Applegate and County Clerk Robert D. Wyatt were present.

Hospital Administrator Richard Miller presented the audit outlining details.

Amy Griffey, director of Hospital planning and development, spoke about the resolution recently passed by the board. It supports a bond for the construction of the new facility. She also reported on the process of the bond and public notification.

Commissioners and hospital representatives discussed the second floor renovation. Projects currently in the works take priority, and future renovations like the second floor will be addressed later.

Chief Financial Officer Ryan Stover gave a report on the current financial statement, including patient days, admissions, observation patients and total outpatient procedures. Revenues and patient procedures are down; however, Stover felt there were several possible reasons for the slow down.

Stover also gave the Hospital Comparative Income Statement of the revenue and operating expenses for the current month and year-to-date.

Miller reported that the concrete in front of the Emergency Medical Services entrance is going to be replaced. It isn't very old, but hasn't held up well, he said. Public notices will be placed and staff notified. The walkway will be used as an alternative entrance.

Hospital board members also attending were Von Fahrenbruch, Ruth Benien and Warren White. Chairman Thompson also pre-

sented Applegate a plaque from the United States Census Bureau for helping the organization in the census count.

Commissioners also heard about Norton County Health Department Director Gina Frack's trip to Washington, D.C. where she gave a presentation on the Rural Bata Site, and the Legislative meeting in Norton next week where she will give a short presentation.

Approved payment to the McCook College Foundation of \$4,000 to the Myatt W. Volentine Loan Fund for the interest free loan to Gina Frack. The county received the funding and will submit a check to the foundation in full upon receipt.

Were updated on progress on the Solid Waste cell construction by Curt Archibald, Norton County Solid Waste Director. The payment voucher of \$46,118.80 to Whitney Construction was approved.

Learned of current Norton City County Economic Development projects from Director Scott Sproul.

Entered executive session at 10:50 a.m. for ten minutes for discussion on land acquisition. The session included County Attorney R. Douglas Sebelius and Wyatt. Commissioners returned to regular session at 11 a.m. with no action taken.

Heard a cost analysis by Tom Brannan from Cat on the service project. Brannan also updated the commission on the Andbe Home project, and reviewed applications received for the road and bridge department opening.

Discussed planned projects with Steve Berland of BG Consultants. Roads are asphalt, chip and seal ones west of Almena and the Sale Barn road.

Viewed the Ag Valley construction site and discussed access roads to the facility.

The cutoff date for the application evaluation for the Environmental Quality Incentives Program (EQIP) and Wildlife Habitat Incentives Program (WHIP) is Nov. 15, according to Eric B. Banks, state conservationist for the Natural Resources Conservation Service. The programs were authorized under the Food, Conservation and Energy Act of 2008.

Landowners and operators with eligible crop land, range land or forest land with any EQIP/WHIP natural resource concerns can apply at their local NRCS field office at the U.S. Department of Agriculture Service Center, and work with them on a conservation plan.

Kansas producers who qualify as socially disadvantaged, limited

resource and beginning farmers and ranchers will be ranked in a separate ranking pool.

EQIP is available for treating natural resource concerns on organic systems. Organic producers or those transitioning to organic production may apply for the EQIP to address their natural resource concerns during this period.

As information becomes available, it will be placed on the Kansas NRCS web site www.ks.nrcs.usda.gov/programs/eqip/ and www.ks.nrcs.usda.gov/programs/whip/ or at local USDA Service Centers.

Applications may be submitted any time; however, applications submitted by the Nov. 15 deadline will be evaluated for fiscal year 2011 funding.

SCHOOL CALENDAR

Norton Community High School

Monday, Oct. 4
Fall Play Rehearsals begin
Drama Club - A.P.

Junior Varsity, Football versus Phillipsburg (H) 6 p.m.
KAY Board, 7 p.m.

Tuesday, Oct. 5
Jay Singers, 7:30 a.m.

Volleyball at Trego and with Smith Center 5 p.m.

Red Ribbon Week Committee meeting 7 p.m.

Wednesday, Oct. 6
S.A.C. - A.P.

Thursday, Oct. 7
KAY meeting - A.P.
JAY SINGERS 7:30 a.m.

Cross Country MCL at Phillipsburg 4:30 p.m.

Friday, Oct. 8
FFA Monthly meeting and lock in at junior high gym 10 p.m.

Jazz - A.P.
SADD Red Ribbon Week Committee Meeting - A.P.

Tennis Regional - TBA

Saturday, Oct. 9
Volleyball at Scott City 9 a.m.

Volleyball "C" at Rawlins County with Colby, St. Francis 10 a.m.

Tennis Regional - TBA

Norton Junior High

Monday, Oct. 4
Stucco - A.P.

Tuesday, Oct. 5
Volleyball, 8th grade only at Phillipsburg Quad 4:30 p.m.

Thursday, Oct. 7
Volleyball at Colby 7/8 4:30 p.m.

Football 7/8 at Colby 4:30/6:30 p.m.

Saturday, Oct. 9
Volleyball, MCEL at Phillipsburg 9 a.m.

Eisenhower Elementary

Wednesday, Oct. 6
Staff meeting 3:40 p.m.

Thursday, Oct. 7
EC-2 GLM 3:40 p.m.
IEP Day

Norton Community High School and Junior High Menu

All meals are served with milk. Alternate breakfast is cold cereal assortment, toast with margarine and jelly. Alternate lunch is chef's salad.

Monday
Breakfast: Waffle with syrup, sausage patty, fruit or juice. Lunch: BBQ sandwich, baked beans, cottage cheese, apples.

Tuesday
Breakfast: Coffee cake, fruit or juice. Lunch: Chicken wrap, onions and green peppers, lettuce and tomato, french bread with margarine, fruit cup.

Wednesday
Breakfast: Chocolate Banana Bread, fruit or juice. Lunch: Ham slice, scalloped potatoes, green beans, rolls with margarine, apples.

Thursday
Breakfast: Sausage gravy and biscuits, fruit or juice. Lunch: Tater tot casserole, broccoli and cauliflower salad, rolls with margarine, applesauce.

Friday
Breakfast: Pizza squares, fruit or juice. Lunch: Slivered turkey sandwich, lettuce and tomato, carrots, pears.

Eisenhower Elementary
All meals are served with choice of chocolate milk.

Monday

Breakfast: Ice cold strawberries, bagel with cream cheese, apple juice. Lunch: Spaghetti, tossed salad, peaches, garlic bread.

Tuesday

Breakfast: Shipwreck, orange juice. Lunch: Corn dog, tater tots, baby carrots, fruit cocktail, cookie.

Wednesday

Breakfast: Sausage pancake stick, warm maple syrup, strawberry fruit cup, apple juice. Lunch: Scalloped chicken, corn, sweet heart pears, celery stick, whole wheat roll.

Thursday

Breakfast: Banana spears, apple wedge, oatmeal muffin, toast with peanut butter, grape juice. Lunch: Beef burrito, cheesy broccoli, rosy applesauce, blonde brownies.

Friday

Breakfast: Hot ham slice, hash-brown patty, peaches, apple juice. Lunch: Chicken and noodles, whipped potatoes, green beans, mandarin oranges, cheese rolls.

Northern Valley Schools

Monday, Oct. 4
TBD - High School Junior Varsity football at Palco

TBD - High School Dance team practice

Tuesday, Oct. 5
Hearing and Vision screening 8:15 a.m. Yearbook ad sales in Phillipsburg

4 p.m. High school volleyball versus Golden Plains and Triplains at Rexford

Wednesday, Oct. 6
1 p.m. High School league committee meeting at Beloit

3:25 p.m. Colby Community College rep in the conference room

Thursday, Oct. 7
TBD - High School dance team practice

4 p.m. Junior High volleyball (4 p.m.), Football (6 p.m.) versus Hoxie at Long Island

4:30 p.m. High School cross country at Phillipsburg.

Friday, Oct. 8
7 p.m. High School football at Victoria

Northern Valley Menus
All meals are served with milk. Breakfast alternate cold cereal.

Monday
Breakfast: Cherry coffeecake, hashbrowns, orange juice. Lunch: Spaghetti, meat, cheese, tossed salad with dressing, bread sticks, buttered corn, pear half.

Tuesday
Breakfast: Crumb top muffin, eggs, sausage patty, strawberries. Lunch: Mac-n-cheese, little smokies, french bread, buttered green beans, slushies.

Wednesday
Breakfast: Krispie Treat, sausage links, hashbrowns, pineapple. Lunch: Enchiladas, tossed salad with dressing, buttered beets, lemon pie.

Thursday
Breakfast: Ham and Cheese Bagel, hashbrowns, apple juice. Lunch: Cheese burger pockets, french fries, buttered peas, apple crisp.

Friday
Breakfast: Banana Muffin, eggs, sausage links, grape juice. Lunch: Parmesan Chicken, french bread, buttered broccoli, spice cake

October brings breast cancer awareness

By Rita Speer

October is breast cancer awareness month, and as a breast cancer survivor, I want to expand that awareness. Some of the women reading this may still be confused by the questions raised several months ago by the recommendations of a Presidential commission. Despite what these people said, here are the current recommendations.

A baseline mammogram should be done before or at age 40 with regular mammograms starting at that age. Whether these are annual or every two years is a decision the woman and her doctor can make together.

Self breast examination is still recommended. For women of child bearing age, Self breast examination is suggested one week after her period is over. For peri- and post-menopausal women, women can select a date and do the self breast examination on that date each month.

Some warning signs that should send a woman to her physician quickly are inversion of the nipple (turning inward) or dimpling or an area of skin over the breast that takes on the appearance of an orange. When I was in nursing school, we learned that pain in the breast is not a symptom of breast cancer, but it was one of the red flags that prompted my physician to do further testing. I had had pain in the same breast off and on for about five months.

If breast cancer is diagnosed, it does not have to be seen as an automatic death sentence. There are a number of options. A surgeon may recommend either a lumpectomy or a mastectomy (removal of the entire breast). Following surgery, an oncologist may recommend either radiation, chemotherapy or a combination of both. Occasionally, the disease will be caught early enough that neither will be necessary.

Depending on what certain lab tests show, some women are candidates for long-term (usually five years) therapy with a group of drugs called aromatase inhibitors. Other women's cancers may prove responsive to a fairly new treatment called herceptin. These decisions are made by one of the team of doctors, usually the oncologist,

Senior Menu

Oct. 4: Macaroni and cheese with smokies, italian blend vegetables, rosy pears, bread pudding.

Oct. 5: Turkey dressing casserole, mashed potatoes with gravy, mandarin oranges, cook's choice complement.

Oct. 6: Tuna salad, tomato soup, gelatin with fruit, bread, bar cookie.

Oct. 7: Liver and onions, scalloped potatoes, peas, bread, fruit crisp.

Oct. 8: Shepherd's pie, cinnamon apple slices, bread, gingerbread.

\$3 per meal. Guests under 60 pay full cost of the meal, which is \$5.25 at the site and \$5.75 for home delivery. Checks payable to Homestead Nutrition Project.

based on lab results.

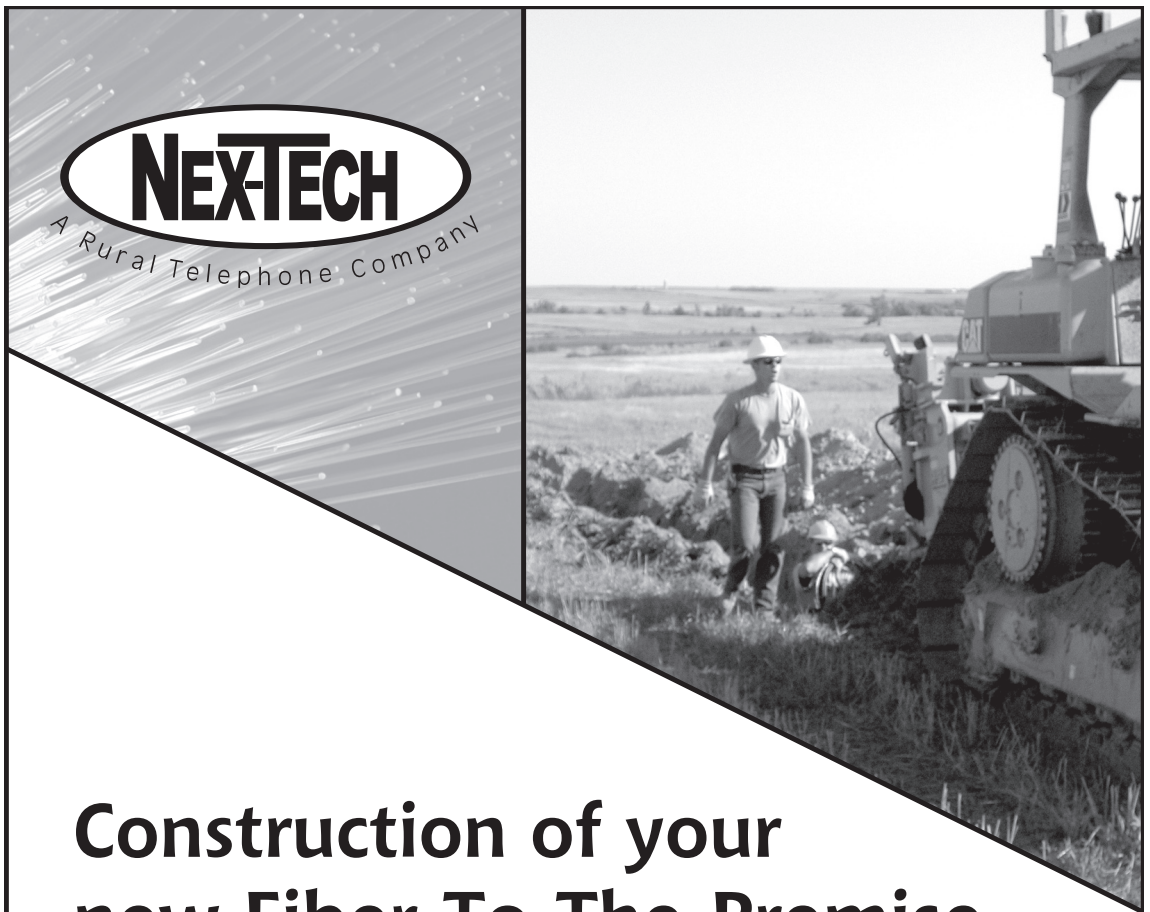
There are a number of groups that raise money for breast cancer research. My personal favorite is the Susan B. Komen Foundation for the Cure, and I donate to that regularly. There are a number of others, including Avon, which gives money for research.

There is currently some focus on prevention, and here are a few things that are constant when prevention is the topic. Exercise regularly and keep your weight down. Do not smoke. Drinking more than two drinks a day is thought to be a risk factor. Breast feeding babies statistically reduces the likelihood of developing breast cancer.

We want a cure!
Till that happens, be alert, know your body and take care of yourself.

Have news? Call us at 877-3361

CCC We Respond 24/7
Cozad Carpet Cleaning & Restoration, Inc.
Water • Fire • Mold
Carpet Cleaning
Air Duct Cleaning
Dan Wilkens - Owner Office 308-784-3708



Construction of your new Fiber-To-The-Premise system is underway!

In the coming months, residents of Almena and Norcatur will enjoy the exciting benefits of a state-of-the-art, Fiber-To-The-Premise (FTTP) telecommunications system brought to you by Nex-Tech.

Construction of the new fiber-to-the-premise telecommunications system is underway in Almena and Norcatur. Crews will begin the cutover process to install services in Almena in the coming weeks.

Please remember to keep a safe distance from construction equipment as crews work to complete your new fiber-to-the-premise system.

Updates will be provided as we move forward with these projects in the coming months. Visit www.nex-tech.com/fttp to view the latest updates for your community.

117 North Norton • Norton, KS 67654
785-877-4135 • Toll Free 877-550-7872
www.nex-tech.com/fttp