

What every veterinarian wished the public knew

There are many things that we wish every pet owner knew about their pet. Below is the last part of my essentials list that every pet owner needs to know!

Vet tips
Dr. Sara White



4. It is essential to correctly report your pet's signs and symptoms to us! Seventy percent of our diagnosis can be made based on getting an accurate history with correct information. Take notes when you notice your pet is acting "unusual". Do not try to diagnose and treat the problem yourself! This just complicates things, making it harder to make the correct diagnosis and treat your pet. Improper diagnosis and treatment can prove fatal to your pet. It is our job to give your pet the best quality of life for as long as possible!

5. Just because your pet stays indoors, doesn't mean your pet is immune from disease and parasites. Mosquitoes easily make their way into your home and may carry heartworm disease. Fleas and ticks are notorious for catching a ride on the nearest human and traveling into your home, where an unsuspecting pet awaits. Several diseases are aerosolized, meaning they travel by air. This means just because your pet is inside, it still needs regular immunizations and monthly preventatives in order to keep them healthy for a long time!

6. There is no one-size fits all for vaccination protocols! Vaccines have changed dramatically over the years, making it easier to tailor a specific vaccination protocol for your pet(s). Vaccinations are based on lifestyle and life stage. A puppy or kitten needs a series of vaccinations and an older animal needs periodic boosters. The type of vaccine and frequency is a decision that needs to be made between you and your veterinarian.

7. Flea and tick prevention and Heartworm prevention are to be given once-a-month all year around. Skipping preventions puts your pet at risk of disease. Fleas and ticks survive the winter months on wild animals, which can easily come into contact with your pet. Prevention is always the safest and least expensive - once-a-month for life!

8. All pets should have proper identification. Identification can mean a ID collar, an electronic implant, or even a tattoo. Disasters can happen at anytime. A pet without identification has little to no chance of being reunited with their owner. Also remember to document your pet's ID. A great way to do this is by having a current picture of your pet and yourself and the means of ID documented. In the case of disaster these documents will prove invaluable!

9. Neutering is generally better for your pet's overall health! Dogs and cats who are spayed before 6 months of age (before their first heat cycle) are almost 90% less likely to develop breast cancer! Almost 4 million dogs and cats are euthanized each year simply because there are not enough homes for them. Spaying and neutering your pet early dramatically reduces behavior problems, the number one reason pets are euthanized. Spay and neuter your pets!

10. Remove any toxic plants from your home and put toxic chemicals out of reach. Any kind of lily plant is toxic to cats. A small amount can send them into acute kidney failure. Tylenol is a major no-no! It poisons the liver! Never allow pets to be exposed to antifreeze, it will cause a miserable multifaceted death.

11. Prepare your pets for a visit to the vet. The trip to the veterinarian can be stressful, but prior preparation can make it easier on everyone. Bring your pet after a good exercise, bring them hungry, and bring them often for "social visits". We love to have pets come to the office for a weight check. This allows the pet to see us in a non-scary situation.

12. We wish you'd call us for medical advice! Calling our office is free. If you are concerned about your pet, call us as soon as you notice a problem. Do not call your neighbor or try to "wait-it-out". Many times we can catch the problem before serious trouble arises. We are in this profession to help pets and their owners! Allow us to use our expertise. As always prevention is the key, which will reduce the number of disasters down the road. You can pay a little now, or a lot later! Call your veterinarian with questions or concerns!



Getting the latest news from Facebook users

Much of popculture annoys me. I enjoy the internet, but never saw a need to be on Facebook.

I used to enjoy Jon Stewart and Stephen Colbert's shows on Comedy Central until I heard someone say they got their news from Stewart's "Daily Show". The Daily Show is news??? It stopped being funny for me at that moment. I suspected there were probably people who did not realize those shows were farce. It's dangerous when people fail to see the difference.

The tornado in the Almena-Long Island area Monday night has me wondering where to get "news" these days. And rethinking Facebook.

Early Monday evening our son-in-law, in Pennsylvania, called to see if we were okay. I don't know how he heard about our weather. I knew there had been a tornado earlier near St Peter. I turned to TV Channel 110, it has continuous radar. There was a red area in Norton County. But there was never a report about a tornado (I think this would have been after the tornado passed.)

I tried the Weather Channel. They were concerned about the College World

This Too Shall Pass
Nancy Hagman



Series in Omaha.

We have a weather radio but since the skies were clear here I didn't turn it on. The weather radio is as annoying as pop culture. They get all excited about something in Harlan County, Neb or Osborne County. The beeps, bells and whistles are like fingernails on a chalkboard.

A little while later Elizabeth called from Greeley, Co. She was looking at pictures of the destruction from the tornado on, you guessed it, Facebook!

The next day I had the opportunity to see tornado photos on Facebook at quilting. In the group only the woman showing the photos knew much about the tornado.

Another had been watching Nebraska stations Monday evening. She expressed hope the Kansas stations had perhaps

given it better coverage. Um, no! Someone else heard a report of a tornado touching down in an uninhabited area. End of story!

Since quilting I received the pictures that were on Facebook in several internet forwards. Personal knowledge of the families who live in this "uninhabited area" makes this weather event more real.

The destruction of farm machinery was astounding. The hubby said, "We ought to go help them clean up!" However there is corn to ditch, and irrigation pipe to lay. So we remain at home, thankful our fields still have crops growing, our irrigation pipe is not adorning the trees and our equipment is recognizable.

We can express empathy but how much does anyone looking in understand about the emotions of those affected?

Personally it seems like a good idea to keep the weather radio on, no matter how annoying. Also if one wants great photos and reporting about what is happening in our uninhabited areas, forget state and local media. Open a Facebook account!

Will you be my friend?

ELECTED OFFICIALS:

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★ **U.S. Sen. Pat Roberts**, 109 Hart Senate Office Building, Washington, D.C. 20510. roberts.senate.gov/public/ (202) 224-4774
★ **U.S. Sen. Jerry Moran**, Russell Senate Office Building Room C-4, Washington, D.C. 20002. moran.senate.gov/public/ (202) 224-6521
★ **State Sen. Ralph Ostmeyer**, State Capitol Building, Room 300 SW 10th St., Room 225-E., Topeka,

Kan. 66612. ralph.ostmeyer@senate.state.ks.us (785) 296-7399
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★ **State Rep. Ward Cassidy**, State Capitol Building, 300 SW 10th St., Topeka, Kan. 66612 ward.cassidy@house.ks.gov (785) 296-7696

Proud to have a local medical facility in times of need

By some standards we haven't moved a great deal, but in our first 32 years of marriage we lived in eight cities/towns, six states and more houses than I care to remember. With each move you learn through your successes and through your failures. The two most important areas of concern are schools and medical facilities. For instance, you call the State Department of Education to uncover information finding the best schools, now it is called the school report card.

In addition to the schools, I asked questions about the hospital and the availability of doctors, we have five children, need I say more? And although we have lived in areas with tornados, I had never thought to ask the hospital what arrangements they had in the event of a tornado. Well, Jack and I had first-hand experience with this on Monday as tornados danced around the area.

Just as we were pulling under the Clinic's canopy, the sirens sounded and

Phase II
Mary Kay Woodyard



PA Kristen Vogel, came to the car and said they weren't seeing patients, but we could take cover there if we wanted. Needing no further encouragement, I took her arm and headed toward the Clinic. Dr. Jeff McKinley met us with a wheelchair, talk about curbside service, and we were taken to an area filled with other patients and staff members. There is much to be said for safety in numbers and the calm atmosphere did much to allay any fears. The new facility combining clinic and hospital proved to be a great storm shelter.

When people enter a town, their first impression is their lasting one. At the intersection of two U.S. highways is a "25-bed critical access hospital and rural health clinic" with a medical staff of eight. The fact that we have MDs, DOs, Nurse Practitioners and Physicians Assistants enhances our medical community and provides a broad base of medical knowledge and prevention. In addition, this building is home to numerous outreach clinics permitting patients to receive the care of a specialist without traveling outside the area.

CEO, Richard Miller, has pushed for quality care and an accessible building, while also providing a billboard of sorts which says, "Welcome to Norton, a community dedicated to the health and well-being of its citizens." Oh, and if ever caught in a tornado while visiting a doctor, don't worry you're covered. <mailto:mkwoodyard@ruraltel.net>mkwoodyard@ruraltel.net

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A local outpouring of support to fight cancer

To Editor:

On behalf of the American Cancer Society Relay For Life, I would like to thank residents of Norton County for their generosity and support. Ten teams participated in this year's event, raising more than \$26,000 to further the American Cancer Society's mission of eliminating cancer by helping people stay well, helping people get well, by finding cures, and by fighting back. The outstanding support received proves that the people of Norton County are truly committed to the fight against cancer.

I want to applaud the survivors and caregivers that participated in the opening lap and the survivor recognition. They are the reason we continue the fight because each year there can be more and more people living wonderful lives following a diagnosis of cancer and celebrating more birthdays.

A special thanks goes to the many Relay For Life volunteers who worked to make this event a success. The Relay For Life committee did an outstanding job of putting the event together.

We also appreciate the generosity of this year's corporate sponsors. Relay For Life would not be possible without them. Again, thank you for supporting the American Cancer Society, and remember it's not too early to become involved in Relay For Life for next year. Together we will celebrate the lives of those who've battled and won, remember those we've lost, and fight back against a disease that takes too much.

For more information on the American Cancer Society or your local Relay For Life contact Jay or Gayle Walsh at 785-669-2131.

Sincerely,
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(785) 820-9423

