

Court favors Kansas fuel

A federal court has agreed with Kansas that a California law favoring California-produced ethanol over that manufactured in the Midwest is unconstitutional, Kansas Attorney General Derek Schmidt announced recently.

In an order entered last week, the United States District Court for the Eastern District of California barred California from enforcing its state-based Low Carbon Fuel Standards. In March, Kansas and five other Midwestern states had filed a brief asking the court to block the California law because it favored use of California-produced ethanol over that produced in the Midwest in violation of the Commerce Clause of the United States Constitution.

Schmidt joined with attorneys general from Nebraska, Michigan, Missouri, North Dakota and South Dakota in asking the Court to block the California law because it discriminated against the use of ethanol produced in the Midwest without any lawful basis for doing so. Recently, the court agreed.

Schmidt said he is encouraged by the Court's decision and believes it will stand up on appeal. If the State of California decides to appeal the ruling, the 9th U.S. Circuit Court of Appeals based in San Francisco would have jurisdiction to hear the matter. The case is Rocky Mountain Farmers Union v. Goldstene.

Stick to your weight loss goals

Could a string around your finger help with weight loss?

For those searching for a better way to stick to 2012 weight loss resolutions, the answer may be simple... tie a string around your finger.

The better your memory and other thinking skills, the better your chances of losing weight and keeping it off.

According to a new study led by Dr. John Gunstad, associate professor of psychology at Kent State University, memory and other mental abilities clearly influence the amount of weight

people lose.

"The results of our latest study* indicate that better performance on tests of memory and executive function is linked to greater weight loss in persons who have weight loss surgery," said Dr. Gunstad. "We believe this effect comes from a better ability to stick to the diet and exercise habits that promote weight loss. But, these findings should not be misinterpreted to indicate that cognitive impairment automatically leads to negative outcomes. Instead, it might encourage cognitive

screening to help identify those people who might benefit from additional support to help them reach their weight loss goals."

In short, if you plan to lose weight and keep the pounds at bay, you need a plan and helpful reminders to stay on track. After talking with your doctor to identify the best weight loss plan for you, using strategies such as planning your meals well in advance or using alerts on your smartphone might make a big difference.

Polar Plunges planned around Kansas for this year

Every year, groups of intrepid Kansans gather around frozen or extremely cold water. Then dressed as jail birds, fairytale characters, or superheroes, they plunge into the frigid waters to raise money for Special Olympics Kansas.

If you've always wanted to be a part of an "extreme" event - this is your opportunity. Special Olympics Kansas will be hosting eight (8) Polar Plunges throughout the state starting Jan. 28 to Feb. 18. The extreme event is held to raise money for Special Olympics athletes in Kansas that train and compete in 21 sports and receive basic

health screenings.

The Polar Plunge® is organized much like a walk-a-thon. Participants get donations from people who sponsor them to brave the icy water. Many plungers create personal web pages to seek donations from friends and family. All plungers must raise a minimum of \$75.

Two levels are available for participants, depending on their level of cold tolerance. The "Plunger" will take the plunge at one of the eight locations; or the "Chicken" has declared "too chicken to splash, but I'll raise some cash." Some plunge sites will have a 5K/1 mile walk

"Strut" in conjunction with the activities. Schools are encouraged to gather students and become a "cool school". Cool schools is supported by the Student Council of Kansas State High School Activities. Last year 1,289 plungers and 490 strutters donned zany costumes, shivered in the blowing snow, survived icy water and ran or

Girls day in



To help provide some activities over winter break, the Norton Public Library hosted a program for young girls Friday afternoon. Hosted by Amy Husted, the program focused on nail art, skin care and the technique of making t-shirt scarves. Pictured, Jade Braun (left) paints Slayten Braun's nails (right) while Hadley Houser looks on.

-Telegram photo by Carleen Bell

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Patrol reports no fatal holiday crashes

The Kansas Highway Patrol is releasing its Christmas Weekend Holiday activity. The reporting period for the holiday weekend ran from 6 p.m. on Friday, Dec. 23 through 11:59 p.m. on Monday, Dec. 26. Preliminary results indicate that it was a fairly safe weekend on Kansas roads, with the patrol working no fatal crashes.

Information in the table is compared to 2010's data. The 2010 reporting period was from 6 p.m., Thursday Dec. 23, 2010 through 11:59 p.m., Sunday, Dec. 26, 2010.

Motorists Assisted
858
1,156

Activity	2011	2010
Total Fatal Crashes	0	2
Total Fatalities	0	2
DUI Related Crashes	3	3
DUI Related Fatalities	0	1
DUI Arrests	22	13
Speed Citations	670	759
Speed Warnings	761	1,106
Adult Seatbelt Citations	162	208
Adult Seatbelt Warnings	18	37
Teen Seatbelt Citations	0	5
Teen Seatbelt Warnings	0	0
Child Restraint Citations	23	25
Child Restraint Warnings	3	7

PURE ROCK CULTURE SHOCK!! 2012
All High School students are invited to a Lock-In starting at 4 p.m. on Sunday, January 15 at NCHS East Campus

This event will feature the entertainment of Generations of Virtue. A life altering event that will focus on the daily struggles that you face as a teenager. Searching? Need transformation? Need encouragement?

For more information and to register go to www.mypurerock.com

PHYSICIAN SCHEDULE

NCH January and February, 2012

To make an appointment to see a physician or utilize hospital services, please call your Family Physician or call the Norton County Hospital at 877-3351

Family/Internal Medicine • General Surgery • OB • Emergency Coverage

DAILY — (785) 877-3305

☪ Glenda Maurer, M.D. ☪ Ruben Silan, M.D.
☪ Martin Griffey, D.O. ☪ Jeffery McKinley, D.O.
☪ Kristin Vogel, P.A. ☪ Patricia McCartney, ARNP
☪ Julie Siefers, P.A. ☪ Jonna Inman, ARNP

HAYS ORTHOPEDICS Jan. 24 and Feb. 28 Alex F. DeCarvalho, M.D.	OPHTHALMOLOGY January 23 and 24 February 27 and 28 John D. Pokorny, M.D. For Appt. 1-800-658-4644	KEARNEY ORTHOPEDICS Jan. 4 and Feb. 1 Chris Wilkinson, M.D. For Appt. 1-800-458-4504
KEARNEY CARDIOLOGY Jan. 12 and Feb. 9 Ahmed Kutty, M.D. Jan. 3 and Feb. 7 Daniel McGowan, M.D. Jan. 24 and Feb. 28 Tom Pagano, M.D. Jan. 17 and Feb. 21 Shannon Hoos-Thompson, M.D.	KEARNEY PULMONOLOGY Jan. 25 and Feb. 22 David Cantrall, M.D. HAYS UROLOGY Jan. 31 and Feb. 15 Darrell Werth, M.D. KEARNEY UROLOGY January 18 LaRoy Williams, M.D. HAYS CARDIOLOGY Jan. 10 and Feb. 14 Christine Fisher, M.D.	NEUROSURGERY January 20 and February 17 E. Adeleke Badejo, M.D. PODIATRY Jan. 31 and Feb. 28 James E. Reeves, DPM Jan. 13 and Feb. 10 Gregory Burns, DPM HAYS HEMATOLOGY/ONCOLOGY Jan. 17 and Feb. 21 Anne O'Dea, M.D.

NOTE: ALL VISITING SPECIALIST CLINICS, UNLESS EMERGENCY, NEED TO BE SCHEDULED PRIOR TO DAY OF VISIT

Partnering To Bring Medical Specialists To Norton

Norton Outreach Clinic Schedule

Norton County Hospital
102 E. Holme - Norton

Cardiology - Dr. Christine Fisher
Monthly - (785) 625-4699

Oncology/Hematology Dr. Anne O'Dea
Monthly
(785) 623-5774 or (800) 248-0073

Ophthalmology - Dr. John Pokorny
Surgery
Monthly
Clinic
Monthly
(785) 628-8218

Orthopedic - Dr. Alex DeCarvalho
Monthly
(785) 261-7599 or (866) 428-8221

Urology - Dr. Darrell Werth
Monthly
(877) 312-1619 or (785) 628-6014

Mobile Echocardiography
Weekly - (785) 877-3351



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