



# Welcome

The staff of Nor'West Newspapers feels health care is one of the top two vital components, next to education, to keep our towns alive and well.

Access to good health care can mean the difference between rural towns living or dying.

The subject interests older people, who see their health declining and are looking for someplace nearby to get the care they need. The subject interests young families who are beginning to raise families, and want someone nearby to handle those little emergencies.

Our hospitals continue wrestling with the problem of recruiting doctors, nurses and staff. Many are investing in the future, trying to grow hometown doctors and specialists.

No one — families, young people or the elderly — wants to settle in towns without good hospitals, clinics and emergency medical treatment. Technology continues to expand the ability of the small hospitals to stay up with the latest treatments and bringing the doctor closer to the patient.

If our towns are to succeed, we need good, affordable health care nearby.

We found health care available and

mostly affordable. Our hospitals and clinics sometimes struggle. They are surviving and growing and serving their communities. The hospital staffs are committed to providing top-notch service and excellent patient care.

Specialists, once found only in the cities, are coming to their patients, and smaller hospitals are willing to send those with special needs on to larger, more specialized facilities.

Alternative sources for helping people live healthy lives provide a variety of services and can be found all over our publication area.

The government is trying to compensate rural hospitals more fairly, but the courts will have a major impact on the effect the national health reforms will have on the country. Cases are slowly moving toward the Supreme Court. The Affordable Care Act passed in March 2010 and the first portion went into effect in September. The total program could take up to four years to roll into effect. Some modifications and changes have been seen to the individual pieces.

Like most things in the High Plains, people are working together to solve their health care problems.

**This section is brought to you by the staffs of:**

**The Bird City Times**

Box 220, Bird City, Kan. 67731, (785) 734-2659

**Colby Free Press**

155 W. 5th, Colby, Kan. 67701, (785) 462-3963

**The Goodland Star-News**

1205 Main, Goodland, Kan. 67735, (785) 899-2338

**The Norton Telegram**

215 S. Kansas, Norton, Kan. 67654, (785) 877-3361

**The Oberlin Herald**

170 S. Penn, Oberlin, Kan. 67749, (785) 475-2206

**The Saint Francis Herald**

Box 1050, St. Francis, Kan. 67756, (785) 332-3162

## Cover Photo

An ambulance was parked at the emergency entrance at Kit Carson County Memorial Hospital in Burlington in mid-February. Ambulance services are run differently throughout northwest Kansas, eastern Colorado and South-west Nebraska, some administered by hospitals and some by counties.

— Photo by Pat Schiefen/The Goodland Star-News

# Index of advertisers

ADAC	18	Good Samaritan Society	28	Norton County Health Department	16
Andbe Home, Inc.	5	Goodland Medical Arts Pharmacy	32	Norton County Hospital/Clinic	17
Barotz Dental	31	Goodland Regional Medical Center	21	Norton Valley Hope	32
Ceena Owens	24	Great Plains Family Dentistry	20	NW Kansas Hearing Services, Inc.	9
Cheyenne County Health Department	24	Heartland Rural Counseling Services, Inc.	16	Oakley Health Mart Pharmacy	37
Cheyenne County Hospital	26	High Plains Mental Health	24	Office Works	16
Colby Glass/Cal Spas	9	Insurance Central	5, 12 and 22	Palace Drug Store	23
Colby Medical & Surgical Center	29	James E. Reeves	27	Quality Urgent Care	21
Cole Family Eyecare	25	KXXX	5	Scott G. Haas, D.D.S.	12
Decatur Hospital	10	Kelly's Home Medical	12	Sheridan County Health Complex	33
Deseret Health & Rehab at Colby	38	KFNF	30	St. Catherine Hospital	34
Dr. Mekki Saba, M.D.	39	Lamont Shirk, D.D.S	4	Stevens Hearing Center	23
Dr. Rubinowitz	12	L&C Home Health Agency, Inc.	22	Surgical Associates of Hays, P.A.	19
DSNWK	7	Logan County Hospital	14	Thomas County Health Department	4
Elliott's Inc.	4	Logan Manor	13	Tina Harris Physical Therapy	13
Fairview Estates Retirement Community	35	McCook Clinic	11	Unger Chiropractic Clinic & Massage	39
Family Center for Health Care	6	McCook Community Hospital	15	Vision Source	9
Fort Hays State University	40	Mortensen Computer Solutions, Inc.	11	Ward Drug Store	7
Fry Eye Associates	20	Nex-Tech Wireless	8	Walmart Pharmacy	13
Gambino's Pizza	36	Northwest Kansas Tech College	11	Wheatridge Acres	31
Good Samaritan Hospital	22	Norton Chiropractic Center	7	Whispering Pines Retirement	37

# to help prevent chronic some health problems

## "Light" Roll Wrap

### Ingredients:

3 tablespoons light cream cheese.  
3 tablespoons fat-free sour cream.  
4 green onions (the white and part of the green), chopped (about 1/4 cup).  
1/2 pound fresh crabmeat.  
Pepper to taste.  
6 whole-wheat 8-inch tortillas (or the tortilla of your choice).  
1 cucumber, thinly sliced.  
1 large avocado, quartered, pitted and sliced.

### Preparation:

1. Add cream cheese, sour cream, green onions and crab to food processor and pulse until well blended (about five seconds). Add pepper to taste.

2. Soften the tortillas by wrapping in a slightly damp cloth and microwaving on high for about a minute.

3. Spread one-sixth of the crab mixture on each tortilla. Then top each with about 12 thin slices of cucumber.

4. Fold one end of each tortilla up toward the center, then continue to roll until you have a wrap (with the avocado in the center of each wrap).

### Yield: 6 wraps

### Nutritional Information:

Per wrap: 200 calories, 13 g protein, 26 g carbohydrate, 7.5 g fat (1.8 g saturated fat, 3.4 g monounsaturated fat, 1.2 g polyunsaturated fat), 42 mg cholesterol, 4 g fiber. Calories from fat: 30 percent.

## White Chocolate Raspberry Mousse

### Ingredients:

1-ounce box white chocolate sugar-free instant pudding.

1 1/2 cups low-fat milk.

1 cup fresh or frozen raspberries (or use blackberries).

1 cup light whipped topping.

1 1/3 cups low-fat Crunch cereal.

### Preparation:

1. Beat pudding mix into 1 1/2 cups of cold milk in mixing bowl and beat on medium-low (or whisk) for 1 to 2 minutes. Beat in the berries (if using frozen berries, slightly thaw so you can break them up into individual berries) and whipped topping on lowest speed.

2. Spoon mousse into 4 individual custard cups (or similar) and top each with 1/3 cup of cereal.

3. Serve immediately, or cover and keep in refrigerator until ready to serve (ideally, they should be served within a couple of hours).

### Yield: 4 servings

### Nutritional Information:

Per serving: 180 calories, 6.5 g protein, 33 g carbohydrate, 5 g fat, 2.5 g saturated fat, 4 mg cholesterol, 4 g fiber, 390 mg sodium. Calories from fat: 25 percent.

## Spinach Quiche

### Ingredients:

1/2 package (9-10 ounces) frozen, chopped spinach, thawed and drained.

2 green onions (white and part of the green), chopped,

3 ounces flavored feta cheese (such as roasted bell pepper and garlic), crumbled.

1 cup shredded, reduced-fat sharp cheddar cheese.

Pepper to taste.

1/2 teaspoon garlic powder (add more if desired).

9-inch unbaked deep-dish pie crust, partially thawed.

2 large eggs (use higher omega-3 type, if available).

1/2 cup egg substitute.

1 cup fat-free half-and-half (or substitute low-fat milk).

### Preparation:

1. Preheat oven to 375 degrees. In a medium bowl, toss together spinach, green onions, feta, cheddar, pepper and garlic powder.

2. Spoon mixture evenly into the pie crust.

3. Add eggs, egg substitute and fat-free half-and-half to large mixing bowl, and beat on medium speed until combined. Pour into the pie crust, letting the spinach mixture combine nicely with the egg mixture.

4. Bake until center of quiche is cooked throughout (about 50-55 minutes). Let stand 5 minutes before serving.

Yield: 8 servings.

### Nutritional Information:

Per serving: 228 calories, 13 g protein, 15 g carbohydrate, 12 g fat (5 g saturated fat), 70 mg cholesterol, 2 g fiber, 388 mg sodium. Calories from fat: 50 percent.



Taking blood pressure and diabetes blood checks at the St. Francis Senior Center were Susie Walz (left) and Mila Bandel, Cheyenne County health nurse. Sparky Nolan was being checked out. Both Walz and Bandel are registered nurses and work for the Cheyenne County Hospital.

— Photo by Karen Krien/The Saint Francis Herald

## Orthopedic Surgeon

Mekki Saba, M.D., F.R.C.S



- Full Time Surgeon
- Orthopedic Care
- Available for Emergencies
- Total Knee and Hip Replacement

If you are having orthopedic problems due to injury or just the effects of time, please call Dr. Saba. There is no longer a need to travel to a far away city for surgery in the 21st Century.

**"We all heal better close to home."**



Dr. Mekki Saba, M.D., F.R.C.S.  
100 E. College Drive  
Colby, KS 67701  
(785) 462-7511

## Unger Chiropractic Clinic & Massage

Ryan R. Unger, D.C., Shannon R. Addleman, D.C.  
and Britta Noren, LMT

Oberlin Clinic  
504 N. Penn Ave.  
Oberlin, KS 67749



St Francis Clinic  
120 N. Scott St.  
St Francis, KS 67756

Phone #: (785) 475-2219

Phone #: (785) 332-2186

Come visit us at either location or check out our website  
[www.ungerchiropractic.com](http://www.ungerchiropractic.com)