

# Hospital to help workers quit smoking

**By Sharon Corcoran**  
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Goodland Regional Medical Center is working with the Midwest Cancer Alliance on several programs, including one to help hospital employees stop smoking.

The joint alliance's three-part series on cancer survivorship concluded Sept. 29, and Tina Goodwin, director of marketing and volunteer services for the hospital, told the hospital's board at its meeting that evening they to keep working together.

"We're hoping to have more

programs like this," she said, "to raise awareness to the resources available."

One upcoming effort, she said, is a stop-smoking program for hospital employees.

They will register and get someone people signed up as a sponsor to help them, she said, about mid-October, during Respiratory Therapy Week.

The goal, Goodwin said, will be for them to quit smoking by Nov. 15, the day of the Great American Smokeout. Their pulmonary function will be tested at the beginning, she said, and they will be rewarded

for quitting.

She said they hope to develop a community antismoking program to kick off at the health fair in February. The alliance is creating a library of programs used in member hospitals, Goodwin said, and all members will have access to them. The cancer survivorship series done here will be available to other hospitals, she said, and as others hold programs in conjunction with the alliance, those will be available here.

The alliance and the University of Kansas Medical Center worked with the Goodland hospital on

a free cancer screening at the Flatlander Fall Festival, she said, checking 65 people. There was a one-hour wait for skin cancer screenings, she said, since only one doctor was available. The team will be back for the health fair, she added.

The hospital and the alliance have been putting together a "personal health manager," she said, showing the board an expandable file with dividers, and it will be offered to all cancer patients.

It's a way to organize their paperwork, she said, and though it may not be big enough for everything, it

will get them started. The hospital is also distributing nutritional supplements for cancer patients who are having trouble keeping their weight up, Goodwin said; they can get a case of a nutritional energy drink each month.

The hospital is referring cancer patients to the American Cancer Society's patient service center, she said, where they can talk to a counselor. There's a toll-free number they can call, she said, and each time they call, they can talk to the same counselor.

In other business, the board:

- Heard from Administrator

Jay Jolly that the hospital's pilot is looking at air craft they could possibly buy, and they are giving further thought to the light jet that was considered at a previous meeting.

- Heard that the hospital has been visited by state surveyors and the fire marshal.
- Heard from Jolly the remodeling in the B-wing is close to done.
- Received information from Jolly about the 2009 budget planning discussion.
- Set the next meeting for 6:30 p.m. Monday, Oct. 27, in the hospital's large board room.

## City to hire manager

**By Tom Betz**  
ntbetz@nwkansas.com  
The Goodland city commissioners spent about an hour in closed session last Monday to begin the process to search for a new city manager to replace Wayne Hill, who has turned in his resignation effective in December.

The commissioners were in closed session for two 20-minute sessions at the beginning of the meeting, and were in telephone contact with the League of Kansas Municipalities to discuss the search process.

A question was asked about these being closed sessions because they did not seem to fit under the personnel exemption under state law, but City Clerk

Mary Volk said she had talked to an attorney at the League and was told the commissioners could do this in closed session because they were talking about the city manager position.

Nothing was said about the session in the open meeting, and the commissioners held a third 20-minute closed-door session at the end of the meeting with nothing being said and no action taken when they returned to open session.

More than three years ago when City Manager Ron Pickman resigned, the commissioners signed a contract with the League to help with the selection process.

The league agreed to guide the

search under a contract the commission approved in May 2005, helping with advertising and screening applicants.

The contract with the league three years ago cost the city \$4,166 plus about \$1,000 in advertising bills.

At that time, the city advertised and the League received about 37 applicants for the position. Interviews were held in June and early July with at least half a dozen candidates.

Hill was hired during the first meeting in August 2005, and his first day of work was Aug. 15. He resigned under a provision in his contract in September, and the commission has 90 days to find his replacement.

## Orchestra season begins Dec. 14

Colby's Pride of the Prairie Orchestra plans "a musical celebration of sounds" for this season.

The group, which draws players and support from the Tri-State Area of northwest Kansas, eastern Colorado and southwest Nebraska, will open the 2008-'09 season at 3:30 p.m. Sunday, Dec. 14, with "Celebrating the Season" at the Colby Community College Frahm Theater. Conductor will be Andrew Salvador, director of the Burlington High School and Middle School bands in Colorado.

At 3 p.m. Sunday, Feb. 22, in conjunction with the Western Plains

Arts Association, the orchestra will offer "Celebrate the Love of Sound" at the Decatur Community High School auditorium in Oberlin with Salvador as conductor.

At 3:30 p.m. Sunday, May 3, the group will return to the Frahm Theater for "A Musical Kaleidoscope" with conductor Stacey Williams, director of the Colby Middle School band.

Anyone interested in joining the orchestra can do so — all ages and skill levels are accepted. Rehearsals are from 7:30-9 p.m. Mondays at the college band room. For information, call board member Sharon Kriss at

(785) 460-2800.

Tickets for the concerts are \$7 for adults and \$3 for children and seniors.

The group also offers sponsoring memberships in the Friends of the POP for \$10 for students (includes one ticket); \$30 for adults for one ticket; \$60, sponsor two tickets; \$150, patron, six tickets; \$300, benefactor, 10; and \$500 Conductor's Circle with 20.

Contributions and memberships may be sent to Treasurer Karen Larmer, 685 E. Seventh, Colby 67701. For information, call (785) 460-3610.

## matters of record

**District Traffic**  
The following fines have been reported by the Sherman County District Court. All ages are at the time of the ticket.

**July 18:** Barbara A. Jansma, 56, Homewood, Ill., \$285 for speeding, 102/70, and \$30 for defective tail lamp on motor vehicle, failed to signal lane change.

Billy W. Patterson, 38, Chuckey, Tenn., \$175 for violating motor carrier safety rules and regulations, not paying United Carrier fees.

**July 19:** Aaron M. Uhrhammer, 40, Demotte, Ind., \$153 for speeding, 88/70.

Matthew H. Warner, 46, Little Rock, Ark., \$165 for improper parking.

**July 22:** Royce D. Kellner, 69, Kanorado, \$192 for speeding.

Nikki L. Snider, 20, Tulsa, Okla., \$167 for speeding, 90/70.

**July 23:** Ahmed A. Idrismohamed, 39, Indianapolis, \$175 for violating motor carrier safety rules and regulations, not paying United Carrier fees.

**July 24:** Thomas B. Mealeer, 46,

Overland Park, \$135 for improper parking.

Nancy K. Smallwood, 25, Brighton, Colo., \$165 for speeding, 90/70.

Brittney L. Talbott, 19, Winterville, N.C., \$165 for speeding, 90/70.

**July 25:** Allen E. Nissley, 27, Columbia, Ky., \$175 for violating motor carrier safety rules and regulations, not paying United Carrier fees.

**July 26:** Shannon T. Land, 44, Parkville, Mo., \$135 for following another vehicle too closely.

Elizabeth R. Moore, 58, Columbia, Conn., \$135 for speeding, 80/65.

Yavor V. Morfov, 36, St. Petersburg, Fla., \$175 for violating motor carrier safety rules and regulations, not paying United Carrier fees.

Daniel C. Riggs, 59, Loveland, Ohio, \$152 for speeding, 88/70.

Robert M. Saxbury Jr., 46, Breveer Dams, N.Y., \$225 for violating motor carrier safety rules and regulations, false log.

Sheryl H. Summers, 48, St. Louis,

\$129 for improper parking.

**July 27:** Susan T. Lamasko, 47, Anchorage, Ala., \$129 for speeding, 84/70.

Roseanna Marks, 30, Wichita, \$179 for speeding, 91/70, and \$60 for not having a child in a safety restraint.

Joseph D. Rosso, 22, Fort Collins, Colo., \$153 for speeding, 88/70.

John C. Wheaton, 52, Monument, Colo., \$165 for speeding, 90/70.

**July 28:** Mary K. King, 57, Highlands Ranch, Colo., \$147 for improper parking.

Connie J. Omally, 60, Overland Park, \$135 for speeding, 85/70.

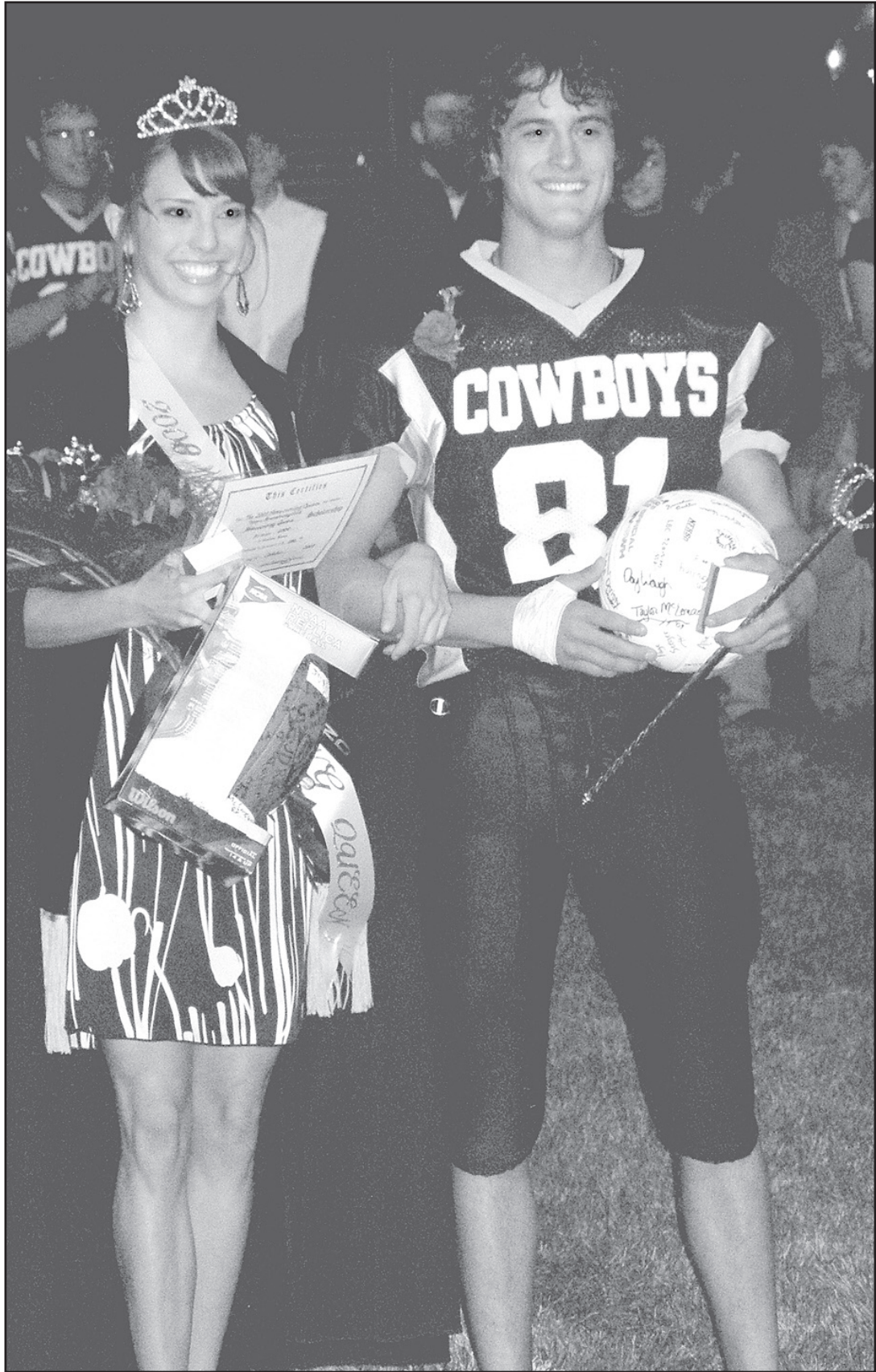
**July 29:** Ainars Jeromans, 35, Forest Hills, N.Y., \$75 for driving a commercial vehicle without a commercial driver's license.

Steven D. Marks, 23, Lake Havasu City, Ariz., \$135 for speeding, 85/70.

Joseph D. Metzger, 62, Clayton, N.J., \$123 for speeding, 83/70.

Gheorghe Negoi, 35, Vancouver, Wash., \$175 for violating motor carrier safety rules and regulations, no medical card in possession.

## Homecoming royalty crowned



Taylor McLemore and Kade Sheldon (above) were crowned homecoming queen and king during half-time of Friday's game against the Oberlin Red Devils. First attendants were Courtney Sheldon and Keegan Smith, and second attendants were Whitney Schields and Andrew Taylor.

Photo by Tom Betz/The Goodland Star-News

## corrections

The Goodland Star-News will correct any mistake or misunderstanding in a news story. Please call our office at (785) 899-2338 to report errors. We believe that news should be fair and factual. We want to keep an accurate record and appreciate you calling to our attention any failure to live up to this standard.

## Embrace Small Town Life With This Home!

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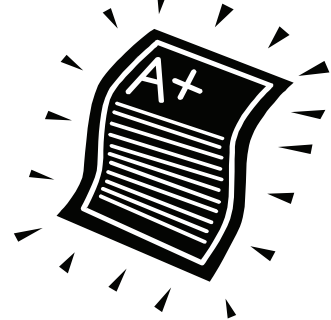


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