

from our viewpoint...

Chance of success comes in new year

Time for those New Year's resolutions, and to look forward with a sense of hope to see brighter success as the new decade begins.

Looking back at the past decade the economic problems and wars have impacted people we know, and have made changes in our community.

Looking ahead the city has announced four goals to improve and hopefully grow the city in the next year.

One of those goals is marketing Goodland both to the people who live here and to those who travel through or come here to shop or visit.

Getting new signage at the entrances to the city are one of the projects the commissioners have been pushing, and an off shoot of that is the idea of having a welcome center near the Interstate.

The question that brought up such an idea is that the state run tourism center west of town may face budget crunches in the future, and with current restrictions on what can be displayed or sold at the center a better option could be available.

One idea to test the need for a welcome center would be to set up local information stands at businesses near the Interstate with specific attention to things to do and see in Sherman County or nearby counties.

People traveling for vacations are more eager than most to find places to visit as they travel along the highways.

For Kansas the effort to stop tourists has been focused on those traveling east and for Colorado it is those traveling west with the welcome center at Burlington on the west side of I-70.

In Colorado many years ago the idea was to open a tourist information center in Trinidad. A motel off I-25 volunteered to host an information stand, but the state people were sure it would not work because people would not get off the Interstate and cross over to get to the motel.

The motel had trouble keeping the information stand filled, and the Colorado tourism people were amazed at the number of people who would take the time to get off I-25 and seek out the information stand.

A few years later the Colorado Tourism Board built and opened a welcome center near I-25, and today continues to be a busy place for travelers to stop both if they are going south into New Mexico or going north into Colorado.

Signage is an important part of the effort to let people know travel information is available, and to encourage the businesses to help people looking for the information.

We watched people come into the Colorado Welcome Center in Lamar and it was amazing to hear them say "We made it to Colorado, now what do we do?"

One family traveling from Illinois were on vacation for two weeks and had no specific plans. After working with the people at the welcome center they ended up spending the first three days in Lamar before heading on west into the mountains.

Getting people to stop off I-70 might be a bit different than off U.S. 50 or U.S. 287, but we are sure having something closer to Goodland could bring more people into town whether they are driving east or west.

This is only one of the ideas the city will be working on this year as the commissioners and city staff try to implement the long term goals for improving the city. We think they are on the right track on several of the goals and will look forward to working with them on the goals. — *Tom Betz*

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A tough way to get that flu shot

My grandmother always told me to wear lace on the bottom of my slip just in case it showed.

I thought about that as I did a partial strip-tease act in the middle of one of the busiest airport terminals in the country last week.

While I don't wear slips much anymore — because I seldom wear skirts — a nice lace bra would have been a lot more attractive than my plain old white cotton sports bra.

But there you go.

Another one of my — and just about every other — grandmother's sayings was to always wear clean underwear because you never know when you might be in a wreck and have to go to the hospital.

(I actually had a nurse say that to my son as he was lying in a coma with a skull fracture once. As I remember, it was enormously comforting.)

Ah, but let's start at the beginning.

Steve and I are both 61. OK, OK. So he's 61 and I'm almost 62. Be that as it may. We are of the age where flu shots are yearly health-care regimen — especially since as a pharmacist, I see a lot of sick people.

We were really busy when the vaccine came in and there wasn't much anyway. It had to go to higher-risk people than us. Then there was none.

I called the health clinic twice and stopped by twice.



cynthia haynes

• open season

Nope. Nada. None. Sorry.

Well, with luck we figured, we'd be just fine. Flu shots don't always keep you from getting the flu, but they do help ward off some of the more common bugs. Just because we didn't get shots didn't mean we would get sick. Lots of people our age never had a flu shot in their lives.

Then we took off for a between-holidays visit with our daughters in Augusta, Ga. They've been wanting us to come for Thanksgiving for years, but travel during the holidays is horrible, expensive and just plain ridiculous. But between Thanksgiving and Christmas, it's not so bad.

Our best flight plan was to leave Kansas City and fly into Atlanta, where we were to catch a commuter jet to Augusta. This is usually the fastest, least expensive way get there, even if the short hop never really gets to cruising altitude.

Everything went as planned. We spent the night in Lawrence and visited our son, then took a morning flight out of KCI. We had a little

over an hour to kill in Atlanta, but we figured that we would just walk from one terminal to the other and that would give us some exercise and kill a little time.

It worked perfectly, but as we neared our gate, we passed a makeshift stand offering flu shots.

What's the catch? we asked.

No catch. Fill out a simple form saying that if it kills you,, the health department isn't responsible, roll up your sleeve and fork over \$40 each.

Well that was more than we would pay at home but then at home that week, the price was \$0 and you got your money's worth.

I forked over and Steve rolled up his sleeve.

I tried but couldn't. The long-sleeved top I had worn wouldn't roll. I ended up pulling down the neck to expose my upper arm and giving the male nurse and assorted passing strangers an eyeful of my less-than-exciting underwear.

I'd like to say that's the end of the story, but while all I got was a little bandage out of the deal, Steve got a bruise twice the size of an old-fashioned silver dollar.

I'm sure the health department at home will have cheap vaccine, a private area and sharp needles now that we've got our shots. But isn't that just the way it goes?

Hospital staff commended for efforts

To the Editor:

For 24 hours beginning Tuesday evening, Dec. 22, a core of skilled and dedicated. emergency response and healthcare personnel worked tirelessly to assist victims from accidents on Interstate 70 caused by winter weather.

While many people were preparing for the Christmas holiday, emergency and medical personnel in Goodland displayed the utmost professionalism, efficiency and compassion during a very stressful time.

I commend the staff of Goodland Regional Medical Center, city and county emergency 911 personnel, Eagle Med flight crews and staff and both state and county law enforcement officers for their outstanding efforts in dealing with this crisis situation.

Many of these people worked around the clock attending to the victims of one accident



from our readers

• to the editor

after another. The level of teamwork and cooperation between the individual organizations was outstanding. Our community can take a great deal of pride in the people that dedicate themselves to our health and safety.

I am particularly proud of the staff at Goodland Regional Medical Center. Responses to the various emergencies came from all departments.

EMS personnel not on call arrived at the scene and at the hospital to offer assistance; medical and other clinical staff not working in the Emergency Room volunteered to fill

in wherever needed; administrative and other non-clinical staff members also assisted where they could.

The teamwork, skill, and professionalism displayed by our physicians and staff should be applauded. Beyond their outstanding professional capabilities, our staff showed enormous compassion toward the victims and their families. And for that, I applaud them.

I am honored to work with professionals such as these. Each of the individuals involved deserves our deepest thanks and heartfelt praise for their commitment to provide prompt, effective and compassionate care when circumstances demand it.

Thanks to all of you.

Jay P. Jolly, FACHE
Chief Executive Officer
Goodland Regional Medical Center

Impressive display of teamwork

Thumbs Up to the entire staff at the Goodland Regional Medical Center, Goodland City/Sherman County emergency personnel, law enforcement on all levels, the Eagle Med flight teams and all others involved in anyway, for your exemplary service during last week's snowstorm that resulted in a number of injury accidents. It was an impressive display of teamwork. You made us proud.

-td-

Here are a few responses I received by email to my football bowl comments: "Thanks for reminding me..."; "I agree, but they are more than 'practice sessions'..."; "I could easily watch 68 of them, TD, that's how much I love football!..."; "TD, if money is the root of all evil, don't you think it would be fitting to have an Evil Bowl?...". Your comments to anything I say in my columns are always welcome; simply email me at td1@st-tel.net. The above comments were just snippets of longer notes.

-td-

Reports tell us that millions upon millions of dollars have been spent, and continue to be spent by lobbyists on the health care reform battle. Wouldn't it make more sense to use that money to begin chipping away at the national debt? Face it, "sense" and "DC" aren't related.

-td-



tom dreiling

• time out with td

Well, the new year is here! Schools are back in session and basketball and wrestling action resumes — thank goodness! Let's make sure we have good attendance at home contests. The kids expect that support, let's not disappoint them. Let Cowboy/Cowgirl Pride shine through!

-td-

I read where former KU football coach Mark Mangino will receive a \$3 million buyout of his contract. I wonder what kind of buyout a classroom professor gets.

-td-

Libraries are an important part of any community. And it goes without saying that Goodland has one of the finest community libraries anywhere. It's growth is history. If you're not a book bug, become one! A wealth of information unfolds inside those brick walls, and you just might be pleasantly surprised to learn that books are not the only thing the library has to offer. Check out the place.

-td-

Tip: Serious about losing weight? Then shed no more than a pound a month. If you weigh 185 pounds today, for example, by the time Christmas rolls around you'll be a slimmer 175. A doctor once told me the secret to losing weight is losing it on YOUR terms. He said you can better control your weight if you lose it slowly. This reminds me of a friend who was many, many pounds overweight and his doctor, concerned about his health — he weighed 250 pounds — suggested a plan for shedding pounds. He told Art (not his real name) to eat one helping at the table and then push himself back from his plate. Art tried it and it seemed to work. He was losing weight, the doctor was so pleased and continued offering words of encouragement. At one time Art was just under 200 pounds! Then he suddenly began to put weight back on. The doctor was concerned and puzzled. So, one afternoon when Art was in for a checkup and he had gained another couple of pounds, the doctor asked, "Are you not pushing yourself back from the table anymore?" Art replied, "I tried, Doc, but I was too weak."

-td-

Have a good evening. And as we embark on a new year, I think I'll eat fewer evening snacks. My *rumble seat* needs a little help." (td1@st-tel.net)