

# Hospital board gets physical therapy tour

By Sharon Corcoran

*The Goodland Star-News*  
Goodland Regional Medical Center has bought equipment for a program to help patients with incontinence, and hospital officials and board members toured the physical therapy department to see it during the board's regular meeting Monday.

Jack Lucas, a registered physical therapist, gave the tour of the department. Tammy Morrison, a certified physical therapy assistant, showed off the new equipment.

Morrison said she expects to see more women benefit from the program than men, and not just senior citizens. Many women have some trouble with bladder control after giving birth, she said.

When women do Kegel exercises, Morrison said, sometimes they are using their abdominal muscles. The department's new biofeedback machine will help change that, she said.

An electrode is inserted like a tampon, she said, and it measures

the contraction of muscles. The relaxing and contracting of muscles is illustrated on a computer screen, she said, to help patients to visualize their progress in building their muscles.

The biofeedback is not as important for men, she said, because when they do exercise for incontinence, they can see body parts moving.

The program respects the women participating, Morrison said. They aren't in a room where a lot of people can see them, she said, and are fully dressed. Just a lead wire shows.

The program will integrate education with biofeedback, she said, and goals will be set by each patient. There should be a large baseline between relaxed and contracted muscles, she said.

The hospital received \$5,700 from the Northwest Kansas Area Medical Foundation for the program. \$3,500 of the money had been raised by the Caring Kind fund raiser.

In other business:

- The hospital has not yet scheduled a critical access survey, Administrator Jay Jolly said, but expects to have it done early in March.

- Pharmacist Pat McCullough has resigned, Jolly said, to work for McKesson Corp. in Las Vegas. He said the hospital will likely need to find interim staffing and will recruit a pharmacist or outsource the work.

- Rural Health Ventures will become Goodland Family Health Center on Monday, Scott Focke, borrowed clinic manager, said.

- The board approved canceling the old lease for the Sharon Springs clinic and approved a lease for a new building at \$750 per month, including utilities.

- The board approved transferring contracts of doctors and nurse practitioner letters of understanding from Rural Health Ventures.

- The board approved Chief Financial Officer Jim Precht's proposed capital budget for 2004.

- The next meeting was scheduled for 5:30 p.m. Monday, March 29.



Tammy Morrison, a certified physical therapy assistant, attached an electrode to her arm to demonstrate how the biofeedback machine works Monday during the hospital board's tour of her department. The machine has an electrode that women can use to show muscle contractions during Kegel exercises, part of the hospital's program for patients with incontinence.

Photo by Sharon Corcoran/The Goodland Star-News

## Fire destroys trees, grass



A member of the Sherman County Rural Fire Dept. hosed down fire-damaged trees of a windbreak at 6985 County Road 21 on Thursday. Fire Chief Kenny Griffith said he believed sparks from

a welder's torch started the blaze, which destroyed about 40 trees, five to six acres of corn stalks and 10-12 acres of prairie.

Photo by Greg Stover/The Goodland Star-News

# Eighth-grader wins spelling bee

It took 10 rounds to name a winner in the Goodland School District's annual spelling bee Wednesday afternoon at the high school auditorium.

Kathryn Craft, an eighth grader and daughter of Steve and Janet Craft, will be heading to the state spelling bee on March 27 in Topeka as the winner in the district.

There were 10 spellers in the contest and after six rounds, it was between Craft and Landon Brenner, a sixth grader and son of Dan Brenner and Dawn Ann Stewart.

In the next round, Brenner missed indictment, but then Craft missed it as well. They then both missed ionosphere.

In the third head-to-head round, they both correctly spelled their words, justifiable for Brenner and superintendent for Craft.

In the fourth round, Brenner missed valedictorian, but Craft spelled it right and then spelled naive correctly to win the bee.

The other participants this year were:

Abby Jolly, fourth grade, daughter of Jay and Carol Jolly.

Joel Linin, fourth grade, son of Max and Brenda Linin.

Kuter Isaac, sixth grade, son of Kevin and Mary Isaac of Brewster.

James Roeder, fifth grade, son of David and Michelle Roeder.

Dayelle Waugh, fifth grade, daughter of Scott and Traci Waugh.

Cameron Morris, seventh grade, son of William and Donna Morris.

Whitney Schields, seventh grade, daughter of Brad and Dana Schields.

Courtney Sheldon, seventh grade, daughter of Shad and Penny Sheldon.

The pronouncer for the bee was lawyer Jeff Mason and the judges were librarian Karen Gillihan, school board member Jane Philbrick and Superintendent Marvin Selby.



Craft

## student of the week



**Name:** Kristen Lammers

**Parents:** Mike and Kathy Lammers

**Grade:** Senior

**Age:** 18

**We've nominated this student because:** Kristen is a very dedicated, intelligent and creative student through her classroom instruction, on the job instruction (Dairy Queen), and through her DECA Club involvement. I am impressed with Kristen's involvement in class activities, dedication to learn as much as she can from her educational opportunities and her overall effort to turn in every assignment as accurately as Possible!

**Student Comment:** My favorite aspects of school life are my friends, the great times we have had and my participation in the clubs and

activities at Goodland High School. My favorite subject is art, because that is the class where I can relax and enjoy the most. I will remember the first time my friends from youth group became my friends and introduced me to new things.

**Activities involved in at school:** DECA, tennis, cross country, National Honor Society, FCCLA, yearbook and track.

**My choice of movies, books, and games:** I like movies filled with comedy, such as Miss Congeniality and Rush Hour. I also like fantasy movies such as The Lord of The Rings series and Star Trek. I like pop music, disco music and the oldies. I enjoy reading fantasy books, science fiction books, horse books, mysteries and westerns. I like video games, tennis, Monopoly, Scrabble and the game of Life.

**After I leave Goodland High School I intend to:** attend Colby Community College for two years to become a veterinary technician. Then I plan to go on to veterinary School.

**And 10 years from now, I think I'll be:** a practicing veterinarian working as an equine or small animal specialist.

**Favorite Quote:** "Good, Better, Best. Never let it rest. Get your good better and your better best."



## Education 1st!

An Educational Support Group  
Meeting at **7 p.m.**  
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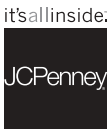
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