

Retirement community adding 12 rooms

By Kathryn Gurfinkel

The Goodland Star-News
All of the amenities at Wheat Ridge Acres Retirement Community — the cozy seating areas, friendly staff and independent living — will soon be available to more people as the facility adds 12 rooms.

As administrator Donna Swager talks about to the future of the home, residents wander the halls, stopping to chat with friends.

She describes the 3-year-old Wheat Ridge complex as an assisted living retirement home. She said that means they provide “all the independence you want with all the assistance you need.”

The residents can live either in the independent living houses, each in a duplex complete with a garage, or in the main building, where the staff offers more help.

The single or double apartments are furnished and decorated in the residents’ own style.

Although the building has a kitchen staff that serves breakfast, lunch and dinner, each apartment has a kitchenette with a microwave and small refrigerator.

Swager said the rooms are all handicapped accessible and residents have room and mailbox keys.

The long hallways are broken up with seating areas, each set up with a different theme. Swager said the furniture is made to meet the needs of residents, with sturdy frames and shorter legs for greater comfort.

“It’s designed to be calming and soothing,” she said. “It’s really designed with the senior in mind.”

The hallways are lined with a handrail cleverly disguised as a decorative chair rail.



Martin McClure with Morton Construction in Goodland works with his crew to pour the footings for the new addition to the Wheat Ridge Acres Retirement Community. The expansion will add over 4,000 square feet, 12 more rooms and another seating area to the assisted living building.

Photo by Kathryn Gurfinkel/The Goodland Star-News

Wheat Ridge staff helps residents with medications, laundry, shopping and cleaning.

“It’s the next best thing to being at home,” Swager says.

Although they have a nursing

staff, she said they are not a nursing home. Residents who get sick have to make appointments to be treated by a doctor or in a hospital.

“We’re not designed for people with acute medical needs,” she said.

The home is owned by Colorado-based Heritage Healthcare Management. The company owns 9 other facilities throughout Colorado.

Residents visit the beauty shop

for hair care and the spa for bubble baths. Swager said the baths allow the staff to help residents maintain proper hygiene while checking for bumps, bruises or scrapes.

Thirty-four people currently live in the main building with 24 more on a waiting list. The expansion will add over 4,000 square feet, 12 more rooms and another seating area to the assisted living building.

“I’m very excited,” Swager said. “I’m excited because I feel like we’re meeting the needs of the community.”

Along with room expansion, she said, they are adding garages for residents’ cars. Visitor parking will grow, too, with a lot north of the Wheat Ridge Acres sign.

Swager said the master plan is to add more rooms and independent living duplexes as the need grows. Before they look too far into the future, however, she said she wants to fill the newest expansion and make sure it runs well.

“I’m leery of trying to do things too quickly and not doing them well,” she said.

Swager expects to be moving residents into the new addition by December.

She said she looks forward to meeting everyone and making them feel comfortable at Wheat Ridge Acres.

“We want to be a home,” she said. “We want it to be small enough to know everybody’s name as they walk down the hall. These people are our family.”

Wheat Ridge is open to the public and Swager said with the expansion, she would love to see more people visit to get a better understanding of the facility.

Paper wins award

Changing the time zone for Sherman County was the question, and *The Goodland Star-News* wanted people to have a say in April of last year.

When county officials found out they couldn’t do it, the newspaper held a special election where the voters of the county decided to stay with Mountain time.

That election has brought *The Star-News* a national award for Community Service which was presented at the National Newspaper Association convention in Denver on Sept. 17. Accepting the award for the newspaper was Editor Tom Betz.

The contest judge said the stories were a unique way to handle a “gee whiz” story, and the newspaper involved the community by holding an election, supported with research stories, editorials and letters from the voters.

This was the second major award *The Star-News* has received for the time zone stories. In April, *The Star-News* won the Frank and Mamie Boyd Community Service Award from the Kansas Press Association for its efforts to see that Sherman County voters had their say in the debate over time zones.

“It is great to win such awards for something we felt was important to our readers,” said Editor Betz. “Recognition for your work from your peers tells us we were doing the right thing.”

“We cannot do this type of effort without the support of our readers, who bring us ideas and are a part of what we strive to do to help progress in our city, county and region.”

Elsewhere in the area, *The Norton Telegram* won two National Newspaper Association awards for editorial writing in the class for weekly newspapers under 2,000 in circulation.

Publisher Cynthia Haynes picked those up in Denver.

Steve Haynes, president of Nor’West Newspaper, which owns both papers, was named to the association’s executive committee.

That committee, comprising the four officers and two other directors, governs the association between meetings of its board.

Haynes is the regional director, representing newspapers in Kansas, Nebraska and Missouri on the board.

The association represents about 2,600 community newspapers across the country, mostly weeklies and smaller dailies in rural and suburban areas.

Colby and Goodland hospitals cooperate to get surgeon

By Kathryn Gurfinkel

The Goodland Star-News

Goodland Regional Medical Center and Citizens Medical Center of Colby have joined forces to bring Doctor Gregory Y. Kim, a board certified surgeon, to serve both hospitals until a permanent replacement can be found.

“We’re just glad to have Dr. Kim here,” said Jay Jolly, chief executive officer for the Goodland hospital.

He said Dr. Kim, who started work Sept. 13, will be practicing in both Goodland and Colby. As a general surgeon, he will be performing gall bladder surgeries, appendectomies, hernia repairs and endoscopic procedures, among others. Jolly said Dr. Kim will be on call for emergencies, too.

To bring Kim to northwestern Kansas, the two hospitals worked together, he said.

“Dr. Kim’s presence here,” said Jolly, “is a great example of how collaboration between two hospitals can provide a viable practice for the physician while ensuring an essential service remains available to the citizens of northwest Kansas.”

Kim comes to the hospitals from a surgery residency at Eastern Virginia Graduate School of Medicine in Norfolk, Va. He did his undergraduate work at the University of

Michigan at Ann Arbor, Mich., and went on to graduate work and research at the Ohio State University College of Medicine.

He left his wife Janet behind in Virginia to finish a teaching commitment at a community college there.

Jolly said he is phasing into the job while he applies for a postgraduate fellowship in minimally invasive surgeries. Jolly said Kim will begin to work full time for the hos-

pitals in November.

Jolly said Kim is filling a year-long gap in surgical service while the hospitals wait for a permanent surgeon. He replaces Dr. Duncan Davis, who had practiced at both hospitals until the end of August. Davis left to continue practicing surgery at Clay Center.

“We’re really just getting started with Dr. Kim,” said Jolly, “but it’s working out well.”

Goodland gives up hydropower because it would be expensive to use

By Kathryn Gurfinkel

The Goodland Star-News

The Goodland City Commission agreed last week to turn federal hydropower allocated to the city over to a statewide pool, noting that it is not enough to keep the town running and would be fairly expensive to use.

While the hydropower from federal power projects in the west does offer the city a source of cheap electricity, city officials said it would be expensive to get the power here.

At their meeting last week, com-

missioners agreed to add the chunk of power recently designated for Goodland — less than one megawatt — into a pool with other cities. Power from the pool will be given to one city that will then pay for it.

Pooling the power will allow Goodland to keep the allocation for later use without having to pay for it, said City Manager Ron Pickman. If using the power becomes more attractive, the city will keep the option to someday take the power back.

“There might be a time when we

want it,” Pickman said.

If and when the city wants the power back, he said, the city will send a notice to the Kansas Municipal Energy Agency, which runs the pool.

Because the energy will be in use in another town, the agency expects a three-year notice.

Right now using the small amount of power does not add up for the city. Pickman said they would be paying \$8 per megawatt per hour more than they do for their current electricity through Sun-

flower Electric Power Corp. for the hydroelectric power because the city does not own its transmission lines.

Hydropower actually costs almost \$10 less than they are currently paying for electricity, Pickman said, but to get it here, they have to run the power through Sunflower transmission lines, and the Hays-based cooperative adds on a fee.

Pickman said after reviewing electric agencies to get the best deal, they settled on pooling the energy with the Kansas Municipal Energy

Agency.

“After reviewing everything,” said Pickman, “it seems like it’s the best way to go at this time.”

The power is allocated to the city for the next 20 years. Pickman said the cost could fluctuate as much as the cost the city currently pays for electricity.

He said Sunflower, the city’s main power provider, has to give one-year notice on price changes.

Someday, he said, the city may even want to take the pooled power.

Show choir seeks bookings to raise money for competitions, trips

The Goodland High School show choir, the X-Pressos, is looking for groups to book them so they can raise money to travel to competitions and to performances in Salt Lake City and at Carnegie Hall in New York.

Director Randy Berls said that any group or organization that needs entertainment and would like to help the choir raise money should call him at the high school at 899-5656 to set up a time for the X-Pressos to perform.

The group is starting to prepare for the 2005 National Showchoir Competition set for March 17-20 in Branson, Mo., Berls said.

The group has been invited to perform in Salt Lake City and at Carnegie Hall in New York, he said, with the Kansas State University choir and a few other select high

school choirs from Kansas in the summers of 2005, 2006 and 2007.

Last year in May, the X-Pressos competed in Denver against choirs from Kansas, Colorado and Nebraska and won the entire competition.

“We have received many wonderful and exciting opportunities to

perform around the country the last two years,” Berls said, “and about every month we get a new invitation to do something else.”

The group looks closely at the cost and time line of a trip when deciding which opportunities to

accept, the director said, because sometimes the price of a trip is more than its educational value.

The last time the X-Pressos competed in Branson was 2002, he said, and the group placed 12th in the nation.

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.

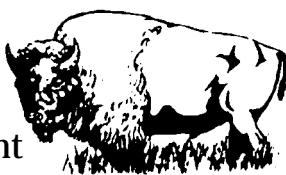
Benny’s Famous Buffet comes back Sunday, October 3

11:00 a.m. - 2:00 p.m.

Come and enjoy our
Famous Fried Chicken
Spanish Pork Chops
Real Mashed Potatoes
Soup and Salad Bar
Dessert

\$7.95/\$6.95 senior (Drinks not included)

Buffalo
Inn
Restaurant



830 W. Hwy 24
Goodland, KS 67735
899-5057

Internet tonight! 899-2338

**Classified ads
work!
899-2338**

Mowing Down Prices on new **DIXON** mowers

2004 Dixon ZEETER
Was \$2099
NOW ONLY \$1900



2004 Dixon
ZEETER HL30
Was \$2799
NOW ONLY \$2550



2004 Dixon
SPEEDZTR 36”
Was \$3499
NOW ONLY \$3100

All mowers are new and come with a 2 year warranty
Witzel & Rhea Implement Co.
124 W. Hwy. 24
Goodland, Kan.
785-899-3432
118 N. Gardner
Sharon Springs, Kan.
785-852-4235

www.caseIHcombines.com

Wrinkle Cream Success

Millions of Seniors and “Baby Boomers” are praising the exciting discovery by famous Pharmacist Robert Heldfond...his **EB5 Facial Cream**...for the dreaded signs of *wrinkles, crow’s feet, crepey throat, “feather” lips and dry skin.*

EB5 is five creams in one jar...Wrinkle Cream...Throat Cream...Firming Cream...24-hour Moisturizer and Make-up Base...all in one. One jar lasts for months and is sold with a guarantee of satisfaction at **JCPenney**. Phone toll free **1-800-929-8325** to learn more about all EB5 formulas for younger looking skin! Or visit online at **www.eb5.com**.



Robert Heldfond