



AT THE GOLDEN AGE CENTER Friday morning, Marian Dempewolf (above) stretched her left arm towards her left foot during exercise class. Annette Miller (below) held her arms high above her head as she stood in a yoga pose.

— Herald staff photos by Kimberly Davis

Seniors work out at classes

By **KIMBERLY DAVIS**
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They sat on the edge of their chairs as they stretched their hands towards their left and then their right feet.

Then each one got up and worked on their balance, stepped side to side to help raise their heart rate, and did a yoga stretch.

Three days a week, area seniors, men and women, get together at the Golden Age Center to strengthen their muscles and work on their balance, flexibility and hearts.

Rhonda May, one of the teachers for the exercise class, said it is paid for by a federal "Steps" grant through the Kansas Department on Aging.

Every Monday, Wednesday and Friday, she said, nine to 10 people get together to exercise. At each session, they work on strength, cardiovascular conditioning, flexibility, balance and mind-body coordination. The class is targeted at the 60-plus age group, but anyone can come.

She said until they get to 20 people at each class, she won't enforce the age limit.

Three or four times a year, they do fitness assessments. Those who come to the class, generally speaking, see a difference in their conditioning as time goes by.

That information is collected and used by a research outfit, she added. The idea for an aerobics class for the older population originated in King County, Wash.

Ms. May said she is certified to teach the class. Other teachers are Norma Anderson, Annette Miller and Fern Moore.

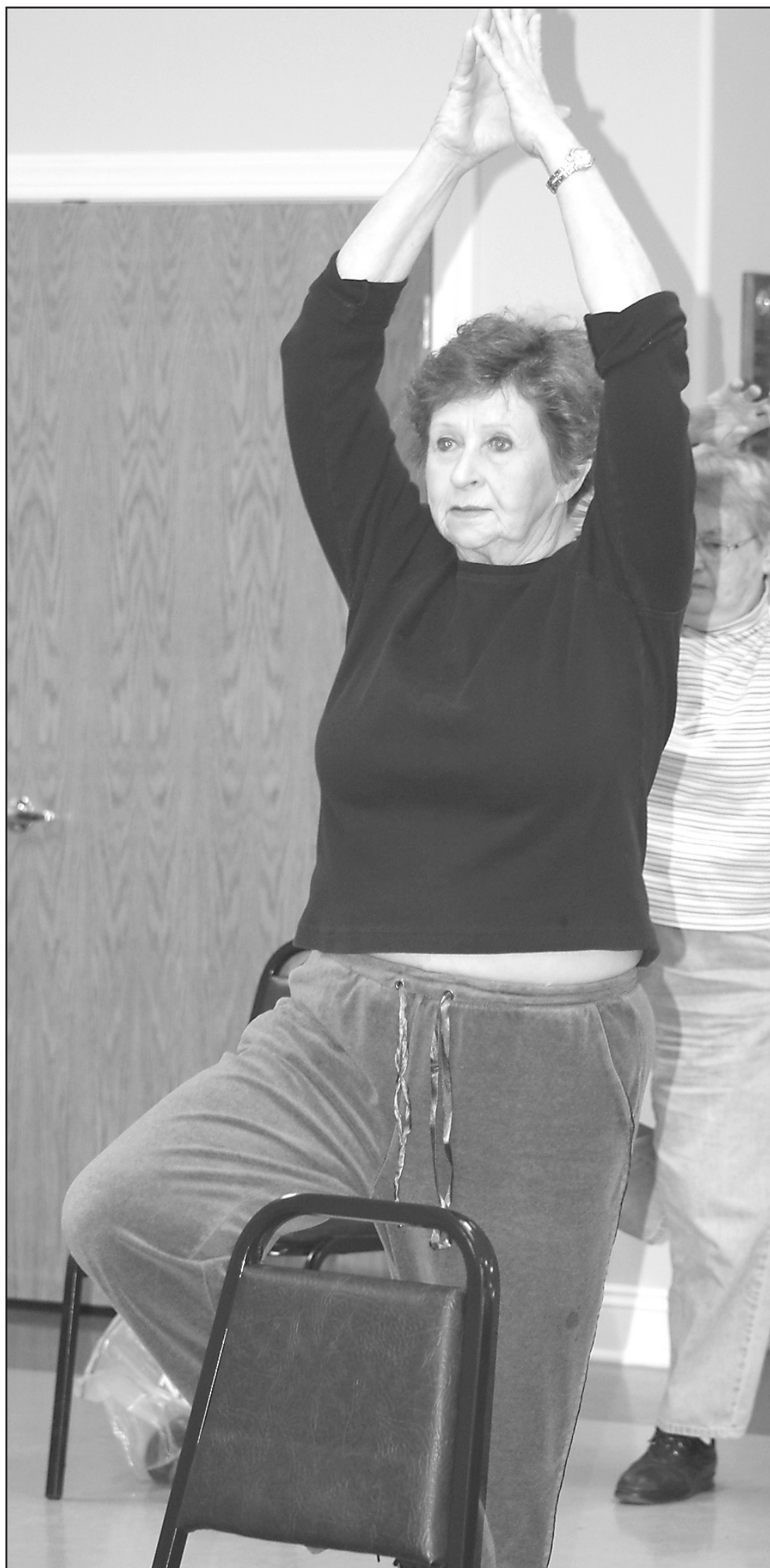
There's no class if the schools are closed. Ms. May said if it's slick, people don't come.

The class started in 2007 and was held at the old senior center.

While the class is paid for through the grant, each person is asked for a \$5 donation per month. Ms. May said the donation is encouraged, but not required. The money is used to buy supplies, and they make a donation a couple times a year to the senior center.

The hour-long class, which starts at 9 a.m., is a good stress reliever, she said.

Anyone who's interested can come. The class is held on the west side of the center.



Records will be safe if clinic sells

Hospital to hold files

If there's no agreement on a sale of the Oberlin Medical Arts Clinic, the practice will close on Friday, March 11.

Dr. Elizabeth Sliter said if there's no sale, the Decatur County Hospital has agreed to become the custodian for the clinic's patient records. She added that no active patient records are being destroyed.

In an interview Friday, Dr. Sliter said they are checking into information about what to do with the records. She said she's not sure if the patients can take possession themselves.

The clinic was designed, said Dr. Sliter, for five doctors and several mid-level staff. For some time now, at least three years, two doctors have

been sharing the duties of the clinic. While there has been mid-level providers, she said, a doctor needs to be on back-up call if needed.

In that three years, a third doctor, Obed St. Louis was here for two months.

Dr. Sliter said she was under the impression that physicians had to give a 30 day notice when resigning. They also have to publish a notice 15 days before closing, for three weeks.

Being a physician is not a nine-to-five job, she said. In January, she and Dr. Stelian Andrecu had patients in the hospital for a total of 280 "bed days." They took care of those patients and went on rounds (See OBERLIN on Page 12)

District has plan to deal with lice if problem arises

By **KIMBERLY DAVIS**
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A recent letter to the editor brought out some questions about lice, kids and how the Oberlin School District handles the issue.

Lice, said Superintendent Duane Dorshorst, are not a health hazard, but they can be a nuisance. The district is in the business of educating children, he noted, not keeping them at home because of a nuisance issue.

A letter from Iris Mastin, whose son attends Oberlin Elementary School, ran in the Wednesday, Feb. 9, issue of The Oberlin Herald.

Mrs. Mastin said she and other parents would like to see that parents are notified when a case of lice is discovered in their child's classroom so families can take preventative measures at home. She said she would also like to see the policy on lice printed in the student/parent handbook.

School Nurse Johanna Mason said she doesn't send a note home every time she checks or every time a live louse is found on a student.

If there is a check, she said, and

a live louse is found, the parents of that child are notified and the child is sent home. Mrs. Mason said she goes over information from the Kansas Department of Health and Environment about how to treat lice and remove the nits, or eggs, they leave with the family.

She said she also goes over what needs to be done to clean and sanitize bedding, coats, hats, pillows and stuffed animals. She said everything either needs to be bagged for two weeks or cleaned using hot water and a dryer.

The other children in the class, plus teachers and siblings, are all checked if lice are found, Mrs. Mason said.

Students who are sent home, said Mrs. Mason, are rechecked when they return to school. Most treatments have to be done again seven days later or whenever the instructions on the bottle say.

If a person has a bad case and long hair, said Mrs. Mason, it can take a while to get the nits out. The student could miss several days of school.

The Oberlin District doesn't have (See PARENT on Page 12)

Votes will eliminate mayoral hopeful

Registered voters in the City of Oberlin will narrow the field of candidates for mayor from four to three on Tuesday.

The Gateway will be the only polling place open for the primary election, and Oberlin is the only city in Decatur County with a primary. Those on the ballot are Councilman Bill Riedel, Bobbi Jo Johnson, former Councilwoman Judy Scott and Councilwoman Rhonda May.

The three highest vote getters will move on to the general election on Tuesday, April 5.

The polls will be open from 7 a.m. to 7 p.m.

All of the candidates have been

Candidate interviews on Page 3

invited to a candidate forum sponsored by the Decatur Professional Women at 7 p.m. tonight at The Gateway. A committee from the group has come up with questions for the candidates. Each will get a chance to answer every question.

Everyone is invited to come and learn about the candidates.

High school principal hands in resignation

After 8 1/2 years as principal of the Decatur Community High School, Charles Haag has turned in his resignation.

Superintendent Duane Dorshorst read the letter from Mr. Haag, which said he plans to retire at the end of July, when his contract will end. He wrote that it was a tough decision, but he wanted to give the district enough time to fill his spot.

Mr. Dorshorst said he would post

the job this week. The district received a memorandum of agreement for the Northwest Kansas Regional Homeland Security Council to digitize the blueprints of district buildings.

The board decided not to hand (See DISTRICT on Page 12)



*Parent wants changes made to lice policy

(Continued from Page 1)
a "no-nit" policy, she said. This is something that changed with the state several years ago. Kids can be allowed back in class after they are treated for live lice.

A nit is a little egg that the lice have laid on a hair shaft. The hair, said Mrs. Mason, is in the middle of the egg. You have to pull out the strand of hair with the nit, and the job can be tedious. The eggs can hatch into lice, she said, if that hasn't already happened.

Medication doesn't always kill the nits, she said, which is why it's important to re-treat.

In some cases, Mrs. Mason, the district has bought what's called Lice Ice. The treatment has no harsh chemicals in it and can be used every day.

The letter in the paper said that "lice had been close to out of control." Mrs. Mastin said two or more cases in a school year is a problem in her mind. She said she knows of at least twice that many in her son's class each of the last two years.

Superintendent Dorshorst said, however, that he doesn't think the problem is out of control. The district has even bought treatments to help get rid of the lice. Mrs. Mason said she's seen about 10 cases, and frequently many are repeat cases.

"The current policy states that if the problem keeps re-occurring with an individual student, state agencies are contacted," said Mrs. Mastin. "So if re-occurrence is a problem on an individual level, why doesn't the administration seem to think it's a problem when it keeps happening over and over again school wide?"

The past few years aren't the first time lice have been found in the

schools, said Mr. Dorshorst. It's always a problem in elementary schools.

There are some time-consuming things that could be done, but they would take away from time for teaching and study, he said. Winter is the worst, because of the coats and hats kids wear.

Some parents want the district to bag kids coats and hats separately when students take them off. He said they do try to keep those items separate.

Mrs. Mastin suggested holding an informative or educational meeting about lice and how to control or prevent them for parents. She said in a nearby district, a list is made of kids who were in close contact with each child who has a confirmed case and the parents get a phone call. The school nurse also goes to the classroom and bags the coats next to the ones with the child with lice.

One of the biggest things with lice, said Mrs. Mason, is that parents need to treat the kids and take care of the bedding, coats, hats and stuffed animals at the same time, so the infestation won't "go around and around."

She added that she wishes people would keep in mind that lice aren't a health hazard. A case won't affect the child's health, though it might keep the student from being in school.

Superintendent Dorshorst said he thought the nurse had done everything she could to work with the families involved in lice cases.

"Jo Mason," he said, "has worked harder than anyone I know to try to help families and students."

Tracing a design



IN ART CLASS on Friday at Oberlin Elementary School, first-grader Breckyn Jensen traced a plastic design that she would later color.

— Herald staff photos by Kimberly Davis

*Oberlin clinic for sale

(Continued from Page 1)
to see them before and after the clinic hours, and still saw patients in the clinic.

While the clinic and Decatur County Hospital are still in negotiations about the practice, Dr. Sliter said she didn't know what other steps have been taken to sell the business.

Dr. Sliter said she's made no plans for her future. She said she's still coming to terms that she won't be a doctor at Oberlin Medical Arts come Friday, March 11.

Closing this kind of business includes lots of details and will take some time, she said.

While she and Dr. Andrecia sent the required 30-day notice to the hospital about covering the emergency room, she said she hasn't resigned her privileges and still works at the hospital.

Dr. Sliter said as far as she knows when people lose a job in this way, such as the nurses and receptionists, they should receive unemployment.

The clinic has been recruiting doctors for 3 1/2 to four years, well before Dr. Richard May resigned, she said, but hasn't had much success.

As a rural health clinic, she said, the clinic can't bill for doctors who aren't employees, even if a substitute doctor were to come here. She said the clinic would have to pay those doctors, but couldn't bill for their services. A hospital-based rural health clinic has different rules, she said.

Dr. Sliter said as far as she knows, agreements with patients on paying outstanding bills will continue.

She said she has worked at the Oberlin Medical Arts for 10 1/2 years. She started July 26, 2000, but before that she became a resident in November 1999.

"It's been a privilege working here," she said.

*District receives accreditation

(Continued from Page 1)
over the blueprints until someone from the agency comes to explain how the digitized copies will be used.

Mr. Dorshorst said the Quality Accreditation Review team had been here recently. While they haven't received a report yet, he said the team was impressed with the district when they talked with the students, parents and staff. The team was able to drop in on some classes to see teachers and students in action at both schools.

The district received a commendation for both schools on leadership, governance and teaching. Mr. Dorshorst said the team thought there was too much test data and recommended that more parents need to be involved in the accredita-

tion process. The accreditation review team comes every five years, but the process is continuous.

In other business, the board:

- Approved an upcoming vocal music trip to Omaha, Neb. at the beginning of May. The board agreed to pay for the bus, driver, fuel and the driver's expenses.

- Approved an option for Murfin Drilling to extend its oil and gas lease on which is part of the Esther Hill endowment. The lease is just part of the endowment, the district isn't the only owners of the endowment. The lease is in township 5 south, range 30 west, section 21, southwest quarter.

- Held closed sessions for 20, 10 and 5 minutes to discuss personnel. There was no action taken.

Man posts bond in assault case

By **KIMBERLY DAVIS**
k.davis@nwkansan.com

An Oberlin man was arrested on 11 charges last week and held shortly on a \$100,000 bond set by the Norton County magistrate judge.

Tanner Lincoln, 29, was arrested around 3 a.m. Saturday, Feb. 12, by the Oberlin Police Department after an incident in the 400 block of North Martin earlier that morning, said Police Chief Wade Lockhart. He was released on his own recognizance later that day.

Last Wednesday, Mr. Lincoln was arrested again on felony charges stemming from the incident. Those included aggravated battery, a level 4 person felony, aggravated burglary, a level 5 person felony; aggravated assault, a level 7 person felony; seven counts of criminal threat, a level 9 person felony; and one count of criminal damage to property, a class B misdemeanor.

Chief Lockhart said there was damage to the front door at the home in the 400 block of North Martin. The victim, Brandon Metcalf, 27, had numerous injuries, said Chief Lockhart, but refused an ambulance. He was taken to the Decatur

County Hospital. Preston Pratt, deputy county attorney, said Mr. Lincoln has posted bond with he and his parents signing for the full \$100,000.

Mr. Lincoln had asked for a bond reduction, but the motion was denied by District Magistrate Judge Deb Anderson, who came to Oberlin on Friday to hear Mr. Lincoln's request. The release will be supervised by Court Services, said Mr.

Pratt. Judge Anderson was appointed to the case, at least through the preliminary hearing, by Judge Bill Elliott. Mr. Pratt said his office has to notify the presiding judge if there is any possibility of conflict of interest with the local judge.

After the preliminary hearing, however, Judge Elliott will hear the felony case. That hearing is set for 9:30 a.m. Friday, March 4.

Man arrested on sodomy charges

An Oberlin man is still in the Decatur County jail after being arrested last week on four charges of criminal sodomy, furnishing alcohol and distributing an hallucinogenic drug to a minor.

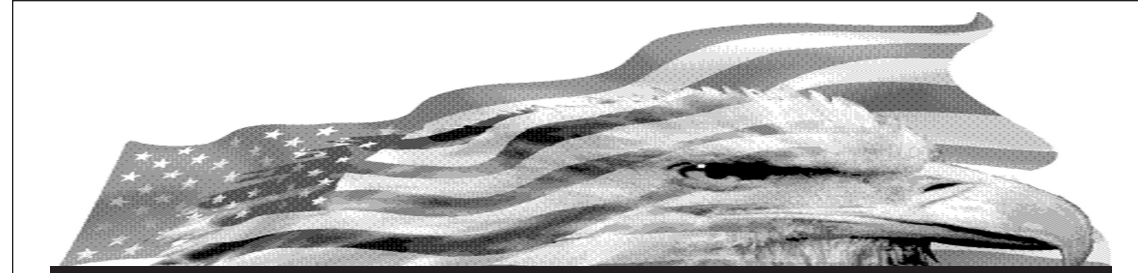
John Allen Shatto, 27, of Oberlin, was arrested by the Oberlin Police Department last Monday. He is being held on \$50,000 bond. According to Mr. Shatto's court

record, he faces four counts of engaging in criminal sodomy with a person of the same sex between age 16 and 18. Each count is a class B nonperson misdemeanor.

The fifth charge is a class B person

misdemeanor for furnishing alcohol to a minor.

The final charge is a level 2 non-person felony for distribution of a hallucinogenic drug to the same minor.



BEEFIN' UP OUR HEROES

Would like to express our gratitude to each and every one of you for sponsoring an enjoyable evening of fun, food, and entertainment for our Decatur County Police, Fire And EMS personnel. The dinner was February 16th at the Gateway Civic Center.

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SELLERS: Loretta M. Kanak Estate, & Et al

Saturday, February 26, 2011, 10:00 a.m. est
LOCATION: 4-H Building, N. Hwy 25, Atwood, KS.
Selling Collectables @ 11:30 a.m. est
Viewing: Friday, February 25, 2011, @ 5:00 to 7:00 p.m. est

SELLING: Vehicles, Lawn & Shop Equip, Furniture & Appliances, Collectables & Household Misc.

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