

Many patients using hospital last month

Administrator Les Lacy reported at the Wednesday meeting of the Cheyenne County Hospital Board that the number of people using the hospital had jumped early in December but did not carry through to the rest of the month.

While the clinic remodeling is being done, the St. Francis Clinic staff has moved to the hospital basement. He said that it was too early to say too much about the number of people using the clinic since it has moved to the hospital basement. However, he did commend the staff for the smooth transition.

Rick Wells, Thissen Construction supervisor, reported that he is looking at Feb. 15 before the clinic staff can move back into the clinic. Privacy issues were stressed and he agreed that the inside work needed to be done for that reason.

The hospital staff has made and renewed three contacts in search of a surgeon. The administrator said that he and the staff are also identifying issues dealing with scope equipment used in certain procedures. Many of the new surgeons have been trained on newer equipment which is also more efficient so may be reluctant to come to the county if this equipment is not available.

Dr. Mary Beth Miller is participating in the search for a surgeon. The medical staff is also looking into specialty physicians which will help expand the hospital's offerings to patients and bring more people in to use the facility.

The hospital does not have the volume to support a full-time surgeon however, sharing one for a day each

week would not only be more convenient and better for patients at home but would also bring in more people to use the hospital.

Proposed budget

Dennis Fredrickson with Great Plains Health Alliance presented the proposed 2003 budget. Also present to listen to Mr. Fredrickson was Dr. Miller who asked several questions. Each board member was given a copy of the proposed budget but since there were two new members who had not had the opportunity to study the budget, Jackie John, area director of Great Plains Health Alliance, said she would present the proposal to the Great Plains Health Alliance Board but the Cheyenne County Hospital Board would not need to give approval until the next meeting.

In other business

In other business:
 • Jones Gillam, the architect/engineering firm for the clinic and hospital, had submitted two bills for a total of \$32,260 but the board questions the mileage costs which had been added on the total. The board asked that Les Lacy, hospital administrator, check the contract because the board was under the impression that the mileage should be included in the total — not a separate cost.
 • The administrator reported that the county health office had been absorbed by the hospital several years ago and while it is an expense to the county, the point of having good medical care is to keep people well which also keeps insurance costs down.
 • The county health office has received Juvenile Justice Authority



CLINIC TEMPORARILY MOVED—Patrick Delano is working in the basement of the hospital until the clinic remodeling is finished.

Herald staff photo by Karen Krien

Mini-Grant funds of \$1,220 to use in helping teens to make better choices.

• Between Dec. 5 and Jan. 3, the hospital needed cash from the board totaling \$240,000. The administrator explained that it was a cash flow issue.

Next meetings

The next meeting of the hospital board was a special meeting at 7 p.m.

on Jan. 22. The board will be approving the blue prints for the hospital renovation.

A second special meeting has been set for 11 a.m. on Feb. 10 and this is a construction meeting.

The regular meeting has been set for 7 p.m. on Feb. 20 with the place of the meeting to be announced later.

E-mail service slowed to a crawl over weekend

Customers of the nwkansas.com Internet service probably noticed that e-mail service slowed to a crawl over the weekend.

The nwkansas.com server started bogging down about Wednesday, running as much as two days behind in delivering mail by Friday.

Efforts to fix the problems began Friday. Tom Betz, director of Internet services, and Evan Barnum, systems administrator, spent Friday afternoon, most of the day Saturday and part of the night trying to pinpoint the cause.

The system was stashing mail in its database files, but fell woefully behind in dishing it out.

It took until Sunday to isolate an apparently faulty disk drive on the main server. After the drive was isolated, it took most of the day for the server to catch up. By midnight, though, it was no more than an hour behind.

Over the weekend, customers say some messages come in at odd times, often a day or two late. Some messages were doubled up. Others may not have come through at all.

Steve Haynes, president of Nor' West Newspapers, said at least

twice in the process, the server turned on itself and began rejecting the stored e-mails. Senders then got a message saying the address was not known, even though it was valid.

"We know this may cause our customers some problems," Mr. Haynes said. "For the most part, the sender just resent the message, so the mail was not lost. If it was unwanted spam, though, it likely won't come back."

As of Monday, the mail server was working as intended, with no delay. Mr. Barnum said there might be a few short outages later in the week as he replaced the faulty drive and reconfigures the server.

Customers who are still having problems should call Mr. Betz at 785-877-2338.



Cheylin Honor Roll

The following students were listed on the Honor Roll for the second term:

Seventh grade

Vanessa Antholz, Kaedra Dixon, Colleen Shrader, Sarina Burmester, Jessica Davis, Sue Ann Gerhardt

Eighth grade

Aubrey Kehlbeck, Terry Jensen, Josh Johnson

Freshmen

Jacob Jensen, Josh Moyer, Kori Underwood

Sophomores

Rebecca Mason

Juniors

Cristi Antholz, Kylie Dixon, Stephanie Hubbard, Brittany Kehlbeck, Hayley Young, Amanda Banister, Sara Moore

Seniors

Annie Hengen, Hollie Louderbaugh, Stephanie Snyder, Matt Wilson, Joy Zumbahlen, Andrew Smith, Jill Zumbahlen, John Simmonds

Honorable mention

The following students received

honorable mention for the second term:

Seventh grade

Lincoln Pochop, Taylor Leibbrandt, Mindy Antholz, Josh Garner, Amber Mason, Weston Ribeiro, Sam Hengen, Blanca Ponce

Eighth grade

Samantha Beeson, Nathan Ketzner, Jessica Marshall, Emily Holub, Lucius White, Aaron Linner

Freshmen

Hannah Louderbaugh, Afton Krien, David Banister, Brandon Gordon

Sophomores

Justin Antholz, Ailysa Carpenter, Tiffany Antholz, Alex Hengen

Juniors

Shellie Felzien, Ofelia Ortiz, Kathryn Turner, Megan Sramek, Andrea Carpenter

Seniors

Amanda Poore, Samantha Jensen, Katina Downing, Zach Linnin, Carissa Antholz, Jennifer Weinstein, Michael Sager

SHOWTIME: 7:30 p.m. 3 hours

Showing Jan. 24, 25 & 26

The Lord of the Rings: Two Towers

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"Neighbors helping neighbors"

Bulletin Board

Card shower
 Neva Loomis of Goodland will celebrate her 80th birthday Sunday, Feb. 16. All friends and relatives are welcome to mark the occasion by sending cards to her at 521 West 8th Street, No. 1, Goodland, KS 67735.
 Her children and spouses are Roger and Lynelle Loomis of Las Vegas and Rick and Linda Rogers of St. Francis. Her grandchildren are Shawn Rogers of Denver and Dallas Friedli of Herington.
 Born Feb. 16, 1923, the honoree married Edwin Loomis on Feb. 7, 1943. He is deceased.

Notice to stockholders
 The annual meeting of the stockholders of the St. Francis Sale Barn, Inc. will be held at 1 p.m. Saturday, Jan. 25 at the sale barn cafe.

people are welcome to come and listen. Input is also welcome.

Cheyenne County Commissioners/date change
 The Cheyenne County Commissioners will meet at 8 a.m. on Thursday, Jan. 30 instead of their regular meeting day on the last day of the month. They meet in the commissioner's room at the courthouse.

Hospice Service
 Hospice Services Inc., has information available about end-of-life care, advance care planning, and other related topics. Hospice Service, Inc. is available to provide programs for groups and organizations. For more information, please 800-315-5122.

Alcoholics Anonymous/Al-Anon date change
 Alcoholic Anonymous and Al-Anon open meeting, held at 8:30 p.m. Thursday at the Methodist Educational Building, upstairs. Contact 332-2168 or 332-2078.

Northwest Kansas Family Shelter
 Northwest Kansas Family Shelter provides 24-hour-7 day-a-week services to victims of domestic violence and sexual assault. Weekly support groups are available for women and children within the northwest Kansas area. For information or if you are in need of assistance, please call the toll-free number 1-800-794-4624.

Need a Helping Hand
 The Cheyenne County Helping Hands Coalition can help. Call the SRS office at (785) 332-2021.

Kansas Day
 The 74th annual Kansas Day celebration will be held at the American Legion Hall in Bird City on Wednesday, Jan. 29. Registration begins at 10 a.m. Check story in this issue for details.

Amusement Authority
 The Cheyenne County Amusement Authority will hold its first meeting of the year at 7:30 p.m. on Jan. 27 in the commissioners' room in the courthouse. On the agenda will be election of officers and plans and needs for the 2003 fair. Any interested

Notice
 St. Joseph Catholic Church of Bird City and the Cheyenne County Kansans for Life chapter will sponsor a spaghetti dinner from 11:30 to 1:30 on Sunday, Jan. 26. Check ad for details.

Dealing with depression

Feelings of sadness and loneliness after a death seem to be heightened during the holidays and sometimes linger long past the ending of the season. Sadness is a normal and healthy part of grieving but sometimes it can slip into a depression.

How do we know if we are sad or depressed? Often sadness and depression feel and look similar. When the feelings of sadness and loneliness are intense and unrelenting and you feel there is no way out, you are probably depressed. Depression, untreated, is dangerous because we stop taking care of ourselves and we stop caring about others or life. Depression can lead to suicidal ideation, or worse, the act itself.

If you are depressed you may experience a change in sleeping or eating patterns, physical problems, loss of energy and/or the ability to concentrate and a strong sense of worthlessness, hopelessness and helplessness. You may not want to do things you used to enjoy doing and you may find yourself isolating from others. These symptoms help us recognize depression in ourselves or in others.

What do we do if we are depressed? The first thing is to tell someone. Depressed persons often lack the energy or motivation to help themselves so speak to a friend, physician, minister or family member and get help. Depression is best treated by a combination of medication and professional counseling so a visit to your physician is important in helping to make that determination. Once you realize you are not alone and your situation is not hopeless, you will be able to take other steps to deal with your depression. You will be able to begin nurturing yourselves, renewing friendships, find you are able to get outside of yourself and to reach out to others. As you accomplish these steps you will notice the depression is lifting and the ability to enjoy life is becoming a reality. The benefits of relief from pain of depression are many, so if you are depressed - or know someone who is depressed - please talk to someone about it - today.

This article is presented by Hospice Services, Inc., which services several Northwest Kansas counties.

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Diabetic Support Group Meeting

Thurs., Jan. 30
 6-7 p.m.

Senior Center Meeting Room

TOPIC: Nutrition
 SPEAKER: Brandie Ihrig R.D.

Diabetics, family and friends of diabetics are encouraged to attend

The Cheyenne County Clinic continues to see patients in the hospital basement. Thanks for understanding the change as our clinic building is being remodeled.