

Physical therapist offers treatment using light therapy

By Jan Katz Ackerman

Colby Free Press
Citizens Medical Center added a new therapy which will address wound treatment in a different light.

Tama Unger, director of fund development and community relations at CMC, said the new therapy is actually light therapy.

Unger said the new technology will replace lengthy, often painful, treatment for helping wounds heal.

"When cells absorb light, it stimulates metabolic processes in the cell.

"The result is that the absorbed energy is used to repair tissue, improve blood flow and, or restore normalcy to an otherwise impaired biological process.

"Light therapy also reduces pain. This modality will improve athletic injury recovery, work related and repetitive strain injuries, wound healing, and healing from chronic pains and illness," said Jason Konrade, physical therapist and director of rehabilitation services.

Calling the process "like photosynthesis to a cell," Konrade, will oversee the new light therapy at Citizens Medical Center.

Konrade brings his experience from working with laser therapy in a Kansas City area clinic from 2001 to 2003.

In addition, Konrade is trained in integrated manual therapy, which is a hands-on therapy which looks at and treats all the tissues and systems of the body.

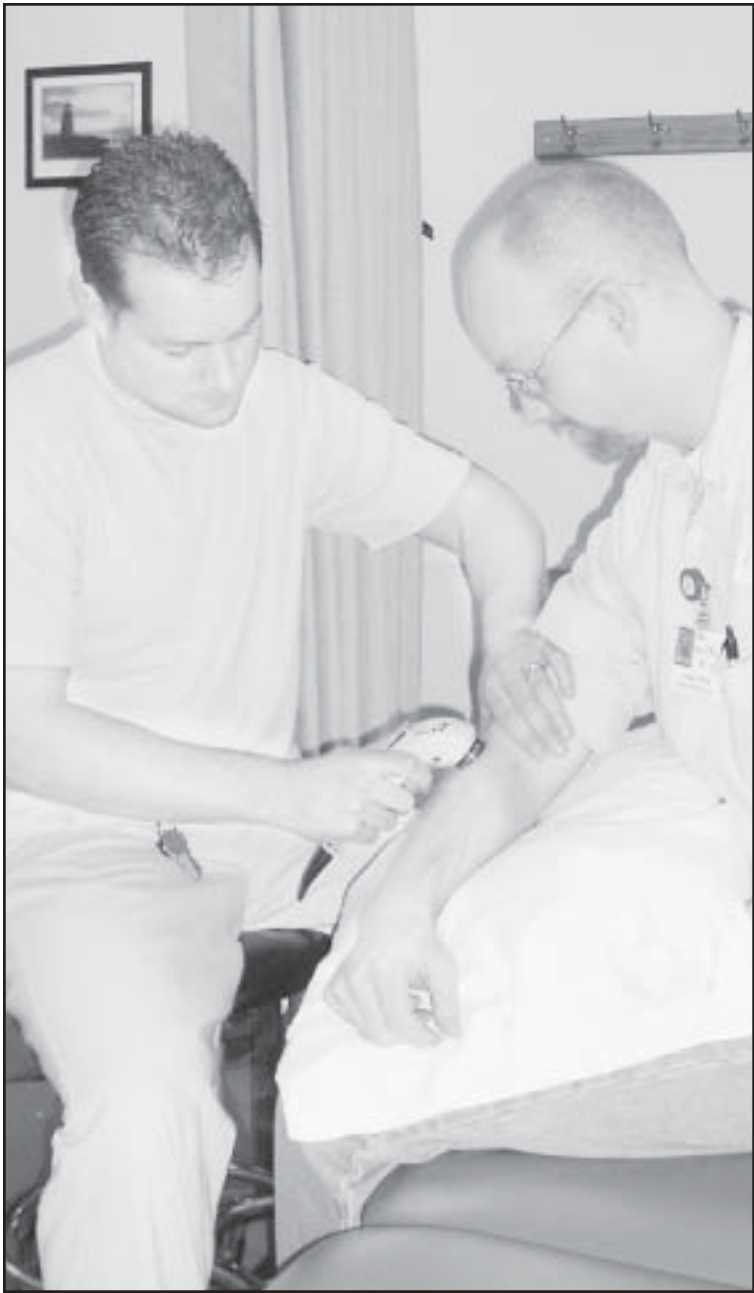
"It was a clinic where we actually used a laser for similar treatment, and bringing that experience here helps me in using this technology more efficiently and effectively.

"With this type of therapy you learn to treat all types of dysfunctional tissues in the body, from bone to muscles to organs to circulation to the lymphatic and immune system," he said.

Konrade said conditions the therapy will address include arthritis, carpal tunnel syndrome, inflammation, back pain, neck pain, headaches, soft tissue injuries, stiff joints, scar tissue, pain and swelling, pressure sores, neuropathy, wounds, hair growth, and balance problems.

"The treatment is very gentle. Some patients indicate warming or tingling sensations in the area where the therapy is placed. Light therapy sessions last 5- to 30-minutes, depending upon the problem, and they can be a very relaxing experience," Konrade said.

For more information about the therapy contact Konrade at (785) 462-7511.



Jan Katz Ackerman/COLBY FREE PRESS

Jason Konrade, physical therapist, demonstrated light therapy technology at Citizens Medical Center, on physical therapy assistant James Foster on Friday.

Litter bug drops more than paper

By Jan Katz Ackerman

Colby Free Press

A Colorado man was arrested on drug charges and littering when stopped for a traffic violation on Interstate 70 near Colby on Friday.

Thomas County Sheriff Mike Baughn late Monday afternoon said when a sheriff's deputy stopped a vehicle for a routine traffic stop the driver allegedly dumped illegal narcotics out of the car.

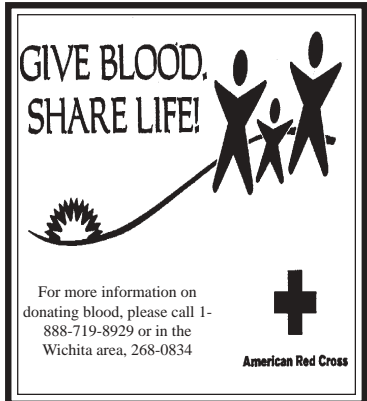
Jason Stewart, 30, Colorado Springs, was arrested on pending charges of possession of cocaine, possession of methamphetamine, possession of marijuana, driving on a suspended licenses and littering.

Two advance in Hoxie's water commission race

Two of three candidates will advance to the April general election for the Hoxie City Water Commission.

In Tuesday's primary, Harold Timken garnered 113 votes, followed by Troy Dewey with 77 votes for the commission seat.

Marie Dawn Jones came in third with 18 votes and will not be listed on the April 5 ballot.



Colby museum plans 'Flying High' event Sunday

America's most famous female aviator, Amelia Earhart, will touch down at the Prairie Museum of Art and History on Sunday at 2 p.m.

Flying High: Women's History Day will feature a performance by Dr. Ann Birney portraying the noted Kansan.

Flying High starts at 1 p.m. with the roving in-gallery performance by Jaylea Black as Nellie Kusk. Jaylea was one of several youth who participated in the Youth Chautauqua Program at museum during the Bleeding Kansas Chautauqua last summer.

As part of the celebration of Women's History Month, Gary Adrian will tell the story about Melissa Alger and Anna Williams, who homesteaded in Thomas County on adjacent quarters in 1885.

Gary is the Great Grandson of

Melissa Alger.

Flying High also will celebrate flight with the exhibit, The Flying Dutchman: Joe Shalz. Joe was one of the first and certainly the most famous pilots in Thomas County.

The Colby Airport was named Shalz Field in 1975 in his honor.

In addition to the performances there will be fun children's activities and games celebrating flight and women's history.

The day is free and everyone is invited.

"The Amelia performance is brought to you by the American Association of University Women and the Kansas Humanities Council," Taylor said.

For questions, call the musuem at (785) 460-4590 or visit the web site: www.prairiemuseum.org, email: prairiem@st-tel.net.

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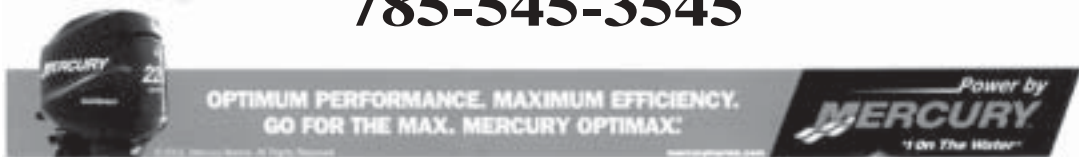
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