

# New director moves back to home territory

By Ava Betz  
The Goodland Star-News

Cheyenne George is coming back into home territory as she takes over the job of director at the Good Samaritan Society.



George

She comes from Syracuse and has relatives in Eastern Colorado. She attended college in Manhattan at Kansas State, where she obtained a degree in public health and nutrition. While getting her degree she worked at one of the premier nursing facilities in the country, Meadowlark Hills.

She did her internship at a Good Samaritan facility in Wamego and from there moved on to a position at the Good Samaritan facility in Hutchinson. It has been a journey from east to west, back across Kansas to the familiar mountain time zone she is happy to be back, she said in an interview Friday after her first week at work.

When she worked at Meadowlark Hills, the term "Culture Change" was beginning to be introduced into nursing

homes, she said. "That's a big term in long term care." She explained that it means is changing from an institutionalized building where residents are lined up in rooms and treated all the same - rising at the same time, eating at the same time, going to bed at the same time and so on - to more individualized care based on resident choices such as getting up when they want to get up, eating when they want to eat, and doing what they want to do. "It's all about what they want to do," she said. When they came from home, that's what we want them to do, keep having those same choices with just

a little bit of assistance." The accommodations at Meadowlark Hills were like a house, she said, each house holding about ten people and each having its own dining room and living room. Although buildings are slower to change than philosophies, this change to resident choices is being made in many areas. For instance, eating times in Goodland's facility have been broadened to allow the resident a choice of eating times and there are menu choices available. "It's a big change, because of all the financial hardships that everybody is going through and what the gov-

ernment is putting on facilities like this, it is hard to just take it all and turn it around," she said. Slowly Goodland is adapting. In addition to the dietary changes, rooms are being changed around, activities have been modified so there are choices - not everyone has to do the same activity at one time, she said. "The activity director is really good about making everything individualized. If only one person wants to play a game, they'll find someone who wants to play a game with them, so that's nice," she said. The concept of a care center as

an "end of life" facility is gone, she said. Asked what she thought of her first week in Goodland, George said she is excited to find out what Goodland has to offer. She has already visited with the County Commissioners, since the county owns the building, and she is looking forward to meeting other community organizations. Goodland's facility currently has a population of 57 residents out of 60 available accommodations, she noted, and said she is finding she has a great team to work with.

# Winter weather awareness day scheduled Thursday

Winter weather has become a topic for discussion and the National Weather Service is planning the "Tri-State Winter Weather Awareness Day for Thursday. David Floyd, warning coordination meteorologist, said most of the region has experienced a hard freeze, and snow and wind can't be far behind. He said the goal of Winter Weather Awareness Day is to draw attention to the hazards of winter weather and remind residents and visitors it's time to gear up for winter and review safety procedures.

On Thursday Floyd will place a number of short winter weather articles on the weather service web page [weather.gov/goodland](http://www.weather.gov/goodland) and Facebook pages <http://tinyurl.com/3fqxjd3>.

The topics will include: Winter travel safety, travel and survival kits, web sites with road conditions, weather service advisories and warnings, wind chill, frostbite and hypothermia.

"Check out the latest winter weather information, including forecasts, watches, warnings and advisories in the coming weeks,"

Floyd said. List of winter weather terms people may find useful:

**Winter Season Warnings**  
Advisories and Warnings: National Oceanic and Atmospheric Administration's National Weather Service urges people to stay abreast of local forecasts and warnings during the winter months, especially when traveling. The advisories and warnings issued by the Goodland office are listed. While the exact issuance criteria may vary between offices, the values below are fairly typical of the High Plains.

**Blizzard Warning:** Sustained or frequent wind gusts of 35 mph or more, and falling or blowing snow, with visibility below one-quarter mile for at least 3 hours.

**Ice Storm Warning:** Damaging freezing rain accumulations over one-quarter inch.

**Winter Storm Warning:** Any or all of the following are imminent or occurring...

**Heavy snow:** Accumulations of six or more inches in 12 hours, eight or more inches in 24 hours

**Sleet:** Accumulations of one-half inch or more

**Heavy snow and blowing snow:** Conditions remaining below blizzard criteria, and if any of the above occur with freezing rain accumulations over one-quarter inch.

**Wind Chill Warning:** Wind chill temperatures expected to be hazardous to life within several minutes of exposure. Local criteria: Wind chill -25 F or less and wind speed at least 10 mph.

**Freeze Warning:** Surface air temperature at or below 28 F for at least 1 hour. Used primarily for events at the beginning and end of the growing season.

**High Wind Warning:** Sustained winds at or exceeding 40 mph for at least 1 hour, or any wind gust at least 58 mph.

**Dust Storm Warning:** Sustained winds of 25 mph or greater resulting in widespread visibility below one-quarter mile in blowing dust.

**Winter Weather Advisories**  
**Freezing Rain Advisory:** Lighter freezing precipitation with accumulations under one-quarter inch.

**Winter Weather Advisory** when any or all of the following are imminent or occurring:

**Snow:** Accumulations of 3 to 5

inches either imminent or occurring.

**Sleet:** Accumulations under one-half inch either imminent or occurring.

**Blowing snow:** Blowing snow occasionally reducing visibility between one-quarter and 1 mile with sustained winds less than 35 mph.

**Snow and Blowing snow:** Falling and blowing snow occasionally reducing visibility between one-quarter and 1 mile with sustained winds less than 35 mph.

And if any of the above occur with freezing rain accumulations under 1/4"

**Wind Chill Advisory:** Wind chill temperatures expected to be a significant inconvenience to life with prolonged exposure. Local criteria: Wind chill between -15 and -24 F and wind speed at least 10 mph.

**Frost Advisory:** Surface air temperature between 29 and 36 F with light winds and expected frost. Used primarily for events at the beginning and end of the growing season.

**Wind Advisory:** Sustained winds of 30 to 39 mph for 3 hours, or any wind gust at least 45 mph.

**Blowing Dust Advisory:** Any sus-

tained wind resulting in widespread visibility between one-quarter and 1 mile in blowing dust.

**Dense Fog Advisory:** Fog reducing visibility to one-quarter mile or less over a widespread area.

**Winter Season Watches**

**Winter Storm Watch:** Issued when winter storm conditions (blizzard, heavy snow, heavy freezing rain, heavy sleet) are expected within 12 to 48 hours, occasionally beyond 48 hours.

**High Wind Watch:** Issued when high wind warning conditions (sustained winds at or exceeding 40 mph for at least 1 hour, or any wind gust at least 58 mph) are expected within 12 to 48 hours, occasionally beyond 48 hours.

**Precipitation Definitions**  
**Snow Flurries:** Light snow falling for short durations. No accumulation or light dusting expected.

**Snow Pellets (also called graupel):** Precipitation consisting of white, opaque, approximately round ice particles having a snow-like structure. Snow pellets are crisp and easily crushed. (They look like tiny pellets of Styrofoam.)

**Snow Showers:** Snow falling at

varying intensities for brief periods of time. Some accumulation is possible.

**Snow Squalls:** Brief, intense snow showers accompanied by strong, gusty winds. Accumulation may be significant. Snow squalls are best known in the Great Lakes region.

**Blowing Snow:** Wind-driven snow reducing visibility and often causing significant drifting. Blowing snow may be falling snow and/or loose snow on the ground picked up by the wind.

**Sleet (also called ice pellets):** Precipitation consisting of transparent or translucent pellets of ice. Sleet forms when either rain, or largely melted snowflakes, (re) freeze before reaching the ground. Sleet usually bounces when hitting a surface and does not stick to objects; however it can accumulate and cause a hazard to motorists.

**Freezing Rain:** Rain falling onto a surface, the temperature of which is below freezing, resulting in a coating or glaze of ice on surfaces such as trees, cars, and roads. Even small accumulations create a significant hazard.

## rotary

Goodland Rotary Club met Friday with 20 members and five guests present at noon in the meeting room of the Northwest Kansas Technical School Student Union.

Four guests were participants in the Technology in Education, Third Annual Fall Rural School and Community Development Conference held at the Technical College. The guests of Dr. Ed Mills were Ben Coumerilh, IT specialist at Northwest Tech and Ben Senstock and Steve Richley, both of Apple, Incorporated. Marty Melia's guest

was Dennis Weese from Abilene, representing Eagle Communications.

Trevor Linton gave members the latest update on the Ringneck Roundup pheasant hunt sponsored by the club as a fund raising activity scheduled for November 12 & 13. Linton indicated a good number of hunters have registered so far and a good number more are anticipated guaranteeing a successful event in the making.

Doug Sederstrom was the Rotarian of the Day and introduced

his guest, Chief of Police, Clifton Couch. Chief Couch presented the program for the meeting and gave members and guests information about his background, education and experience in law enforcement.

Chief Couch told of his priorities as he takes over his position as Chief of Police. Community relations, training for his current staff of officers, being a good steward of the community funds allocated for his department and insuring integrity in the police department were cited as

his primary goals. He is looking forward to his wife and two daughters joining him in Goodland in December. For providing the program, a book titled "The Brain Game" will be donated in his name to the Goodland Regional Medical Center birthing center to be given to new parents.

Michael Soloman was the winner of the weekly cash drawing. Fred Hall was the winner of a drawing for two tickets to the Arts Council dinner donated by Jenifer Sanderson. After some negotiations, Hall gave

the dinner tickets to Soloman in exchange for donating his winnings to the PolioPlus collections cup. The eradication of Polio around the world continues to be the top priority of Rotary International through its PolioPlus campaign.

Friday the Goodland Rotary Club will welcome District 5670 Assistant District Governor, Peggy Cabrinha who will provide the program for the day. Assistant Gov. Cabrinah is a member of the Atwood Rotary Club and will be assisting District Gov. Keith Hooper,

throughout the Rotary year which ends in June.

The club meets in the meeting room of the Student Union at the Northwest Kansas Technical College at noon Mountain Time. Prospective members and guests are always welcome to attend the weekly meetings of the Goodland Rotary Club.

Dick Liess

## ladies auxiliary

Ladies Auxiliary to Veterans of Foreign Wars 1133 met on Thursday, Oct. 6, at 5:30 p.m.

Meeting was called to order by President Jo Ann Wahrman. Ninth District President Connie Rooney was in attendance for the annual inspection.

Project committee reports were given. Americanism has sold some flags and donated a Kansas flag to a 4-H group. An announcement was made at the football game on Friday, Sept. 16, as the color guard posted the flag to recognize the POW/MIA's from all wars. Veterans and Family support

projects included thank you cards written by school children which will be delivered to veterans in the VA hospitals. Socks, t-shirts and briefs along with personal toiletries will also be delivered this month. Several members sent an email to Dick Nestor on the honor flight to Washington, D.C.

Possible members were discussed with the hope that we can gather some new members. Mothers, daughters, sisters, wives, granddaughters and stepchildren of veterans of foreign wars are eligible.

Lunch is being served on the third Thursday at bingo. Sunday, the 9th,

the auxiliary will serve hamburgers from 5 to 7 p.m.

The district fall conference will be in St. Francis on Sunday, Oct. 23. The meetings will start at 8 am. A golf tourney will be held on the Saturday, Oct. 22. All members are encouraged to attend.

Veterans Day will be Friday, Nov. 11. A program will be held at the Post at 11 am.

Discussion about getting veterans to tell their stories for veterans' history was held. The technical college veterans association is hosting a recognition for veterans on Friday, Nov. 11 at the union at 8:00 am.

District President Rooney told us about the Eisenhower Vigil to be held Saturday and Sunday, Oct 15 and 16. Members are invited to take part in this at Abilene. She commended us for our work for veterans and for community service.

The next meeting will be Friday, Nov. 4, at 5:30 pm.

Jo Ann Wahrman

## 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.

## Take time to find the right person for job

Hiring and firing are tough on a small business.

Sometimes you need help so badly that you're only looking for warm bodies. "This one's breathing, let's hire him!"

Stop. Slow down.

Take time to find the right person, or you will be rehiring for the position over and over. Not only does this cost you time and money, but it



**jamie morphew**  
• business tips

hurts your reputation with customers and other employees.

One bad apple spoils the bunch. This tip was brought to you by Western Kansas Business Consulting, sponsored in part by Sherman County.

## Interested in saving the Chamber of Commerce?

If you are wanting to keep the Goodland Chamber of Commerce, contact Darren Kannady at (785) 890-2000 extension 494 OR Randy Topliff at (785) 899-3064.

ENJOY A NIGHT AT THE MOVIES!  
Sherman  
Tonight 7 PM  
**Real Steel (PG-13)**  
Starts Friday 7 PM: Courageous (PG-13)

**RICHARDSON'S HOMESTEAD REALTY AND AUCTION**  
**Annual Fall Consignment Auction**  
**Saturday, Nov. 19th**  
Equipment from 3 area retiring farmers  
Consignments include: JD 8650, JD 4640, JD 4320, JD 2940, Versatile 846, IH combine, 30+ vehicles  
Watch for sale bills or go to:  
[www.goodlandhomestead.com/auctions](http://www.goodlandhomestead.com/auctions)  
Contact Terry Richardson to consign: 785-899-2328 office or 785-899-8094 cell

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