

## **KCMH**

*Grace Sirois*

Working as an ARNP for the past 10 years at Greensburg Family Practice and Kiowa County Memorial Hospital (KCMH), Jonell Sirois has dedicated her life to serving the community as a family health care provider. Due to the complete destruction of Greensburg in the 2007 twister, the hospital is in construction on their brand new facility. Grace sat down with Jonell to ask a few questions about the new building and its features.

"It is a LEED certified health care facility that will house not only the hospital but clinic, day-care, and wellness center. There's also space for a retail pharmacy," Jonell stated.

"What exactly does LEED stand for?" Grace continued

"Leadership and Environmental Energy Design. It means it is powered with wind energy, solar energy, and conservation energy components," Jonell clarified. "In other words, the cost of supplying power to the facility will be reduced considerably. Some of the features are natural light, reduced water toilets and sinks, and wind turbine generation."

Grace then asked, "When did you decide that you were going to take the "green" approach to rebuild the facility?"

"The decision was made by the hospital board and administration, but they informed us of the decision sometime before the one year anniversary of the tornado," said Jonell.

"How does the physical design of the building differ from the previous hospital?"

"I wasn't convinced this modern design was the right way to go, but after touring the new facility several times, I can honestly say that it is absolutely beautiful!" she exclaimed. She also added, "We will also have state-of-the-art equipment."

"So will there be some of the same services offered in the new building that there were in the last," Grace questioned, "and will there be any new additions to health-care in the new KCMH?"

Jonell was enthusiastic to say, "Yes! There is an area that is designed specifically for out-patient care, meaning eye and vision care, dental services, and other specialized physician visits."

Grace then asked, "You said that there was a space for a pharmacy. Does that mean that the people of Kiowa county be able to fill prescriptions in the town?"

"I honestly hope so; we're actively searching and recruiting efforts to bring a pharmacist here permanently," she informed her.

Jonell then concluded in telling us that there was not a definite date set up for opening but it is said to be done this spring. She also added that the building most definitely won't let anyone down, and that it is more beautiful than she ever hoped it would be.

\*\*Note: Since this interview was written, the Kiowa County Memorial Hospital has opened. Its Open House is scheduled for March 12 at 1:30 p. m.

# The Best Parts of Being a Teacher's Daughter

By Chelsea Oberle

Most kids say that there are advantages to at least one of their parents' jobs. I have found several advantages to both of my parents' jobs, but the more rewarding of the two are the advantages I get because my mother is a teacher. Some of these advantages include the teacher relationships I already formed, my mother's attention to my schooling, and the special privileges and opportunities I have received.

One of the best things about being a teacher's daughter are the relationships I already had formed before I had Kristi Heft, Mr. White, and Katie Britton as teachers. The first of three of the teachers I previously formed a relationship with is Kristi Heft. Since Kristi and my mother are both the same age, and Riann and I are fairly close in age, our families have been very close. Our mothers traded off taking us to gymnastics, so I hardly had to make any adjustments when Kristi became my first grade teacher. The second teacher I knew well before becoming his student is Mr. White. Although I know the White's from church, I have had many opportunities to get to know Mr. White through school staff social gatherings. Lastly, I already knew Katie Britton very well before she became my third grade teacher. For several years, Katie and my mom taught third grade together, so through their lesson planning sessions, I got to know Katie well. It also helped that she was my neighbor. The previous relationships I had formed with Kristi Heft, Mr. White, and Katie Britton are just one advantage of my mom being a teacher. Another is the attention she gives to my schooling.

Another reason why having a teacher as a mother is to my advantage is the attention she gives to my schoolwork by pushing me to get good grades, helping me with homework, and knowing that she is always there. The first form of attention she gives to my schoolwork is the way she pushes me to get better grades. As a teacher, she knows that grades are important. Therefore, if I have a grade below a

90%, she pushes me to raise it because she knows I can do better than that. A second way she shows attention to my schoolwork is by helping me with homework. It's no secret that I am not a good speller or proofreader. Thankfully, she is because of her teaching background, and she looks over my English papers and helps me make the necessary changes. The last way that shows she pays attention is the fact that she is always around. If I were ever to get in trouble, my mom would find out almost immediately after it happened, and if I ever forget something, she can always run home over her lunch break and get it. My mother pays plenty of attention to my schoolwork, and another advantage of her job is the special privileges I get.

Some of the special privileges and opportunities I have gotten include going on a special school tour, going to back-to-school barbeques, and being able to run around the old grade school at night. The first opportunity I have gotten because of my mother's influence is a special school tour. Recently, my family and I were able to go on a guided school tour with Mrs. Derstein. We didn't even have to sneak in or wear those silly hats. A second privilege that is the result of my mom's job is the annual back-to-school barbeque at the Greenleaf Ranch. I always looked forward to the barbeque. The massive amounts of food, the socializing, and the best part -- swimming in the pond. Last but not least, I was able to roam the old school at night because of my mother's position on the staff. As a little girl, I would entertain myself by running up and down the elementary hall at night while Mom did her lesson plans. But I only went as far as the office because the carpeted gym, the junior high hall, and the cafeteria were extremely dark and absolutely terrified me.

Advantages I get because my mother is a teacher include the teacher relationships I already formed, my mother's attention to my schooling, and the special privileges I have received. From a kid's perspective, I have more opportunities than say the child of an office worker or any small business

owner. I have had many chances to help reach my full potential as a student and have fun at the same time.

If all goes as planned, I will be attending the new school as a sophomore next fall. The school year will be very different from what we have grown accustomed to within the last three years. What was taken from us during the tornado is now being given back in an even greater state than it was before. The 2010-2011 school year will be one of many new experiences. With more opportunities than ever, I am looking forward to my sophomore year with great excitement.

The new school will bring a lot of changes, but I am going to make the best out of them. It's going to be quite an advancement leaving the trailers behind next year. It will be a good change, but a drastic one. We will have lockers, we won't walk outside to get from class to class, and noise that weather brings will not be a problem. I admit that I took lockers for granted before we lost them. I never even thought of the difference they make. Having lockers is going to be a great change. Before the first year in the trailers, I remember thinking to myself that it was going to be horrible without lockers. But I have become accustomed to carrying around a backpack full of books. I rarely think of how much easier it would be to have a locker to keep my textbooks and notebooks in. It will take a while to get use to having lockers in the new school next year, but that is one change that I'm sure every student is looking forward to.

Another advantage of having the new school will be that we can stay indoors while we go from one class to the next. Every day, as it comes nearer to the end of the class period, all the students begin to put on coats, gloves, and scarves. Bundling up to face the rain, sleet, snow, or wind that we walk through to get to each of our classes is one thing that nobody will miss. In the new school, we can take our coats off and leave them off. No slipping on the icy sidewalks on the way to lunch for any of us after this year is over. Another thing that took some real getting use

to was the noise. When the wind is blowing, the trailers get so loud. When I moved from a FEMA trailer to my new house, the level of noise was so greatly decreased. In the classrooms of the new school, it will be a lot easier for easily distracted students to concentrate. The new school is not just going to be a great building, but it is going to be great to get out of the trailers we have been attending school in for the past two and a half years. One of the best parts is that we will get to share it with other kids in the county.

Although it is not certain, it is very likely that the new school building will serve for the whole county. The number of new students, moving into the 2A division, and possible drama will all be a part of the new school year. I am, as I'm sure other students are, very anxious and excited about this change. Among all three towns, Mullinville, Greensburg, and Haviland, the school will go from 1A to 2A. This change is exciting to me. I have always wanted to go to a school with a larger population. One thing that is not a great advantage is that we may play 11-man football and would have to travel longer distances to away games. Nevertheless, I am excited. I'm always excited to get new students in the school. With two other towns coming to Greensburg, it will be almost overwhelming! I am looking forward to getting to know some students that I have interacted with in sports for many years. Hopefully we will get some kids that aren't only from the county, but from other towns as well. Even though I am excited for this change, I am also anticipating some conflict between the towns. I'm sure that at one time or another there will be a confrontation concerning a problem that one town has with another. I do believe, however, that this will not happen many times at all. All the changes will result in something even better, even the one change I am not quite comfortable with just yet. Changing the school's mascot and colors is not something I am especially looking forward to.

Even with all the excitement that students are feeling for the 2010-2011 school year, there are some issues that some kids are not too thrilled about. Changing the colors, changing the mascot, and getting new uniforms and equipment are a few more changes that will be taking place next school year. The change of the mascot is not something that some people are excited about. Some students are not comfortable with the idea of changing mascots. Most of us have grown up as a Ranger our whole lives. But with the new school comes many other new changes. If we change our mascot, it only makes sense to change our colors as well. It's going to be different cheering for burnt orange and white instead of red and blue. But once again, everything is changing. This is a whole new beginning. The cost of all this changing is something I wonder about. The school will get all new uniforms. We will need to purchase new uniforms for track, basketball, volleyball, tennis, and football. I question how much money will be spent on new uniforms, but I am excited to see how they will look in the new colors.

With all these changes, next year is going to be quite a fun and exciting experience. It is going to be a great year in a brand new school. With all the changes, it may seem a little overwhelming at first, but I think it is an opportunity that we are very lucky to have. All in all, I am excited for my sophomore year in high school.

### Country Livin'

If I could choose to live anywhere in the world, I would choose somewhere in the country every time. Even though there are disadvantages to living on the farm such as having to drive to school every day and having very few chances to hang out with my friends, I would still choose to live on the farm because of its advantages. Some of the advantages include the peace and quiet, and the privacy.

A disadvantage of living in the country is the distance from town. Because I live 20 miles from town, there aren't very many opportunities for me to hang out with my friends. With gas prices being what they are, it is hard to afford a trip to town whenever I feel like it. Another reason why the distance from town is a bad thing is it takes longer to get to school. With my house being 20 miles from school, I have to leave that much earlier. One good thing about living so far out is it probably keeps me out of trouble. Like any other teenage boy, I have a tendency to do stupid things when opportunities present themselves. While the distance from town has its disadvantages, it has its advantages as well.

One reason I enjoy life on the farm is the privacy. One example of the privacy is I don't have to deal with any nosy neighbors. Unlike in town where the houses are only a short distance apart, my closest neighbor is a mile away. The quietness of living in the country is relaxing. With nobody else around to make noise, the only noises are those of my family or the cows.

Living on the farm is convenient sometimes because it is only a short walk to work or hunting. When we work our calves, it is handy to be able to wake up, walk to the pens, work until lunch, and then come back and eat. Our house is located on the same 40 acres as the ranch head quarters and the shop. One instance where I save myself some driving is when I hunt. Unlike city people who have to drive to hunt, I can shoot off my back porch. Another advantage to living so close to our cows is when we are

calving. Sometimes when a heifer is calving, she has trouble and needs some assistance. With our house being so close, it is easy to keep an eye on them.

Peace, quiet and privacy are all great; you can't get them just anywhere. These comforts can only be found in the country away from other people. As with anything, there are occasional inconveniences, but if I had a choice to live anywhere in the world, it would definitely be in the country.

## Hunting Disasters

Although hunting isn't for everyone, it has always been a favorite of mine. So far, I haven't had the opportunity to go on a safari hunt. I mostly stay close to home, hunting what's in season. Just because I love to hunt, does not mean that everything goes so smoothly. It seems like no matter what I'm hunting – pheasant, turkey and deer- something goes wrong.

There are times when I have gone turkey hunting that the day just didn't turn out as I had hoped. In general, there was one early Saturday morning when I headed out to a nearby field to hunt turkeys. I nestled in and was sitting quietly in the blind. After about 45 minutes I could hear the turkeys running through the tall grass. Soon after that, they popped over the hill, and I tried loading my gun. Believe it or not, I had gotten all the way out there only to find that the shells I brought with me wouldn't fit into the shotgun's chamber. Then there was the time when I was in the blind looking down the barrel, getting ready to shoot, but then this group of cows randomly started mooing, so that caused the turkeys to run as fast as they possibly could back to the other side of the fence (which was on someone else's property) so even if I shot and got one, I couldn't go over the fence and get it. Then after that ridiculous accident, I went out the morning of the following week, and was sitting in the blind when the turkeys were crossing the road. About that time a group of random hunters came trucking down the road, stopped, and shot at them but the turkeys just ran/flew away. I never figured out who it was.

Hunting is my favorite hobby. it was taught to me by my dad, and I hope someday I will have the chance to take my kid hunting and show him/her how great it is to be outdoors and in the wild with nature. I hope more people consider taking up hunting. Mother nature will always surprise you every time you go hunting. Even if she spoils it, it is still amazing to go.

Trevor Tyree

## Blessings Triumph

The EF-5 tornado that destroyed Greensburg on May 4th, 2007, brought more blessings than it took away. It brought new buildings, taught people not to take things for granted, and brought many people closer together. The town was great before the tornado. It was a strong community, where almost all necessities could be taken care of in town. There was a theatre, a grocery store, a gas station, a school, parks, a swimming pool, school sports teams, city buildings, a post office, an airport, tire shops, a car dealership, many houses and people, and the list just goes on and on. Although the town was fine the way it was, there could've been more, and it could've been better. Nobody even thought to do or change any of these things because there was no problem with how things were. When the tornado hit, we had no choice, and we took action to put them in place. The rebuilding of the town brought many new things. Some of these things were the

same as they were before, yet better. Environmentally friendly and bigger buildings replaced the so-called perfect old small town.

Even though the tornado destroyed almost all the buildings in town, new buildings are being built. We are building a new school, my family is going to build a new house, and new city buildings are being built. Having a new school will draw attention to Greensburg from our league, the state, and maybe even the country. Secondly, my family is building a new house. It will be nice to live in town and to have a closet. New city buildings are also being built. They will be very green and environmentally friendly. People who work for the city should enjoy their new buildings. All these new buildings are reasons why the tornado brought more blessings than it took away.

The tornado also taught people not to take things for granted. Things like buildings, family, and friends. Before the tornado, I may have thought that my house could have this or that, or it just wasn't good enough. I also may have wanted it to be in a different spot in town. Now, after the tornado, I know that it was wrong to take that

for granted. I now live 20 miles out of town and would much rather still be living in my old house. Next, some people may have had problems with their family, or just didn't think much about family being important. The tornado could've taken that family away. These people may realize now that it would be much different without their family, and that they might have taken that for granted. Also, friends could have been taken for granted. Friends could have been killed in the tornado. For me, living in the country so far away, I don't get to hang out as much as I used to. Some other people may have taken that for granted as well. These are all examples on what the tornado taught us not to take for granted.

The last reason why the tornado brought more blessings than it took away is that it brought people closer together. It brought the community together, the county together, and the school system together. First, the tornado brought the community together. The night of the tornado, many people of Greensburg helped other people of Greensburg, whether they knew them or not. The tornado made the

town a stronger community and closer together. Second, it brought the county together. After the tornado, Haviland and Mullinville helped by giving people places to stay and sending people to help transport victims and clean rubble, and their help continues even today. Last, the tornado brought the schools together. The schools of Kiowa County are planning on combining into one school, making new friendships and a stronger school system. These are all three more reasons why the tornado brought more blessings than it took away.

These are all reasons why the tornado brought more blessings than it took away. The now well-known town of Greensburg, Kansas, is a very environmentally friendly and strong community after going through a nightmare. Even though bad things may happen, great things can come out of it, no matter what the situation may seem to be.

Halie Headrick

1-28-10

## Mountain Climbing

When most people think of mountain climbing, they immediately think of Mt. Everest, Mt. St. Helens or Mt. McKinley. These mountains are basically impossible for any average human being to climb. Although, Mt. Everest is a far off dream of mine since few have climbed it. My dad and I have started climbing 14,000 foot peaks in Colorado, especially in Hinsdale County. We plan ahead to decide which peak we will climb, what equipment we need ,and what there is to learn about the trail from the people in town. The main parts of climbing that people ask are why we do it, how we scale them and why we select which mountains.

One of my incentives to climbing mountains is looking at the beautiful view from above. My favorite part is the snow capped peaks, looking half frosted. Gazing west at the distant mountain ranges in Utah, the massive rocks look majestic . They slowly fade from dark blue to gray blending into the sky into miraculous stages. It is usually calm on the tops of the mountains. The people I have met while on top have the same avid mindset about mountains as I do. In the summer of 2008, hiking up Red Cloud Peak, we met a pair of climbers. One was a blonde haired lady with calves the size of small timbers and climbed like a mountain goat. But her partner, an amputee, was even a bigger surprise. He started at four in the morning and was still climbing after we passed him on the way down. Most people I talk to about climbing mountains ask how we can do it, and it's actually quite easy for people who are fit.

Probably my least favorite thing to do is the most important if it's in the middle of the summer. Waking up at four or five in the morning to get a start on the two to six hour climb, depending on the length of the trail, is the worst. It's most challenging in the dark climbing through the wooded areas. Above the tree line it gets easier to see and climb until the climbers reach the switchbacks. It helps the

climbers to study maps before they climb the summits. We usually stop for a break half way through for a snack and another look at the map. Water and energy bars work really well because they are fast to eat and light- weight. The last half of the climb is either hand and foot or crawling up gravel slopes. We climbed Uncompahgre Peak in Hinsdale County, nine miles from Lake City, Colorado, which sits in its own National Forest. The word Uncompahgre means "hot spring," and it is also my favorite peak. We climbed this mountain because it is the area's pride. This is only one approach that people use to pick a summit to climb.

Climbers pick mountains for different reasons. In Colorado the fourteen thousand foot peaks and higher are considered a feat. Then comes the season climbers hike it in and choosing different mountain ranges. Colorado has a handful of ranges including the San Juan, Sangre De Cristo, Sawatch, Elk, Tenmile, Front, and the Mosquito. My favorite mountain range is the San Juan, located on the western slope. The trail type is also a consideration as some are gravel, others dirt, and still others merely washed-out cow paths. They are also ranked in easy, moderate and difficult. Surprisingly, the easier trails take longer to hike than the moderately difficult trails, while moderate hikes are a decent climb and in a relatively quick time. We usually pick easy to moderate hikes. The difficult trails are usually filled with switchbacks and hand and foot climbing. These trails take some time to hike and are the most dangerous. The time of the year is also an important subject to base a climb on. We climb in the summer because of vacations we take to Colorado. Fall is the only other time that is possible to climb these mountains. Snow packed back roads and melting snow usually shut down the climbers in the winter and spring.

Although the difficulty of the climb, convenience, and the time of the year are our primary reasons to pick mountains, they aren't the only things. Climbers also consider their level of training, their mental toughness and if they think they need a tour guide. These all go along with selecting

equipment, buying maps and talking to the locals about the trails. Mountain climbing is probably one of my favorite out-of-school hobbies. If I could, I would skip school in the fall and climb Uncompahgre.