

Crime and punishment

Court cases

The following cases were either brought before Burlington Municipal Court or a penalty assessment ticket was paid:
Byron Woodhall, Burlington, stop sign violation, pled guilty, found guilty, fined \$70.

Ruben Schaal, Burlington, speeding, pled guilty, found guilty, fined \$77.
Henrietta Williams, Limon, speeding, pled guilty, found guilty, fined \$77.
Kay Wallin, Burlington, dog at large, pled guilty, found guilty, fined \$40.
Della Duarte, Burlington, stop sign violation, pled guilty,

found guilty, fined \$70.
Christopher Bates, Burlington, minor in possession/consumption of alcohol, pled guilty, found guilty, fined \$333.
Aaron Espinosa, Burlington, minor in possession/consumption of alcohol, pled guilty, found guilty, fined \$333.

MSA Club collecting pop tabs

Fund will benefit Ronald McDonald House
Submitted by Jean Mason McGriff, MSA Club secretary
Stratton MSA Club is collecting pop tabs for a Colorado

Federated Woman's Club project which is to benefit persons who stay at Ronald McDonald Houses while family members are receiving care at hospitals.
Pop tabs can be collected and given to any MSA Club member.

GFWC/CFWC MSA Club members are Patty Witzel, Wanda Sweet, Mabel Scheierman, Jean McGriff, Florence McConnell, Jewell Hornung, Jennifer Freund, and Dorothy Brown.

This past year the club collected 12 pounds 2 ounces in tabs and would like to save more tabs during the coming club year.

Cancelled stamps are also collected and they are sold and the funds will be going for the president's special project on Alzheimer's.

Stratton collected 10 pounds of cancelled stamps this past year.

Thank you to those who would like to support these projects.



New teachers at Bethune School this year are Steve Neal, left, and Ben Adolf. Neal teaches business and computer classes and Adolf leads agriculture classes. (John Van Nostrand photo)

Inside this week's Record

On page 7, there is a week by week recap of weather in the months of June and July.

Check out the exciting fall sports information throughout A section.

We had no winner in the IMN contest last week, flip to page 5A and see if your number is among the ads.

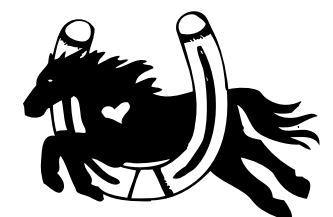
It is shaping up to be a good corn harvest thanks to all of the moisture lately. There are pictures of the recent rains and resulting green gardens and lawns throughout the paper.

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HACL fall riding program

HLane will start its fall therapeutic and recreational horseback program on Sunday, Aug. 29 at 3 p.m. The sessions will continue on Sunday afternoons at 3 p.m. through Oct. 3 at the Kit Carson County fairgrounds at Burlington.



Deadline for applications for the fall session is Sunday, Aug. 22.

For application form, contact any of those listed below. Forms must be returned by Aug. 22 to P.O. Box 162, Burlington, CO 80807.

Riders enrolling for the fall program will receive a \$5 per session discount.

HACL is a local non-profit organization dedicated to using the power of horses in positive ways and provides beneficial recreational horseback riding lessons to individuals with special needs.

If you know of someone who would benefit from this riding program or for more information contact any of the following: Shirley at (719) 346-0337; John, (719) 346-7623; Peggy, (719) 348-5643; Gene, (719) 342-1262; Dena (719) 346-7860.

Lions Club informational meeting

The world's largest service organization, the Lions, has scheduled a community informational night in Room B at the Burlington Community and Education Center on Thursday, Aug. 26 at 6:30 p.m.

Each Lions Club determines the areas in which they can benefit their local community. Burlington has areas of need from providing eyeglasses to school students and others, sponsoring the Girl Scout program, and other community projects.

Lions from the district, state and international level will be available to help the new Burlington Lions assist their community in these areas.

Attendees will learn how to organize a Lions club, select activities for the community and what support is available from other clubs on every level.

More information is available at LionsClubs.org. Light refreshments will be served. Please join them on Aug. 26.



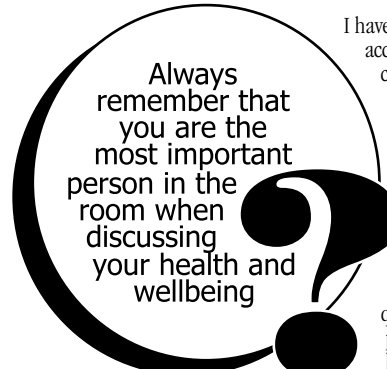
Kit Carson County Health Service District

286 16th St. ■ Burlington, CO 80807
719.346.5311 ■ www.kccmh.org

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From The Medical Professionals at Kit Carson County Health Service District

Questions to ask before surgery . . .



I have what I call post-doctor-visit anxiety. It feels kind of like when you accidentally bump your car door into some stationary - like a mailbox or high curb. That car door wound combined with that same red flushed feeling I had when I tucked my suit skirt into my pantyhose and left the public restroom at the Marriott in Denver, then proceeded to walk back into the packed conference room, right up to the middle of the room before anyone caught me by the arm and mentioned my new air-conditioned fashion statement. Men tell me it is similar to leaving their pants zipper down and tracking toilet paper back into a similarly packed room. It's pretty close to the same feeling I get after visiting the doctor and realizing I just nodded and was a yes-person, forgetting every question I had before I came in and reverted back to my preadolescent quietness. If you could, you might kick yourself. Yes, those are the signs of post-doctor-visit anxiety. I used to think I was alone in suffering with this, but the feedback I received from the last article about "Ten Questions to ask your doctor" leads me to believe that most of us need a little help in being prepared to talk to medical professionals. Sometimes a little paper prompt is all I need to prevent having to have numerous follow up consults pre-procedure. To get help with developing these questions, I asked Shauna Richardson, our Surgical Coordinator at KCCMH to help me brainstorm on a list of questions a person should ask before they have surgery. Of course, this list may not be conclusive - there may be more questions you think of, and it is always a good idea to visit with your loved ones about the questions - and the answers you receive.

- Are you board certified for this procedure?
- How many of these procedures have you performed?
- Have you ever been reported to the National Practitioner's Data Bank?
- When you are at the consult, discussing surgery, ask the surgeon what alternatives are available? Could you do physical therapy and have similar results?
- What COULD happen if I wait to have surgery? Is it absolutely necessary?
- Where can I get information about the facility I am going to have surgery in? (I would need to find out about their cleanliness and infection rates. Ask about MRSA - a tough to control staph infection and the hospital's infection control plan in regards to it.)
- What do you recommend as far as anesthesia is concerned? Can I have IV sedation or do I need gas? Do you use one anesthesiologist in particular? What are their qualifications? How long have you worked with him or her?
- What is the Scrub and Circular- RN's proficiency with that particular surgery?
- What about my high blood pressure, dental implants, allergies, diabetes, sleep apnea, etc.? How will that affect my surgery and post-surgical prognosis?
- I take some natural supplements; do I need to stop taking my ginseng, Echinacea, and fish oil etc. before surgery? If so, how many days before?
- If I take aspirin or blood thinners, when should I stop before surgery? And when should I take them post-surgery?
- Should I limit my intake of alcohol before and after surgery?
- If I smoke, I ask, what should I do before surgery about my needs? How will smoking affect my anesthesia? How will smoking affect my healing?
- Potentially, could you have to access any other part of my body, (taking one part -like a tissue or muscle transfer - and transplanting it elsewhere) while I am under anesthesia?
- Should I donate blood? If so, when? Is there any risk of needing a blood transfusion?
- How do you mark the surgical spot? (If it is me I add: I would like to mark it, pre- surgery, with your assistance.)
- Are you concerned about blood clots? Will I wear a surgical stocking?
- What can I expect post-surgery? Will the site have sutures? Will there be swelling, is numbness or soreness normal? Will my throat hurt?
- What about pain management? What can I do to help? What should I expect from the medications? Can we go over my discharge information BEFORE surgery, so I can explain it to my family and be prepared?
- Will I need help to get around? Will I need someone to drive me home?
- What supplies should I have at home? (You won't want to go to the store when you leave the hospital, so stock up on food, bandages, etc. before your surgical date)
- How soon after surgery can I bear weight?
- If I need physical therapy, when should I start it?
- When should I follow up with you or my family doctor?
- THIS IS CRITICAL:** If you are on any medications, ask which ones you should take the day of surgery and which ones you need to stay off of and what the restart dates will be post-surgery for any you have to delay. The coordination between patient, family or referring doctor and the surgeon about current meds can make a life or death difference.
- FINALLY,** if you aren't happy with the answers, don't be afraid to ask for references, or even temporarily delay the surgery for a second opinion.

Most of us haven't spent 9 years plus after college studying the human body and how to repair it, but our surgeons have, so we usually trust the opinion of the doctors who referred us in the first place, and surgeons we visit. They are skilled and focused on fixing what is wrong. This being said, doctors are seldom accomplished at mind reading, so discussing these questions may help provide some clarity for both of you that could help you be better prepared for surgery and have a good idea about the risks and benefits it can provide.

My personal prescription to allay post doctor visit anxiety is to always remember that you are the most important person in the room when discussing your health and wellbeing - and don't forget to bring your list of questions and a pen and paper to write the details down.

If you would like more information about our surgical services or questions you should ask, please contact me at the hospital.

Julie M. Jacobson, Director of Growth and Development

To Contact Our Outreach Clinics

Parke Wellness Center 182 16th St., Burlington 719.346.0366	Parke Health Center 182 16th St., Burlington 719.346.9481
Stratton Medical Clinic 500 Nebraska Ave., Stratton 719.348.4650	

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Kit Carson County Health Service District SPECIALTY CLINIC CALENDAR

Tuesday, August 24 Dr. Frankum- General Surgery	Dr. Rubinowitz- Oncology and Hematology
Wednesday, August 25 Dr. Womack- OB/GYN Dr. Carr- Ear, Nose and Throat	Thursday, September 2 Dr. Woodward- Orthopedic Surgery Dr. Hartley- Spine Disorders Dr. Sachar- Hand Surgeon
Thursday, August 26 Dr. Cahn- Urology Dr. Weisiger- Pulmonary	
Tuesday, August 31 Dr. Frankum- General Surgery	
Wednesday, September 1 Dr. Godfrey- Cardiology Dr. Logan- Urology Dr. Mallet- Podiatry	

For an appointment, call scheduling 719.346.4725 •Option 1