

OLDER YOUTH

Find your balance through physical therapy

Have you ever stood up too quickly and felt the room spin? Or rolled over in bed and suddenly felt like you were on a merry go round you didn't ask to ride? Maybe you've started to notice you feel a little unsteady when walking or need to hold onto furniture "just in case." If that sounds familiar, you are not alone. And more importantly, you are not without options.

Dizziness and balance problems are surprisingly common. These issues can develop after a cold, a minor head injury, or simply as part of the aging process. But despite how common they are, they are often overlooked. Many people chalk them up to aging or learn to "just live with it," avoiding stairs, skipping favorite outings, or giving

up activities they enjoy because they don't feel steady.

That is where physical therapy can make a real difference. And no, it is not just about stretching or lifting weights. Physical therapists who focus on balance and vestibular care can help identify the source of your symptoms and offer practical, personalized solutions.

Let's start with one of the most common causes of vertigo: Benign Paroxysmal Positional Vertigo, or BPPV. It sounds complicated, but the fix is often simple. In BPPV, tiny crystals in your inner ear float into the wrong place and start sending confusing signals to your brain. The result? Sudden, brief spinning sensations with head movement or changes in



By Matt Leedom, PT, DPT, NCS

position. A trained physical therapist can perform a series of head and body movements called repositioning maneuvers to guide the crystals back where they belong. Relief is often immediate.

But not all dizziness is BPPV. Sometimes it stems from vestibular system weakness, where the inner ear is not working properly. This can be caused by a virus, changes that come with age or for reasons unknown. Other times, balance problems are linked to neurological

conditions like Parkinson's disease or stroke, or to weakness and reduced movement after illness. Even changes in vision or sensation in your feet can throw off your balance.

That is why careful evaluation is so important. A physical therapist will assess how your eyes, ears, brain and muscles work together to keep you steady. Then they will create a personalized plan to help you feel more confident and stable. This may include exercises to improve gaze control, strengthen your muscles, practice safe walking and retrain your sense of balance.

Most importantly, therapy helps you rebuild your confidence. When you are afraid of falling or feeling dizzy, it is easy to stop moving. But that can make things worse.

Physical therapy offers a safe way to stay active and regain control.

You do not have to live in fear of the next dizzy spell or miss out on the things you enjoy. If you are feeling off balance, ask your doctor if a referral to a vestibular trained physical therapist is right for you. The path to steady footing might be closer than you think.

Matt Leedom, PT, DPT, NCS, is a board-certified clinical specialist in neurologic physical therapy and an assistant professor in the Department of Physical Therapy at the University of South Dakota. He earned his B.S. in psychology from USD and his Doctor of Physical Therapy degree from Creighton University. Leedom's clinical expertise includes the

treatment of individual neurological conditions, including vestibular disorders. His research focuses on improving mobility and quality of life for individuals with Parkinson's disease, with current projects exploring cognitive flexibility training and non-invasive brain stimulation to address gait and postural impairments. Follow The Prairie Doc® at www.prairiedoc.org, Facebook, Instagram, YouTube, and Threads. Prairie Doc Programming includes On Call with the Prairie Doc®, a medical Q&A show (most Thursdays at 7 p.m. streaming on the Prairie Doc Facebook page), two podcasts, and a Radio program (on SDPB), providing health information based on science, built on trust.

LOOKING BACK

50 years ago

The Valley Center Index talked to **Ted Wilbur** and **Bruce Williams** about their unusual pet. The Valley Center boys found a baby owl in a field while looking for firewood. The owl was unable to fly and the boys took him to a veterinarian who determined that the owl had a foot injury and a bad eye. Wilbur and Williams took turns taking care of the owl; they named him Hoot and fed him a diet of June bugs and ground beef. At one point, Hoot walked away from Wilbur's family farm, but he returned hungry a few days later. The owl returned each evening to collect his supper.

Ralph E. Nutter of Valley Center completed specialized automotive training school. Nutter graduated from the Midas-International Corporation's Huth tube-bending machine school. The Huth machine was used to bend straight pipe for use in automotive exhaust systems.

Seaman's Apprentice

Park City Senior Center menus

Meals are being served around 11:30 to 12 p.m. You may call 744-0751 to arrange to pick up a meal. Meals are still being delivered via Meals on Wheels.

Aug. 4 — Easy beef stroganoff, green beans, apricot, milk or grape juice.

Aug. 5 — Oven baked chicken, creamed peas, pineapple, sliced wheat bread, milk or grape juice.

Aug. 6 — Cheeseburger with bun, lettuce, tomato, onion, pickles, potato wedges, carrots, pears, milk or grape juice.

Aug. 7 — Tuna salad sandwich, macaroni salad, carrots, easy fruit cobbler, wheat bun/sliced bread, milk or grape juice.

Aug. 8 — Turkey hash, yams, watermelon, wheat roll, milk or grape juice.

Valley Center Senior Association

All senior events take place at the VC Community Bldg., 314 E. Clay.

Line dancing. Mondays 1:30 p.m. and Fridays 9 a.m. No line dancing July 28.

Tai Ji Quan. Mondays and Fridays, noon to 1 p.m., Cottonwood Room. No Tai Ji Quan July 28.

No Well-REP July 29.
Pickleball. Tuesdays and Thursdays, 6 to 8 p.m., Saturdays, 9 to 11 a.m. Intermediate School small gym.

Kevan R. Lackey completed basic training in California. Lackey was subsequently stationed in Boston, Massachusetts, with the U.S. Coast Guard. Lackey is the son of **Raleigh and Bonnie Lackey** of Valley Center.

45 years ago

The Ark Valley News talked to **Don Grover** after he was hired as principal at the Valley Center Junior High School. Grover had been an assistant principal at the middle school for two years. He taught physical education and social studies at the school for five years prior to that. Grover earned a bachelor's degree from Friends University before getting a master's from Wichita State. Grover's wife, **Phyllis**, taught home economics at Andale High School. They had one son.

Marine Sgt. **Jack L. Bell** received a certificate of commendation. Bell was cited by the commanding general of the Marine Corps Recruit Depot in Parris Island, South Carolina, for achieving the honor graduate position of drill instructor school. Bell subsequently assumed duty as a drill instructor at Parris Island. Bell was married to the former **Connie Dexter** of Valley Center.

Valley Center attorney **Doug Womack** died at the age of 31. Womack was diagnosed with cancer two years earlier and travelled to the Bahamas the previous month to seek treatment that was unavailable in the United States at the time. Womack went to Wichita South High School before attending Washburn Law School. He opened a private practice in Valley Center in 1977 and served as the city's municipal court judge for a year-and-a-half before leaving the country. Womack partnered with Wichita attorneys **Daniel H. Phillips** and **Ronald A. Lyon** before his death. Womack was survived by

his wife, **Judy**.

40 years ago

Patricia Loraine Darter Rogers graduated from American University in Washington, D.C., with a doctorate in chemistry. The daughter of **Chris Darter** of Valley Center received a post-doctoral fellowship from the National Research Council to research malaria at Bethesda Research Lab in Maryland.

Dr. **Giovanni Fazio** had an infrared telescope aboard the Challenger space shuttle launched the previous week from Cape Canaveral. Fazio, a Boston resident, was in Texas directing a research project from NASA headquarters. He was an astronomer at Harvard's Smithsonian Astrophysical Observatory. The telescope cost \$26 million and took eight year to build. Giovanni was engaged to Dr. **Suzanne Garen** of Valley Center. The daughter of **Glenn and Coral Stearman** was working under a research grant at Harvard.

New Horizons reached its capacity of 100 residents for the first time since it opened nine years earlier. The facility on Sheridan Avenue in Valley Center provided intermediate care for individuals with mixed abilities.

35 years ago

First Bancorp of Kansas bought the Arkansas Valley State Bank. The Valley Center bank opened in 1954. First Bancorp owned First National Bank in Wichita and banks in El Dorado and Haysville. The name of the Valley Center bank would stay the same but the officers and president were expected to be replaced. **Don Matlack** had served as Arkansas Valley Bank president since 1989; he planned to return to his law firm in Wichita.

R.H. and Wanda Murphy celebrated their 50th wedding anniversary with a reception at the Valley Center home of their daughter. They were married on July 27, 1940, in Oklahoma. R.H. worked for Safeway Stores in Wichita for 34 years and spent seven years as a park ranger in Oklahoma. Wanda also worked for Safeway. Their children are **Ron, Jerry, Vicki Wisdom** and **Blondie Roark**.

30 years ago

George Pearson hauled three sections of bleachers from Friends University to the McKay-Petrie Sports Complex in

Valley Center. The donation of the bleachers, which were made of oil field pipe and lumber, was secured by **John and Dorothy McKay**.

Kari Livengood was named captain of the Friends University Falcon dance team. The sophomore more had a 4.0 grade point average while pursuing a double major in zoo science and biology. Livengood was working with birds as a zookeeper at the Sedgwick County Zoo. She also taught clogging, pom, tap and gymnastics classes at Shelia Skelton School of Dance. The daughter of **Steve and Sue Livengood** is a 1994 Valley Center High School graduate.

Navy Ensign **Gregory K. Pavlyak** graduated from the U.S. Naval Academy in Maryland. He subsequently attended Naval Flight Officers' Training School in Florida. He is the son of **Jane L. Pavlyak**.

25 years ago

Dean Heinitz of Valley Center was one of 59 inductees into the Martial Arts Masters Hall of Fame. Heinitz was honored at a ceremony in California, where he also received the organization's Silver Achievement Award for more than 25 years of service. Heinitz had a fourth-degree black belt in Shito-Ryu and taught classes locally. Heinitz got involved in the sport while attending Pittsburg State University in the 1970s and helped form a karate club at the school.

Three local businesses made news. **Wendy Reynolds** announced plans to move her dentist office from 1611 E. 61st North to a new building northeast of 61st North and Hydraulic three or four months later. Reynolds had been open at her previous location for five years. **Ralph Nutter Jr.** moved Primerica Financial Services from Wichita to 226 W. Main, Suite 3B, in Valley Center. Nutter opened the business in Wichita in 1982. **Cindy Houston** announced Garten's Music would move from 212 W. Main in Valley Center to 4235 W. Central in Wichita the following month. Houston's father, **Harold Garten**, constructed a building and opened an organ repair business at 126 E. Main in Valley Center in 1971. He started selling instruments in the 1980s. Houston said more than half of Garten's business the previous year came from Wichita.

20 years ago

Paul Washington

underwent his second successful liver transplant. The Ark Valley News talked to Washington after his first transplant just a few weeks after he graduated from Valley Center High School in 1991. He suffered from primary sclerosis cholangitis. Washington was living in Bel Aire while working as a banking center manager for Bank of America when he learned that he needed a second transplant. He and his wife, **Chaquetta**, had three sons.

The Ark Valley News talked to Valley Center High School senior **Cody Spicer** about his spray paint art. Spicer started doing spray paint art a few months earlier after he was inspired by an artist from California. Spicer purchased a DVD from the artist to learn his techniques. Spicer started doing weekly public paintings in front of Sonic in Valley Center and crowds often gathered around to watch him create. Spicer worked at Sonic and his father, **Evan**, owned the business.

15 years ago

More than 20 paintings created by Valley Center artist **Judith Millard** were unveiled and auctioned during a memorial exhibition at Gallery XII in Wichita. Millard died at the age of 70 five months earlier. She graduated with honors from Wichita State University in 1982 with a degree in art. Millard specialized in oil paintings and pastels and won several regional and national awards.

Airman **Shawn A. Lubbers** graduated from basic military training at Lackland Air Force Base in Texas. He is the son of **Mark and Kathy Lubbers**.

Sedgwick Co. public notice

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| IN THE INTEREST OF: Ke'Shaun Q. Tennison | Born in: 2017 | Case No.: SG-2025-JC-000359 |
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NOTICE OF PROCEEDINGS

STATE OF KANSAS to: ANY KNOWN OR UNKNOWN FATHER OF KE'SHAUN Q. TENNISON; ANY KNOWN OR UNKNOWN MATERNAL OR PATERNAL GRANDPARENTS, RELATIVES OR NEXT-OF-KIN OF KE'SHAUN Q. TENNISON; AND ANY OTHER PERSONS WHO ARE OR MAY BE CONCERNED.

A petition has been filed in this court requesting that the court adjudge Ke'Shaun Q. Tennison a child/children in need of care as defined in the Kansas Code for Care of Children K.S.A. 38-2202(d), as amended.

You are required to appear before this court at **08:30 AM on Friday, August 29, 2025**, in the District Court, Juvenile Department, 1900 East Morris, City of Wichita, Sedgwick County, Kansas, 67211; or prior to said time file your written response to said pleading with the Clerk of this court. Failure to either appear or respond may result in the court entering judgment granting the requested action.

Each parent, guardian or other legal custodian of the child has the right to hire and be represented by an attorney. The court will appoint an attorney for a parent who is financially unable to hire one.

CLERK OF THE DISTRICT COURT
by: Clerk, Deputy Clerk
PUBLISH: 7/24 and 7/31, 2025.