

# An award for excellence

**H**ave you ever taken a vacation only to find your hotel room smells and the staff is rude?

A bad hotel stay can make some vacations worse than going to work.

Chances are you didn't suffer that conundrum if you stayed in Craig's Best Western Deer Park Inn and Suites.

Frank and Kerry Moe's hotel on the west side of town was honored as one of the Best of the Best, an internal award given to Best Western chain hotels which receive the greatest applause from its guests.

The hotel is one of 21 out of more than 2,400 throughout the U.S. and Canada to receive the award. Hotels are ranked by complaints and compliments filed by guests to the Best Western home



Business  
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BY COLLIN  
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office through its 800 number or its Web site.

The Moe's hotel received no complaints throughout last year.

Deer Park's management credits its staff.

"We were excited," Frank said. "It's our people that won the award, not Frank and Kerry. They're the ones that deserve the recognition."

## An award for diligence

There are a couple things local chiropractor Dr. Carolyn

Gochee, D.C., wants to do in her life.

She did one of them this October.

Gochee sat for the Sacro Occipital Research Society International advanced proficiency exam, and passed.

Physicians have to be a Research Society International Member for three years, practice for three years and take 150 hours in continuing education after their degree to be able to sit for the exam.

There are 124 chiropractors in the world that have taken that test and passed, Gochee said. She is the only person in the U.S. to do so this year.

The exam, which includes a written portion and a hands-on session, tests the chiropractor on more than adjusting the spine.

By attaining her advanced proficiency status, Gochee has demonstrated she can adjust the organs as well.

"With people that have acid reflux, I can pull the stomach down and actually fix some people's (reflux) problem," Gochee said. "I can help women adjust their menstrual cycle to be more regular and I can reduce some of their symptoms, like cramping and bloating."

From here, Gochee has another goal.

In 2009, she plans to sit for Research Society International's Certified Craniopath exam, which will show her aptitude in head adjustments.

Craniopathy is used to help alleviate certain learning dis-

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abilities and other issues such as chronic migraines.

While in chiropractic school, Gochee used some of these techniques to offset her own dyslexia, she said.

"I have dyslexia because of the way my cranial bones are locked in my head, my eyes weren't tracking well and it affected my ability to read," Gochee said.

She also performed some treatments on her father and had similarly positive results on his reading.

So why does Gochee, an accomplished chiropractic scholar, only work out of her Craig office?

"I try to take care of the county I live in," she said.

Gochee can be reached out of her 595 Russell St. office or by telephone at 824-3070. People who want to find out more regarding her background or her practice can visit her Web site at [www.drigocheesot.com](http://www.drigocheesot.com).

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