



PLUM CREEK 4-H members, (l to r) Kyla Bandel and Mathisen Witzel, present *The Herald* staff with a plate of cookies for the support of the 4-H program. Karen Krien, editor, accepts with pleasure.
Herald staff photo by Lezlie McCormick

Plan to attend the annual Bird City Craft Fair Oct. 25

By Linda Schneider
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It is time for craftiness in Bird City. Be sure to stop by the American Legion Hall on Saturday, Oct. 25, to purchase your holiday gifts and goodies. While there, again plan on enjoying a lunch served by Tina Sager.

Barb Gerdes, coordinator, says some of the consignors will have jewelry, baked goods, knitted and crocheted items. In these economic times, she said, it is a great show with some embroidery, both hand and machine, along with food items and decorating ideas.

The doors will open at 10 a.m. and the hall will be filled with booths. A kid's craft corner will be available again. This year, Barb's grandchildren will not be able to attend and help at the kids' corner but it will be coordinated by Barb Gerdes with the help of Leah Rambat and Jesse Smith. "Both are great with kids and they will have a lot of fun," Mrs. Gerdes said.

"The craft fair should have a lot to buy and look at to get ideas for the holidays," she said. "Our turnout last year was tremendous and this year's looks to surpass that."



"We will have a large variety of foods, handiwork and ideas. Please come early, have lunch and shop 'til you drop. We have some very talented people in this area and this is a very good way to show them off."

Mrs. Gerdes is working on having the Cancer Awareness Booth again this year with all the proceeds going to cancer research.

Moments with Mila

Lead Safety Tips

By Mila Bandel



A question is asked: How do children become lead poisoned? The most common sources of lead exposure in and around the home are lead-based paint and household dust (dust from peeling and chipping lead paint). Soil and drinking water can also be sources.

Lead-contaminated household dust comes from opening and closing windows and doors that have lead-based paint on them. It can also come from renovations and remodeling homes with lead-based paint. Toys and cribs made before 1978 may contain lead-based paint. Some other sources of lead exposure include:

- Exposure from people involved in an occupation or hobby that uses lead that carry lead dust home on clothing.
- Folk remedies and cosmetics that contain lead (for example: azarcon, greta, kohl and surma) (source: Kansas Department of Health and Environment).
- Although leaded gasoline is no longer used, it has affected the soil in urban areas. Emissions from smelters and battery factories, as well as burn-off from oil, coal, waste oil add lead to the soil.

retardation and hyperactivity. Symptoms can include hearing problems, behavior problems and learning problems. Children with high blood lead levels may have poor appetite, stomach aches, vomiting, constipation, crankiness, loss of energy, headaches and trouble sleeping. Very high levels can cause coma and convulsions.

The Centers for Disease Control and Prevention recommends that blood lead testing be part of standard pediatric checkups, with all children tested by 12 months of age and high-risk children tested at six months. The Cheyenne County Health Department is equipped to do blood lead screening. For more information contact the health department at 332-2381.

Reducing lead in environment

- There are some ways to reduce lead in the environment.
- Wash children's hands after play, before eating and before bed.
- Wash their toys, pacifiers and other objects before putting in their mouths.
- Use only lead-free ceramics for cooking or storing food.
- Feed your child three meals a day with foods high in calcium (milk, cheese, yogurt) and iron (lean meat, beans, eggs) and give them healthy snacks.
- If your home was built before 1978, test your home for lead before renovating or repairing.
- Never dry sand, dry scrape or sandblast paint.

- Keep your child away from peeling and chipping paint.
 - Cover lead-painted walls and ceilings with plaster, wallboard, wallpaper, paneling or lead-free paint. Install vinyl siding over lead paint outdoors. These keep lead paint from chipping and falling into places where children live and play.
- Keep children in mind and get rid of the lead paint.

-St. Francis News-

Betty Jean Winston spent Friday night to Sunday morning in Ellsworth with the Dan Winston family.

On Sunday, Dan, J.J., Cindy and Betty Jean attended the W Clan breakfast and Athletic Hall of Fame Induction Ceremony at Kansas Wesleyan University. Dan was one of the members of the 1977 - 1978 Kansas Wesleyan Cross Country teams that won back-to-back Kansas Collegiate Athletic Conference championships. The team members were inducted into the university's Athletic Hall of Fame at the morning ceremony.

The inductees were also presented on the field at halftime of Kansas Wesleyan-Ottawa football game in the afternoon. Team members held a informal get-together after the football game.

Board decides to not pursue grant for hospital kitchen

By Karen Krien
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The remodeling of the hospital kitchen has been the topic at almost every Cheyenne County Hospital Board meeting. At the Sept. 25 meeting, it was once again on the agenda with new problems.

Les Lacy, hospital administrator, said there have been some changes in the qualifications for the Community Development Block Grant. This is the grant the board planned to pursue to fund the remodeling project.

Mr. Lacy said the grant now requires a higher percentage of low-to-moderate income families and those have to be proven by a written survey or phone survey. He said Christa Brown and Laura Lamb had worked on the numbers and found there would need to be 1,587 people to complete the survey. This would constitute slightly over 57 percent.

Another change is the board would need to put up a minimum of 25 percent of the total project.

Mr. Lacy recommended that the board actually put up 50 percent for a better chance of getting the grant.

He read some of the questions on the survey. Questions dealt with income range and personal demographic information. Mr. Lacy was concerned that countywide numbers would not support the low-to-moderate income guidelines sufficiently, especially with the population losses since 2000.

There is also the problem of people failing to respond to the questionnaires. It was the board's consensus that most people would be reluctant to share this type of information over the phone.

Kari Gilliland, board member, moved not to spend man hours on the grant, feeling that there would not be enough response and that the numbers were not there anyway. She pointed out that this had been a good agricultural year and it was likely that fewer people would fall into the low-to-

moderate income level. The rest of the board agreed.

The board has consistently agreed that something has to be done with the kitchen. An earlier drawing for that area showed moving medical records which would solve some of the kitchen work-flow issues but that does not gain more room for the dining area which is currently a problem.

They discussed relocating maintenance into a building outside of the hospital building, then moving medical records across the hall to create more room in the kitchen/dining area.

At a previous meeting, the board had agreed to have a facility improvement plan done. Mr. Lacy had contacted architect, Kent Carmichael. Either he and/or the staff will identify deficiencies and the projects would be prioritized in order.

Mr. Lacy said that there is a new law that may be put in effect which will require all public buildings to have storm shelters.

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