

Tips to keep in mind when weather cold

With the temperatures in Kansas dropping below freezing and wind chills at levels unseen in quite some time, the Kansas Department of Health and Environment wants to take this opportunity to provide tips to make sure you have a safe and healthy winter.

“We want everyone to be safe this season,” Roderick Bremby, department secretary said. “Please remember to check on your family members or neighbors who may be at risk from the cold weather - especially those who are young children, older adults and the chronically ill. And, if you are outside in these conditions, please take precautions to prevent yourself from frostbite or other injuries.”

If you are working outdoors, traveling or enjoying winter sports, take the following precautions:

- Wear appropriate outdoor clothing: layers of light, warm clothing; mittens; hats; scarves; and water-proof boots.
 - Sprinkle cat litter or sand on icy patches.
 - Learn safety precautions to follow when outdoors.
 - Be aware of the wind chill factor.
 - Work slowly when doing outside chores.
 - Take a buddy and an emergency kit when you are participating in outdoor recreation.
 - Avoid traveling when the weather service has issued advisories.
 - If you must travel, inform a friend or relative of your proposed route and expected time of arrival.
 - Carry a cell phone.
- “Serious health problems can

result from prolonged exposure to the cold and Kansans need to be aware of the most common cold weather-related problems, frostbite and hypothermia,” said Dr. Jason Eberhart-Phillips, State Health Officer and Director of Health. “People experiencing symptoms of hypothermia or frostbite need to seek medical care.”

Warnings signs of hypothermia are shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech and drowsiness. Seek medical attention quickly.

Frostbite causes a loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage the body, and severe cases can lead to amputation. The risk of frostbite is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures.

At the first signs of redness or pain in any skin area, get out of the cold or protect any exposed skin-frostbite may be beginning. A victim is often unaware of frostbite until someone else points it out because the frozen tissues are numb. If you detect symptoms of frostbite, seek medical care.

If there is frostbite but no sign of hypothermia and immediate medical care is not available, proceed as follows:

Get into a warm room as soon as possible.

Unless absolutely necessary, do not walk on frostbitten feet or toes-this increases the damage.

Immerse the affected area in

warm-not hot-water (the temperature should be comfortable to the touch for unaffected parts of the body).

Or, warm the affected area using body heat. For example, the heat of an armpit can be used to warm frostbitten fingers.

Do not rub the frostbitten area with snow or massage it at all. This can cause more damage.

Don’t use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can be easily burned.

Be prepared for weather-related emergencies, including power outages.

•Stock food that needs no cooking or refrigeration and water stored in clean containers.

Keep an up-to-date emergency kit, including: battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration Weather Radio, and lamps, extra batteries, first-aid kit and extra medicine, baby items, cat litter or sand for icy walkways

Protect you and your family against Carbon Monoxide (CO) poisoning.

Fireplaces, wood stoves and portable heaters and generators are often used when power outages occur. These and other appliances produce carbon monoxide, which can be fatal if people are exposed to high levels even for a brief time. CO cannot be seen or smelled and can kill in minutes. Tips to avoid CO poisoning include:

•Never run a generator or any petroleum-fueled (kerosene, propane, gasoline) engine or appliance inside a basement, garage or other enclosed structure, even if the doors or windows are open, unless the equipment is professionally installed and vented.

•Keep vents and flues free of debris, especially if winds are high. Flying debris can block ventilation lines.

•Never run a motor vehicle, generator or any gasoline-powered engine outside an open window, door or vent where exhaust can vent into an enclosed area.

•Regularly check and properly maintain fuel-burning appliances, especially when in use.

Carefully monitor household members for signs of CO poisoning. Exposure to CO can cause loss of consciousness and death. The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain and confusion. People who are sleeping or who have been drinking alcohol can die from CO poisoning before ever having symptoms.

Anyone who suspects symptoms of CO poisoning should go outside and seek fresh air immediately. If a person has collapsed or is not breathing, call 9-1-1 for emergency medical assistance immediately from a safe location.

Make sure your car is winterized.

•Service the radiator and maintain antifreeze level; check tire tread or, if necessary, replace tires with all-weather or snow tires

•Keep gas tank full to avoid ice in the tank and fuel lines.

•Use a wintertime formula in your

windshield washer.

•Keep a winter emergency kit in your car in case you become stranded. Include: blankets, food and water, booster cables, flares, tire pump and a bag of sand or cat litter (for traction), compass and maps, flashlight, battery-powered radio, and extra batteries, first-aid kit, plastic bags (for sanitation).

Learn safety rules to follow in case you become stranded in your car.

Stay with your car unless safety is no more than 100 yards away, but continue to move arms and legs.

Stay visible by putting bright cloth on the antenna, turning on the inside overhead light (when engine is running), and raising the hood when snow stops falling.

Run the engine and heater only 10 minutes every hour.

Keep a downwind window open.

Make sure the tailpipe is not blocked.

Visit www.kdheks.gov for more winter weather tips.

Lafayette couple has son before year end

Jett Riley Sloan was born at 5:26 p.m. on Monday, Dec. 28, 2009, at Exemplar Good Samaritan Medical Center of Lafayette, Colo. He weighed 5 pounds, 14 ounces and was 18 1/2 inches long.

His parents are Malissa and Joshua Sloan of Broomfield, Colo., and his grandparents are Richard and LaDonna Frerichs of Goodland and Mike and Janet Sloan of Wellsville. Great-grandparents are Jeanne Harding of Goodland and Barbara Hoehn of Wellsville and his great uncle is Ron Harding of Goodland.



Jett Riley Sloan

Ruleton eager beavers

The Saturday, Jan. 9, regulator monthly meeting of the Ruleton Eager Beavers was called to order with 23 members, three leaders and eight guests answering roll call of my favorite winter sport. The treasurer, reporter and council officers all gave a report.

Dani Mangus explained the new birthday club program. Members that attend the club meeting during their birthday month will receive a McDonald’s food certificate. Barb Winston and Caleb Keith were the first to receive a certificate.

New members were measured for club T-shirts. The club garage sale will be Saturday, April 24. Charlene Mangus read the thank you note for the gift bags and letters sent to our soldiers at Ft. Riley. She also extended an invitation to our members to visit Ft. Riley as a club trip. Jade Archer and Jessi Duell lead the group in singing Rudolf the Red nose Reindeer. Jade Archer presented a demonstration talk on Jade Awesome Apple Snack. Nicole Sed-

erstrom gave a project talk on horse illnesses. Nash and Kelie Garrett led the group in a game of balloon hop. The meeting was adjourned by saying the club motto. Our next meeting will begin at the radio station at 8:45 a.m. on Saturday, Feb. 6th.

Submitted by Cody Hooker

Non-surgical treatment of hemorrhoids.

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Word of Life 10th & Clark • 899-5250 Pastor: John Coumerilh Sunday: 9:30 a.m. - Morning Star Cafe Opens 10 a.m. - Worship Celebration and Kids’ Church Life Groups - call for times and locations www.wordoflifegoodland.org A Foursquare Gospel Church	Pleasant Home Church Serving the rural community for over 100 years Rt. 1, Box 180 • 694-2807 • 3190 Road 70 Pastor: Perry Baird 890-3375 Sunday: Worship Service: 9 a.m. Sunday School: 10 a.m.
Bible Baptist Church Pastor: Clifford Middlebrooks Fifth & Broadway 890-7368 Sunday: Sunday School: 9 a.m. Morning Service: 10 a.m. Evening Service: 6:30 p.m. Wednesday: Evening Bible Study: 7 p.m.	Church of Jesus Christ of Latter-Day Saints 1200 15th Street • Burlington, CO (719) 346-7984 Sacrament Meeting: 10 a.m. Sunday School: 11:15 a.m. Priesthood/Relief Society: 12 a.m.
United Methodist Church Brewster: Pastor: Dorine Chambers Worship Service: 10:45 a.m. CST Sunday School: 9:45 a.m. CST Winona: Minister: Sheryl Johnson Worship Service: 9 a.m. CST Sunday School: 10:15 am CST	First Christian Church (Disciples of Christ) Pastor: Rev. Carol Edling Jolly Eighth & Arcade • 890-5233 Sunday: Worship Service: 10:30 a.m. Sunday School: 9:15 a.m. Activities: Junior High & High School Youth Groups, Adult Bible Study, Choir, Men’s and Women’s Groups, Devotions Study, Monthly Fellowship Special Notice: Handicap Accessible, Hearing Assistance Equipment and Infant and Toddler Nurseries Available
Church of the Nazarene Pastor: Bob Willis Third & Caldwell 899-2080 or 899-3797 Sunday: Sunday School: 9:45 a.m. Worship Service: 10:50 a.m. Evening Service: 6 p.m. Wednesday: Evening Service: 7 p.m.	Goodland United Methodist Church 1116 Sherman 899-3631 Pastors: Dustin and Shelly Petz Saturday: Worship: 5:30 p.m. Sunday: Adult Classes: 9:15 a.m. Worship: 10:30 a.m. Wednesday: Wednesday Nite Live 5:45 - 6:45 p.m. Simple Supper “Free will Offering 6:30 - 7:30 p.m. Classes for all ages
First Baptist Church Pastor: Travis Blake 1121 Main 890-3450 Sunday: Coffee fellowship: 9:30 a.m. Morning Worship: 10 a.m. Sunday School: 11:15 a.m. Thursday: Bible study 9:30 a.m. Wheatridge Center	St. Paul’s Episcopal Church 13th & Center Church 890-2115 or Rectory 890-6969 Priest: Father Hal Lycett Holy Eucharist: 10:00 a.m. Sunday 10:00 a.m. Thursday Daily Morning Prayer For emergencies 890-6969
Seventh Day Adventist Church 1160 Cattletrail Pastor: Jerry Nowack Saturday: Sabbath School: 9:30 a.m. Worship Service: 11 a.m.	Emmanuel Lutheran Church 13th & Sherman • 890-6161 Sunday: Christian eduction/fellowship: 10:15 a.m. Worship Service: 9 a.m.
The following sponsors urge YOU to attend your chosen House of Worship this Sabbath:	
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