

Parliamentary procedure team takes gold

Five members of the Grant Junior High junior parliamentary procedure team went to the 2010 National Leadership Conference of the Family, Career and Community Leaders of America in Chicago, Ill. The team received a gold.

Those attending for the junior parliamentary procedure were Ian Bonsall, president; Amber Perdew, vice president; Elizabeth House, secretary and members Amber Smith and Matt Murray. Also Good-

land graduate Brennan Clouse, 2008-09 Past National President, was also in attendance and represented the National Executive Council in charge of elections. Accompanying the team were Dick and Sarah Short and Gennifer House.

The team took a 25 point test and conduct a meeting covering 12 main parliamentary procedure points according to Roberts Rules of Order, revised version 10.

The conference celebrated 65 of

leadership for the group and 247 members of the Kansas delegation attended during the Sunday to Thursday, July 4 to 8, event.

This four day conference served as a way for members to further their leadership skills by showcasing their community and school based projects through competitive events. While there members learned new ways to become better overall leaders in their careers, communities and families. The meeting

also allowed Kansas members to network with fellow members from across the state as well as the country.

Among other leadership-oriented activities and events, the national conference included; motivational speakers, Kansas delegation meetings, educational workshops as well as training sessions for Kansas district presidents. The motivational speaker for the opening general session was Aaron Davis, 1994 Na-

tional Champion team while playing for the Nebraska Cornhuskers. While at the conference students also competed in Students Taking Action with Recognition, which is just what the participants did as they gave it their all on the days of competition.

The organization is one of the largest career and technical student organizations in the United States. Established in 1945, it encourages personal growth, leadership devel-

opment, preparation for adult life as well as family and community involvement. Members can experience a political environment by running for local, chapter, state, or national office, as well as participate in competitive events promoting such areas as culinary arts, public speaking, community service, early childhood development/education and even parliamentary procedure.

Precautions needed for hot weather

The Kansas Department of Health and Environment (KDHE) is reminding Kansans to protect themselves in hot summer temperatures.

"KDHE advises the best defense against heat-related illness is prevention," said Roderick Bremby, secretary of the department. "Staying cool and making simple changes in your fluid intake, activities and clothing during hot weather can help you remain safe and healthy."

Heat is the number one weather-related killer in the U.S. The National Weather Service statistical data shows that heat causes more fatalities per year than floods, lightning, tornadoes and hurricanes combined.

"When temperatures start to rise, it's important to know how to protect yourself and others, especially those who are at greater risk of heat-related illness," said Dr. Jason Eberhart-Phillips, State Health Officer. "If you have a friend, relative or neighbor who doesn't have air-conditioning, now would be a good time to talk with them about getting into a cooler place."

People who face the highest risk of heat-related illness include infants and young children up to four years of age, adults over age 65, people who have chronic medical conditions (such as heart disease or being overweight), those taking certain medications and people who work or exercise in extreme heat.

Heat-related Illness

Heat-related illness is always of concern during hot weather, and may be characterized as heat stress, heat exhaustion or heat stroke.

- Heat stress includes faintness, painful muscle spasms and cramps and prickly heat caused by a skin rash from clogged pores. Heat stress is caused by loss of fluids and minerals in the body needed for proper muscle function.

- Heat exhaustion, which is more serious, includes headache, dizziness, clammy skin, muscle fatigue, chest pain, breathing problems and nausea. Medical attention is necessary if these conditions persist.

- Heat stroke is a life-threatening condition that should be considered an emergency. Headache, hot and dry skin, temperature of 103 degrees or higher, rapid and shallow breathing, disorientation and changes in consciousness are all symptoms of heat stroke. The person should be cooled quickly with cold, wet sheets or a cool bath and taken to the nearest hospital.

Staying Cool

Follow these steps to minimize your risk of heat-related illness:

- Drink plenty of fluids, especially water. Avoid alcohol and caffeinated beverages, which dehydrate the body. Drink at least a gallon of water a day when spending time outdoors.

- Wear loose-fitting and light-colored clothing.

- When children play outdoors, dress them lightly, and make sure they take frequent breaks indoors and drink plenty of fluids. A child

matters of record

Sherman County Bastille

The following people were booked into the Sherman County Bastille:

July 10 - Peggy Huson, 36, Portland, Ore., arrested by state trooper for driving while suspended (second time).

July 11 - Curtis Wiley, 38, Goodland arrested by city police for theft.

July 12 - Craig Hillman, 41, Goodland, arrested by sheriff deputy on arrest and detain order probation violation.

Marcus Binger, 19, St. Francis, arrested on a warrant by St. Francis police.

July 13 - Edward Aaron, 54, Goodland, arrested by sheriff deputy for probation violation.

New sign at museum



City employee Kendall Gittinger helped to screw up the new helicopter sign for the High Plains Museum, 1717 Cherry. The helicopter on display is part of the exhibits at the museum. The

city decided to paint the outside of the building and with the help of the Master Gardeners the front has been relandscaped. Photo by Tom Betz/The Goodland Star-News

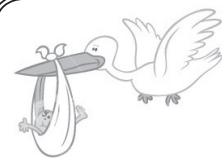
LAND FOR SALE

Kit Carson County Colorado
5308± acre ranch. Grass, dry land, CRP north of Seibert-
Price Reduced was \$2,654,000
Now \$2,554,000

Washington County Colorado
320 acres retired CRP 4 miles south of Lindon \$168,000
Sherman County Kansas
40 acres with home, shop & other buildings. S. of Ruleton \$130,000

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The Land Office
LLC



Vision Source of Goodland and Burlington would like to announce that Dr. Danielle McAtee and her husband Brock will welcome their baby soon!

We encourage you to make appointments for back-to-school eye exams early as she will be on maternity leave the month of August.

Drs. Mark Wahlmeier and Jeff Morrison will still be available for appointments in Goodland and Colby. The Burlington and Goodland offices will maintain their usual business hours to service all your optical needs!

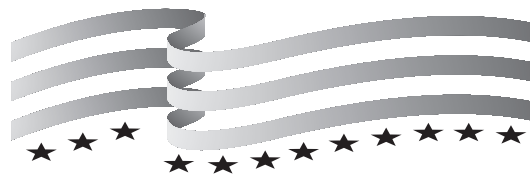


Vision Source!

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Vote

Brenda McCants



for State Representative

Time for a new voice!

- It's time to be heard; it's time to preserve our rural communities.

- It's time to take a stand on issues that impact our economy.

- You can count on me to listen to you!



Vote Tuesday, Aug. 3

Paid for by Citizens to Elect Brenda McCants for Representative, Sue Evans, Treasurer.

Sherman County Economic Development

PBR TOURING PRO DIVISION

THUNDER ON THE PLAINS PRESENTS: THE WESTERN PLAINS CHUTE OUT!

AUGUST 4TH, 2010 AT 6:30 P.M.
GOODLAND, KS 67735
GENERAL ADMISSION \$20.00 CHILDREN UNDER 10 YEARS OLD: \$10.00

For advance tickets contact: www.goodlandcal.net/PBR
Tickets go on sale July 1, 2010

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