

Street work doesn't stop visit



Representative for Webkinz visited Jacque's Hallmark Store recently. Webkinz is an online site where stuffed animals become real and have rooms, eat and so on. Photo by Tom Betz/The Goodland Star-News

Hot weather triggers heat-stress trilogy

Air temperatures above 100 degrees can trigger a human heat-stress trilogy: heat cramps, heat exhaustion and heat stroke.

"Heat cramps are the mildest reaction. They occur when you don't replace the salt or potassium lost in sweat," said Mary Knapp, climatologist with the Kansas Weather Data Library.

Heat exhaustion is more severe, she said. It sometimes results when people engage in vigorous summertime activities (e.g. football, tennis, running, soccer).

Heat exhaustion means the body's cooling system is overloaded, but hasn't shut down. Symptoms can include heavy sweating (i.e., clammy skin), headache, dizziness, nausea,

muscle cramps and fatigue.

"When people reach that point, you need to get them into a cooler location, lying down with their feet slightly elevated. Then try to lower their body temperature with cool, wet cloths. Give them water or an electrolyte drink. Monitor them for an hour to see that their symptoms improve, not worsen," Knapp said.

The deadliest trilogy member is heat stroke: when the body's cooling system has shut down – stopped. A defining symptom is 104-degree or higher body temperature.

"Heat stroke is a 911 situation. The risk increases along with the severity of symptoms and the length of delay in getting medical treatment. Even if victims survive, untreated

heatstroke can damage their brain, heart, kidneys and muscles," Knapp warned.

Other symptoms include lack of sweat (unless exercise was involved), racing pulse, rapid breathing, flushed skin that's hot and dry, vomiting, confusion, muscle malfunctions, seizures, and even unconsciousness.

"Heat stroke victims need help while waiting for the ambulance. Minutes count," Knapp advised. "You can move them out of the sun. Put cold, wet towels or ice packs on their head, neck, armpits and groin. Remove excess clothing. Turn on a fan, mist them with water ... do whatever you can, but quickly."

K-State development specialist working in Japan

Deryl Waldren, Kansas State Research and Extension 4-H youth development specialist based in northwest Kansas, will be working in Japan in July on behalf of 4-H International Exchange Programs – and the youth who benefit from them.

Waldren has extensive experi-

ence with international travel, youth development and exchanges. He currently serves as chair of the States' 4-H International Exchange Program (S4-H) Board.

In Japan, he will be collaborating with S4-H president, Yoko Kawaguchi, from Seattle, Wash., and three Japanese exchange part-

ner organizations (Labo, Lex and Utrek) to further international youth development.

According to Waldren, the U.S.-Japanese 4-H Exchange Program offers cultural immersion experiences and has been praised for teaching language skills. Students participating in the program also

cite living with a host family as a valuable educational experience.

The U.S.-Japanese Exchange Program was founded in 1972 and is celebrating its 40th anniversary this year, he said.

It is open to youth ages 12 to 18, and has provided international educational opportunities for more than

7,500 U.S. youth to date.

More than 48,000 American families have provided host homes for international youth. In 2011, for example, 740 U.S. families hosted international youth exchange students; 66 U.S. teens traveled abroad, he said.

"The goal is to help in the devel-

opment of a global perspective and to help youth find their personal sense of place in it," Waldren said.

Information about educational opportunities in Kansas 4-H, the U.S. and larger world is available online at www.kansas4-h.org/ and at K-State Research and Extension offices throughout the state.

Lenora company wins state business award

Gov. Sam Brownback recognized Nex-Tech of Lenora with the Governor's Award of Excellence at the annual Kansas Cavalry Encampment at the Kansas State University Alumni Center in Manhattan on June 12, 2012.

This award is the state's highest achievement by a business and is the culmination of Business Appreciation Month, the Department's annual statewide tribute to Kansas businesses for their contributions to the state. The event is sponsored by the Kansas Department of Commerce and the Kansas Cavalry, a volunteer group of business leaders who promote the state as a desirable business location.

"Nex-Tech is well deserving of its recognition," Brownback said.

"Nex-Tech is a leader and innovator, in addition to being an active partner in its communities. I look

forward to Nex-Tech's continued growth and success, as we work to make Kansas the best place to start and grow a business."

Nex-Tech was specifically recognized for its contributions to the State of Kansas including the following: Nex-Tech/Rural Telephone provides local and long distance telephone services, video and Internet service to 76 communities and surrounding rural areas in central and western Kansas. Additional services include a wide variety of voice, wireless, video and data solutions specializing in business systems, local and wide area networks, security systems and video production. As the CEO/General Manager, Larry Sevier leads the company's 378 employees.

"This is the top award a business can achieve and we owe that to our employees," Sevier said. "We have

a tremendous employee base and this award really shows how great they are."

Sevier explained that major factors in earning the recognition have been job creation and infrastructure improvements the company is doing.

The company was awarded \$101 million in funding to deploy broadband throughout its territory. This project will bring high-speed broadband to 23,000 households and businesses, as well as 335 anchor institutions in 21 communities and 26 rural areas covering 11 counties in northwest Kansas. After this project is complete, more than 39,000 households and businesses in 76 communities in 17 counties will have high-speed broadband within the more than 9,300 square miles Nex-Tech's territory covers.

Employees enjoy a wide vari-

ety of training opportunities and programs. Nex-Tech Training Services is certified as a proprietary school through the Kansas Board of Regents and is registered as a Kansas Service Provider. Through a partnership with Fort Hays State University, employees and customers can attend classes in Microsoft Office applications and earn college or continuing education credit.

The company created a Youth Services/Community Development Coordinator position in 2011 to administer the company's youth programs (internships, educational school presentations, career days and other events), and to serve as a liaison to businesses, schools and communities. The company offers a variety of youth-centered programs that feature keeping children safe from online predators, tips to stop cyberbullying and the dangers of

texting while driving.

Other finalists for the Governor's Award of Excellence were Carter Automotive Warehouse (Coffeyville); Custom Foods, Inc. (DeSoto); Gove County Medical Center (Quinter); Midland Marketing (Hays); and NetStandard, Inc. (Kansas City, Kan.).

"I want to congratulate all the companies recognized during Business Appreciation Month," said Kansas Commerce Secretary Pat George. "There are many outstanding companies doing some great things in business and in their communities. We are fortunate that these businesses call Kansas home."

corrections

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We believe that news should be fair and factual.

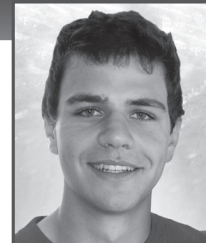
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