



WITH A BANG, the crash simulator hit the bumper and Haley Leitner brought her arms in front of her chest for safety. The belts kept her safe, however. The simulator, set up outside the Decatur County Health Fair, showed what it would feel like to be in a minor accident, going just 5 miles an hour.



ON THE SCALE, Gaylen Huntley was weighed by Dr. Doug Fair to see which side of his body carried more weight.

Herald staff photos by Kimberly Brandt



IN FRONT OF THE CHART, Lisa Davies stood to check her posture with the help of Dr. Doug Fair and a mirror in front of the lines.

Fair offers information about health

Kids and adults learned about posture, the impact of a car crash, reaction time while operating farm machinery and many other health issues during the Decatur County Health Fair on Friday.

The arena at The Gateway was filled with booths covering about every aspect of health from infancy to old age, and from learning about jaundice to the Kansas Lions Mobile clinic, which does screening for vision, hearing, diabetes and blood pressure.

This is the third year for the fair, sponsored by the county health department, said Administrator Marilyn Gamblin. When the fair started, a committee made up of her and representatives from the hospital, emergency medical services and Good Samaritan Center invited people to man booths. Each year, some of those people return and then there are always new ones, said Ms. Gamblin.

She said compared to past years, there weren't as many people at the fair, but she still was pleased with the turnout. Before the fair, visitors had a chance to have their blood drawn for \$25 and then on Friday results from the tests were distributed. Ms.

Gamblin said the blood was screened for sodium, potassium, kidney function, cholesterol, thyroid and just about everything you can think of.

A bone density screening test was done on site at the fair. Ms. Gamblin said quite a few took part in this test.

Outside, a fire truck sat in the parking lot where school kids tried on hats and coats which volunteer firemen wear. In the morning, a rescue helicopter from Nebraska landed, but was only on the ground for five minutes before the crew was called for a heart case.

On the other side of The Gateway, the Kansas Highway Patrol had a crash simulator. After being strapped into a seat, the "crash victim" slid down a track into a black bumper. The five-mile-an-hour impact bounced the occupant in the seat around, but a seat-and-shoulder-belt harness kept them safe. A state trooper told several students to imagine what that would feel like in town at 20 miles per hour or on the highway at 65.

Next year, Ms. Gamblin said she wants to incorporate physical fitness and nutrition into the day, since neither areas was covered this year.



WITH HER HAND OUT, Justin Miller (above) gets orange goop in her palm as Trina Shields and Kelly Olson watched. The goop glowed under a special light, showing the girls how much bacteria was on their hands. Outside, Assistant Fire Chief Katie Glading (left) tried on a helmet.