

Moment with Mila

January is National Radon Month

By Mila Bandel,
County Health Nurse

You can't see, smell or taste radon, but it could be present at a dangerous level in your home.

Radon is the leading cause of lung cancer deaths among non-smokers in America and claims the lives of about 20,000 Americans each year. In fact, the Environmental Protection Agency (EPA) and the U.S. Surgeon General urge all Americans to protect their health by testing their homes, schools, and other buildings for radon. Exposure to radon is a preventable health risk, and testing radon levels in your home can help prevent unnecessary exposure. If a high radon level is detected in your home, you can take steps to fix the problem to protect yourself and your family.

- Test your home for radon. It's easy and inexpensive.
- Fix your home if you have a radon level of 4 pCi/L or more.
- Call the National Radon Information Line: 1-800-SOS-RADON (1-800-767-7236)

Radon is a naturally occurring radioactive gas released in rock, soil, and water from the natural decay of uranium. While levels in outdoor air pose a relatively low threat to human health, radon can accumulate to dangerous levels inside buildings.

Radon has been found in elevated levels in homes in every state. No area of the country is free from risk. Indeed, two homes right next to each other can have vastly different radon levels. Just because your neighbor's house does not have an elevated level of radon does not mean that your house will have a low radon level. The only way to know if your home is under the Environmental Protection Agency action level of 4 pCi/L is to test.

Radon is measured in picocuries per liter of air (pCi/L), a measurement of radioactivity. Environmental Protection Agency and the Centers for Disease Control and Prevention recommend that homes with radon lev-

els at 4 pCi/L or higher should be fixed. Environmental Protection Agency also recommends that Americans consider fixing their homes for radon levels between 2 pCi/L and 4 pCi/L. Based on a national residential radon survey completed in 1991; the average indoor radon level is about 1.3 pCi/L in the United States. The average outdoor level is about 0.4 pCi/L.

High levels of radon in homes usually come from the surrounding soil. Radon gas enters through cracks and openings—such as sump pump lids and plumbing features—on the lower levels of your home. Hot spots include basements, first-floor rooms, and garages, but radon can be found anywhere in your house. Start the New Year off with a Radon test!

Radon test kits available

January is here once again, which means it is once again National Radon Action month (sponsored by the Environmental Protection Agency) and therefore Kansas Radon Action month (sponsored by the Kansas Radon Program and Kansas Department of Health and Environment).

Beginning Jan. 15 and running through March 15, the Kansas Radon Programs will be airing statewide on both radio and television, promoting statewide radon awareness and testing through the state radon hotline (800-693-5343) and the state radon website (www.kansasradon-program.org).

For those of you who do not know, we do have radon test kits available at the Cheyenne County Extension Office for \$4.50 per kit. Please call for information at 785-332-3171.

Cheylin food bank open on Wednesdays

The Cheylin Community Food Bank began operating on Wednesday, Jan. 13, at the United Methodist Church in Bird City.

McDonald and Bird City residents who are in need of non-perishable food items are welcome to pick up canned and boxed foods that their family can use. Vouchers will be given to obtain perishable food items at the grocery store.

There is no charge for the food,

as the funding has been provided by the Cheyenne County Food Bank.

The food bank will be open each Wednesday from 5:30 p.m. to 7 p.m. It will also be open each Saturday morning from 9 a.m. to 10:30 a.m.

Enter the church through the east doors and go up the stairs.

For more information, contact Kris Burns at 734-7060 or Carol Partch at 734-2497.

McDonald News

Ray Johnson had eye surgery in Garden City last Wednesday. On Monday he went back for a check-up and got a good report.

Karlyne Atchison and Amelia Banister went to St. Francis on Friday where they visited Viola Jones in the Good Samaritan Home and Marie Holzwarth in her home.

Mark Gunnison of Laramie, Wyo. was a weekend guest of R.J. and Susie Sabatka. He enjoyed pheasant hunting with R.J. and Kasey Sabatka.

Josh Johnson was a Wednesday afternoon visitor of Ray and Marlene Johnson.

Gail and Kay Miller were Saturday visitors of Lila Punge in Culbertson, Neb.

Phyllis Wilkinson attended the

delayed Christmas party at St. John's hall on Sunday evening.

Rod, Lisa and Josh Johnson were Saturday night supper guests of Kenny and Phyllis Wilkinson.

Josh Johnson entertained on Sunday evening with a supper honoring January birthdays, Rod Johnson, Craig Wilkinson and Shawn Wilkinson and anniversaries, Kenny and Phyllis Wilkinson and Bob and Helene Johnson. Guests were Kenny and Phyllis Wilkinson, Greg and Cheryl Wilkinson, Bob and Helene Johnson, Lucius White, Karlissa Crow, Lisa and Rod Johnson. Shawn Wilkinson helped with the grilling of the meat.

Children's theatre presents melodrama

The Wichita Children's Theatre Professional Touring Company will present the melodrama, "Miss Clara's Classroom Calamity" in several area schools on today and Friday.

This melodrama by J.R. and Zoe Bell provides a taste of the popular entertainment in America before movies, radio, and television. People went to theaters to see live actors onstage; they applauded when they approved, and when the villain got mean, they booed and hissed to show their disapproval. They were also encouraged to sigh for the heroine and cheer for the hero. Followed by an olio of songs and

jokes, they were lots of fun for everyone!

The Wichita Children's Theatre Professional Touring Company performs from October through February in Kansas and area states. Since 1977, the company has provided performances and workshops for nearly two million people. Western Plains Arts Association season ticket holders are welcome to attend.

The schedule for performances is as follows: today, Quinter, 8:40 a.m.; Brewster, 11:30 a.m.; Wallace County schools, 2:15 p.m. mountain time; Friday, Hoxie, 9:30 a.m.; Triplains/Winona, 1 p.m.

Cougars Ladies play hard and suffer loss at league tourney

At the Jan. 16 Western Kansas Liberty League Tournament, the Cheylin Lady Cougars basketball team outperformed the Healy team everywhere but the final score. Healy had less field goals, but the four 3-point goals made the difference, the final score was 51-54 Healy.

Scorers were Teryn Carmichael with 12 field goal points, one free-throw point, one block, two steals, and two assists. Stephanie Busse scored eight points, had three free-throw points, nine rebounds and four blocks. Forrest Burr added six points, five free-throw points, seven rebounds, two blocks, and one steal.

Ana Ponce scored eight points, three steals and one assist. Naomi Reeh added her eight points, and had eight rebounds and four steals. Illiana Reynoso and Nakita Schneider each added one rebound.

"We had a tough time in the foul department having 24 team fouls to Healy's 16," said Coach Deb Pochop. "The girls did a great job of doing every thing that the coaching staff asked. We continue to learn and grow and can't wait to see that growth pay off on the scoreboard."

Cheylin verses Golden Plains

It was a hard loss for the Cheylin Lady Cougars against Golden Plains during the Western Kansas Liberty League Tournament on Jan. 11. The team had hopes of winning this game, but it was not to be. The final score was 38-50 Golden Plains.

Scorers were Reeh with 12 points, 14 rebounds, four steals and six assists. Forrest added six points, had one free-throw point, 14 rebounds and two steals. Busse scored two points, had five free-throw points, 20 rebounds, three steals and one assist.

Ponce added six points, and had

four rebounds, two steals and three assists. Carmichael scored four points, had two free-throw points, four steals, and four assists.

Schneider had five rebounds, Reynoso added another rebound and one steal, and Rucker had one rebound.

"We continue to improve our ball movement and are taking more shots. We need to improve our shot percentage, reduce our turnovers and play more consistent defense," said Coach Pochop. "The girls are working hard in practice to master the fundamentals."

Season statistics

The overall stats for the 2009-2010 Cheylin Lady Cougar basketball season are Carmichael with 74 field-goal points, 12 three-pointers, eight free-throw points, 14 rebounds, three blocks, 26 steals, and 31 assists. Reeh has 62 field-goal points, 10 free-throw points, 78 rebounds, two blocks, 32 steals, and 56 assists.

Burr has 60 field-goal points, 12 free-throw points, 72 rebounds, four blocks, 13 steals and three assists. Busse added 54 field-goal points, 16 free-throw points, and has 98 rebounds, five blocks, 15 steals and 12 assists. Ponce scored 58 field-goal points, eight free-throw points, and has 53 rebounds, 10 blocks, 36 steals, and 45 assists.

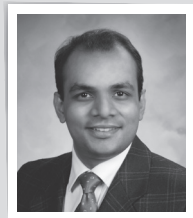
Whitney Churchwell has 14 field-goal points, six free-throw points, 19 rebounds, three blocks, eight steals and four assists. Samantha Lampe has four-field goal points, four rebounds, two steals and five assists. Rucker has four field goal points, 11 rebounds, 11 steals, and seven assists. Schneider had two field-goal points and six rebounds. Reynoso has four rebounds, one block, four steals and three assists.



FORREST BURR scores for the Cougars. Naomi Reeh and Teryn Carmichael are also pictured.

Photo courtesy of Darci Schields

New Spine Surgeon Brings a World of Experience to the Orthopedic Institute at Hays Medical Center



When everyday activities such as bending, looking overhead or simply shaking your head become a challenge due to back pain, turn to Vivek Sharma, M.D., at the Orthopedic Institute at Hays Medical Center. Dr. Sharma, the newest physician at the Orthopedic Institute, is an expert on the very latest surgical and non-surgical treatment options for problems of the back and spine. His focus is on finding the most effective way to address your spinal disorder and get you back to living your life.

Dr. Sharma has extensive experience in the diagnosis and treatment of a broad spectrum of spinal disorders including:

- Management of cervical, thoracic, and lumbar disc herniations
- Treatment of spine fractures and other spine injuries
- Spinal cysts
- Spinal cord herniation
- Spine tumors
- Surgery for spinal stenosis
- Inpatient and outpatient rehabilitation services

Dr. Sharma graduated from the G.S. Medical College and K.E.M. Hospital Program at the University of Mumbai in India. After completing his internship and residency, he earned his diploma in orthopedic surgery at the College of Physicians and Surgeons in Mumbai. He moved to the United States in 2005 and completed several clinical fellowships.

Dr. Sharma's fellowships include: Orthopedic Spine Surgery: The Christ Hospital, Cincinnati Children's Hospital, University of Cincinnati, (Cincinnati); Orthopedic Sports Medicine and Arthroscopy: Boston Children's Hospital,

Harvard Medical School (Boston); Pediatric Orthopedics: B.J. Wadia Hospital for Children (Mumbai, India), Cincinnati Children's Hospital, University of Cincinnati (Cincinnati); and Joint Reconstruction and Arthroplasty, University of Minnesota (Minneapolis).

He's also put his expertise to work as an orthopedic physician for the Boston Ballet, the Boston Marathon and NCAA games in Boston.

Now he's putting that same expertise to work for you. Right here in western Kansas. For more information about Dr. Sharma or available services at the Orthopedic Institute, go to www.haysortho.com.

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St. Francis Outreach Clinic Schedule

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Mobile Mammography

Every Fourth Tuesday
(785) 332-2104

Call the number listed for specific clinic locations.