September recognized as prepardness month

By Amanda Miller amiller@nwkansas.com

This month brought tragedy, loss of property, and even loss of life for some families just west of us in Colorado. Knowing what to do during an emergency can mean the difference between life and death. This September, learn what to do before, during and after a disaster.

This year marks the 10th National Preparedness Month, sponsored by the Federal Emergency Management Agency in the Department of Homeland Security. The goal is to educate the public on how to prepare for emergencies, including natural disasters, mass casualties, biological and chemical threats, radiation emergencies, and terrorist attacks.

"It is a proven fact that families who prepare ahead of time have a better chance of ensuring their safety during a disaster," said Ryan Murray, director of Cheyenne and Sherman county's emergency management.

potential disasters and why it is necessary to prepare for them. Involve each family member in the planning process. By showing them simple steps that can increase their safety, it reduces anxiety about emergencies.

Make an emergency plan with family and friends in case you are not together during an emergency, Mr. Murray said. Discuss a meeting place and how you will get in contact with one another.

One of the foremost things every person can do to prepare is to have a 72-hour self-sustaining emergency kit. If a disaster strikes, food, water or electricity may be unavailable for some time. Take the time now to prepare, and be sure every family member knows where to find the 72 hour kit.

Some of the items you should have stored in your 72-hour kit include:

• Food and water: A three-day supply of food and water, per person, when no refrigeration or cooking is available. Food like protein or granola bars, crackers, trail mix, and canned beans or meat are good to store. One gallon of water should be available per person in the kit.

Bedding and clothing: A change

of clothing, raincoats, blankets and sheets are needed in the kit for each person in the family.

• Fuel and light: Flashlights, extra batteries, flares, candles, and waterproof matches.

• Equipment: A can opener, a few disposable dishes and utensils, shovel, radio with batteries, and a cell phone with a charger.

 Personal supplies and medication: A first aid kit, toilet paper, toiletries, prescription medication and tylenol and other commonly used medications, infant supplies if applicable.

• It is also a good idea to pack a few toys and games for children as they will provide some comfort during a stressful time.

• Use a bag that is easy to carry such as a large backpack or duffel bag to pack all of the items in.

Check the 72 hour kit every six months to make sure that all supplies are fresh and have not expired, clothing fits, and batteries are charged.

Ryan said that people with spe-Every family should talk about cial needs should take extra care to plan ahead. If a family member requires electricity for any health reason, it is extremely important that an alternative source of power is available. It could take emergency response crews hours or even days to reach people during an emergency or extreme weather. Have a back up generator, or plan where to go should such an emergency occur.

Being prepared means staying informed. Listen and check all types of media. Local emergency management services offices will have information on such things as open shelters or evacuation orders.

It is also important to stress that you should not travel unless absolutely necessary during hazardous weather, Ryan said.

Though some people feel it is impossible to be prepared for unexpected events, the truth is that taking preparedness actions helps people deal with disasters of all sorts much more effectively when they do occur.

Those interested in learning more can contact Ryan Murray at the local emergency management office or read more on the website www.ksready.gov.



BONNIE BURR, HULDA DORSCH, and Dee Dorsch enjoyed the senior potluck dinner at the new round tables. Times photo by Norma Martinez

Seniors citizens enjoy round tables

Over twenty-five seniors en- to have their monthly meetings checks and several flu shots. joved potluck at the senior center there. Everyone enjoyed being for the center by the Community less room than the long tables. Club. This was their payment

to the center for allowing them nurse, gave 25 blood pressure ing the day when the center is

A brief business meeting was charged after 5 p.m. for non-memon Monday. They were able to able to communicate with every- held to determine the charge for bers. Check with Bonnie Burr for enjoy the round tables purchased one at the table. They also take up rental of the facilities for outside clearance for the daytime availgroups. There will not be a charge ability and to pay the rental fee if Mila Bandel, county health for the use of the facilities dur-

open, but a charge of \$20 will be used after 5.

Good Samaritan celebrates founding

Good Samaritan Society locations across the nation who will others in need. be celebrating the origins of The maritan Society.

and opened its first home, a six- cue and potatoes as well as bev-

ing their founding. There are est not-for-profit provider of care and services for seniors and

Evangelical Lutheran Good Sa- of Cheyenne County plans a sal- celebrate our staff members and ad and dessert potluck dinner on residents who carry on the Good The Society, founded by the Sunday, Oct. 6, at noon to com-Rev. August "Dad" Hoeger, was memorate Founder's Day. The each day," said Administrator incorporated on Sept. 29, 1922, Village will supply beef barbe- Paulsen. room rented house, on March 1, erages, while guests are asked to Evangelical Lutheran Good Sa-

Good Samaritan Societies, in- years, the Society has grown choice. A short worship service operates more than 240 longcluding the Good Samaritan Vil- from serving a handful of resi- will precede the meal. The meal lage in St. Francis, are celebrat- dents to being the nation's larg- is open to all friends of the Society, said Jeff Paulsen, administrator.

> "Founder's Day is a special The Good Samaritan Society time to honor our history and Samaritan Society's legacy

The Village is part of The 1923, in Arthur, N.D. Over the bring a salad or dessert of their maritan Society that owns and

term care centers and retirement living centers across the country. The Society's mission is to share God's love in word and deed by providing shelter and supportive services to older people and others in need, believing that "in Christ's love, everyone is someone.'

For more information, contact Mr. Paulsen, 785-332-2531 or at www.good-sam.com.

Introducing

Chase Duane Hawkins was and Todd Lester, Missouri. weighing 6 pounds 11 ounces and McDonald, Helene Landenbergwas 20-inches long. Lex Landenberger, St. Francis, Marysville, Mo. Great-great-Joey and Scott Lamborn, Kersey, grandma is Jean Rinehart. Colo., Bob Hawkins. St. Francis,

born to JD and Jordan Hawkins at Great-grandparents are Elsie Evans Army Hospital, Fort Car- Cook, Betty Rinehart, Greeley, son Colorado, on Aug. 30, 2013, Colo., Shorty and Rita Hawkins,

er, St. Francis, Shirley Lamborn, Grandparents are Toni and Windsor, Colo., and Pat Tripplett,











Fundraiser for Cooper Barn improvements, agricultural programming and a new "High & Dry: Agriculture on the High Plains" exhibit



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