

Planning a focus for National Preparedness Month

By Amanda Miller
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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.

Every family should talk about 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 medi-

cation: 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 special 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 emergen-

cy 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 haz-

ardous 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.



Kaden Raile

—Introducing—

Chase Duane Hawkins was born to JD and Jordan Hawkins at Evans Army Hospital, Fort Carson Colorado, on Aug.30, 2013, weighing 6 pounds 11 ounces and was 20-inches long.

Grandparents are Toni and Lex Landenberger, St. Francis, Joe and Scott Lamborn, Kersey, Colo., Bob Hawkins, St. Francis, and Todd Lester, Missouri.

Great-grandparents are Elsie Cook, Betty Rinehart, Greeley, Colo., Shorty and Rita Hawkins, McDonald, Helene Landenberger, St. Francis, Shirley Lamborn, Windsor, Colo., and Pat Tripplett, Marysville, Mo. Great-great-grandma is Jean Rinehart.

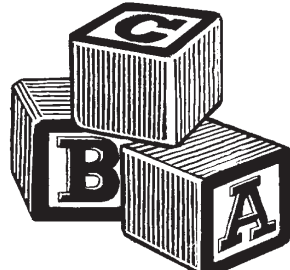
—Introducing—

Colton and Lucas Raile, along with parents Reid and Lori wish to announce the arrival of their baby brother Kaden Kelley Raile, born Aug. 8, 2013 at Presbyterian St. Luke's in Denver, Colo. Kaden weighed six pounds three ounces and was 18.75 inches long. Grandparents are Cliff and Judy Raile of St. Francis and Al and Marilu Kruse of Sterling, Kansas. Hertha Kelley of St. Francis is his great grandmother.



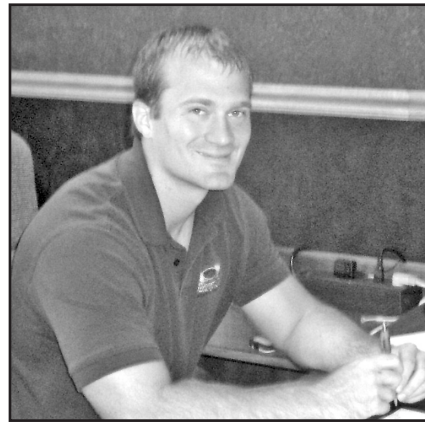
MICHAEL WARFORD answers questions for Debbie Grace at the recent pre-school screening.

Herald staff photo by Tim Burr



Peoples State Bank is pleased and proud to announce...

Gina Krien has accepted a position in our Oakley office as head of operations. Gina has been in our McDonald location for eight years, most recently as branch manager. With the many rapid changes occurring in both the banking industry and technology, she's looking forward to helping the bank move forward in many areas.



Matt Smith is the new Loan Officer in the McDonald Branch. He brings with him three years of banking and loan experience from the Oakley location. He can help with your personal, business, and agriculture needs. Come in to meet Matt and discuss your financial needs with him.

PSB Peoples State Bank

785-538-2224/866-538-2224 304 Rawlins - McDonald

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Bank Hours (CST) Lobby: M-F 9:AM-3:00 PM • Drive Up: M-F 8:30 AM-5:00 PM

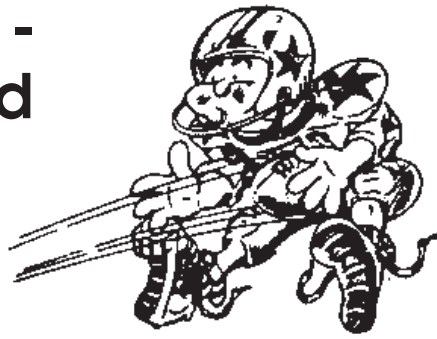


Upcoming Promotions

For more information contact Tim Burr at:

The Saint Francis Herald
Bird City Times
P.O. Box 1050,
St. Francis, KS 67756 • 785-332-3162

FALL SPORTS SECTION -
Featuring Football and
Volleyball players
plus Cheerleaders
and Pom Pon



Booster Sponsors

Your name or business will be acknowledged every time we run a Booster Ad, and by being a Booster Sponsor you will be helping to promote school activities & feature team photos throughout the school year!



4-H Section

To be inserted in October.

Features a collection of articles celebrating 4-H Week and the 4-H Clubs in Cheyenne County.



Wray Community Health Fair

Blood Draw Dates: Wray Hospital: Weekdays October 14th thru 25th from 6 - 9 a.m.
The Cornerstone (Idalia): October 8th and 10th from 7 - 9 a.m.
May take normal medications prior to test
Fast for 12 hours (but **DRINK** plenty of water!)

Cost: \$30.00 - Chem Panel (glucose, blood count, electrolytes, thyroid & more)
\$15.00 - PSA (prostate blood test for men)

If you have extra blood tests that need to be done, please let them know at blood draw check-in.

Call for a Blood Draw appointment: (970) 332-4811

Health Fair Date: Oct. 30th, 2012 at the WRAC 5:30-6:30 p.m.

Flu Shots: October 8th and 10th at Idalia Blood Draws.
See future announcements in local paper for flu shot clinics in Wray.
Enter for door prizes **only** at Blood Draws.

Call for any questions 970-332-2245
Jennifer Kramer, RN; Karen Keller, RN; Jeannie Neubauer, RN; Rachel Cure, ACSM,CES
Sponsored by: The Wray Community District Hospital, Wray Clinic, and the Wray Lions Club