Program helps keep families warm

gible to apply for help in weath- to submit an application. Once erizing their home or rental unit, it's approved, the home owner said Bruce Snead, Kansas State or renter is matched with a certi-University Research and Extension residential energy specialist.

Program, financed by the U.S. Department of Energy, and the households, Bentley said. Low-Income Energy Assistance Kansas Housing Resources Corp., Snead said.

In Kansas, in 2008, the assistance program weatherized 1,284 homes and replaced 373 dangerous furnaces.

The goal is to help with weather stripping and caulking around doors and windows; add insulation; and clean, test, repair and/or replace heating systems as need-

Eligibility is based on household income under federal guidelines, 200 percent of poverty or 75 percent of the state median. Households with a member receiving Supplemental Security Income or Temporary Assistance for the Needy automatically qualify.

For information, call (800) 752-4422 or check at www.kshousingcorp.org. Larry Bentley, Kansas Weatherization Program manager,

Low income families are eli-said eligible households are asked fied inspector to conduct an audit, identify needed improvements The Weatherization Assistance and assign work to a contractor. The service is free to qualifying

Information on weatherization Program are administered by the is available at Extension county offices and online at www.engext. ksu.edu/home_energy.asp.

Anti-clutter class offers help Thursday

a week, or you have to move Range Ave. things before you can sit down, or you spend lots of time looking for things and your closets you just might be a candidate for "Cut the Clutter."

sented by Extension Agent Diann Gerstner at noon Thursday tack your clutter."

If you say "this house is a at the Thomas County Office mess" more than three times Complex meeting room, 350 S.

"Bring a sack lunch and learn how to get rid of clutter, plus de-cluttering strategies, and drawers are brimming, then techniques on cleaning and organizing and how to store items that cause clutter," Gerstner This program will be pre- said. "Then plan on going home armed with ideas on how to at-

Essay contest promotes healthy lifestyles

To encourage Kansans to make changes to their lifestyles, Gov. Mark Parkinson says HealthyKansas will once again sponsor the Sunflower State Games Essay Contest.

"Encouraging our children to get active while they are young can be one of the most important things we can do to ensure they remain healthy throughout their lives," said the governor. "Staying healthy is not only good for your body, it's good for your wallet. It reduces the likelihood of expensive medical problems and costly diseases."

This year's contest topic for first, second and third graders is "Which of the 2010 Winter Olympics sports would you most like to play and why?" For fourth, fifth, and sixth grades it is "Who is your favorite athlete from the 2010 Winter Olympics and why?"

The contest is open to all Kansas elementary students. Winners will receive a Sunflower State Games

gold medal, plaque and official T-shirt, a Barnes and Noble gift card, a \$50 savings bond and an opportunity to read their essay at the Sunflower State Games VIP Reception on Thursday, July 8.

Entries, due by Friday, April 2, should be mailed to: Sunflower State Games, 820 S. Kansas Ave., Topeka, Kan., 66612; faxed to (785) 235-1308; or emailed to sunflowergames@sbcglobal.net.

For complete rules, go to www.healthykansas.org/ events.aspx or www.sunflowergames.com.

The HealthyKansas program encourages children, adults and seniors to make lifestyle changes. It was launched in November 2004 as a comprehensive effort to control health care costs, improve the quality of health care and raise awareness of the danger of

To learn more about how you can make healthy lifestyle changes or to complete an online pledge, go to www.healthykansas.org.

Champion team to be reunited soon

On Friday, Jan. 29, at the home basketball game with Dighton, Golden Plains High School will hold a reunion honoring the 25th anniversary of the undefeated Class 1A boys' state basketball champions.

The 1984-85 team and their coaches will be introduced between the varsity girls' and boys' games along with a slide show with highlights of their season. A public reception will be held in the little gym following the games.

All twelve '84-'85 varsity players and both coaches are planning to return, as well as some junior varsity players and cheerleaders, the Bulldog mascot, along with some managers and stat keepers, faculty and school board members from 25 years ago.

Players planning to attend include Parker Christensen, Mike Miller and Jay Todd, Rexford; Alan (Shorty) Spresser, Hoxie; Shane Bowman, Salina; Robert Korte, Johnson City; Ronnie Albers, Cottonwood Falls; Ty Jennings, Montrose, Colo.; Rob Koerperich, Holbrook, Ariz.; Donnie Delzeit, East Dublin, Ga.; Scott Bruggeman, Charlotte, N.C.; and Lance Lunsway, Marietta, Ga.; head coach Jerry Livingston,



Vicki **Allison**

• Rexford Correspondent

Kingman; assistant coach Larry Wahlmeier, Clay Center; mascot Chris Bainter, Selden; and stat keeper Joe Geisinger, Austin,

We hope everyone will come to enjoy the games, welcome the '85 state champs, and share in the memories!

January birthdays: Chuck Williams, 10th; Parker Christensen, 12th; Terry Moss, 19th; and Dennis Allison, 21st.

Red Barn weekly activities include Barnswallows, 2 p.m. Monday; ladies' Bible study, 10 a.m. Wednesday; Come on Down, 2 p.m. Thursday; and Koffe Klatch, 9:30-10:30 am. Friday. Every second Saturday of the month is

Until next time, make your week memorable.

We want your local news: e-mail to colby.editor @ nwkansas.

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