

Health fair blood draws draw near

By Sharon Corcoran

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The time to be poked and prodded in the name of good health draws closer, as blood draws for the Sherman County Health Fair are scheduled for Monday-Friday, Jan. 12-16.

Free health screenings will be offered at the fair, several free screenings can be scheduled ahead of time, and a scavenger hunt is being organized with the vendors for kids who attend the fair.

The fair is planned for Saturday, Jan. 31, at the Northwest Kansas Technical College student union. Blood draws for the fair will be from 7-9 a.m. Monday through Friday, Jan. 12-16.

The deadline for vendors to reserve booths is Friday, Jan. 9. Booth space is free, a table and two chairs are provided for each booth, and limited electrical outlets are available.

Contact Tina Goodwin, director of marketing and volunteer services, at the hospital, 220 W. Second St., (785) 890-6036.

The hospital, Goodland Activities Center, Sherman County Health Department,

Northwest Kansas Prevention Center, tech college and the Sunflower Extension District of the K-State Research and Extension Services are planning the fair.

The new location will provide more space for the many vendors and services offered at the fair, Goodwin said, and parking is conveniently located behind the Murray Building on the campus.

The cost for the blood profile is just \$30. In addition to the basic blood chemistry profiles, prostate and thyroid checks can be added for just \$15 each. For Complete Blood Count only the cost is just \$10. Fasting for 12 to 14 hours is recommended to assure an accurate cholesterol screening included in the blood chemistry profiles. The professional staff of the Goodland Regional Medical Center laboratory will conduct the blood chemistry profiles and no appointments are necessary.

The profiles will be available the day of the health fair for review with one of the Goodland Family Health Center physicians who will all be on hand, Goodwin said, or the results can be mailed by providing a self-addressed and stamped envelope at the

time of the blood draw.

This is a wonderful opportunity for residents to update their medical records and visit with a physician who can interpret the results of their blood profiles all for a very affordable price, she said.

There is no charge to get into the fair, she added, and if someone has the blood profile and PSA (prostate-specific antigen) test done and the PSA level is suspicious, they can get a prostate screening for free at the fair.

Another very interesting health care service that will be available at the fair, Goodwin said, is free blood lead testing. The blood test is a simple finger prick and can be done on children age 6 months through 6 years, she said.

The tests will be conducted by the staff of the Sherman County Health Department, who will also be available to answer questions about lead hazards around the home. Results of the tests taken at the health fair will be sent to the Health Department and then sent to the participants.

Physicians from the University of Kansas Cancer Center will be on hand, Goodwin

said, to conduct a variety of cancer screenings. Two dermatologists will be available that day for free skin cancer screenings and urologists will be available for digital rectal screening for prostate cancer.

The digital rectal screening combined with the PSA, available at the blood draws prior to the health fair, are the best ways to screen for prostate cancer, Goodwin said.

The Goodland Regional Medical Center Diagnostic Imaging Department will also offer bone density screenings at the fair, she said, and the KU Cancer Center will have a wide range of materials to distribute explaining the screenings and other issues including breast cancer early detection and colorectal self screening.

In addition to all the services and health care providers, Goodwin said, medical professionals from the Goodland hospital will also participate in the health fair. Several areas will be represented, she said, including physical therapy, nutrition, diagnostic imaging, pharmacy, cardiac care and volunteer services, just to name a few.

The hospital's diagnostic imaging staff will again provide carotid artery screenings,

she said, but the department has asked that this year those interested in the screening call ahead to set up an appointment prior to the health fair.

If you were not screened last year and would like to make an appointment, she said, call the department at (785) 890-6033.

The department will also conduct free screenings for Body Mass Index prior to the health fair. This is a new service offered at the hospital, and appointments can be made by contacting the department at the number above.

Another free screening that will be offered prior to the health fair is the pulmonary function test, Goodwin said, which measures lung function and will be conducted the respiratory therapy department. To make an appointment for this screening, call (785) 890-6023.

Childcare is provided at the fair as well, Goodwin said, and door prizes are given out.

So far, 19 vendors have signed up for this year, said LaDonna Frerichs, agent assistant at Sunflower Extension, and a scavenger

NAPA expands to Goodland

By Sharon Corcoran

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Whether you need belts, hoses, brakes, a battery, oil or paint, the solution can be found in a blue building where a thriving Burlington store expanded into Goodland with room to continue its growth.

NAPA auto parts opened in Goodland in August, but the second half of Big Twin Automotive had its grand opening Friday. Owner



Koch

Tony Koch has been with NAPA since 1977 and will soon plan a 10th anniversary celebration, as he has owned the Burlington store since 1998.

The Burlington store is at 1603 Rose Ave. and the Goodland store at 1819 Cherry, next to Dollar General.

Koch was born and raised in Burlington and worked at the Big A auto parts store there while in high school. A couple of years out of high school, he worked two years at the NAPA store and then went to school to learn upholstery. When that business didn't work out, he went back to NAPA in 1977 in Burlington and moved to Nebraska the following year, continuing to work for NAPA.

He had the opportunity to return to his hometown in 1987 to manage the store, which he bought 11 years later.

After Goodland's NAPA store closed, the company talked to Koch about opening a new store here, and he saw it as a good business opportunity.

"I thought there was a market for it," he said. "With the population and the amount of farming that goes on here, there was room for another good parts store."

He expects the store here to succeed and hopes it will grow into the extra space on the south end of the building.

"I think it's going to be fine," he said. "There has been a good response so far. We have more room than we need right now, but I'd like to think we'll grow into it in time."

For now, he said, it is nice to have room to receive large shipments for both stores and then sort it out and take supplies to Burlington, where the store is full.

The Burlington store had its best year it has ever had this year, Koch said — having a good harvest and higher wheat prices helped loosen up the economy. The construction crew working on the I-70 exits helped the store, he said, along with the crew working on the

addition to the Burlington

hospital. Koch said the store is trying to add to the economy in Goodland by doing business locally whenever possible. He joined the Goodland Area Chamber of Commerce, and the store bought its company pickup from Dan Brenner Ford Mercury.

"We want to support Goodland," he said. "It's a nice town — I like Goodland."

The store offers services a lot of people probably don't know about, Koch said, for example, making hydraulic hoses and delivering around town, and it offers tools, equipment, maintenance and has a huge stock of filters for cars, trucks and tractors.

He said they mix automotive paint and have all the supplies to go with it.

The Goodland store has three employees and two that are shared with Burlington, and Burlington has three besides the two shared. At Goodland, employees are Brandon VanVleet, J.D. Purvis and Josh Mazanec, a student at the Northwest Kansas Technical College who

corrections

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works part time.

Kevin Morgan works at both stores, and a salesman works three days in Goodland and two in Burlington.

Koch's wife Vicky is the public health nurse in Burlington and is finishing her registered nurse degree at

Colby Community College. He has a son and a daughter from a previous marriage who live in Omaha with their families, and she has a son and a daughter from a previous marriage who live with their families in Colorado Springs and Boulder, Colo., respectively.

Brandon VanVleet rang up purchases at Goodland's NAPA store last week. The store is the second half of Big Twin Automotive, the expansion of Burlington's successful store.

Photo by Sharon Corcoran/The Goodland Star-News



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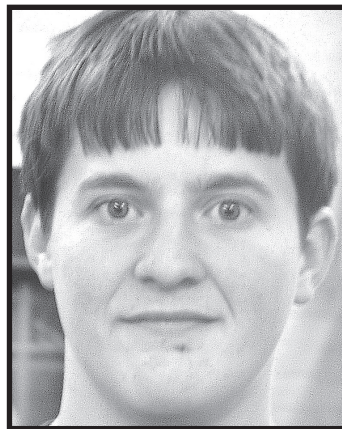


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student of the week



Name: Taolor Freeman

Parents: Tammy and Adam Freeman

Grade: 12

Age: 17

We've nominated this

student because: Taolor

does a great job in class,

at his ME WORKS training

station (KLOE/KKCI/

KWGB) and in DECA. Taolor

is the Kansas State DECA

Western Region Vice-President

this school year. Taolor

is the DECA II President and

does a fantastic job leading

his fellow DECA members.

Student Comment: My

favorite aspect of school life

is being with my friends and participating with DECA as a State Officer. I really enjoy my Marketing classes. I will always remember the upper classmen during my time at Goodland High School.

Activities involved in

at school: DECA, AFS,

Cross Country, Wrestling,

Scholar's Bowl, Science

Olympiad, Tennis and Family,

Career and Community

Leaders of America (FC-

CLA).

My choice of movies,

books, and games:

Movie: anything with

Adam Sandler. Music: rock.

Books: Hitchhiker's Guide

to the Galaxy. Games: any

game

After I leave Goodland

High School I intend to ...:

go to college in Business

and Marketing.

And 10 years from now,

I think I'll be ...:

Older and managing my

own business.

Favorite Quote:

"Heeeeeey Bob!" Robert

Borneman

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