

Good crowd for kick-off, fair

By Tom Betz

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The annual Sherman County Health Fair and City Take Charge Challenge kick-off Saturday drew about 400 to the Northwest Tech campus with about 40 health related booths to provide people with information and give out blood test results.

Amy Thorson, co-chair of the Take Charge Challenge committee, said the booth had 178 enter the drawing, but she was sure more people had taken bags without signing up.

To date Goodland has had 1,900 switches of light bulbs for compact fluorescent light bulb to help people save energy and add a point in the Take Charge Challenge contest.

Goodland is competing for a prize of \$100,000 with Colby, Oakley, Hoxie and WaKeeney and the contest runs from January through September.

When a citizen makes a light switch to a CFL they can go to the web site at <http://takechargekansas.org> and register on the Goodland page to help build points for the city. If a person does not have an e-mail address they can bring the switch information to Thorson or Shauna Johnson at the city and they can post it on line.

Tina Goodwin, director of marketing and volunteer services for Goodland Regional Medical Center, said she had done a quick count and had 420 people register, but felt the crowd was around 450, which is a little more than last year.

The blood profiles taken two weeks ago were available and Goodland Family Health Center physicians were on hand to review the results. Goodwin said 670 people went through the blood draw process, and those people who did not pick up their results or leave an envelope need to stop by the lab and pick up their results.

She said the blood test results do not "automatically" get sent to the doctors as many people assume.

"I was very pleased with the turn out," Goodwin said, "particularly with the wide variety of healthcare booths represented. Booths came from all over the state □ Kansas City, Wichita, Hays and Garden City. The KU Medical Center free screenings were very successful.

"I am grateful to Northwest Tech for the use of their facilities and the great volunteers from the school who helped with the event. It's the perfect place for an event like this.

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A woman plays the game "Operation" (above) at one of the booths at the Sherman County Health Fair on Saturday morning at Student Union at Northwest Tech. Kenny Studer and Amy Thorson (top photo) manned the Take Charge Challenge booth giving away en-



ergy saving light bulbs and tips on how to reduce a homeowner's energy costs. Paige Harper (above right) was one of those offering relaxing massages at the health fair. Photos by Pat Schiefen/ and Tom Betz/The Goodland Star-News

weather report

10°
noon
Monday

Today

- Sunset, 5:07 p.m.
- Sunrise, 6:54 a.m.
- Sunset, 5:08 p.m.

Midday Conditions

- Soil temperature 33 degrees
- Humidity 84 percent
- Sky cloudy
- Winds north 20-25 mph
- Barometer 30.12 inches and falling
- Record High today 78° (2003)
- Record Low today -21° (1951)

Last 24 Hours*

- High Sunday 34°
- Low Sunday 21°
- Precipitation trace
- This month 0.33
- Year to date 0.33
- Below Normal 0.09 inches

The Topside Forecast

Today: Cloudy with a high near 1 with a 50 percent chance of snow with an accumulation of less than half an inch accumulation and a low around -16. Wednesday: Mostly sunny with a high near 8, winds out of north at 5-15 mph and a low around -1.

Extended Forecast

Thursday: Sunny with a high near 30 and a low around 15. Friday: Mostly sunny with a high near 41 and a low around 23. (National Weather Service) Get 24-hour weather info. at 162.400 MHz. * Readings taken at 7 a.m.

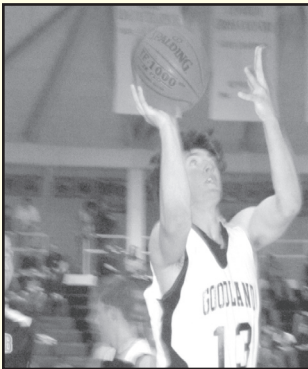
local markets

Noon

- Wheat — \$8 bushel
 - Posted county price — \$7.98
 - Corn — \$5.84 bushel
 - Posted county price — \$6.07
 - Milo — \$5.69 bushel
 - Soybeans — \$12.79 bushel
 - Posted county price — \$13
 - Millet — \$5 hundredweight
 - Sunflowers
 - Oil current crop — \$29 cwt.
 - Confection — no bid
 - Pinto beans — \$18
- (Markets by Scouler Grain, Sun Opta, Frontier Ag and 21st Century Bean. These may not be closing figures.)

inside today

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Cowboys lose rematch

Cowboy Ryan Hillmer (left) got inside the Longhorn defense for a basket in the game on Friday. Hillmer had a career high 25 points in the loss to Holcomb. See photos story on Page 10.

Frigid cold descends on area

Weather forecasters are warning that temperatures will be extremely cold today with a high near 1 with a wind chill as low as -36 and a low around -16 with wind chills at -38. There will be blowing snow with winds coming out of the north at 20 to 25 mph and gusts as high as 35 mph. There is not expected to be a large accumulation of snow.

The extreme cold started on Monday with temperatures falling throughout day to 8 and wind chills at -11. The low was around -10 with wind chill around -33.

Wednesday will have a high near 8 and a low around -1. By Thursday the high will be 30.

The National Weather Service has issued a wind chill warning starting at 5 p.m. Monday till 11 a.m. on Wednesday.

The cause of the extreme cold is that air from the Arctic is following the mountains down, said Pam Murray, an intern meteorologist for the weather service. The temperatures and wind speed increase heat loss to people and animals get colder faster causing frost bite, she said.

"People need to stay inside," she said. "If they need to go outside they should be sure to bundle up with hands and faces covered."

Library part of Kansas 150 birthday trivia

A small group of patrons of the Goodland Public Library joined in on Friday for the Happy Birthday Kansas celebration. Librarian Karen Gillihan and Laura McClung gathered around the computer monitor as the Kansas State Library held an on-line celebration of the 150th birthday of Kansas. Those present did sing Happy Birthday Kansas and participated in a special Kansas trivia contest. One of the trivia questions was about the first patented helicopter with Goodland being the correct answer. The library had balloons, sunflower shaped cooking and other treats for those who came to visit on Friday. The final part of the celebration was the singing of all six verses of the Kansas State Song 'Home on the Range.'

Photos by Tom Betz/The Goodland Star-News

