

Moments with Mila By Mila Bandel RN, Health Nurse

What is Meningitis?

Meningitis is an infection of the coverings around the brain and spinal cord. The infection occurs most often in children, teens and young adults. Also at risk are older adults and people who have long-term health problems, such as a weakened immune system.

There are two main kinds of meningitis:

Viral meningitis is fairly common. It usually does not cause serious illness. In severe cases, it can cause prolonged fever and seizures.

Bacterial meningitis is not as common but is very serious. It needs to be treated right away to prevent brain damage and death.

The two kinds of meningitis share the same symptoms. It's very important to see a medical provider if you have symptoms, so that he or she can find out which

type you have.

What causes meningitis? Viral meningitis is caused by viruses. Bacterial meningitis is caused by bacteria. Meningitis can also be caused by other organisms and some medicines, but this is rare. Meningitis is contagious. The germs that cause it can be passed from one person to another through coughing and sneezing and through close contact.

What are the symptoms? The most common symptoms among teens and young adults are:

- A stiff and painful neck, especially when you try to touch your chin to your chest.
 - Fever.
 - Headache.
 - Vomiting.
 - Trouble staying awake.
 - Seizures.
- Children, older adults and peo-

ple with other medical problems may have different symptoms:

- Babies may be cranky and refuse to eat. They may have a rash. They may cry when held.
- Young children may act like they have the flu. They may cough or have trouble breathing.
- Older adults and people with other medical problems may have only a slight headache and fever.

It is very important to see a medical provider right away if you or your child has these symptoms. Only a medical provider can tell whether they are caused by viral or bacterial meningitis. And bacterial meningitis can be deadly if not treated right away.

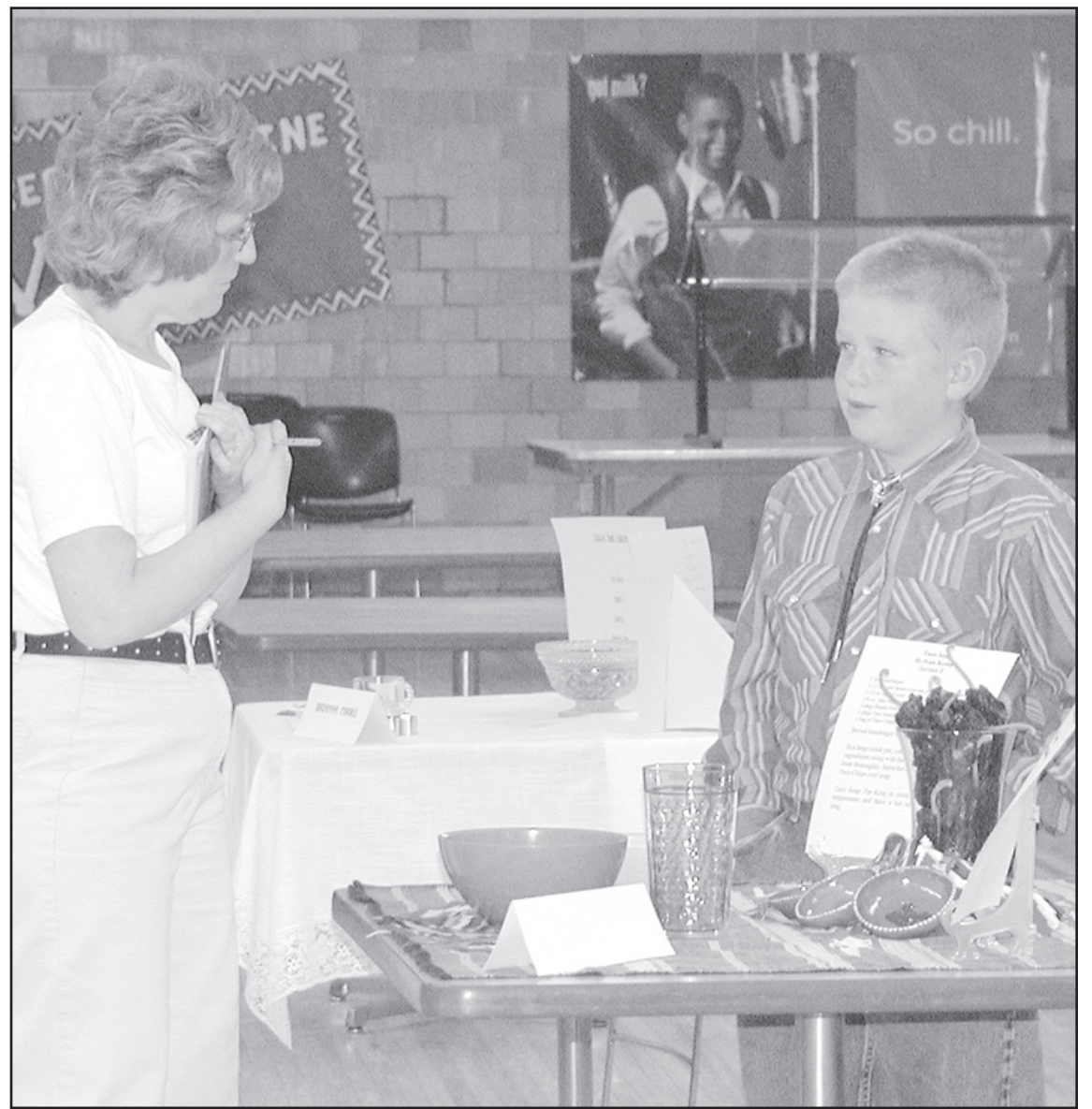
How is meningitis diagnosed? Your medical provider will ask questions about your health, do an exam, and use one or more tests. Lumbar puncture is the most important lab test for meningitis. It is also called a spinal tap. A sample of fluid is removed from the spine and tested to see if it contains organisms that cause the illness. Your medical provider may also order other tests, such as blood tests, a CT scan or an MRI.

How is it treated? Treatment depends on the case. See your medical provider right away if you or your child has symptoms, because bacterial meningitis can be deadly if not treated right away.

Bacterial meningitis is treated in a hospital. You or your child will get antibiotics. And you will be watched carefully to prevent serious problems such as hearing loss, seizures or brain damage.

The meningitis vaccine is recommended for children and adolescents 11 through 18 years of age and is available in the Cheyenne County Health Department and Cheyenne County Clinic. The vaccine is recommended for other people as well:

- College freshman living in dormitories...this is a requirement for most colleges, universities and v-tech schools for admission into their post-secondary establishment.
- U.S. Military recruits.
- Anyone traveling to a part of the world where meningococcal disease is common, such as parts of Africa.
- Anyone who has a damaged spleen, or whose spleen has been removed.
- Anyone who has an immune system disorder.



IVAN KEMP talks to the judge, Darla Windholz about his Favorite Foods table during the Cheyenne County 4-H Day held in St. Francis.

Public Notice

Petition filed in court for the Burk Estate

Published in the Saint Francis Herald, St. Francis, Kansas, Thursdays, March 25, April 1 and April 8, 2010. (12-14)

IN THE DISTRICT COURT OF CHEYENNE COUNTY, KANSAS

IN THE MATTER OF THE ESTATE OF

AGNES MARIE BURK, deceased.

CASE NO. 09-PR-19

PURSUANT TO K.S.A. CHAPTER 59

NOTICE OF HEARING

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that a petition has been filed in this Court by Robert Duane Burk, duly appointed, qualified and acting Co-Executor of the Estate of Agnes Marie Burk, deceased, praying Petitioner's acts be approved; account be settled and allowed; the heirs be determined; the Will be construed and the Estate be assigned to the persons entitled thereto; the Court find the allowances requested for attorneys' fees and expenses are reasonable and should be allowed; the costs be determined and ordered paid; the administration of the Estate be closed; upon the filing of receipts the Petitioner be finally discharged as the Co-Executor of the Estate of Agnes Marie Burk, deceased, that Co-Executor Elmer C. Burk, II be finally discharged as the Co-Executor of the Estate of Agnes Marie Burk, and the Petitioner be released from further liability.

You are required to file your written defenses thereto on or before April 19, 2010, at 10 a.m. in the District Court, in St. Francis, Cheyenne County, Kansas, at which time and place the cause will be heard. Should you fail therein, judgment and decree will be entered in due course upon the petition.

Robert Duane Burk, Petitioner

JAMES M. MILLIKEN, CHARTERED
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Attorney for Executor

Members participate in County 4-H Day

Cheyenne County 4-H Club Day was held Monday, March 22, at the high school in St. Francis. Members from the county's four 4-H clubs were participating in different areas.

Those earning regional blue



SHAKOTAH BLANKA gives a talk about archery.

placings will be attending regional 4-H Day in Brewster on April 9. The activities tentatively start at 5 p.m.

Three of the clubs put on model meetings earlier in the month. Plum Creek 4-H Club took regional blue; Pleasant Hill 4-H earned a blue and a regional alternate if Plum Creek cannot attend regionals. Lawn Ridge 4-H Club took home a blue.

In the Demonstrations and Illustrated Talks junior division, Brady Dinkel and Katie Wurm both had regional blues. In the intermediate division, Emily Elfers and Valerie Wurm both had regional blues; and Allison Grice, in the senior division, had a regional blue.

In the Project Talks junior division, Emileigh Dinkel and Matthisen Witzel took home regional blues. In the intermediate division, Shakotah Blanka and Brianna Cooks had regional blues.

In the Vocal Solo division, juniors and their placings were: Karly Bandel, regional blue; Cassie Cooks, blue; Hadleigh Hilt, blue. Those in the intermediate division were Brianna Cooks, regional blue; Mariah Beikman, blue; and Dallas Reed, blue. Bailey Merklin took home a regional blue in the senior division.

There was only one vocal ensemble comprised of Kyla Bandel, Mariah Beikman and Valerie



MANDI COOKS plays a solo on her recorder.

Wurm and the ensemble earned a regional blue in the intermediate division.

Plum Creek 4-H'ers had a line dance and received a blue rating.

In the piano division, Karly Bandel and Martin Beikman each earned a blue in the junior division. In the intermediate division, Valerie Wurm received a regional blue; Mariah Beikman, alternate regional blue; Kyla Bandel, blue; and Emily Elfers, blue.

Two 4-H'ers, both in the intermediate division, had instrumental solos. Shakotah Blanka took home a regional blue and Mandi Cooks, a blue.

See related article for the results of the Favorite Food Show.

Favorite food show results told

By Linda Schneider
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One of the judging events during Cheyenne County Club Day on March 22 in St. Francis was the "Favorite Food Show."

There were 13 participants representing the 4-H clubs in Cheyenne County, and each of them entered their favorite dish as well as set up a table to coordinate with their entry.

Darla Windholz, Benkelman, Neb., was the judge for the event. She is currently a stay-at-home mom for her 11-year-old daughter, Mattie, but was previously a home economic major.

"This is my first time judging in St. Francis, and I really have had a good time," Mrs. Windholz said. "I hope I get to do this again."

She judged each entry on several divisions such as knowledge of preparation, food value and the food pyramid.

The members were divided into three age divisions, senior-ages 14 and over; intermediate-ages 11 through 13; and junior-ages 7 through 10 years old.

In the senior division, Allison Grice of the St. Francis Pleasant Hill 4-H Club received the senior champion ribbon for her strawberry pie; Cateline Isely of Bird City Go-Getters, got the blue ribbon for her chocolate mousse cake; Taylor Archibald of St. Francis Lawn Ridge, received a blue ribbon for crepes frangipane, and Jandy Dunn of Pleasant Hill, received the blue

ribbon for her braised beef brisket entry.

Ivan Kemp, Go-Getters, received the intermediate champion ribbon for his taco soup entry; Brianna Cooks of Plum Creek received a red ribbon for brownie pops; Mandi Cooks of Plum Creek received a blue ribbon for her taste of the rainbow cupcakes, and Valerie Wurm of Lawn Ridge earned a blue ribbon for stromboli sandwiches.

In the junior division, Brady Dinkel of Pleasant Hill received the junior champion ribbon for his cat claws recipe; Joseph Au-

gusta got a blue ribbon for his confetti cupcakes; Cassie Cooks of Plum Creek received a red ribbon for her gotta lava-brownie; Emileigh Dinkel of Pleasant Hill earned a blue ribbon for graham streusel coffee cake, and Katie Wurm got a blue ribbon for strawberry-white chocolate cheesecake bars.

After the final judging was over, participants were invited to taste all the entries. Recipes for these and other entries are available upon request at the Cheyenne County Extension Office.



CHOCOLATE MOUSSE — Cateline Isely tells Darla Windholz, judge, how she made her dessert.

Upcoming Promotions

For more information contact Casey McCormick at:

The Saint Francis Herald

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Spring School Section

Featuring students involved in sports, vocal, band, drama, honor society and journalism

Rural Health Section

This section is packed full of information on hospitals, physicians and medical services available in the area