

Moments With Mila



By Mila Bandel
County Health Nurse

Swine flu in Kansas

The Kansas Department of Health and Environment has announced, as of April 25, that two cases of swine flu have been confirmed in Kansas involving two adults residing in the same household in Dickinson county. Neither of the patients were hospitalized — one is still ill and being treated and one is recovering.

One of the patients had recently traveled to Mexico, flying in and out of Wichita. Both people work in Saline county and became ill with the same unique (H1N1) strain of swine flu that has been identified in Mexico, California and Texas.

Department officials state that it is not yet known whether this will become the next flu pandemic. They are working closely with health agencies at all levels and are continuing to monitor these cases. Officials take this situation very seriously.

The Department of Health and Environment and the Dickinson County Health Department are investigating the sources of exposure and efforts are being coordinated with the Centers for Disease Control and Prevention. Individuals who have been in contact with the patients are being interviewed and tested. Local health departments and hospitals in Kansas are being continuously updated and provided with information about the swine flu virus.

The symptoms of swine flu in humans are similar to the symptoms of seasonal flu and include: fever greater than 100 degrees; body aches; coughing; sore throat;

respiratory congestion, and in some cases, diarrhea and vomiting.

Individuals who experience the above symptoms should contact their medical provider, who will determine whether testing or treatment is needed. There is no vaccine available right now to protect against swine flu. As with any influenza virus, individuals are encouraged to take the following steps to reduce spread:

- Wash hands thoroughly with soap and warm water or use an alcohol-based hand sanitizer to get rid of most germs and avoid touching your eyes, nose and mouth.
- Stay home when you are sick to avoid spreading illness to co-workers, friends and school mates.
- Cough or sneeze into your elbow or a tissue and properly dispose of used tissues.
- Stay healthy by eating a bal-

anced diet, drinking plenty of water and getting adequate rest and exercise.

Prior to the recent outbreak in Mexico and the U.S., since 2005, 12 cases of human infection with swine influenza had been reported to the Center for Disease Control. Swine flu infections in humans are rare, but are related to close proximity to infected pigs, such as in pig production barns and livestock exhibits at fairs. Neither of the current patients in Kansas reported having contact with pigs.

If you have further questions regarding the swine flu, please call the Cheyenne County Health Department at 332-2381 or if any of the above listed symptoms are discovered, contact your medical providers for an appointment at 332-2682.

Cancer walk set for June 5

The Cheyenne County Relay for Life annual cancer walk will be held from Friday evening, June 5, through the night until 7 a.m. the next morning.

Many activities surround this annual event, all designed to raise money and help for cancer patients, research and survivors of this dreaded disease.

Locks of Love, said Betty Loudon, committee member, is one way we can all help provide wigs for

those patients who have lost their hair because of chemotherapy and radiation.

Anyone can donate their hair to be cut for the relay. Ten inches measured tip to tip is the minimum length needed for a hairpiece, and both men and women have donated to this worthy cause.

"Call Denise Andrist, 332-3393, at Girlfriends and Guys, for more information and to alert the committee that you will be available that night at the band shell," Mrs. Loudon said.

At least two quilts are being made to help raise funds for the cancer relay. One is to be made up of the quilt squares that last year's younger team members put together and the other quilt is being made and donated by The Com-

50th anniversary

Ernie and Luella Rust will celebrate their 50th wedding anniversary from 2 to 4 p.m. on Sunday, May 10, at the Holy Cross Lutheran Church, 2200 3rd Ave., Dodge City. They ask for no gifts but would enjoy cards sent to them at 707 W. Best, Jetmore, KS 67854.

Summer basketball

The St. Francis Recreation Commission is offering organized basketball scrimmages for junior and senior high school boys from 7:30 to 9 p.m. on Tuesdays through June and July. Signup sheets are at the high school. For more information, call Larry Finley, 332-2214, or Ron Zwegardt, 332-2569.

Trees for Northwest Kansas Care and Planting

The Yard and Lawn Series will be featuring Trees for Northwest Kansas, Care and Planting by Jim Strine, forester for the Kansas Forestry Service, at 7 p.m. tonight (Thursday) at the American Legion Hall in Bird City.

Library

The St. Francis Library will be closed on Saturday, May 9.

Cinco de Mayo

Come and enjoy a day in park with music, fun and authentic Mexican food. Begins at 2 p.m. on Sunday at the Van Doren park in Bird City. Food will be served at 5 p.m. Bring a chair, blanket and expect to enjoy the fun.

Musical Recital

A musical recital will be held at 7 p.m. on Sunday at the Seventh-Day Adventist Church. Piano students of the following teachers will be performing: Sandy Bandel, Natalie Knodel, Ruth Milliken and Tema Trumbo. Guitar and percussion students of Randy Smestad will also be performing. There will be a reception following the recital. The public is welcome to attend.

Kansans for Life

The Cheyenne County Kansans for Life will meet at 7:30 p.m. Monday at the First Baptist Church in St. Francis. A CD "Fighting for Life" by Nancy Leigh DeMoss will be presented. All in the community are welcome to join in prayer, learning and fellowship and the members work to provide "Life for All."

Program celebrates stage line run

From 2 to 4 p.m. on Saturday, May 9, at the Ludell Schoolhouse, a program has been planned to celebrate 150 years after the start of the Leavenworth and Pike's Peak Express Stage Company. Look for more information in next week's Herald.

Tractor training on Saturday

A hazardous occupation training for tractor safety program will be held from 8:30 a.m. to 5 p.m. on Saturday at the Brewster High School. Call the extension office, 332-3171 for more information.

Looking for graduates

The Cheyenne County Museum is looking for local students who have gone on to graduate from one of the five U.S. service academies. Five from the St. Francis area have been identified but there are more. Those knowing of someone from the county who have graduated from the Air Force Academy, Coast Guard Academy, Military Academy, or Naval Academy should contact the museum, 785-332-2504, or Steve Jenkins, 785-332-2358.

Library Art Gallery

The St. Francis Public Library Art Gallery is featuring the art work of St. Francis high school students.

Hospital Board

The Cheyenne County Hospital Board will meet at 3 p.m. today

(Thursday) in the clinic basement meeting room in St. Francis.

Hospital Guild

The Hospital Guild will have their May Salad Luncheon on Monday, May 4. Hostesses are Arlene Walz, Dolores Kincheloe and Nola Burrus. The program will be presented by Darrell Reed, who will give a Lab Update, Cheyenne County Hospital.

Cheyenne County Commissioners

The Cheyenne County Commissioners will meet at 8 a.m. today (Thursday).

Veterans Affairs

Jody Tubbs, of the Kansas Commission on Veterans' Affairs, will be in St. Francis at 9:30 a.m. Thursday, May 7, at the county clerk's office. People may also contact the Veteran's Affairs office in Colby any Monday, Wednesday, or Friday at 785-462-3572.

Book sale

There is a book sale at the St. Francis Public Library from Monday, April 20, through Wednesday, May 20. See classified ad.

Diamond Jubilee

People are asked to keep in mind the Sawhill Park and Band Shell Diamond Jubilee set for May 31 in the park. People are needed to help with entertainment and games. Call Dorothy at 332-2339 or Janet, 332-3569 for more information or to volunteer.

Sainty Serenity Seekers Alcoholics Anonymous

Sainty Serenity Seekers open meeting of Alcoholics Anonymous is held at 7:30 p.m. each Thursday evening at the United Methodist Education Building at 104 W. Webster, St. Francis. Call (785) 332-6542 for more information

Correction

Joan Gienger is the District Conservationist with the Natural Resources Conservation Service not the National Resources Conservation Service as stated in the volunteer article last week.

Weather

Date	High	Low	Prec.
April 21	78	43	
April 22	83	43	
April 23	88	45	
April 24	69	37	
April 25	46	37	T
April 26	69	36	
April 27	55	33	



CORRECTION— The St. Francis Herald apologizes, in last weeks issue the cutline under this picture had a wrong name. Those pictured (l to r) are Helene Landenberger, Marcia Hickert and Dee Dorsch.

Group talks about secondhand smoke

Today, smoking has been banned in many public places and there is talk that there will be further bans.

The St. Francis Ministerial Association is holding a meeting for St. Francis citizens on Friday to discuss secondhand smoke, related health hazards and ways to reduce exposure. The meeting will be held at noon at Peace Lutheran Church, 202 N. College St. Lunch will be provided.

According to the Centers for Disease Control and Prevention, secondhand smoke causes premature death and disease in non-smoking adults and children. Sec-

ondhand smoke exposure causes heart disease and lung cancer in nonsmoking adults and sudden infant death syndrome (SIDS), respiratory problems, ear infections and asthma attacks in infants and children.

The Ministerial Association is working with the Kansas Department of Health and Environment to improve the health of Kansans through secondhand smoke education and the creation of a smoke-free toolkit to be distributed statewide.

People interested in learning more are encouraged to attend the May 8 meeting.

Menu

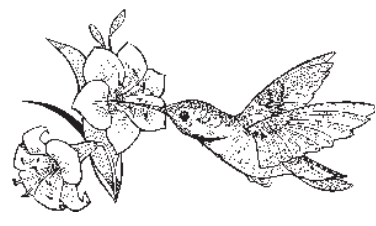
Monday
Breakfast: Frosted pastries.
Lunch: Corn dog or burrito, tritators, sliced pears, peanut butter finger.

Tuesday
Breakfast: Breakfast pizza.
Lunch: Turkey bacon wrap, lettuce, tomato, cheese, French fries, apple crisp with topping.

Wednesday
Breakfast: Warm muffins, yogurt.
Lunch: Chicken casserole, peas, hot rolls, fruited Jello, ice cream sandwich.

Thursday
Breakfast: Breakfast tornado.
Lunch: Bacon cheeseburger on a bun, lettuce, tomato, pickles, onions, potato chips, corn, sliced peaches.

Friday
Breakfast: Pancake and Sausage on a stick.
Lunch: Spaghetti with meat sauce, green beans, garlic toast, applesauce.
• Salad bar is offered at noon daily in the junior/senior high school



Wedding Registry

Allyse Lampe & Derek Ross

Shower May 3rd
Wedding May 23rd

Schultz's Ltd.
114 W. Washington
St. Francis
785-332-2833

2006 F150 Crew Lariat, loaded, 4x4, 46K miles, #T6185A

2004 F250 R/C XLT, 4x4, 6.0L, AT, 106K, #T1756A	\$16,000
2002 Explorer XLT, 4x4, AT, 87K, #T6560A	\$8,500
2006 F250 S/C, Lariat, 4x4, AT, 78K, #T1564B	\$22,000
1995 Chevrolet 3500 Silverado, R/C 5M, #T9089C	\$2,500
1997 F150 S/C, 4x2, AT, Air, #T1755B	\$6,000
2006 F250 S/C XLT, 4x4, AT, 77K, #T8009A	\$21,500
2006 F350 Crew, XLT, 4x4 w/Flatbed, #T3721A	\$22,500
2006 F350 XLT, 4x4, 6.0L, #T6207A	\$22,000
1996 Ford Contour, AT, Air, 52K	\$4,600
2008 Mercury Sable Premier, Leather, AT, 19K, #26815	\$19,000
2006 Ford Five Hundred, leather, loaded, 13K, #32458	\$15,000
2000 F250 S/C XLT, 4x4, 7.3L, #T3568A	\$13,500
2008 Fusion SE, 2.3L, AT, 13K, #23423	\$15,500
2008 Impala LS, 6 cyl., FWD, #16970	\$13,000
2007 Focus SE, 4 cyl, FWD, #01355	\$11,000
1996 Chevy 1500 Ex Cab, 4x4, cloth, #T2149B	\$6,000
2007 Taurus SE, AT, 3.0L, #22770	\$11,250
2008 Grand Marquis LS, AT, leather, 10K, #62526	\$18,500
1999 Crown Vic, Cloth, AC, AT, #53870B	\$7,500
2004 F350 Crew, XLT, 81K Miles, #T2149B	\$20,000

YOST FORD MERCURY
E. Hwy. 36 St. Francis, KS 67756
800-524-9678 Bob - Justin - Terry
785-332-2188 yostford.com

SHOWTIME: 7:30 p.m. 1 hr. 32 min.

The Haunting in Connecticut
May 1, 2 & 3
Drama, Science Fiction/Fantasy, Suspense/Horror and Thriller
Virginia Madsen, Kyle Gallner, Elias Koteas, Amanda Crew, Martin Donovan
PG-13 for some intense sequences of terror and disturbing images.

CHEYENNE THEATER St. Francis, KS
785-332-2747
Children 12 & Under: \$3 All Others: \$5

CINCO DE MAYO
Come Join the Fun!!
Sunday, May 3
Games - 2 p.m. • Food - 5 - 8 p.m.
Van Doren Park
Bird City, Ks
Authentic Mexican food, games, music
Bring chairs and blankets
Free-will donation accepted for next year's celebration.
Sponsored by Community Club, Lions Club and Century II.

CHEYENNE COUNTY HOSPITAL
210 W. 1st • St. Francis, KS
785-332-2104

May Calendar

Dr. Frankum	May 6 & 20
Dr. Warren	May 14 & 28
Dr. Reeves	May 13
Dr. Rubinowitz	May 27
Dr. Saba	May 15
Mammogram	May 19

For more information or to schedule an appointment call 785-332-2104

Check your renewal dates
— Current Rates —

The Saint Francis Herald
Area - \$38 KS - \$42
Out-of-State - \$48

Bird City Times
Area - \$33 KS - \$36
Out-of-State - \$40

American Profile
Celebrating Hometown Life
See American Profile magazine in this week's issue of
The Saint Francis Herald
(available in local area only)

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For more information contact:
Casey at 785-332-3162