

STAN CARMAN presented a flower to Milton Lampe, in behalf of Betty Lampe, for serving four years as secretary for the Cheyenne County Historical Society.

Herald staff photo by Casey McCormick

# **County Health Talk-**

#### January is National Glaucoma Awareness Month

By Susan Roelfs County Health Nurse

Glaucoma is the second most common cause of blindness in the U.S., affecting nearly 3 million Americans. Glaucoma represents a family of eye diseases commonly associated with optic nerve damage and visual field changes (a narrowing of the eyes' usual scope of vision). Because the disease often progresses silently, with no warning or symptoms, it is estimated that up to one-half of the approximately 3 million Americans with the disease don't even know they have it.

Glaucoma occurs when high fluid pressure in the eye presses

against the optic nerve, causing which can prevent, slow, or stop undetected until the optic nerve is the disease. significantly damaged. If the optic nerve is destroyed, blindness re-

While anyone can get glaucoma, certain groups of people are at higher risk for the disease. These Hispanics, and people with diabe- glaucoma is irreversible, it is very tes, which are nearly twice as likely to develop glaucoma as adults without diabetes.

damage. The damage to optic nerve vision loss from the disease. Medifibers can cause blind spots to de- care covers annual glaucoma velop. These blind spots usually go screening for people at high risk for

Medical advances have made it easier to diagnose and treat glaucoma before even moderate vision

Because glaucoma progresses with little or no warning signs or include African Americans and symptoms, and vision loss from important that people at high risk for the disease receive annual screening, and that those who have Glaucoma screening can lead to it are treated and monitored rou-

## **Club Clip**

#### Plum Creek 4-H Club

The Plum Creek 4-H Club met on Thursday, Jan. 4, at the Equity meeting room. The meeting began with officers' training. Cindy Burr

The business meeting began with a discussion about the model meeting, and participation in County 4-H Day. Sue Zimbelman, club Arts and Crafts project.

leader, also suggested ideas for money-making projects.

The program began with a talk by Thomas Douthit. Thomas told about his dog project. Courtney Douthit gave an informational talk Brianna Cooks gave a talk on her lies.

The Douthit family led the recreation. Members had a relay to build snowmen.

The Cooks family led the song, Head, Shoulders, Knees and Toes. Refreshments were then served about the Hereford cattle breed. by the Cooks and Douthit fami-

Mikaela Grace, reporter



conducted the training.

Prairie Land Electric Members and Friends. Please join us for "Energy Efficiency Night" Wednesday, January 24, 2007, 6 p.m. - 8 p.m. Basement of Prairie Land Elctric in Norton

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### Conference scheduled for Jan. 30 and 31 in Salina

Plains Winter Conference will be This information-packed conferheld Jan. 30-31, in the Bicentennial Center, Salina.

This premier no-till conference is one of the largest in North America. The Bicentennial Center will be open at 9 a.m. on Tuesday morning allowing attendees to visit the trade show until the conference begins at 1 p.m. Wednesday's sessions begin at 8 a.m. and conclude by 5:30 p.m.

The conference will highlight the best in agronomy, management and new technologies, not only helping regain profitability for the producer, but also doing it in an environmentally-friendly fashion. A variety of sessions featuring experts from various states and countries will address pertinent no-till-related topics. Over 70 exhibitors featuring the latest innovations in the industry will participate in the very popular trade-show portion of the two-day event. Certified Crop Advisor credits are also available for

The 11th annual No-Till on the those continuing their education. by supplying the finest information ence includes lunch Wednesday, all materials and an abundance of networking opportunities.

Brian Lindley, coordinator of No-Till on the Plains, Inc., said, "With each passing day, conservation and environmental issues become more important to the producers involved in agriculture because it is being demanded by the public – our customers. Consumers will pay for food, i.e. support farm programs that are conservation-based and environmentally-friendly. Continuous no-tillage is a perfect fit for that mindset.

"The new farm bill promises to be is why producers who practice con-"greener" than ever, rewarding producers making positive contributions to environmental issues. When considering agriculture proment toward no-tillage. Our conference and reputation have been built "http://www.notill.org" to register.

to keep producers profitable and give them the edge and knowledge needed in such a competitive business. This year's conference will continue to deliver information on the key topics that producers require. No-Till on the Plains believes that the producer needs to be profitable. In countries where agriculture is not subsidized, adoption of no-till is normally in excess of 80%, thus proving that continuous no-till remains the most profitable production system. One of the huge benefits of continuous no-till is the enhanced environmental aspects of

and environmentally sound." For more information about the duction practices in the future, there upcoming Winter Conference, conappears to be an undeniable move-tact No-Till on the Plains, Inc. at 888-330-5142 or visit the website at

cleaner air and cleaner water. That

tinuous no-till have the advantage

of being economically rewarded

#### Quotes •

- "If we don't succeed, we run the risk of failure."
- —Bill Clinton, President "We are ready for an unforeseen event that may or may not occur"

Al Gore, Vice President

- "Traditionally, most of Australia's imports come from overseas."
- —Keppel Enderberv • "Your food stamps will be stopped effective March 1992 because we received notice that you passed away. May God bless you. You may reapply if there is a change in your circumstances.'
  - -Department of Social Services, Greenville, South Carolina

### -Introducing-**Cale Evins**

It's a boy! J.L. and Carrie Evins, Great Bend wish to announce the Audrey Evins, Oakley, Mary birth of a son, Cale Evins on Jan. 6, George of Ponca City, Okla., Roy 2007, in Great Bend Hospital. He George of Manchester, Okla. weighed 6 pounds, 8 ounces and was 18 inches long. He had two sisters, Avery and Emma to welcome Roesener, McDonald, and James him home.

Grandparents are Lewis and Great-grandparents are Janetta Evins, St. Francis, Paul and Edna Vowel of Ponca City, Okla.

### **Club Clip Ramblers Club**

Stitches Fabric Shop on Wednesday afternoon, Jan. 10, with owner, decided to open her business here,

mation on quilting. The library report was given tell- ing.

and giving very interesting infor-

Ramblers Club met at Sainty ing "cookie cutters" are the January display.

The next meeting will be a Val-Dorothy Smestad telling how she entine luncheon at the home of Arlene Walz at noon on Feb. 14.

> Nancy Follett served cookies and coffee at the close of the meet-



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Mick Cox

JANUARY 26, 2007 • 1 P.M.

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Sire: GAR GRID MAKER MGS: VDAR NEW TREND 933

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**Tested, Carcass Evaluated Bulls** 

Big, stout, January and February yearlings. Sons of: Sitz Alliance 6595, GAR Grid Maker, SAV

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Bar will keep and feed your bulls until April 1,

after having them fertility tested in March.

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**Commercial Angus Heifers.** AI synchronized and ultrasound tested, and bred

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