



FOOTBALL FUN! (left) Garin Cooper runs with the ball as team mates Draven Houtman and Tiernan Poling look on. (Above) Coach Kody Krien and son, Adam, practice snaps before play begins. Eight teams competed in this year's St. Francis Recreation flag football program.

Herald staff photos by Casey McCormick

Moments with Mila

Hand washing: an easy way to fight the flu bug

*By Mila Bandel, RN
County Health Nurse*

Hand washing is a simple habit, something most people do without thinking. Yet hand washing, when done properly, is one of the best ways to avoid getting sick. This simple habit requires only soap and warm water or an alcohol-based hand sanitizer, a cleanser that doesn't require water.

Despite the proven health benefits of hand washing, many people don't practice this habit as often as they should, even after using the toilet. Throughout the day, you accumulate germs on your hands from a variety of sources, such as direct contacts with other people,

contaminated surfaces, foods and animals. If you don't wash your hands frequently enough, you can infect yourself with these germs by touching your eyes, nose, or mouth. You consequently spread these germs to others by touching them or by touching surfaces that they also touch, such as door knobs, water fountains.

Infectious diseases that are commonly spread through hand-to-hand contact include the common cold, flu and several gastrointestinal disorders, such as infectious diarrhea. While most people will get over a cold, the flu can be much more serious. Some people with the flu, particu-

larly older adults and people with chronic medical problems, can develop pneumonia. The combination of the flu and pneumonia, is the eighth leading cause of death among Americans. By not washing hands properly, this can lead to food-related illnesses as well. Some of those illnesses include: salmonella and E coli.

Simply wash your hands with soap and warm water vigorously for at least 15-20 seconds is recommended. Antimicrobial wipes or towelettes are just as effective as soap and water in cleaning your hands if soap and water is not available at the time.

Definitely wash your hands after

using the toilet, changing diapers, touching animals, before eating, after blowing your nose, sneezing, coughing, touching a wound, after handling the garbage.

Hand washing doesn't take much time or effort, but it offers great rewards in terms of preventing illness. Adopting this simple habit can play a major role in protecting your health.

—Book Review—

Book review from
St. Francis Public Library
Chosen Prey

By John Sandford

An art history professor and writer and cheerful pervert, James Qatar had a hobby: he took secret photographs of women and turned them into highly sexual drawings. One day, he took the hobby a step further and.... well, one thing led to another, and he had killed her. A man in his position couldn't be too careful, after all. And you know something? He liked it.

Already faced with a welter of confusion in his personal life, Deputy Chief Lucas Davenport decides to take this case himself, hoping that some straightforward police work will clear his head, but as the trail begins to take unexpected turns, it soon becomes clear that nothing is straightforward about this killer. The man is learning as he goes, Lucas realizes, taking great strides forward with each murder. He is becoming a monster — and Lucas may have no choice but to walk right into his lair....

Coalition holds fall tour in area

"With increasing concern about salt cedar or tamarisk invading the western Kansas watercourses and rangelands, the Kansas Grazing Lands Coalition (KGLC) is holding its fall tour on Friday, Oct. 17, in Meade and Clark counties to get a first-hand look at the plant and its control," said Tim Christian, coordinator.

The tour will begin at 8:30 a.m. with registration at the Meade County US Department of Agriculture Service Center, 301 N. Post or a block north of the Chuck Wagon Truck Stop located on the west side of town. The Coalition is charging a fee to cover lunch costs. Two sites are featured on the tour. The first being the Walter Hager/Todd Siverson ranch located on Crooked Creek south of Meade in Meade County, and the other being the Dunne ranch operated by the Gardiner family located south

of Ashland in Clark County.

The morning stop at the Hager/Siverson ranch will show treating salt cedar with a stump cut and herbicide treatment, and participants will see the machinery in action. The second stop will highlight past treatment and how effective the control has been to date on the Dunne ranch. Ranchers will be discussing their plans and goals for the affected areas. It is believed that critical stream flows could be restored, benefiting ranchers while at the same time benefiting the habitat for several threatened or endangered species, Christian said. The Kansas Geological Survey is conducting studies on the Cimarron River near the Dunne ranch and we hope to get an update from them on changes in stream flow.

Salt cedar is a highly invasive, non-native woody plant that has

become the scourge of watercourses and grazing lands throughout the intermountain West and has been gaining a foothold in Kansas for the past 30 or 40 years with a recent upsurge in its spread from south to north and west to east — at least to mid-state with sightings into McPherson along the Smoky Hill River and Reno County along the Arkansas River. It was introduced early in the 20th century as an ornamental and soil erosion control planting and has few natural deterrents.

Participants need to reply to make a reservation and pay for lunch by Oct. 14, so don't wait to call Tim Christian, Coalition coordinator, at 620-241-3636, or e-mail tchristian@kglc.org. You may also contact Ken Sherraden, Coalition staff member, at 785-922-7061, or ksherraden@kglc.org.

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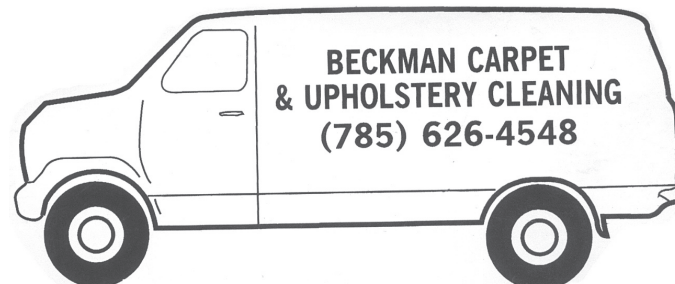
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