

# Department has new leader

By Karen Krien

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The Cheyenne County Health Department has a new leader.

Mila Bandel, registered nurse, filled the position after Susan Roelfs resigned. She will be working 24 hours a week in the health office located in the basement of the clinic in St. Francis as well as in the Bird City office one-half day a week. Days and hours include: St. Francis - Tuesdays through Thursdays, 8:30 to 4:30. When a second person is hired for the department, she will be at the Bird City Clinic on Wednesdays from 9 to noon.



Mila Bandel

There will be diabetes handouts available. Susie Walz, diabetes educator will also be present.

Mrs. Bandel has been visiting the Cheylin schools catching up students and staff on tetanus injections. She plans to be at the senior centers each month to take blood pressures and do blood sugar screenings.

She is working with the Kansas Department of Health and Environment on reporting spreadable diseases. A school newsletter has been developed for student educators as well as school enrichment programs. The letter deals with nutrition, personal hygiene and other health issues.

There are environmental hazards which Mrs. Bandel sees as needing attention. She has been working with the Head Start program on lead screening as well as working with providers on high levels of lead found in blood systems of clients.

Again, working with the clinic staff, they are developing the Early Works Detection program where breast and cervical cancer screenings for 40- to 64-year-old women are held for women who do not have health insurance or fall below a set income level. Women who qualify and have no insurance will be able to have these screenings at no charge.

Each month, Mrs. Bandel devotes 8 hours to the Emergency Preparedness Bioterrorism planning. In April, there will be a Point of Distribution meeting in St. Francis.

The department works on a tight budget. The county gives around

\$10,000 and there are grants which are applied for yearly.

"My revenue consists of educational teaching and resources, rather than bringing in money," she said. "There is not much cash flow but, rather, preventing disease."

She said that, if there is a question, she has the resources to find the answers.

Recently, there have been mothers asking about Gardasil which is a cervical cancer vaccine available to young girls. This is the subject of one of her Moments With Mila columns.

"I want people to come into the office. There are resources available to the public free or with a minimal charge. There are publications, testings, screenings for lead, blood sugar, anemia, just to name a few. She makes home visits, and, in the near future, will be doing home visits with mothers and babies.

"Many people don't realize that, in the department, we have car seats and breast pumps available," she said.

"I love my job. I have a nice facility to work in and the clinic and hospital staff are great to work along side with."

In the future, there will be a number of programs available including: family planning, child birthing classes, including nutrition contests; help with school screenings (scoliosis, hearing and vision); more nutritional programs and working more with the women, infant, children local programs (WIC).

"All four providers working with the clinic and hospital are willing to help in any program matter and provide additional health support to my department, whether it be advice or lending a hand with a patient," she said. "They make being a nurse very enjoyable."

Mrs. Bandel and her husband, Matt, who is a farmer, have two daughters, Kyla and Karly. She came to Cheyenne County as a county Extension agent. Several years ago, she resigned and went to school where she earned a registered nurse degree. She has been working at the hospital and will continue to work there at least one day a month.



THE ST. FRANCIS CHEERLEADERS are boxing up cinnamon rolls. They served the lunch during the Craft Fair to help raise money for their Orlando trip. Pictured are Candice Wiese, Aubree Schlepp, Andrea Holzwarth, Taryn Richard and Amber Smull.

Herald staff photo by Karen Krien

## St. Francis News

Wilma Lampe recently returned from spending two weeks as a guest of her daughter, Linda, Gutsch, at Naples, Fla. While there, Linda took her on a five-day cruise to the Bahamas on the Carnival ship Destiny, as part of an 80th birthday gift. They sailed out of Miami and had port

stops on three islands.

They also enjoyed visiting Sanibel Island near Fort Meyers and took in the Cork Screw Swamp Sanctuary at Naples.

Wilma spent a night going and returning, with a nephew and wife, Mr. and Mrs. Cecil E. Terry at Aurora, Colo.

Donna and Norvin Northrup were Friday evening to Monday morning visitors of Steven and Glenda Northrup in Roswell, N.M.- also with their granddaughter, Holly and new great-grandson, Caleb Ehler.

## SFCCHS HONOR ROLL

FIRST NINE WEEKS ♦ 2008-2009

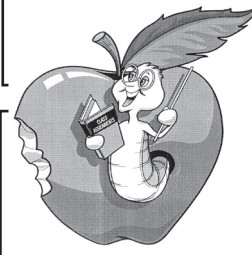
### Superintendent's Honor Roll - Grade point avg. above 3.75

<b>Senior</b> Sidnee Crabtree Courtney Douthit Elizabeth Gienger Megan Gilliland Andrea Holzwarth Cara Hunt Trent Kinen Tyler Larson Jami Pevler Joni Pevler Sam Sowers	Kimberly Voeller Matt Whitmore <b>Junior</b> Brooklyn Hnizdil Trent Raile Kaycee Williams <b>Sophomore</b> Alex Draper Mikaela Grace Christina Hilt Jodie Hilt Shayla Hilt	Brocks Hobrock Aubree Schlepp Braden Schmid Cody Sherlock <b>Freshman</b> Tilyn Bell Ashlynn Lambert Ross Nicklos Isaac Schiltz Christina Schoenrogge Logan Whitmore <b>Eighth grade</b>	Laura Brunk Zach Gienger Katherine Lambert Allyson Northrup <b>Seventh grade</b> Ranee Grover Lane Hoffman Mason Schiltz
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### High Honor Roll - Grade point avg. 3.33 to 3.74

<b>Senior</b> Chase Barnhart Kimberly Church Sarah Guthmiller Trevor Hilt Taylor Kennedy Lacey Kibel Jesse Pacheco Taryn Richard Jacob Riedel Shawn Warren	Hailey Woodcox Ethan Zwegygart <b>Junior</b> Ksenia Lelesh Dale Northrup Freddy Pacheco Matt Raile Charlotte Roosen Amber Smull David Stephens Drew Zwegygart <b>Sophomore</b> Garrett Figgins Adam Guthmiller	Robert Herman Cody Killingsworth Brett Lampe Tyler Lauer Alyson Marin Sarah Trembly Zach Zwegygart <b>Freshman</b> Alexia Curtin Kaitlin Figgins Martin Hnizdil Jacquelyn Ketzner <b>Eighth grade</b> Lucas Carmichael	Thomas Douthit Nariah Hamilton Christina Harris Clarice Neitzel Sarah Whitmore Dylan Wolaver <b>Seventh grade</b> Jacob Butler Erik Hart Logan Lampe Bailey Merklin Hannah Rider Alyssa Schlepp
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### Honor Roll - Grade point avg. 3.0

<b>Senior</b> Kristin Froberg Candice Wiese	<b>Junior</b> Grady Brunk Darris Keller Terrence Lamb Marvin Miller Benjamin Neitzel <b>Freshmen</b> Jonathan Butler	Allison Grice Lexi Hilt Caitlin Northrup Trista Orth Ty Zwegygart <b>Eighth grade</b> Taylor Archibald Foster Grant	Gus Jardine Joey McCormick Kaleb Zwick <b>Seventh Grade</b> Wyatt Landenberger Derek Queen
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### Keep up the good work

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## Senator 40th District THANK YOU

to my family and supporters for the past 4 years and I look forward to serving you the next 4 years.

I would like to say "Thank You" to all veterans for the sacrifices you made and the lives you gave to give us our very precious gift of freedom. **FREEDOM WAS NOT FREE.**

**Ralph Ostmeier**

Republican - 40th District



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