

# Diabetes group discusses nutrition

Nutrition will be the featured topic at the Diabetes Support Group meeting at 1:30 p.m. on Wednesday, Dec. 17, in the clinic conference room. This group is sponsored by the Cheyenne County Hospital, Clinic and Health departments.

Each month the support group participants have the opportunity to focus on diabetes information from experts in their respected field of health. Brandie Ihrig, registered dietician, will be the keynote speaker on nutrition.

Ms. Ihrig has been a registered dietician for eight years and has provided consulting for the Cheyenne County Hospital for the past seven years. She is onsite one day each month and is responsible for seeing inpatients as well as providing outpatient services for a variety of nutrition related diseases. She is also responsible for overseeing the dietary staff and ensuring that state and federal regulations are met.

Ms. Ihrig's expertise comes in diabetes counseling as she enjoys helping others make lifestyle changes that result in better health status. She will stress the vital roles nutrition plays in diabetes as well as prevention and management of many other diseases at this month's meeting. She feels

it is very important for the clients to understand the relationship diet and exercise play so they can make better choices and take control of their health.

Each month the diabetes support group meets on the third Wednesday of each month at 1:30 p.m. The meetings are free of charge and diabetics, family members of diabetics and other people concerned and interested in diabetes are encouraged to attend these informational meetings.

These meetings are scheduled to last 30 minutes with blood sugar checks administered to those wanting checked. In addition, at each meeting educational materials will be handed out to participants for reference information. If you are unable to attend one month, please join the group the next month or for the other months that do not conflict with your schedule.

January's diabetes meeting will focus on exercise with diabetes keynote speakers from the Cheyenne County Hospital physical therapy department.

For more information or any questions, contact Mila Bandel, Cheyenne County Health Department County Health Nurse at 332-2381.



**FOOD PANTRY WAS** emptied following Thanksgiving. The members of Steve Jenkins' psychology class decided to see that the Pantry was re-supplied before the Christmas holidays. Helping put supplies away are: (l to r) Andrea Holzwarth, Jami Pevler and Amber Smull. Also helping was Janet Jensen, Pantry coordinator. Those bringing a food item to the Dec. 16 Saintry vs Colby basketball game will have \$1 off of their ticket. *Herald staff photo by Karen Krien*

## Moments With Mila



By **Mila Bandel**  
County Health Nurse

National Influenza Vaccine Week runs from Dec. 8 through Dec. 12.

Influenza and pneumonia claims the lives of more than 1,500 Kansans every year and is the leading cause of vaccine-preventable death in the United States. Each year, between 15 million and 60 million people in the U. S. are infected, about 200,000 are hospitalized and about 36,000 die each year from influenza complications.

The Kansas Department of Health and Environment and the Centers for Disease Control and Prevention recommend receiving the yearly flu vaccination. This vaccination is considered the best way to reduce the risk of catching

the flu or developing serious complications.

The Cheyenne County Clinic and Health Department hosted a flu vaccine clinic this past fall. If you did not receive your flu shot at the time, there is still time during the flu season for the vaccine. There is vaccine available in the County Health Department and Clinic.

The peak of the influenza disease occurrence does not occur until February or March, so you still have time to get vaccinated. Almost anyone can get a flu vaccine, and especially important for protecting are those who are most vulnerable to severe effects of the disease, such as young children and the elderly.

The Kansas Department of Health and Environment and the Center for Disease Control are recommending that all children and teens ages 6 months through 18 years of age be vaccinated. Other recommendations include:

- Anyone who wants to reduce their risk of becoming ill with the flu, or reduce their risk of spreading the flu to others.
- Children aged 6 months up to their 19th birthday.
- Pregnant women.
- People 50 years of age and older.
- People of any age with certain chronic medical conditions or impaired immunity.
- People who live in nursing homes and other long-term care

## Special meeting held by schools

Early Friday morning, the St. Francis Board of Education met in special session to review the bids for a new boiler for the grade school.

There were three bids with Glassman Corporation of Hays having the low bid of \$69,869. The board agreed to go with the low bid.

Other bids were: American Boiler and Mechanical, Salina,

\$69,963; Building Controls and Services, Wichita, \$73,277.

The board approved a contract for Brad Matthies. Mr. Matthies will be the assistant coaching aide in the high school wrestling program. He replaces Daryl Loyd who recently retired.

The next regular meeting has been set for 7:30 p.m. on Thursday, Dec. 11, in the high school library.

## Bowling News

**Monday Night Mixed 12-1**  
Team standings: Majestic 20-8, Earl's Gals 18-10, Wrecking Balls 17-15, Neitzel Insurance 16-16, Cheyenne Bowl 13-19, Wano's 8-24.

High game (scratch): Kale Zimbelman 200, Eddie Zuege, 189, Alan Rose 179, Tina Elliott 158, Amelia Zuege 139, Sally Baird 136; (handicap): Bill Porter 232, E. Zuege 223, Earl Hankins 221, Elliott 202, Veronica Porter 195, Erica Harlan 195.

High series (scratch): Zimbelman 540, Rose 491, Arrie Cox 469, Elliott 404, Tammy Zimbelman 398, Sally Baird 393; (handicap): B. Porter 609, Cox 607, Hankins 596, Harlan 562, Baird 555, Breanna Zwegardt 542.

**Wednesday Afternoon Coffee: 12-3**

Team standings: Lodge Sleepers 29-15, Kale's Girls 27-13, Western State Bank 19-25, Dairy King 13-35.

High game (scratch): Carol Peterson 152, Janice Krien 149, Karen McVey 132; (handicap): Peterson 212, Krien 208, McVey and Wynona Springer 202.

High series (scratch): Peterson 442, Debbie Bush 381, Krien and Linda Query 358; (handicap): Peterson 622, Springer 591, McVey 552.

**Wednesday Night Mens 12-3**  
Team standings: Bonny Solutions 40-16, Haigler Two 36.5-19.5, Wray Lumber 35-21, Haigler One 31.5-24.5, Krien Steel Buildings 28-28, Wright and Wrong 25-31, Cheyenne Bowl 23-33.

High game (scratch): Mike Blecha 243, Kale Zimbelman 237,

Bill Carpenter 209.

High series (scratch): Zimbelman 628, Carpenter 566, Blecha 565.

**Ladies Nite Out 12-4**  
Team standings: Wray Meat Packing 46-10, Jersey Maids 37-19, Dundy Ag 35.5-20.5, Mel's Gals 25.5-30.5, Wright Carpet 24-28, Bankwest Alley Kats 22-34, Strikers 20-32.

High game (scratch): Kathy Blecha 168, Jeanne Dunn 166, Pat Confer 163; (handicap): Bonnie Jones 219, Viola Wall 216, Kim Ritter 214.

High series (scratch): Dunn 471, Blecha 447, Tammy Overlease 424; (handicap): Wall 632, Dunn 585, Overlease 574.

facilities.

• People who live with or care for those at high risk for complications from flu, including: health care workers; household contacts of persons at high risk for complications from the flu; household contacts and out-of-home caregivers of children less than 6 months of age (these children are too young to be vaccinated).

Influenza is a contagious respiratory illness cause by a virus. Symptoms include fever, headache, extreme tiredness, dry cough and muscle aches. Complications can include pneumonia, ear and sinus infections, dehydration and worsening of other chronic conditions.

Remember there are still vaccinations available in both the Cheyenne County Health Department and Clinic.



## Herald And Times Happenings:



# FIRST BABY CONTEST

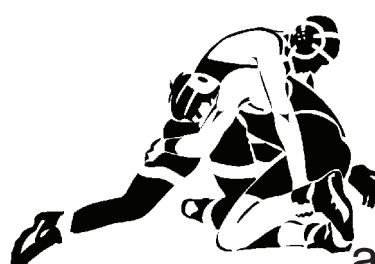
With the oncome of the New Year comes the new arrival of that bundle of joy!

**DON'T MISS BRINGING IN 2008 WITH A MESSAGE TO YOUR CUSTOMERS IN THE NEW YEAR'S SUPPLEMENT.**



## Winter Sports Special Section

This supplement will feature St. Francis and Bird City Jr. High and High



School Basketball players, Wrestlers and Cheerleaders!



To participate in a Special Section contact Casey

**The Saint Francis Herald**  
P.O. Box 1050, St. Francis, KS 67756 • 785-332-3162

— and —  
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