



**DEREK QUEEN (right) crosses the finish line in first place in the 400-meter dash. Also placing was Logan Lampe (center) who took second.**

*Herald staff photo by Casey McCormick*

## Young tracksters compete

By **Betty Jean Winston**  
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Teams from four junior high schools, Hoxie, Oakley, Decatur County/Oberlin and St. Francis, gathered in Hoxie on April 23 for track and field action.

St. Francis ended the day with a fourth-place finish for the eighth grade girls, a fourth-place finish for the eighth grade boys, a second-place finish for the seventh grade boys and a fourth-place finish for the seventh grade girls.

The seventh grade boys team used a number of different athletes, Derek Queen, Logan Lampe, Mason Schiltz, Wyatt Landenberger, Lane Hoffman, Joseph Fletcher, Erik Hart, Jacob Butler, Gaten Cooper, Tyler Lee, Scott Warren and Olivares Lennin to post their second place finish.

First place winners for the Indians include Zach Gienger, eighth grade boys shot put (37-06.00); Ashlynn Lambert, eighth grade girls 1600-meter run (6:38.30); Schiltz, tied for first, seventh grade boys 100-meter dash (30.18); Lampe, tied for first, seventh grade boys high jump (4-06); and Queen, seventh grade boys 400-meter dash (1:02.36). The eighth grade girls 4x200-meter relay team also placed first 92:10.72). Members of the team are Laura Brunk, Lambert, Krissy Harris and Ally Northrup.

### Eighth grade boys

Team standings: Decatur County/Oberlin 63, Hoxie 52, Oakley 44, St. Francis 43.

100-meter dash: (2) Dylan Wolaver, 12.93; (4) Casey Keller,

15.17.

200-meter dash: (2) Wolaver, 26.29; (4) Thomas Douthit, 28.21.

100-meter hurdles: (2) Wolaver, 17.24; (5) Keegan Sherlock, 21.36.

4x100-meter relay: (3) St. Francis, 55.10 (Douthit, Zach Gienger, Taylor O'Leary, Wolaver).

4x200-meter relay: (3) St. Francis, 2:15.58 (Nate Clark, Foster Grant, Michael Leibbrandt, Joey McCormick).

High jump: (2) Keller, 4-08; (3) Grant, 4-02.

Long jump: (4) Douthit, 12-11.25; (5) Sherlock, 12-01.00.

Triple jump: (4) Douthit, 29-09.25.

Discus: (2) Scott Warren, 78-01.50; (3) Olivares Lennin, 78-00.50.

Shot put: (1) Gienger, 37-06.00; (3) Dylan Peter, 36-06.00.

### Eighth grade girls

Team standings: Decatur County/Oberlin 83, Oakley 73, Hoxie 38, St. Francis 28.

100-meter dash: (4) Krissy Harris, 14.75.

1600-meter run: (1) Lambert, 6:38.30.

100-meter hurdles: (5) Laura Brunk, 20.59.

4x100-meter relay: (2) St. Francis, 1:02.31 (Brunk, Aubrey Mills, Jandy Dunn, Clarice Neitzel).

4x200-meter relay: (1) St. Francis, 2:10.72 (Brunk, Lambert, Harris, Ally Northrup).

Long jump: (5) Neitzel, 11-08.00.

Triple jump: (4) Neitzel, 27-02.50.

Discus: (4) Taylor Archibald, 57-

06.

Shot put: (2) Archibald, 28-08.00.

### Seventh grade boys

Team standings: Oakley 67, St. Francis 56, Oberlin 47, Hoxie 42.

100-meter dash: (2) Queen, 13.40; (3) Lampe, 13.66; (5) Schiltz, 14.15.

200-meter dash: (1-tie) Schiltz, 30.18; (3) Landenberger, 32.84.

400-meter dash: (1) Queen, 1:02.36; (2) Lampe, 1:05.22.

1600-meter run: (4) Hoffman, 6:33.53.

100-meter hurdles: (5) Fletcher, 30.83.

4x100-meter relay: (3) St. Francis, 1:03.18 (Hart, Schiltz, Hoffman, Landenberger).

4x200-meter relay: (3) St. Francis, 2:17.19 (Hart, Butler, Cooper, Lee).

4x400-meter relay: (3) St. Francis, 4:53.57 (Lampe, Queen, Hoffman, Landenberger).

High jump: (1-tie) Lampe, 4-06; (4) Schiltz, 4-04.

Long jump: (5) Landenberger, 12:06.00.

Triple jump: (3) Cooper, 25-08.50.

Discus: (2) Warren, 78-01.50; (3) Lennin, 78-00.50.

Shot put: (3) Warren, 25-06.00.

### Seventh grade girls

Team standings: Oakley 81, Decatur County/Oberlin 68, Hoxie 53, St. Francis 7.

100-meter hurdles: (3) Aly Schlepp, 21.39.

Triple jump: (2) Schlepp, 26:07.00.

## Moments With Mila

By **Mila Bandel**  
County Health Nurse



Most of you have been watching and listening to the news about the H1N1 flu virus. It has hit the United States this past week and I want to answer some questions that you might have regarding the flu virus.

### • What is H1N1 flu?

It is a new influenza virus causing illness in people. This new virus was first detected in people in April in the United States. Other countries, including Mexico and Canada, have reported people sick with this new virus. This virus is spreading from person-to-person, probably in much the same way that regular seasonal influenza viruses spread.

### • Why this new flu virus is sometimes called "Swine Flu"?

This virus was originally referred to as swine flu because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs in North America. But further study has shown that this new virus is very different from what normally circulates in North American pigs. It has two genes from flu viruses that normally circulate in pigs in Europe and Asia and avian genes and human genes.

### • Do pigs carry this virus and can I catch this virus from a pig?

At this time, there is no evidence that swine in the United States are infected with this new virus. However, there are flu viruses that commonly cause outbreaks of illness in pigs. Most of the time, these viruses do not infect people, but influenza viruses can spread back and forth between pigs and people.

### • Is the new virus contagious?

Center for Disease Control has determined that this new virus is contagious and is spreading from human to human. However, at this time, it is not known how easily the virus spreads between people.

### • What are the signs and symptoms of this virus in people?

The symptoms of the new influenza virus in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting. Also, like seasonal flu, severe illnesses and death has occurred as a result of illness associated with this virus.

### • How severe is illness associated with this new virus?

It's not known at this time how severe this virus will be in the general population. The Center for Disease Control is studying the medical histories of people who have been infected with this virus to determine

whether some people may be at greater risk from infections, serious illness or hospitalization from the virus. In seasonal flu, there are certain people that are at higher risk of serious flu-related complications. This includes young children, pregnant women, people with chronic medical conditions and people 65 and older. It's unknown at this time whether certain groups of people are at greater risk for serious flu-related complications from infection with this new virus. The Disease Center also is conducting laboratory studies to see if certain people might have natural immunity to this virus, depending on their age.

### • How does this new virus spread?

Spread of this virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

### • Can I get infected with this new virus from eating or preparing pork?

NO!!! H1N1 viruses are not spread by food. You cannot get this new virus from eating pork or pork products. Eating properly handled and cooked pork products is safe.

### • Is there a risk from drinking water or spread through water in swimming pools, spas, water parks and other treated recreational water venues?

Recreational water that has been treated by the Center for Disease Control recommended disinfectant levels do not likely pose a risk for transmission of influenza viruses.

### • Can this influenza virus be spread at recreational water venues outside of the water?

YES!!! Recreational water venues are no different than any other group setting. The spread of this flu is thought to be happening in the same way as seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza.

### • What should I do to keep from getting the flu?

First and most important: WASH YOUR HANDS. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not to touch services that may be contaminated with the flu virus. Avoid close contact with people who are sick.

### • Are there medicines to treat in-

fection with this new virus?

Yes the Disease Center does have an antiviral drug that fights against the flu. During the current outbreak, the priority use for influenza antiviral drugs is to treat severe influenza illness in patients.

### • How long can an infected person spread this virus to others.

At the current time, the Center for Disease Control believes that people may be contagious from one day before they develop symptoms to up to seven days after they get sick. Children, especially younger children, might potentially be contagious for longer periods. The Center is studying the virus and its capabilities to try to learn more and will provide more information as it becomes available.

### • What surfaces are most likely to be sources of contamination?

Germs can spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk, for example, and then touches their own eyes, mouth or nose before washing their hands.

### • What can I do to protect myself from getting sick?

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective. Avoid touching your eyes, nose and mouth. Germs spread this way. Try to avoid close contact with sick people. If you are sick, stay home for seven days after your symptoms begin or until you have been symptom free for 24 hours whichever is longer.

### How to properly wash your hands:

- Wet hands.
  - Use soap.
  - Wash hands while counting to 20.
  - Rinse completely.
  - Dry hands with paper towel.
  - Use paper towel to turn off the faucet.
  - Put paper towel in trash.
- Limit your travels to out-of-state areas of known transmission. Stay at home if you are ill and give yourself time to get well!!!

## Beecher Island News

By **Bessie Dent**



There were 41 at Sunday school with Heather Jones giving a special number.

The Mother's Day luncheon and program will be May 6 at Bencher.

Noah, Jake and Owen Johnson were Saturday overnight guests of Mr. and Mrs. and Mrs. Pete Osmus. Mr. and Mrs. Kyle Kock joined them for Sunday dinner.

Ned Shaver of Hays was a Saturday lunch guest of Mr. and Mrs. Rex Shaver.

Mr. and Mrs. Kenny Rose and Chynna were Saturday supper guests of Mr. and Mrs. Dillon Rose.

Mr. and Mrs. Bill Mansfield met Jo Ellen Goodman in Fort Morgan for lunch Thursday.

Jacque Ekberg returned Thursday. She had met her brothers, Steve and Gary Ralston in Alma, Neb., and went with them to Clinton, Mo., to visit a sister, Karen Chamberlin and husband. They also went to Branson.

Sponsor Perila spent Monday to Friday with his grandparents, Mr. and Mrs. Bob Simmons. They met

Mr. and Mrs. Randy Perila in Linden Friday. Sponsor returned home with them.

Mr. and Mrs. Harvey Allen attended the funeral of Al Sloan in Florence, Colo., Wednesday. They spent the night with Mr. and Mrs. Travis Allen and family and got to watch Caleb in his soccer game at home Thursday.

Harry Ekberg and Mr. and Mrs. Gary Beverlin visited Beulah Ekberg in Holyoke Saturday.

Mr. and Mrs. Gary Mansfield and Monte Mansfield visited Mr. and Mrs. Bill Mansfield last Monday.

Taya Simmons was a Saturday and Sunday overnight guest of Mr. and Mrs. Bob Simmons.

Chuck and Darlene Cutforth and Rex and Gwen Shaver enjoyed lunch at the LaFamila Friday. They also visited Pete Allen.

Kinsey Madsen was a Friday and Saturday night guest of Mr. and Mrs. Kenny Rose and Chynna.

Thursday Jacque Ekberg met Rhoda Renzelman in Holyoke for lunch then visited Beulah Ekberg

later.

Sue and Masyll Jarrett took care of Taya Simmons Thursday and Erin Gallegos took care of Taya Simmons Saturday while the rest were working cattle.

Mr. and Mrs. Harvey Allen went to Deer Trail Friday to watch the boys play baseball.

Mr. and Mrs. Jeff Hurlburt and family visited Ryan Allen in Parker and went shopping for a graduation dress Saturday.

Jacque Ekberg and Karen Willard visited Nelson Ekberg this Monday. Merry Lu Simmons and Spencer, Myrna Mulligan, Galena Webster and Laura Pearl Wall were Wednesday guests of LaNeta Carlock.

Perry and Jessica Allen were Sunday supper guests of Mr. and Mrs. Jeff Hurlburt and family.

Mr. and Mrs. Clifford Homm were Friday afternoon visitors of Bessie Dent.

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## Think you're prepared for the storm?

### Before the storm

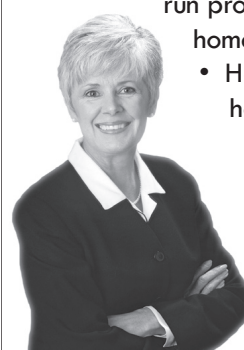
#### Reconsider your coverage:

- Not all policies cover water damage, debris or tree removal, sewer backup due to flooding, sump pump failure or the costs of having to stay somewhere while your home is repaired.
- Do you have comprehensive coverage on your vehicle in case of hail?
- Did you add flood insurance (a FEMA-run program) to your homeowners' policy?
- Have you updated your home inventory?

### After the storm

#### Claims, repairs and settlements:

- Contact your agent immediately to report losses, and take notes about your conversation.
- Take photos of damage.
- Get instructions from your adjuster before making repair arrangements.
- Don't get scammed by questionable contractors.
- Don't accept an unfair settlement. If you can't reach a settlement with your insurance company, call our Consumer Assistance Hotline at 800-432-2484.



## Kansas Insurance Department

Sandy Praeger, Commissioner of Insurance

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