



KATIE SCHMID and Jacob Hamilton were sure their smores were melted and about ready to eat. *Herald staff photos by Karen Krien*

Fourth graders use the sun to make solar smores

By Karen Krien
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The weather warmed up on Monday, May 18, and the sun was hot about 11 a.m. — just hot enough to make some “solar smores.”

Lynette Nolan and her fourth grader students, had made ovens out of pizza boxes. The top was cut out and plastic wrap was stretched over it. It is important that the seal is as airtight as possible.

The top that was removed had aluminum foil, shiny side out, to the bottom flap. Another piece of foil is glued to the inside of the bottom of the box, then black construction paper is taped to the top of the foil.

The students took their ovens out to the south side of the grade school. They laid graham crackers on the bottom of the oven, then put pieces of



CONNOR MCBRIDE, left, and Taryn Zwegardt decided that watching the chocolate melt was about as interesting as watching ice melt.

chocolate and marshmallows on top.

They found sticks that would hold the foil lid to catch the rays of the sun, then they waited for the chocolate and marshmallows

to melt. Before eating them, they topped them with another graham cracker.

It was a fun way to spend some time outdoors, with the reward being a gooey, chocolate treat.



A TEA PARTY was enjoyed by the St. Francis fourth grade girls before school let out. Laura Pugh hosts the party. Pictured (l to r) are Jenna Confer, Sophie White and McKayla Rogers. *Herald staff photo by Karen Krien*

Moments With Mila

By Mila Bandel



County Health Nurse

Allergy Facts

Allergies are everywhere and bothering people this spring. Here is some information that will help you understand allergies better. An allergy is characterized by an over-reaction of the human immune system to a foreign protein substance (“Allergen”) that is eaten, breathed into the lungs, injected or touched. This immune overreaction can result in symptoms such as coughing, sneezing, itchy eyes, runny nose and scratchy throat. In severe cases it can also result in rashes, hives, lower blood pressure, difficulty breathing and asthma attacks.

- There are no cures for allergies. Allergies can be managed with proper prevention and treatment.
- Allergies have a genetic component. If only one parent has allergies of any type, chances are 1 in 3 that each child will have an allergy. If both parents have allergies it is much more likely (7 in 10) that their children will have allergies.
- Allergies are among the country’s most common, yet often overlooked, diseases.
- An estimated 50 million Americans suffer from all types of allergies (1 in 5 Americans) including indoor/outdoor, food and drug, latex, insect, skin and eye allergies. Allergy prevalence overall has been increas-

ing since the early 1980s across all age, sex and racial groups.

Indoor and Outdoor Allergies – (Allergic rhinitis; seasonal/perennial allergies; hay fever; nasal allergies) Approximately 40 million Americans have indoor/outdoor allergies as their primary allergy. (Many people with allergies usually have more than one type of allergy.) Approximately 10 million people are allergic to cat dander, the most common pet allergy. The most common indoor/outdoor allergy triggers are; tree, grass and weed pollen; mold spores; dust mite and cockroach allergen; and, cat, dog and rodent dander.

Skin Allergies – (Atopic dermatitis; eczema, hives; urticaria; contact allergies) approximately 7 percent of allergy sufferers have skin allergies as their primary allergy. Plants such as poison ivy and oak are the most common skin allergy triggers.

However, skin contact with cockroach and dust mite allergen, certain foods or latex may also trigger symptoms of skin allergy.

Food and Drug Allergies – approximately 6 percent of allergy sufferers have food/drug allergies as their primary allergy. Food allergy is more common among children than adults. About 90 percent of all

food allergy reactions are caused by eight foods: milk, soy, eggs, wheat, peanuts, tree nuts, fish and shellfish. For drug allergies, penicillin is the most common allergy trigger.

Latex Allergy – Approximately 4 percent of allergy sufferers have latex allergy as their primary allergy. an estimated 10 percent of healthcare workers suffer from latex allergy.

Insect Allergies – Approximately 4 percent of allergy sufferers have insect allergies as their primary allergy (bee/wasp stings and venomous ant bites; cockroach and dust mite allergen may also cause nasal or skin allergy symptoms.)

Eye allergies – (Allergic conjunctivitis, ocular allergies) - Approximately 4 percent of allergy sufferers have eye allergies as their primary allergy, often caused by many of the same triggers as indoor/outdoor allergies.

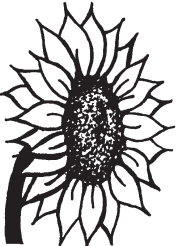
If you or your loved ones are having difficulties dealing with allergies, seek medical treatment. Your medical provider can help you find the best treatment plan for you or your loved ones.

Upcoming Promotions

For more information contact Casey McCormick at:

The Saint Francis Herald

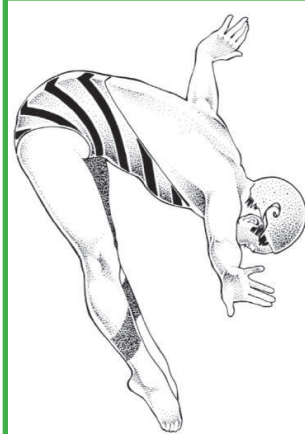
P.O. Box 1050, St. Francis, KS 67757 785-332-3162



Flag Day
Featuring those famous flags for display in windows showing patriotism.

ALUMNI!!!!!!

The St. Francis Community High School’s Alumni Reunion is set for June 20. This year’s honored classes: 1934, 1939, 1944, 1949, 1954, 1959, 1964, 1969, 1974, 1979, 1984, 1989 and 1999 will be featured in the Saint Francis Herald the first part of July. An issue to treasure!



Baseball & Swim Team Pages



Featuring kids in summer activities

GRAND OPENING CELEBRATION

The staff at Colby Implement would like to invite you to “The Grand Opening” of our new Store on May 30, 2009 from 9 a.m. to 4 p.m.

COLBY IMPLEMENT

Colby, KS
405 W. Horton Avenue
785-462-3391
South of I-70
East of Oasis Truck Stop!



Come spend the day, have some fun and help us celebrate our new store!



Check Out:

- The Expanded Parts Department!
- More Toys, Apparel and Gifts!
- The Large “State of the Art” Shop!
- The Spacious Sales Area Inside and Out!

AGENDA FOR THE DAY!

- 10:00 a.m. - “Exclusive” John Deere Antique Tractor Show!
- 11:30 a.m. - 1:30 p.m. - Lunch served by the Gem Lions Club!
- Music by the McLemores!
- 1:00 p.m. - Kids Tractor Pull!



Rex Getz Comedian/Magician ALL DAY!
Ballons and Door Prizes Throughout the day!

