



SUMMER FUN AT the library. During the summer activities program kids get to have a good time. Coordinator Penny Gienger gives Jace Landers a hand. *Herald staff photo by Casey McCormick*

Moments With Mila

By
Mila
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County Health Nurse

Lyme Disease
Lyme disease is the most common tick-borne illness in North America and Europe. Lyme disease is caused by the bacterium *Borrelia burgdorferi*. Deer ticks, which feed on the blood of animals and humans, can harbor the bacteria and spread it when feeding.

You're more likely to get Lyme disease if you live or spend time in grassy and heavily wooded areas where ticks carrying the disease thrive. Cheyenne County has also received nice rains in the area lately, therefore making ticks more common due to the moisture. It's important to take common-sense precautions in areas where Lyme disease is prevalent.

If a person is treated with appropriate antibiotics in the early stages of the disease, they are likely to recover completely. In later stages, response to treatment may be slower, but the majority of people with Lyme disease recover completely with appropriate treatment.

Signs and symptoms

Lyme disease signs and symptoms vary widely because Lyme disease can affect various parts of the body. Not everyone with the disease will have all of the signs and symptoms. But in general, Lyme disease can cause:

- Rash - A small, red bump may appear within a few days to a month, usually at the site of the tick bite...often in the groin or belt

area or behind the knee. The bump may be warm to the touch and mildly tender. Over the next few days, the redness expands, forming a rash that may be as small as your fingertip or as large as 12-inches across. It often resembles a bull's-eye, with a red ring surrounding a clear area and a red center. The rash, is one of the hallmarks of Lyme disease, affecting about 70 to 80 percent of infected people. If you're allergic to tick saliva, redness may develop at the site of a tick bite. The redness usually fades within a week.

- Flu-like symptoms - Fever, chills, fatigue, body aches and a headache may accompany the rash.

- Migratory joint pain - If the infection is not treated, a person may develop bouts of severe joint pain and swelling several weeks to months after being infected. Knees are especially likely to be affected, but the pain can shift from one joint to another.

- Neurological problems - In some cases, inflammation of the membranes surrounding your brain (meningitis), temporary paralysis of one side of your face (Bell's palsy), numbness or weakness in your limbs, and impaired muscle movement may occur weeks, months or even years after an untreated infection.

- Less common signs and symptoms - Some people may experience heart problems...such as an irregular heartbeat...several weeks

after infection, but this rarely lasts more than a few days or weeks. Eye inflammation, hepatitis and severe fatigue are possible as well.

Contracting the disease

Deer ticks typically feed on the blood of mice, small birds and deer, but they can also feed on the blood of humans, cats, dogs and horses. They live in low bushes and tall grasses of wooded areas, waiting for warm-blooded animals to pass by. Deer ticks are most active in the summer.

To contract Lyme disease, a person must be bitten by an infected deer tick. The bacteria enter the skin through the bite and eventually make their way into the bloodstream.

Before bacteria can be transmitted, a deer tick must take a blood meal, which can take more than 48 hours of feeding. Only ticks that are attached to your skin and are feeding can transmit the bacteria. An attached tick that has a swollen appearance may indicate that enough time has elapsed to transmit bacteria. Removing the tick as soon as possible may prevent infection.

Precautions

You can decrease your risk of getting Lyme disease with some simple precautions:

- Wear long pants and sleeves - When walking in wooded or grassy areas, wear shoes, long pants, a long-sleeved shirt and hat.

- Use insect repellents - Apply an insect repellent with a 10- to 30-percent concentration of DEET to your skin and clothing. Choose the concentration based on the hours of protection you need...the higher the concentration of DEET, the longer you are protected.

A 10-percent concentration protects for about two hours. Keep in

mind that chemical repellents can be toxic, and use only the amount needed for the time outdoors.

Don't use DEET on the hands of young children or on infants younger than age 2 months. According to the Centers for Disease Control and Prevention, oil of lemon eucalyptus, a more natural product, offers the same protection as DEET when used in similar concentrations. Don't use this product on children younger than 3 years.

Do your best to tick-proof the yard. Clear brush and leaves where ticks live. Keep woodpiles in sunny areas.

Check yourself, your children and your pets for ticks. Be especially vigilant after spending time in wooded or grassy areas. Deer ticks are often no bigger than the head of a pin, so you may not discover them unless you search carefully.

It's helpful to shower as soon as you come indoors. Ticks often remain on your skin for hours before attaching themselves. Showering and using a washcloth may be enough to remove any unattached ticks.

Don't assume you're immune. Even if a person has had Lyme disease before, they can get it again.

Removing the tick

Remove a tick with tweezers. Gently grasp the tick near its head or mouth. Don't squeeze or crush the tick, but pull carefully and steadily. Once you've removed the entire tick, dispose of it and apply antiseptic to the bite area.

System required for monitoring temperatures

Hospital administrator, Les Lacy, reported the pharmacy refrigerator in the hospital went bad and froze some medications including some anti-venom which had to be replaced. The cost for just the anti-venom was almost \$30,000.

The refrigerator will be replaced with a commercial grade one and there is a proposal for a temperature monitoring software.

The board looked at several different temperature monitoring systems: Cold Chain Technology, Sensaphone, ADT Enviro Temp and Accsense.

Mr. Lacy said the Sensaphone used currently is just in the clinic and county health.

"We just lost the vaccine in the pharmacy", he said. "If we would have a system like the Cold Chain, it would have told us what temperatures it got to and that would determine whether some vaccines got ruined or not."

The Sensaphone has no recording of temperatures besides the manual logging done morning and

night by staff. He recommended the Cold Chain even though it was the most expensive.

The board asked if there was any ongoing costs after the 13 months. Mila Bandel, county health nurse, was asked into the meeting as she was the one who had done the research.

She said that having a system would be beneficial for the management and compliance reasons. She was not sure if there were any ongoing costs after the 13 months.

Board member, Jane Young, asked if there was a special account that this could come from since it was not budgeted? Kari Gilliland, board member, said she thought that the board needed more information such as if there is an option of a longer warranty, annual cost etc. She moved to table the temperature systems to gather more information.

Editor's note: The above information was taken from the unapproved minutes of the June 29 hospital board meeting.

Student News

University of Kansas

Sara Miller and Sheryl Miller are among the 4,700 undergraduate students at the University of Kansas who earned honor roll distinction for the spring semester.

The students, from the Lawrence campus and the schools of allied health and nursing at the KU Medical Center in Kansas City represent 99 of 105 Kansas counties, 44 other states and the District of Columbia and more than 40 other countries.

The honor roll comprises undergraduates who met requirements in the College of Liberal Arts and Sciences, which includes the School of the Arts, and in the schools of allied health; architecture, design and planning; business; education; engineering; journalism; music; nursing; and social welfare.

Honor roll criteria vary among the university's academic units. Some schools honor the top 10 percent of students enrolled, some establish a minimum grade-point average and others raise the minimum grade-point average for each year students are in school. Students must complete a mini-

mum number of credit hours to be considered for the honor roll.

Sara Miller, daughter of Terry and Mary Beth Miller, is a Liberal Arts Undergraduate Junior.

Sheryl Miller, daughter of Terry and Mary Beth Miller, is an Education Undergraduate Senior.

Seward County Community College

Ethan Zwegardt and Courtney Lohr of St. Francis are among the students named to the Seward County Community College/Area Technical School spring semester president's honor roll, dean's honor roll or part-time dean's honor roll.

Zwegardt was named to the dean's honor roll which recognizes those students who maintained a 3.5 or greater grade point average and completed at least 12 credit hours in courses numbered 100 or above.

Lohr was named to the part-time dean's honor roll which recognizes those students who complete no less than six nor more than 11 credit hours in courses numbered 100 and above. These students must maintain a grade point average of 3.5 or greater for honor roll eligibility.

Local talent needed

People are needed to sing!

The chorus will be singing on Friday night of the fair, Aug. 6, while the judges are making their decisions as to who will win the Talent Show. The chorus will not be competing and those entered in the talent show can also sing in the chorus.

Neala Carmichael, director of the St. Francis Community Chorus, said the chorus group is practicing every Sunday at 1 p.m. at Peace Lutheran Church. The practices, she said, never last over 45 minutes and they are held in an air conditioned place.

We really need tenors and basses, Mrs. Carmichael said.

Everyone is welcome, ages 12 and up.

"If you can carry a tune, please come," she said.

Even if you have missed the first practices, she said, you are still welcome to come.

"Songs we will be singing are easy and fun to sing," Mrs. Carmichael said.

Songs include, "Blowin' The Wind," "Try To Remember," "Soon and Very Soon," and "You're A Grand Ole Flag."

Thank You!

Our family would like to sincerely thank all of you for your thoughts and prayers during this tragic time. You don't know how much it means to us. The support of the community has been unbelievable and it's times like these that cause you to realize why we choose to live in Western Kansas.

Although most of you had never met Brett we would like to share what he taught us in his life and his death. He was a huge man (6'4", 260 lbs. of muscle, once Garden City Community College defensive end) but nevertheless a quiet, gentle, patient, humble man. Faith and family were the only two things he cared about on this earth. Brett and his wife Nikki were only married 10 months when God blessed them with their first child, daughter Zuri Jae. Brett only got to be with Zuri for 20 days but he was a great dad and planned to have 8 kids.

While God took him all too soon, he left us a precious baby girl who looks just like her daddy. We were also given the comfort of knowing just where Brett went. When they recovered his body, in his back pocket was the bible he carried to read at work.

Once again we would like to thank all of you for your support and we pray that Brett's life will be an inspiration to even those who didn't know him.

Sincerely,

The Family of Brett Spresser

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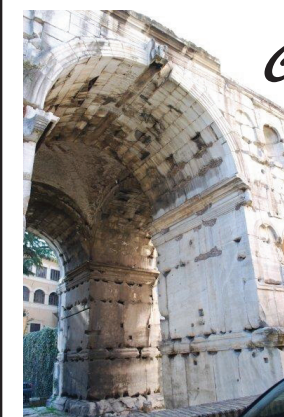


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