



WORKING BEHIND THE SCENE were Barb Holzwarth, left, and Shirley Zweygardt. They fried chicken that fed almost 600 people.

Herald staff photos by Tim Burr



CAKES, PIES AND OTHER DESSERTS were sold by the 4-H'ers and the money was donated to help Linda Elfers pay some of her medical bills. Mrs. Elfers was recently diagnosed with breast cancer and had no health insurance.

MONEY

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club. J.R. Landenberger, with three aces, took home first prize of \$150; second prize of \$100 went to Richard Boon, Benkelman, who had three sevens; and third place of \$50 went to Mark

Jenik with three sixes.

Each motorcycle had a sticker which was placed on their windshield. The sticker having a bug hit it was awarded \$100. John Brunswig won the bug splat award. The prize was donated by

Wheeler Equity - Dale Weeks.

We're not sure how much money we made for Linda, said Mr. Kechter.

But at \$20 a poker hand and additional donations, they will be able to help Ms. Elfers and

they had a great time doing it!

In the near future, people will be able to log on to youtube.com, search for kkechter and watch the video of the poker run.

Ag Talk with Jeanne

Factors that influence Hessian fly fall infestations

Which wheat fields are most likely to be infested with Hessian fly in the fall? Should you wait until the Hessian fly free date to plant your wheat?

In theory, waiting to plant until the best pest management planting date (BPMP) allows time for the main fall brood of adult Hessian flies to emerge and die before wheat is planted. Without live wheat plants, emerging females are deprived of a place to lay eggs, minimizing fall infestation. There is still some risk if a nearby infestation exists and a secondary fall brood develops.

The risk of fall infestation is almost always greater where wheat is planted before the best pest management planting date, especially during years favorable for fly development. Observance of the date also reduces the incidence of wheat streak mosaic and barley yellow dwarf viruses. The best pest management planting date strategy is based on studies

conducted from 1918-1935, and the dates are based on data collected more than 70 years ago, but are now being refined. The historical Hessian fly free dates for the following counties are Sept. 15 in Cheyenne and Sherman, Sept. 19 in Rawlins, Sept. 20 in Thomas, and Sept. 21 in Logan. There is not a defined fly-free date in Wallace County. These fly-free dates are still being updated.

The relatively mild fall weather in recent years, along with a slight increase in average fall temperatures over the last 30 years, has reduced the effectiveness of using this date as a planting guide.

In studies conducted in Sedgwick County during 2006 -2010 using a Hessian fly pheromone trap, adult flies were active until early December. It seemed that more adult flies were trapped after a rain.

The impact of this extended Hessian fly activity on wheat or on fly population density is not

known, but it is interesting to note that potential for Hessian fly infestation exists longer into the fall than historical data indicate. In addition, the best pest management planting date may not always present the best planting date for optimum yield, but on average, it correlates well. The date can be used on an individual-field basis but will be more effective when it is practiced area wide.

Planting too late is also risky. Growers may be surprised to learn that delaying planting too late in the fall can actually increase the risk of Hessian fly infestation.

While late planting dates may protect the field against fall infestation, the result is smaller plants in the spring. And when the spring brood of flies is active in March or April, those females prefer younger plants for egg laying.

Thus, if a source of infestation is nearby, very-late-planted wheat of a susceptible variety may suffer extensive damage from spring infestations.

By
Jeanne
Falk



Agronomy Specialist

Consider big picture before adding any new credit cards

Holiday promotions offering a one-day discount or free gift when opening a new store credit card are becoming more plentiful, but a spur-of-the-moment decision to add one or more credit cards may not be in the cardholder's best interest.

While shopping with a credit card can give a potential buyer a false sense of buying power, the promise of a discount might also

seem an incentive to buy more than planned or can be reasonably paid off when the bill arrives, said Carol Young, K-State Research and Extension financial management specialist.

"Unless you can pay the cards off at the end of the month, running up a balance and adding interest can quickly erode any savings from the promised discount or the value of a free

gift," said Young, who advised "shopping with a list and sticking to it, and using cash, debit cards or current available credit responsibly."

More money management tips are available at K-State Research and Extension offices throughout the state and online: www.ksre.ksu.edu/financialmanagement.

Moments With Mila

October is Breast Cancer Awareness

If you have been watching NFL football this October you have been seeing pink cleats, gloves, arm bands, chin guards and pink ribbons on the player's helmets and the coach's hats. October is breast cancer awareness and it is nice to see the NFL players and coaches supporting breast cancer awareness.

Breast cancer is the most common cancer in women in the United States, aside from skin cancer. According to the American Cancer Society (ACS), an estimated 192,370 new cases of invasive breast cancer are expected to be diagnosed among women in the United States this year. Today, there are about 2.5 million breast cancer survivors living in the United States.

Breast cancer is a malignant tumor that grows in one or both of the breasts. Breast Cancer usually develops in the ducts or lobules, also known as the milk-producing areas of the breast.

Breast cancer is the second leading cause of cancer death in women (after Lung cancer). Although African-American women have a slightly lower incidence of breast cancer after age 40 than Caucasian women, they have a slightly higher incidence rate of breast cancer before age 40. However, African-American women are more likely to die from breast cancer at every age.

It is known that hormones in

a woman's body, such as estrogen and progesterone, can play a role in the development of breast cancer. In breast cancer, estrogen causes a doubling of cancer cells every 36 hours. The growing tumor needs to increase its blood supply to provide food and oxygen. Progesterone seems to cause stromal cells (the woman's own cells to send out signals for more blood supply to feed the tumor.)

Not all breast cancers are alike - there are different stages of breast cancer based on the size of the tumor and whether the cancer has spread. For medical providers and patient, knowing the stage of breast cancer is the most important factor in choosing among treatment options. Medical providers use a physical exam, biopsy, and other tests to determine breast cancer stage.

The most common system used to describe the stages of breast cancer is the American Joint Committee on Cancer/Tumor-Nodes-Metastases system. This system takes into account the tumor size and spread, whether the cancer has spread to lymph nodes, and whether it has spread to distant organs (metastasis). All of this information is then combined in a process called stage grouping. The stage is expressed as a Roman numeral. After stage 0 (carcinoma in situ), the other stages are I through IV (1-4). Some of the stages are further sub-divided using the let-

ters A, B, and C. In general, the lower the number, the less the cancer has spread. A higher number, such as stage IV (4), means a more advanced cancer.

One of the earliest signs of breast cancer can be an abnormality that shows up on a mammogram before it can be felt. The most common signs of breast cancer are a lump in the breast; abnormal thickening of the breast; or a change in the shape or color of the breast. Finding a lump or change in your breast does not necessarily mean you have breast cancer. Additional changes that may also be signs of breast cancer include:

Any new, hard lump or thickening in any part of the breast

Change in breast size or shape

Dimpling or puckering of the skin

Swelling, redness or warmth that does not go away

Pain in one spot that does not vary with your monthly cycle

Pulling in of the nipple

Nipple discharge that starts suddenly and appears only in one breast

An itchy, sore or scaling area on one nipple

For information about the Early Detection Works program initiated through the Cheyenne County Health Department please call 785-332-2381. Early detection is vital and can save your life.

By
Mila
Bandel



County Health Nurse



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