

Moments With Mila



By Mila Bandel

County Health Nurse

Kids and Drinking Water

Kids are so busy these days; they forget to drink water regularly. Without water, their bodies would stop working properly.

Water makes up more than half of their body weight and a person can't survive for more than a few days without it. The body has lots of important jobs and it needs water to do many of them.

For instance, the blood, which contains a lot of water, carries oxygen to all the cells of the body. Without oxygen, those tiny cells would die and their body would stop working.

Water is also in lymph, a fluid that is a big part of their immune system, which helps fight off illness. Flu season is just around the corner and with kids starting

back to school – kids need to drink plenty of water on a daily basis to fight flu season germs.

How much water is enough? There is no magic amount of water that kids need to drink every day. Usually, kids like to drink something with meals and should definitely drink when they are thirsty.

But when it's warm out or they are exercising, they need more water. Be sure to have kids drink some extra water when they are out in warm weather, especially while playing sports or exercising.

When kids drink is also important. If they are going to sports practice, a game, or just working out or playing hard, have kids drink water before, during,

and after playing. Kids don't play their best when they are thirsty.

Have a water bottle available at all times. When their bodies don't have enough water, they become dehydrated. Dehydration can keep them from being as fast and as sharp as they would like to be. A bad case of dehydration can make them sick.

Getting in the habit of having water bottles available and reminding kids to drink more water will help to fight off illnesses, have more energy throughout the day, and will help kids feel great.

For more information on kids and water please call the Cheyenne County Health Department at 785-332-2381.



IDALIA RESIDENTS eagerly enter the new school at the open house on Aug. 22.

Risk of corn rust increases in August and impacts yield

Small, light brown, circular lesions covering corn leaves this time of year are not a welcome sight.

Southern corn rust, a fungal disease caused by the Puccinia polysora pathogen, begins to show up in Kansas around Aug. 1 each year, according to Kansas State Research and Extension plant pathologist Doug Jardine. Corn producers, particularly those who farm north of Interstate 70, should evaluate each field for the disease and determine if fungicide treatment is necessary and economical.

Jardine identified southern corn rust in Kansas for the first time in 2013 on Aug. 1 in McPherson County. He said he has since seen it in other north-central Kansas counties including Riley, Clay, Cloud and Washington, but there may be more cases other crop scouts have identified elsewhere.

The disease does not live year-round in Kansas, as it requires a live plant to survive. It lives mainly in southern Texas and northern Mexico, where temperatures allow corn to grow year-round, and it travels northward to the U.S. Corn Belt each summer. Because the disease is currently wide-spread in south central Nebraska, it would have had to blow over Kansas from those southern areas.

The negative impact of southern corn rust depends heavily on a number of factors:

- Amount of disease in the field.
- Susceptibility of the hybrid.
- Southern rust is favored by hot, humid conditions, which Kansas experienced in early August. However, mid-August temperatures cooled, which Jardine said slowed the spread of southern rust.

Although the recent weather has been a benefit to farmers, the stage of the corn might be a problem.

"The problem this year is corn was planted two to three weeks late," Jardine said. "This is a problem across the entire Corn Belt."

If corn is hit with southern rust and has not yet passed the soft dough stage - 35 days before maturity - it may be beneficial for farmers to spray fungicides. Products containing a triazole mode of action are recommended.

If the corn is already in the denting phase of maturity, Jardine said, producers probably won't see an economic benefit to spraying, as the rust likely won't affect the yield too much. He said much of south central Kansas has reached that denting stage of development already and likely won't need to be sprayed.

Jardine said corn producers should evaluate each field separately. If southern rust has hit a field of younger corn and the corn has good yield potential, spraying could be economical.

"There is some good corn this year, and some of it has 200

(bushel per acre) yield potential," Jardine said. "A field with a reasonable amount of rust could have 10 to 15 percent yield loss."

A 10 percent loss on a 200-bushel per acre yield is 20 bushels. If corn is at \$6 per bushel, that could mean \$120 loss per acre. Therefore, Jardine said, it would be economical to pay \$30 per acre to spray that field.

Jardine said the worst-case situation would be to see an epidemic of southern rust early on that is not treated, and producers could see as much as a 30 percent loss. With the current cooler-than-normal August temperatures, though, that is not a likely situation this year.

Another tip for producers is to research how susceptible their corn hybrid might be to a southern rust. Genetic resistance to southern rust is limited, with most hybrids rating five to seven on a scale of one to nine (one being resistant). In Kansas, greatest yield losses to southern rust occur when susceptible hybrids are planted late or when the disease arrives earlier than normal. The crop that is two to four weeks behind and is more susceptible to southern rust should be examined very closely.

The Kansas State publication MF-3016, Corn Rust Identification and Management in Kansas (www.ksre.ksu.edu/library/plant2/mf3016.pdf) has information on southern rust as well as common rust, and outlines the differences in identification and management of these two diseases.

Nebraska Brass travels to Oberlin

The Nebraska Brass will perform at 6:30 p.m. (Mountain Time) at the Oberlin Gateway Center on Saturday, Sept. 7, sponsored by the Oberlin Arts and Humanities.

Founded in 1987, the Nebraska Brass is one of the Midwest's most popular brass quintets and recently celebrated its 25th anniversary season. Audiences young and old enjoy serious musicianship and light-hearted humor as the group presents a variety of music ranging from classical to popular, including Dixieland and jazz.

The Nebraska Brass is composed of musicians with a wealth of experience in both classical and commercial idioms. Members have performed with

ensembles such as the Omaha Symphony Orchestra, Lincoln's Symphony Orchestra, Nebraska Jazz Orchestra, Dallas Symphony, Chicago Symphony Orchestra, Nashville Symphony, Strategic Air Command (U.S. Air Force) and Mannheim Steamroller. In addition, members have toured and performed throughout the U.S., Australia, Europe, South America, Japan, and the Caribbean with numerous musical ensembles. They also perform at weddings, graduation ceremonies, business and government functions, church services, public park concerts and special events.

In addition to their busy performing schedules, members are experienced as educators

in Nebraska and Iowa public schools and Nebraska Wesleyan University in Lincoln. They have released four CD's.

Members include Dean Haist, trumpet, Brad J. Obblink, trumpet, Richard Ricker, horn, Mark Mendell, trombone, and Ken Kielniarz, tuba.

This is a season ticket event or \$12 for adults and \$7 for students grades 1-12. For information call Ella Betts 785-475-3557 or Mary Henzel 785-470-0218.



Idalia News



By Chuck Wright

St. John Church news
Pastor Chuck is back and will be doing the Idalia news again.

Men's Bible Study will be held on Thursday, Aug. 30 at 7 a.m. in the fellowship hall. All men are welcome.

The Sacrament of Holy Communion will be included with the service on Sunday, September 1.

The annual crop walk will be held on Sunday, September 8 at 3 p.m.

We are looking for volunteers to give the nursery a thorough cleaning. Please contact Tara Garton.

School news
On Tuesday, Aug. 27, all school pictures and fall sports pictures will be taken.

On Friday, Aug. 30, volleyball and football at Bethune Jr./Senior High. Volleyball and Jr. High football starts at 2 p.m. JV and varsity games to follow.

Monday, Sept. 2, No School, Labor Day.

Blood pressure checks
On Wednesday, Aug. 28 from 8:30-10:00 a.m., Nicole Salmans will be at the Prairie Vista for blood pressure checks. This is open to everyone, please come and take advantage of this free service.



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