

Ticks are out until mid-summer

Ticks are stealthy, opportunistic arachnids that make their debut in spring just as temperatures begin to rise. How to prevent becoming a host to these hitchhikers and the various diseases they may carry isn't a mystery, but it has to be methodical. Here are a few simple precautions that can reduce your chances of a tick encounter this season.

Tip 1: Since most ticks crawl upward onto a host, tuck pant legs into boots and shirts into pants. For extra protection, tape such clothing junctures with duct tape, then twist the tape so the sticky side is out and make one more wrap.

Tip 2: Wear light-colored clothing when possible. This makes it easier to see ticks crawling around before they find their way to your skin.

Tip 3: Look for a repellent that contains 0.5 percent or more of permethrin. This works as a great tick repellent and can usually be used on clothing. In fact, some products containing the chemical can remain bonded with clothing fibers even through laundering.

Tip 4: After a day outdoors, inspect all clothing before going inside. Once inside, do a thorough body inspection and wash clothing as soon as possible.

Tip 5: Don't forget to protect man's best friend. Commercially available dog dips containing

amitraz or permethrin can provide canines with tick protection for two to three weeks per treatment. For the very best tick prevention for canines, contact your local veterinarian and inquire about prescribed treatment options, most of which can now last for a month or more.

If you have a tick

If a tick is found attached to the skin, remove it as soon as possible and disinfect the immediate area. The sooner a tick is removed, the less chance it will transmit a disease to its host.

Ticks can be removed manually by grasping as close to the skin as possible with fine forceps or tweezers. The tick is then pulled slowly straight away from the skin, using slow, steady pressure.

The tick should not be twisted or jerked out of the skin because this might cause the head to become detached and left in the skin. Ticks removed from people should be saved in a vial with alcohol and labeled with the date. If flu-like symptoms – including, headache, skin rash, and fever – occur 10 to 14 days after tick removal, see a physician immediately and take the tick with you or send it to the local K-State Research and Extension office.

Diseases transmitted by ticks
One of the most common diseases transmitted by ticks is Lyme disease. In 2012, the Centers for Disease Control and Prevention (CDC) had nine confirmed cases and 10 probable cases of Lyme Disease within Kansas. To put things in perspective, Pennsylvania had 4,146 confirmed cases the same year.

After a tick bite, Lyme disease may progress several weeks without signs of illness, making diagnosis difficult. Years of pain and physical and mental

impairment can result if untreated. If signs of severe or persistent headaches, fever, soreness or stiffness in muscles and joints, appetite loss, fatigue, or a skin rash occur within three weeks after a tick bite, immediately contact your doctor. Early diagnosis and treatment is critical.

Other notable tick-borne diseases found in Kansas include ehrlichiosis, Rocky Mountain spotted fever, and tularemia.

For more information, visit www.cdc.gov/ticks/

Range schools cover management, profitability

“Adapting Your Management to a Changing Climate is the theme for the Kansas Grazing Lands Coalition (KGLC) summer range schools,” said Tim Christian, state coordinator for the group. “The Mid-/Shortgrass Range School runs from Aug. 5-7 at Camp Lakeside, Lake Scott, and the Tallgrass Range School is set for Aug. 19-21 at Camp Wood YMCA, Elmdale.”

The climate in Kansas continues to change – the uncertain weather, uncertain markets and diminishing wildlife species and their habitat needs are among the tough challenges facing ranchers today. This situation calls for action – rethinking your management options and strategies, said Christian. The intent of the schools is to help inform decision-makers and provide them with sound grazing principles that they can take home and employ on their operations.

Our cadre of instructors includes ranchers, agency, university and organizational staffs who provide hands-on instruction in the field as well as classroom presentation.

The 2014 registration fees are still a bargain and covers course materials, on-site lodging and meals, and other related costs. The form and more information on the Schools is available at www.kglc.org under 2014 Range Schools found in the navigation bar. Scholarship applications must be submitted by July 22 for the Mid-/Shortgrass School and Aug. 5 for the Tallgrass School.

For more information on the 2014 KGLC Range Schools, contact Tim Christian, state coordinator, at 620-241-3636, email to tdchristian@cox.net, or Ken Sherraden assistant coordinator, 785-922-7061, email to kennethsherraden@sbcglobal.net. You may also go to the web at www.kglc.org




URGING ON YOUNG fourth graders, Eli Mills, center, and Logan Hamilton, was Coach Ted Busse.
Herald staff photo by Amanda Miller

Idalia News

Community News
Saturday, May 31, 4-6:30 p.m. The family of Delmar and Roberta Moellenberg invite the Idalia community to help them celebrate their 50th Wedding Anniversary at the Grainery for an open-house reception.

school readers by having your car or truck washed at the Wolfpack Lounge car wash at the Idalia Fire Hall. The Wolfpack Lounge members read and discuss a book a month during the school year.

St. John News
Sunday, June 1, 10:30 a.m. The Sunday morning worship service will include a celebration of Holy Communion.

By **Chuck Wright** 

Sunday, June 8, 3 p.m. Pastor Chuck Wright and members of St. John will share worship and fellowship with the residents of Hillcrest Care Center, Wray.

Wednesday, June 11, 1 p.m. The St. John Women's Fellowship will hold their monthly meeting at the church.

Club Clip

American Legion Auxiliary

On May 2, the American Legion Auxiliary 352 met at the American Legion Hall in Bird City. There were eight present.

Hulda Dorsch brought a letter from the HUGS Project where we send our packages for the SOS program. This letter was a little late in coming since they had to move two times since they had mailed all the packages overseas to our servicemen and women. In the letter, Karen Stark, founder, executive director and volunteer, said that their postage bill alone for the Christmas mailing for 2013 was over \$42,000. She went on to say, “On behalf of our troops, the HUGS project would like to thank you for the sunshine you bring into their lives with your donations and support. In an organization like HUGS, every donation we receive is needed to make life a little better for those who make it a lot better for us. With the help of donations, large and small, we are shipping between 50 to 100 boxes weekly. Last Christmas, we sent over 3,000 Christmas boxes. Contribution made a difference in the lives of America's finest men and women.”

Mrs. Stark quoted Sir James Barrie, “Those who bring sunshine to the lives of others cannot keep it from themselves.”

She then continued, “Because every American serving in harm's way deserves the thanks of a grateful nation!”

Wanda Dowdy brought in an article about Montrose, Colo., and their mission to make Montrose the most welcoming community in the

country for Veterans. This project was started 2-1/2 years ago to make Montrose a unique place where those who have served our country can feel appreciated and supported in all facets of life. They now have 560 veterans registered for a variety of services at its Warrior Resource Center. They include 20-year olds to 90-somethings, and at least 45 female veterans. The largest percentage are Vietnam War veterans. They come to the center for help with problems associated with post traumatic stress disorder, finding jobs, and homelessness. A few veterans can be seen in this center making patriotic wind

chimes out of spent bullet casings, dog tags and ceramic pieces. These wind chimes swing in the breeze in downtown Montrose.

Hulda also brought in an article remembering clotheslines and what neighbors could learn about you on wash day. This was cute and reminded us of days gone by.

If any one is eligible to join the American Legion Auxiliary, we would love to have you come join us and share with us some ideas you have of helping and serving our veterans. We meet each month on the first Friday of the month at 2 p.m. at the office in the American Legion hall in Bird City.



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(800) 245-FORT

Heartland Car Show
June 14, Paola
Join TV celebrity guests, Jared Zimmerman & Lou Santiago for the 12th Annual Heartland Car Show on The Park Square. Featuring cars & trucks, 1979 & earlier.
PaolaTourism.org, PaolaCarShow.org

Smoky Hill River Festival
June 12-15, Salina
The Midwest's most vibrant, outdoor arts & entertainment gathering. Four stages of live music, roving entertainers, fine art & craft exhibitors, new Artyopolis kid's area & more!
RiverFestival.com

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Innovia Films Now Hiring Mechanics
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Public Notices
Petition filed in court to determine descent
Published in The Saint Francis Herald, St. Francis, Kansas, Thursday, May 22, May 29, June 5, 2014. (22, 23, 24)

IN THE DISTRICT COURT OF CHEYENNE COUNTY, KANSAS
FILED PURSUANT TO CHAPTER 59 OF THE KANSAS STATUTES ANNOTATED

IN THE MATTER OF THE ESTATE OF
KEITH W COOK, Deceased. Case No. 14-PR08

NOTICE OF HEARING

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that a petition has been filed in this court by Brent Cook praying for the determination of the descent of the following described real estate situated in Cheyenne County, Kansas:

The Southwest Quarter of the Southeast Quarter (SW1/4SE1/4) of Section 16, in Township 2 South, Range 40 West of the 6th P.M.

and all other property, real and personal, or interest therein, owned by the decedent at the time of his death; and you are hereby required to file your written defenses thereto on or before the 16th day of June, 2014, at 10:00 o'clock A.M. on said day in said court in the City of St. Francis, in Cheyenne County, Kansas, at which time and place said cause will be heard. Should you fail therein, judgment and decree will be entered in due course upon said petition..

Brent Cook, Petitioner

VIGNERY & MASON LLC
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Goodland, Kansas 67735
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