



# Moments With Mila



By  
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County Health Nurse

## Water activity safety tips

What do fishing, water skiing, and swimming have in common? They are all lots of fun...and they all take place in, on, or around the water! Water activities are a great way to stay cool and have a good time with your friends or your family. Take along these tips – and your common sense – to get wet and have a blast!

- DO learn to swim. If you like to have a good time doing water activities, being a strong swimmer is a must.
- DO take a friend along. Even though you may be a good swimmer, you never know when you may need help. Having friends around is safer and just more fun!
- DO know your limits. Watch out for the “too’s” - too tired, too cold, too far from safety, too much sun, too much hard activity.
- DO swim in supervised

(watched) areas only, and follow all signs and warnings.

- DO wear a life jacket when boating, jet skiing, water skiing, rafting, or fishing.
- DO keep an eye on the weather. If you spot bad weather (dark clouds, lightning), pack up and take the fun inside.
- DON'T dive into shallow water. If you don't know how deep the water is, don't dive.
- DON'T float where you can't swim. Keep checking to see if the water is too deep, or if you are too far away from the water bank or the poolside.

Look out for signs warning you that the water is not clean, because polluted water could make you sick. (And even if it is clean, try not to swallow it.) It's also smart to keep clear of objects in the water like water plants and animals. They can cause problems

for you so, if you see them - go the other way. Finally, if you're outside, you need to guard against the sun. Those burning rays reflect off the water and sand onto you... and they can really spoil the fun! So, rub on some 50 SPF or higher SPF sunscreen to get sun proof.

For more information on summer water activities and sun safety, contact the Cheyenne County Health Department at 785-332-2381. Be safe this summer with your water activities.



**Community News**  
Idalia weather for May, 2014, submitted by Tom Mandis.  
Average high 71  
Average low 41  
Warmest day 91 May 30  
Coolest day 28 May 2  
Precipitation for month 2.71 Inches  
Precipitation to date 4.83 Inches

and truck wash at the Idalia Fire Hall. Funds raised will be used to buy books to read for the club's monthly discussion sessions.

**St. John News**  
Sunday, June 8, 10:30 a.m. The worship theme will be, “Working on Your Own Salvation.”  
Philippians 2:12-13. At 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.

The St. John Men's Bible Study continues to meet weekly on Thursday, 7 a.m. at the church. They are beginning a four week discussion of, The Letter to the Philippians. All Idalia men are invited to attend.

**Relay for Life**  
**Saturday, June 7**  
**noon - midnight**  
**Sawhill Park - St. Francis**

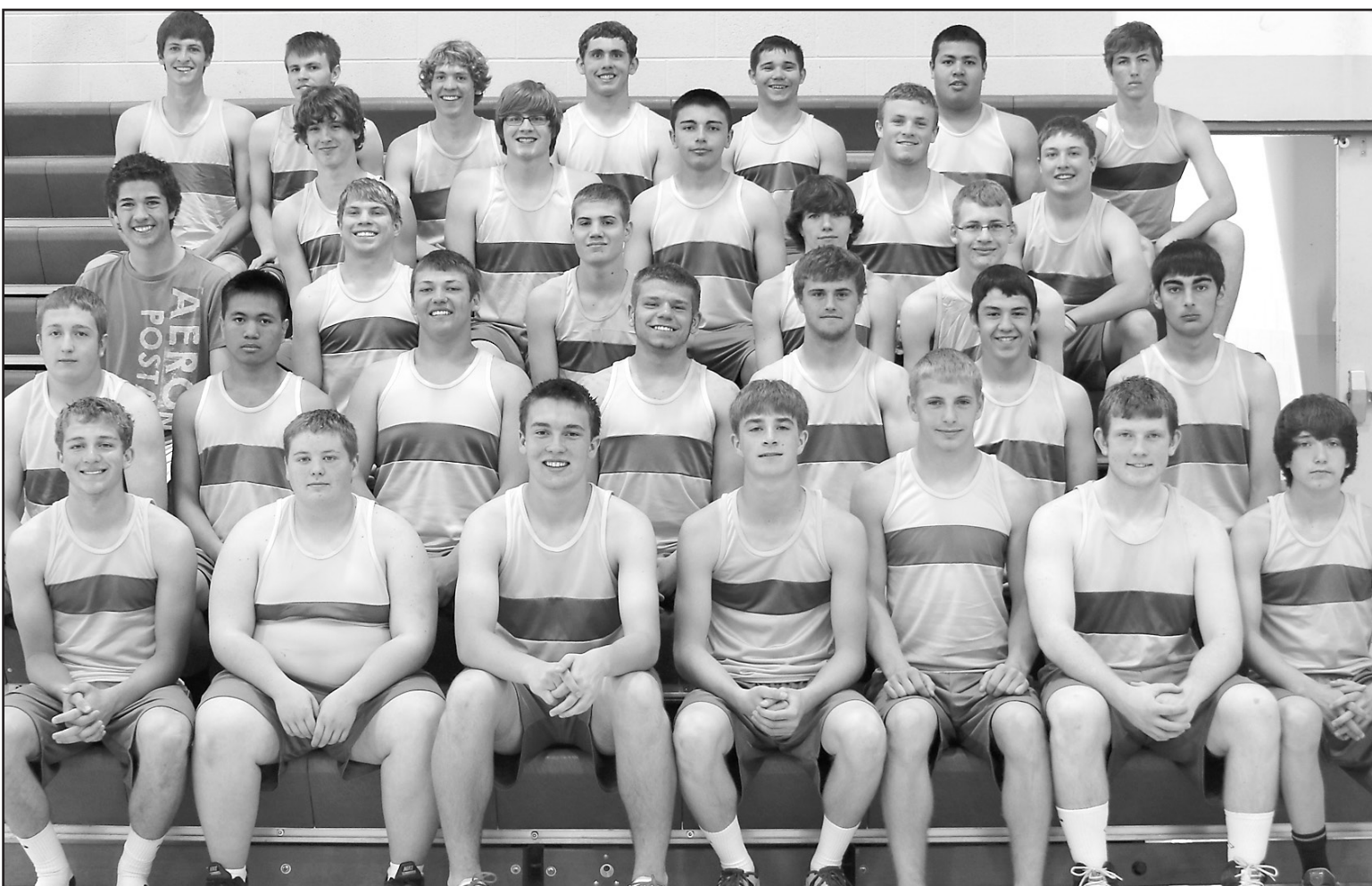
# Congratulations Indians On A Successful Track Season!



**2014 Lady Indians Track Team:** Back row: (1 to r) Sydney Sundstrom, Sophie White, Emily Elfers, McKayla Taylor, Justice Wiley, Ashlee Orth, Kyla Bandel, Jenna Confer, Mckayla Rogers. Front row: (1 to r) Valerie Wurm, Journey Lee, Katie Schmid, Dallas Reed, McKenzie Taylor, Kayla Reed.



**Dallas Reed**  
**Pole Vault - State Champion**  
**10'**



**2014 Indians Track Team:** Back row: (1 to r) Mason Schiltz, Logan Lampe, Derek Queen, Scott Warren, Wyatt Landenberger, Lenny Olivares, Matt White. Fourth row: (1 to r) Matt Howell, Erik Nelson, Jon Hoard, Cade Bracelin, Lane Hoffman. Third row: (1 to r) Payton Beims, Travis Rogers, Phillip White, Jacob McWilliams, Zack White. Second row: (1 to r) Jakob Church, Carl Fabre, Jude Faulkender, Lane Hobrock, Garrett Brunk, Justin Pacheco, Chris Hoard. Front row: (1 to r) Taylor Rogers, Teryn Zwegardt, Jeremiah Neitzel, Quinton Cravens, JR Landenberger, Ryan Grover, Trinity Weers.

## Your Indian Fans—

American Implement  
Matt & Mila Bandel  
BANKWEST OF KANSAS  
Bartlett Company Grain LP  
Becky's Bierocks  
Bier's Hometown Store  
Bill Wilson Ltd.  
Brice's Auto Repair  
Laverne & Donna Boll  
Bumper to Bumper Auto Parts  
Hoagie & Dara Carmichael  
Ward and Gloria Cassidy  
Click Photography  
Cheyenne Co. Clinic/Hospital  
Cheyenne Feeders LLC  
CHS-Dale Hazuka  
Cornerstone Real Estate LLC  
Theron & Carolyn Culwell  
Dwen & Charilyn DeGood  
Dr. Melvin & Barb Dunn

Diamond R Bar & Grill  
Eagle Convenience Store  
Bruce & Sharon Feikert  
Four Hankins Boys  
Frewen Insurance Agency  
Kelly & Penny Gienger  
Girlfriends & Guys Too  
Grace Flying Service  
Heartland HVAC  
Homesteader Motel  
& Trailer Park  
Glenn and Louanne Isernhagen  
Jenik Oil Co.  
Tom & Lea Keller  
Kite & Day Law Office  
Knodel Funeral Home  
Krien Masonry Service  
Krien Pharmacy  
Krien Steel Buildings  
Leach Insurance LLC

Daryl & Keely Loyd  
L&W Andrist Ins. Agency  
Casey & Lezlie McCormick  
Terry & Mary Beth Miller  
Milliken Law  
Morrow's Garage  
Cochran Farm Supply  
Neitzel Insurance Service  
Roger Neitzel  
Heating & Cooling  
Noble Energy  
Owens True Value  
Dale & Deb Patton  
Park Hill Restaurant & Lounge  
Pizza Hut  
Poling Chiropractic  
Dr. Brett and Cynthia Poling  
Portraits By Susanne  
Cliff & Judy Raile  
Republican Valley Auto

Nex-Tech  
Republican Valley Vet Clinic  
Kenneth Roberson  
Rick & Linda Rogers  
Rosewood Resources, Inc.  
Ross Manufacturing  
Marlin & Anabelle Rueb  
Randy & Rikki Rueb  
Sainty Liquor  
Sherlock Spraying  
St. Francis Car Wash & Storage  
St. Francis Equity  
St. Francis Herald  
St. Francis Redi Mix  
St. Francis Tire & Service  
Schultz's Ltd.  
Shay Realty, Inc.  
Silver Crest Farms  
Tom & Sandy Smull  
Dan & Rita Stephens

Dr. Pat & Bonnie Stuart  
Susan's Photography  
Talley's Portrait Photography  
Thadani & Thadani Law  
The Classic Rose  
T-N-T Carwash, RV Park & Strg.  
Tri-State Irrigation  
TR Services Inc.  
Unger Chiropractic Clinic  
United Methodist Thrift Store  
Uptown Market & Deli  
Carl Werner  
Western State Bank  
Wheeler Equity  
Yost Farm Supply  
Yost Ford  
Western Auction and Real Estate