

Moments With Mila By Mila Bandel, Health Nurse

The Kansas Department of Health and Environment's Advisory Committee on Immunization Practices has come out with the new school year immunization requirements and recommendations. The regulations define immunizations required for any individual who attends school or early childhood programs operated by a school.

- Diphtheria, tetanus, pertussis (DTPaT): five doses required. Four doses acceptable if dose 4 given on or after the fourth birthday. Booster dose of Tdap is required at age 11. Students who will be 12 years of age on Sept. 1, 2009, should have documentation of Tdap if more than 2 years since previous dose of Td.

- Poliomyelitis (IPV/OPV): four doses required. Three doses acceptable if dose 3 given on or after the fourth birthday.

- Measles, Mumps, Rubella (MMR): two doses required.

- Hepatitis B: three doses required through grade nine.

- Varicella (chickenpox): two doses required for kindergarten; one dose required grades one through

nine unless history of varicella disease documented by a licensed physician. Two doses are currently recommended for all ages.

- Haemophilus Influenza type b (HIB) three doses required for children less than 5 years of age in early childhood programs. Total doses needed dependent on the age of the child when doses given.

- Pneumococcal Conjugate (PCV7): four doses required for children less than 5 years of age in early childhood programs. Total doses needed dependent on the age of the child when doses given.

- Hepatitis A: two doses required for children less than 5 years of age in early childhood programs.

Additional immunizations recommended include:

- Meningococcal (MCV4): one dose recommended for greater than 11 years of age; this vaccine is not required for school entry. For seniors going off to college, some colleges and universities are requiring this vaccine especially if you will be living in a dormitory on campus. Please check with your college or

university for specifics.

- Human Papillomavirus (HPV): three doses recommended for females greater than 11 years of age; this vaccine is not required for school entry but highly encouraged.

- Influenza: yearly vaccination recommended for all ages greater than 6 months of age; this vaccine is not required for school entry.

Kansas' childhood immunization rates have been increasing and those improvements have earned the state the recognition of having the second highest increase in immunization rates over the past three years. This gives Kansas kids a healthier start in life and promotes preventative care in Kansas.

If you have any questions or concerns regarding your child's vaccine records, please contact the Cheyenne County Health Department at 332-2381 or the Cheyenne County Clinic at 332-2682. Vaccines are available in both County Health and the Clinic, call to make your appointments for updating childhood vaccinations.

Strengthen veteran families before/after deployment

The United States is now in its eighth year of war. There are hundreds of thousands of new war veterans, many of whom have multiple deployments behind them.

Veterans are trying to transition back to civilian life and some are having difficulty. The Department of Veteran Affairs (VA) has increased efforts, improved quality of service and developed new programs and methods of outreach to veterans.

It is reaching out to these new veterans with friendship and a helping hand from someone who has been there. Connections are being made across wars and across generations. Like other Veteran Service Organizations, it has veteran service officers to help veterans navigate the myriad of options and programs that are

available to them. Programs like Unmet Needs or the Military Assistance Program can help with short term or specific needs for veterans and their families.

When the need is much greater, the VFW National Home for Children is there to help with a home and extensive support, while the family gets back on its feet. Wounded veterans in a Vocational Rehabilitation Program are served at the National Home with their family while they go to school or get training to learn new job skills. Beyond just a house, the Home offers specialized counseling, financial management classes; daycare services for parents attending schools and training programs; life-skills education support for children; adjusting to family changes and recovering from the stress of a parent at war; activities to connect with other families in similar situations; and a connection with veterans who have experienced war overseas.

Children of deployed military are also welcomed at the National Home. Each member of the military establishes a "family plan," designating who will care for their children during deployment.

Sometimes those plans fail. When that happens, the children can find refuge at the National Home and get the love and support they need until dad or mom comes home.

The parent stays connected to the children through phone calls, e-mail, letters and care packages throughout the deployment. Children attend school, receive help with homework, learn and play with other children and get the

emotional support they need to help them continue as normal a life as possible in such an extreme situation.

Sometimes, it's a military spouse and children that need refuge during deployment. These families can live safe and supported lives at the National Home. The spouse may go to school or get job training, take financial classes, get counseling and learn other important life skills that can help them become stronger and more independent families when their deployed loved one returns.

The reasons families come to the National Home for Children vary greatly. The love and support they receive to help them achieve goals is consistent. Each family comes to work toward goals and has a plan to leave once they have reached key milestones. When they leave, they are stronger and more independent families with new friends who have made an important difference in their lives.

The VFW makes a difference in the lives of veterans or military families every day, with the hand of friendship and an offer to help. The National Home for Children is a shining example of that friendship and generosity of spirit.

If you need help or know someone who needs help, call the VFW National Home for Children Helpline at 800-851-0238. For more information about the National Home for Children please visit www.vfwnationalhome.org or you may call VFW members Sam Miller 785-332-2320, Pete Jensen 785-332-3123 or Connie Rooney 785-538-2200

Opportunity coming to tour playas

Interested persons will have an educational opportunity to tour several playas and discuss their role in Kansas on March 30.

Throughout western Kansas there are depressions in the fields which most people call mud holes, pot-holes, or wet spots when it rains. These small wetlands are more commonly known as "playa lakes." These unique depression areas can range in size from a 10th of an acre to 50 acres or more. In western Kansas there are thousands of playa lakes.

The Kansas Alliance for Wetlands and Streams, Inc. (KAWS), the Natural Resources Conservation Service (NRCS), Kansas Department of Wildlife and Parks (KDWP), Playa Lakes Joint Venture (PLJV) and Waconda (Watershed Restoration and Protection Strategy) WRAPS

are pleased to offer a unique educational opportunity. You are welcome to join them for breakfast on Monday, March 30, as they tour several playas and benefit from a discussion. The meeting will begin at 9 a.m. at the Natural Resources Conservation Service Office located at 915 E. Walnut St., Colby. Send your reservation for this meeting to howell@kaws.org or call 785-425-7325.

There will be several great speakers on hand to provide information about playa lakes and why the area needs these vital wetlands. Bob Tricks, Natural Resources Conservation Service Major Land Resource Area Soils Leader will dig up some soil and talk about the soils and plants in the playas. He will answer many important questions ranging from how playas are formed to why playas are considered

to be points of aquifer recharge.

Josh Williams, a Wildlife Biologist with Kansas Department of Wildlife and Parks will discuss the wildlife aspects of playas and any wetland restoration opportunities other than Wetlands Reserve Program (WRP) and Continuous sign-up Conservation Reserve Program (CCRP).

Andy Burr, District Conservationist, will speak about the opportunities available for wetland restoration through the Wetlands Reserve Program and the Continuous sign-up Conservation Reserve Program. He will also give some project details about the various playas that we will be touring.

Arthur Gomes, Kansas Alliance for Wetlands and Streams Wetland Coordinator, will be on hand to discuss his role in restoring and protecting wetlands in Kansas and how he

might be of assistance to local land owners.

The Alliance works with local people to create, protect, and restore the state's wetland and stream resources. Organized in 1996, the Kansas Alliance for Wetlands and Streams is a 501(c)3 educational public charity reaching a broad spectrum of individuals, groups, and governments to improve the wetlands and streams they own or control. Over its 12-year span, the organization has helped educate thousands of adults and students about the state's invaluable wetland and stream resources, their condition, and how to protect and improve them. It provides its services through 12 local chapters that cover the entire state.

For more information visit www.KAWS.org and www.KAWS.org/partners.

Public Notices

Notice of planning meeting

Published in The St. Francis Herald, Thursday, March 26, 2009.

NOTICE OF INTEGRATED RESOURCE PLANNING MEETING

TO ALL PERSONS CONCERNED:

You are hereby notified that Sunflower Electric Power Corporation (Sunflower) seeks input from the public in preparing an Integrated Resource Plan (IRP) to be submitted to Western Area Power Administration (Western) pursuant to Federal Register Vol. 65, No. 62, dated March 30, 2000/ Rules and Regulations Part 905- Energy Planning and Management Program.

The purposes of the IRP are to meet the objectives of the Energy Planning and Management Program (EPAMP) of Section 114 of the Energy Policy Act of 1992

(EPAct) and to extend the long-term firm power resource commitments of Western while supporting customer integrated resource planning; demand-side management (DSM), including energy efficiency, conservation, and load management; and the use of renewable energy.

You are invited to attend a meeting to be held at the Hadley Center, James Room, 204 West 8th Street, Hays, Kansas, on April 13, 2009, from 9:30 a.m. to 12:00 p.m. The purpose of the meeting is to obtain public input into Sunflower's planning process for new energy resources in order for Sunflower to provide adequate and reliable services to its Members, and its Members' electric consumers. Topics include, but not by limitation, new generating capacity, power purchases, energy conservation and efficiency, cogeneration, heating and cooling applications and renewable resources. In addition, you may submit written comments to Sunflower at the address stated below. All written comments must be received no later than April 30, 2009.

SUNFLOWER ELECTRIC POWER CORPORATION
301 W. 13th Street
Hays, Kansas 67601
(785) 628-2845

Application filed to dispose of saltwater

Published in The Saint Francis Herald, St. Francis, Kansas, and Bird City Times, Bird City, Kansas, March 26, 2009 (13)

BEFORE THE STATE CORPORATION COMMISSION

OF THE STATE OF KANSAS

NOTICE OF FILING APPLICATION

RE: Noble Energy, Inc. - Application for a permit to authorize the disposal of saltwater into the Ketzner SWD #1 located in Cheyenne County, Kansas.

TO: All Oil & Gas Producers, Unleased Mineral Interest Owners, Landowners, and all persons whomsoever concerned.

You, and each of you, are hereby notified that Noble Energy, Inc. has filed an application to increase maximum injection rate into the Cedar Hills formation at the Ketzner SWD #1, located in the NW1/4NW1/4 of Section 9, Township 3 South, Range 38 West in Cheyenne County, Kansas, from 1500 bbls per day to 3000 bbls per day.

Any persons who object to or protest this application shall be required to file their objections or protest with the Conservation Division of the State Corporation Commission of the State of Kansas within thirty (30) days from the date of this publication. These protests shall be filed pursuant to Commission regulations and must state specific reasons why granting the application may cause waste, violate correlative rights or pollute the natural resources of the State of Kansas.

All persons interested or concerned shall take notice of the foregoing and shall govern themselves accordingly.

Noble Energy, Inc.
1625 Broadway, Suite 2200
Denver, CO 80202
Attention: Brittany Rothe
303-228-4032

Invitation for bids at county airport

Published in The Saint Francis Herald, Kansas, St. Francis, and Bird City Times, Bird City, Kansas, Thursday, March 19, Thursday, March 26 and Thursday, April 2, 2009.

INVITATION FOR BIDS
CHEYENNE COUNTY AIRPORT
AUTHORITY
ST. FRANCIS, KANSAS
CHEYENNE COUNTY MUNICIPAL AIRPORT
PROJECT NO. 3-20-0077-05/07

Sealed bids will be received until 2:00 p.m. local time, on April 8, 2009, at Yost Farm Supply, PO Box 1080, East Highway 36, St. Francis, Kansas 67756 and then publicly opened and read aloud, for furnishing all labor, materials and equipment and performing all work necessary to reconstruct, widen, and light Runway 14R/32L. In general, this work will require the following:

6" CONCRETE PAVEMENT WITH AGGREGATE BASE (26,524 SY); PAVEMENT REMOVAL (18,694 SY); UNCLASSIFIED EXCAVATION (10,516 CY); RUNWAY LIGHTS (46 EA); 7.5KW REGULATOR; ELECTRICAL IMPROVEMENTS; PAINTING (19,985 SF); SEEDING

Plans, specifications, and bid documents are available for viewing at:
Olsson Associates, 1111 Lincoln Mall, (P.O. Box 84608), Lincoln, Nebraska 68501
Olsson Associates, 701 4th Ave., Ste. 2C, Holdrege, NE 68949
Cheyenne County Municipal Airport, St. Francis, Kansas, 67756
Central Nebraska Plan Service, 4006 W. Redwood Dr., North Platte, NE 69101
Kansas Construction News, 230 Laura St., Ste 101, Wichita, KS 67211

A complete set of plans, specifications and contract documents may be obtained from Olsson Associates at the above Lincoln address for a fee of \$50 (nonrefundable). Questions regarding bids shall be directed to Diane Hofer, P.E., consulting engineer at the above address or phone (402) 474-6311.

Contractors may inspect the project site by arrangement with Grace Flying Services, Inc., located on the airport, PO Box 827, St. Francis, Kansas, 67756, (785) 332-2251.

Contractors bidding shall be pre-qualified by KDOT to construct Portland Cement Concrete Pavement (Work Class G) or as required by the Instructions to Bidders.

Each proposal must be accompanied by a bid guaranty in the amount of five (5) percent of the total amount of the bid. The bid guaranty may be a cashier's check, a certified check on a solvent bank or a bid bond made payable to Cheyenne County Airport Authority.

This project is subject to the requirements of the Davis-Bacon Act, as amended. The Contractor is required to comply with the wage and labor requirements and to pay minimum wages in accordance with the schedule of wage rates established by the United States Department of Labor.

This project is subject to the requirements of 49 CFR Part 26 Disadvantaged Business Enterprise Participation. The Airport Sponsor has established a contract goal of 2.4% participation for small business concerns owned and controlled by qualified disadvantaged business enterprises (DBE). The bidder shall make and document good faith efforts, as defined in Appendix A of 49 CFT Part 26, to meet the established goal.

Award of contract is also subject to the following Federal provisions:

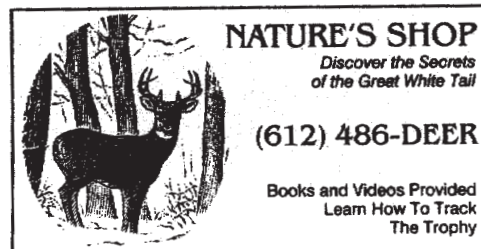
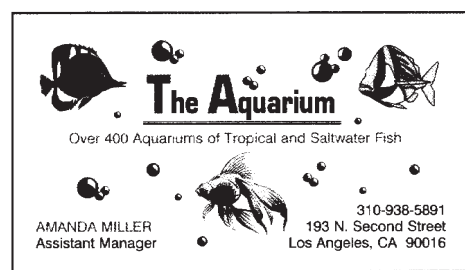
- Executive Order 11246 and DOL Regulation 41 CFR PART 60 - Affirmative Action to Ensure Equal Employment Opportunity
- DOL Regulation 29 CFR Part 5 - Davis Bacon Act
- DOT Regulation 49 CFR PART 29 - Governmentwide Debarment and Suspension and Governmentwide Requirements for Drug-free Workplace
- DOT Regulation 49 CFR PART 30 - Denial of Public Works Contracts to Suppliers of Goods and Services of Countries that Deny Contracts to Suppliers of U.S. Contractors (Foreign Trade Restriction).
- TITLE 49 United States Code, CHAPTER 501 - Buy American Preferences

By: Cheyenne County Airport Authority
St. Francis, Kansas

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