



EMTS WENDY WHITE and Teri Morris answer questions about the ambulance during the St. Francis Emergency Building open house held on Saturday.

Herald staff photo by Casey McCormick

Moments With Mila

Be on tick lookout

By Mila Bandel



County Health Nurse

Although the prospect of contracting Lyme disease or other tick-borne diseases is a concern to us all, there is no need to avoid the woods or outdoors. You can still enjoy a healthy outdoor lifestyle as long as you know how to properly take preventative measures against these diseases.

Ticks are bloodsucking external parasites that feed on humans, wild and domestic mammals, bird, reptiles and others. They are totally dependent on the blood/tissue fluids of the host. The longer an infective tick feeds, the greater the chance of infection.

Ticks like to rest on low-lying

brush and 'catch a ride' on a passing animal or person. The areas that hold a high risk of tick infestation are wooded areas, low-growing grassland, and the seashore. You should exercise caution where you go.

To reduce your chance of getting a tick-bite:

Avoid tick infested areas, when possible. Avoid short-cuts through heavily wooded, tick-infested areas. Use caution when you are entering tick-infested areas. Stay in the center of paths, avoid sitting on the ground, and conduct frequent tick-checks.

Dress properly. Wear light-

colored clothing. This allows you to more easily see ticks on your clothing and gives you the opportunity to remove them before they can attach to your skin and feed. Wear a long-sleeved shirt and long pants. This reduces the skin area exposed to ticks. Also, tuck your shirt into your pants and pants into your socks. This keeps the ticks on the outside of your clothing and thwarts their efforts to crawl onto your skin. However, during warm or hot weather, this is not practical. So, if this advice is ignored, it is suggested that you increase your vigilance in conducting tick-checks.

Use Environmental Protection Agency-approved tick repellents. During the summer months, it can be inconvenient to wear pants and long-sleeved clothing, so using repellents can help protect yourself from ticks. Wash off the repellents when you return inside, and children should always have an adult apply the repellent for them.

Conduct frequent tick-checks. This includes a visual inspection of the clothing and exposed skin. Be sure to check the scalp, behind the ears, and behind any joints.

Remember to check your pets too! This is not only for your pets' safety but for your family's as well. Pets can bring ticks in from outside and put you and your family at risk for infection.

Tick removal procedure;

- Use fine-point tweezers to grasp the tick at the place of attachment, as close to the skin as possible.

- Gently pull the tick straight out.

- Wash your hands, disinfect the tweezers and bite site.

- Call the clinic for a medical provider to determine if treatment is warranted.

- Watch the tick-bite site and your general health for signs or symptoms of a tick-borne illness. Make sure you mark any changes in your health status on your calendar.

Moments With Mila

By Mila Bandel



County Health Nurse

Swimming pool safety

Summer time is here and it's the time of year when the swimming pools are full with kids. Pools and spas can be lots of fun. But they can also be very dangerous, especially to children. June is National Safety Home month and the home safety council encourages families to follow the safety steps below to avoid injuries in and around pools and spas.

- When children are in or near the water, a grownup should watch them very carefully. Do not take your eyes off them. Older children should not be left in charge of younger children in the pool area.

- If you have a pool or spa, install a fence that goes all the way around it. The fence should close and latch by itself. It should be at least 5-feet high.

- Always keep gates closed and latched. Never prop a gate open.

- Do not leave furniture near the fence that would enable a child to climb over it.

- Keep the pool area clear of things you could trip on.

- Keep a cordless, water resistant telephone with emergency numbers posted in the pool area.

- Keep pool-side rescue equipment close by. Equipment should include a rescue pole measuring at least 10-12 feet and a ring buoy with line. Do not allow children to play with these tools.

- Keep a life vest on hand. Anyone who is not a good swimmer should wear a vest.

- Use plastic instead of glassware in the pool area.

- For extra safety, use a pool alarm to alert you if someone falls into the pool. Recent studies show that sub-surface pool alarms are most effective. These alarms are not substitutes for adult supervision of children.

- Keep spas and hot tubs covered and locked when not in use.

- Remove excess water from pool and spa covers.

- Completely remove pool and spa covers before anyone gets in.

- Chlorine-based pool care products can explode and catch on fire. Always follow manufacturer's instructions when using pool chemicals and store chemicals in a dry place away from heat sources.

- Lock all pool chemicals in a secure cabinet out of children's reach.

Drowning is a leading cause of home injury deaths...especially for children. Many children drown in pools and spas. It can happen very fast and you won't hear it. To prevent a tragedy, the Home Safety Council offers the following tips:

- If you have a pool party, have grownups take turns watching the children at all times.

- Enroll non-swimmers in swimming lessons taught by a qualified instructor.

- Never swim alone. Even adults should swim with a buddy.

- Learn how you would save someone in trouble. Learn first aid and cardiopulmonary resuscitation. Make sure that anyone who cares for your children learns cardiopulmonary resuscitation.

- Post cardiopulmonary instructions near the pool area.

- The pump in a pool or spa creates powerful suction at the drain which can trap a swimmer under water. Teach children to stay away from drains, grates and filters.

- Tie up long hair before swimming. Pool drains should have a cover. For added protection, consider purchasing a safety guard to install over the drain.

- Never leave toys in or around the pool when you are not there.

- Teach children the "rules of the pool." Remind them often.

- Stay out of the pool during severe weather and thunderstorms, especially if lightning is forecast or present.

- If a child is missing, check the pool area first.

Request for referendum made

Jack Salava, Acting State Executive Director of Department of Agriculture's Farm Service Agency in Kansas announced that the agency will offer soybean producers the opportunity to request a referendum on the Soybean Promotion and Research Order, as authorized under the Soybean Promotion, Research, and Consumer Information Act.

The Request for Referendum will be conducted at Farm Service Agency offices. To be eligible to participate, producers must certify and provide documentation that shows that they produced soybeans and paid an assessment on the soybeans during the period of Jan. 1, 2007, through Dec. 31, 2008.

Beginning May 4, and continuing through May 29, producers may obtain a form by mail, fax, or in person from the Farm Service Agency county offices. Forms may also be obtained via the

internet at www.ams.usda.gov/lsmarketingprograms during the same time period. Individual producers and other producer entities may request a referendum at the county Farm Service Agency office where their administrative farm records are maintained. For the producer not participating in the agency's programs, the opportunity to request a referendum will be provided at the county agency office where the producer owns or rents land. Completed forms and supporting documentation must be returned to the appropriate county office by fax or in person no later than close of business May 29; or if returned by mail, must be postmarked by midnight May 29, and received in the county Farm Service Agency office by close of business on June 5.

The Department of Agriculture will conduct a referendum if at least 10 percent of the nation's

589,182 soybean producers support a referendum. Not more than one-fifth of the producers who support having a referendum can be from any one state.

The soybean check-off program is administered by a 68-member producer board and is designed to expand uses of soybeans and soybean products in domestic and foreign markets. The national program is financed by a mandatory assessment of one-half of 1 percent of the net market price of soybeans.

For more information, contact the Marketing Programs Branch; Livestock and Seed Program, AMS, USDA; STOP 0251 - Room 2628-S; 1400 Independence Avenue, SW; Washington, D.C. 20250-0251; tel. (202) 720-1115; or via the Internet at www.ams.usda.gov/lsmarketingprograms or your local Farm Service Agency office.

Cookin' with Peg

By Peggy Horinek
phorinek@mwkansas.com

Appetizers are always a highlight of a party or to take away those hunger pains while you're waiting for that delicious meal to be served. Even people who don't care that much for spinach usually admit that they like these. The spinach balls are a great item to keep in the freezer and then pop in the oven when you have unexpected company.

Spinach Balls

2 packages (10 oz. each) frozen chopped spinach, cooked according to package directions and drained well.

2 cups one-step chicken flavored stuffing mix

1 cup grated Parmesan cheese

6 large eggs, lightly beaten
1-1/2 sticks (3/4 cup) butter or margarine, at room temperature
1/2 teaspoon salt
Pepper to taste

Mix all ingredients together until well blended.

Roll level tablespoons of the mixture into balls the size of a walnut (you should end up with around 60 balls. Arrange them on a jelly roll pan, close but not touching. Freeze them until hard and then place in a gallon size zip lock bag.

To serve, heat oven to 350 and place balls on jelly roll pan and bake 15 to 20 minutes or until hot and firm enough to pick up.

what the producer would normally apply for a particular yield. If nitrogen is 50 cents per pound, saving 10 pounds per acre by using soil test recommendations reduces costs by \$5 per acre and reduces a potential hazard to the environment from applying too much fertilizer.

For more information, contact the Cheyenne County Extension Office at 785-332-3171.

Soil tests are profitable

During 2008, Kansas residents sent more than 80,000 soil samples to labs - including 15,000 to the K-State lab - for testing. After receiving test results, the local extension agent makes recommendations, since applying too much or too little fertilizer can reduce profits.

For example, assume that soil test recommendations for nitrogen are 10 pounds per acre lower than

Upcoming Promotions

For more information contact Casey McCormick at:



The Saint Francis Herald

Bird City Times

P.O. Box 1050, St. Francis, KS 67756 • 785-332-3162

Tri-State Antique Engine & Thresher Show

Featuring stories about the demonstrations, buildings, history, shows and Queens.



Cheyenne County Fair



Featuring 4-H'ers, fair and carnival activities, schedule of events and other interesting happenings at fair time.

Business Directory

To list your business, call 785-332-3162.



Bison

Rx compounding & Therapy
James E. Hampton, RPh, PCCA Member
416 State Street, Suite A
Atwood, Kansas 67730
(785) 626-3237 • (800) 696-3214
Bison Rxcompounding@atwoodtv.net

Customized prescriptions for patients with unique medical situations requiring unique medical solutions.



DISH Network

Sunflower Satellite Sales and Repairs
Randy Lee
Goodland, KS 67735
785-728-7103

DISH Network upgrades, new installs, receiver and TV add-ons, new home cable work for TV's. Satellite systems for homes, trucks, and RV's.
* Get your local channels with a converter box. Only \$50!



Designs By Dawn

Dawn Miller

Owner

117 W. 2nd

Bird City, Kansas 67731

Aquage • Redken • Crew • Nioxin • O.P.T.



Mobe's

Archery Supply

Josh Moberly

1430 Rd. 6 - St. Francis, KS. 67756
970-630-1196 Call for business hours & Services
email: MobsArchery@Live.com

Complete Bow Shop & Services