

Health Fair Set for Oct. 4 thru 8

By Mila Bandel
County health nurse

It is time for the fall Cheyenne County Health Fair.

The county hospital, clinic and health department will be sponsoring the fair on Oct. 4 - 8 for men and women. There are two lab exams available - the lab profile will be a chemistry panel with thyroid (TSH) and lipid panel; and prostate-specific antigen (PSA) test. The lab draws will be offered for three mornings in St. Francis and one morning in Bird City.

What does some of the lab work mean?

Chemistry panels are groups of tests that are routinely ordered to determine a person's general health status. They help evaluate the body's electrolyte balance and/or the status of several major body organs. The tests are performed on a blood sample, usually drawn from a vein in the arm.

The thyroid test is often the test of choice for evaluating thyroid function and/or symptoms of hypothyroidism. A high test result often means an underactive thyroid gland that is not responding adequately to the stimulation of test due to some type of acute or chronic thyroid dysfunction. A high test value can also occur when patients with a known thyroid disorder (or those who have had their thyroid gland removed) are receiving too little thyroid hormone medication.

A low test result can indicate an overactive thyroid gland (hyperthyroidism) or excessive amounts of thyroid hormone medication in those who are being treated for an underactive (or removed) thyroid gland.

The lipid profile is a group of tests that are often ordered together to determine risk of coronary heart disease. They are tests that have been shown to be good indicators of whether someone is likely to have a heart attack or stroke caused by blockage of blood vessels or hardening of the arteries (atherosclerosis). The lipid profile typically includes:

- Total cholesterol
- High density lipoprotein cholesterol (HDL-C) - often called good cholesterol.

- Low density lipoprotein cholesterol (LDL-C) - often called bad cholesterol triglycerides.

- Prostate-specific antigen (PSA) is a protein produced by cells of the prostate gland. The prostate test measures the level of prostate-specific antigen in men's blood. It is normal for men to have a low level of prostate-specific antigen in their blood; however, prostate cancer or benign (not cancerous) conditions can increase a man's prostate-specific antigen level. As men age, both prostate-specific antigen and prostate cancer become more common. The most frequent benign prostate conditions are prostatitis (inflammation of the prostate) and benign prostatic hyperplasia (enlargement of the prostate). There is no evidence that prostatitis or benign prostatic hyperplasia causes cancer, but it is possible for a man to have one or both of these conditions and to develop prostate cancer as well. A man's prostate-specific antigen level alone does not give doctors enough information to distinguish between benign prostate conditions and cancer. However, the doctor will take the result of the prostate-specific antigen test into account when deciding whether to check further for signs of prostate cancer.

Lab draws dates, times and location: Oct. 4, 5 and 6 from 7 to 10 a.m. daily in the basement of the St. Francis clinic and health department.

On Oct. 5 and 6, from 7 to 10 a.m., the lab draws will be held at the Bird City Clinic.

No appointment is needed. Remember to fast for the chem panel lab test (nothing to eat or drink except water after midnight). Note: People can take their prescription medication prior to the lab draw that morning.

A female exam that includes a breast and pelvic exam with pap smear, the male exam will include a prostate check will also be offered. The exam dates include the afternoon of Oct. 6, all day on Oct. 7 and Oct. 8. The exams will be at the clinic in St. Francis.

The fee is due at time of service and will not be billed to insurance.



JASON AND TRAVIS HOWARD of Howards Tri-State Construction work at 2nd Beginnings. The grand re-opening is scheduled for Oct. 1. Times photo by Norma Martinez

Association to host first concert of the season Sunday

The city of Goodland will be hosting the first Western Plains Arts Association program of the 2010-11 season on Sunday, Sept. 12. Bummer the Drummer and the Kansas City Street Band will present a rock 'n soul concert of soul music, jazz, and blues.

Glen "Bummer the Drummer" Ward studied music as a youngster and, along with clarinet, sax, and sousaphone, picked up the drum kit, conga drums, resonator bottleneck acoustic guitar, electric guitar, and electric bass. As fate would have it, the drum kit and conga drums turned out to be his predominant instruments of choice, with his guitar work following a close second.

As the story goes, the nickname "Bummer" came from family and friends who gave him the name because of a brief stint he spent as a youngster as a prizefighter. They stole the "Brown Bomber" nickname from legendary heavy weight champion prizefighter Joe Louis, shortened it to Bomber and immediately corrupted the pronunciation into what we now know as Bummer. Naturally in later years when the drumming and singing came into being, the name "Bummer the Drummer" was the end result.

As 1977 rolled around, Bummer was back in Missouri living in Kansas City, Mo., where he started his own horn band, "The Kansas City Street Band" consisting of guitar, bass, drums, saxophone, trumpet and trombone. Bummer and the Street Band worked the Kansas City, Mo., nightclub circuit and toured extensively throughout the Midwest. The band developed a reputation as a top-notch "rock-n-soul" act playing cover songs interspersed

with originals, mostly written by Bummer. Since The Kansas City Street Band's inception, Bummer and the band have evolved into a dynamic "rock n soul" force that has toured all over the USA, playing nightclubs, concerts and music festivals. Bummer and his band have opened shows for blues guitar legends "John Lee Hooker", Buddy Guy", "Albert King", and "Robert Cray" as well as harmonica virtuoso "Charlie Musselwhite", and "The Queen of the Blues, Koko Taylor".

Bummer the Drummer and The Kansas City Street Band brings to the stage the kind of intensity and showmanship that

can only be attained by years of touring. They have released two compact discs and have a third to be released sometime later this year. Bummer and the Street Band delight audiences everywhere, playing the "in the pocket grooves", "hard driving blues shuffles", "danceable upbeat funk" and some of the best "ballads" this side of heaven. Their performance will be Sunday, Sept. 12, in the Goodland High School auditorium, 2 p.m. mountain time, 3 p.m. central time. Admission is with Western Plains Arts Association season ticket, or at the door.



Kamla

Introducing

Dylan Lee Kamla

Dylan Lee Kamla was born to Ron and Susan Kamla at Presbyterian/St Luke Hospital in Denver, Colo., on July 20, 2010. He weighed 4 pounds, 4 ounces and was 18-inches long. Welcoming Dylan home is Austin, 16, and Kate, 5.

Grandparents are Marvin and Kaye Kamla of Haigler, Neb. and Howard and Kathy Titus of Springview, Neb.

Festivities planned for Beecher Island

It's time once again to make plans to attend the 111th Beecher Island Reunion. This year's reunion will take place on Saturday and Sunday, Sept. 18 and 19.

"There will be fun activities for the entire family," said Mark Mahlberg.

Earlier, a small tornado came through Beecher Island and tore the roof off the auditorium. Workers have come together and the roof and many of the improvements will be made before the reunion, Mr. Mahlberg said.

Award-winning performers, Jeanne and Jerome will present the "Call of the West" at 7 p.m. on Saturday evening. Special guest will be Jon Messenger, a World Music Awards nominated songwriter.

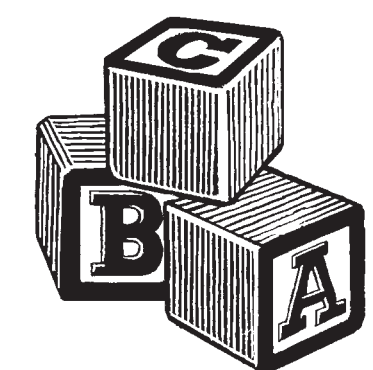
Sunday afternoon at 1 p.m., Loretta Thompson's western trio

will perform. The song, "Arikaree" will be sung by Sara Drohan and John Hayden will present the history of Beecher Island.

Among the events planned will be races and games for all ages with cash prizes, a pedal tractor pull, black powder shooting and music.

There is plenty of room for campers from the smallest tent to the big RVs, Mr. Mahlberg said. Food and drinks will be available all weekend.

Look for a complete schedule in this issue of *The Herald*.



Club Clip

McDonald Area Development

The McDonald Area Development met on Wednesday, Sept. 1, with seven members present. Ray Johnson said that the painting at the Highway 36 Park was completed and looks good.

A discussion was held on the Ice Cream Social. It went over good, and the talent numbers were good.

Lois Morelock reported on the Treasure Hunt which will be held on Sept. 17-19. Seven homes have signed up for the

garage sales, and 13 tables have been reserved at the Legion Hall. McDonald Area Development will serve cinnamon rolls and coffee during the garage sales.

Bill Schaff is making a Nativity Scene to be given as the blackout prize at the Christmas Day event.

Election of officers will be held in October. Dues will also be due. The Halloween Soup Supper was discussed and will be finalized at the October meeting.



The Cheyenne County Treasurer's Office will be **CLOSED** on **Tuesday, September 21, 2010**

for training from the state.

We apologize for any inconvenience this may impose on anyone!

House for sale by auction

424 N. Elk, Oberlin, Kansas
Tuesday, September 28
4 p.m.



2,767 Sq. Feet, 2 car garage.

\$5,000 deposit due at sale, closing within 30 days.

Seller will pay taxes up to closing date.

For more information, or to see the home, call Dick Kelsey at 316-706-5845

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owner/manager

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785-567-8113 - cell

Steve Freeland, St. Francis, field rep.

785-772-7072

Household Hazardous Waste Roundup!

Do You Have Any Unwanted Products Stored at Home!

MARK YOUR CALENDARS!

Cheyenne County will hold a Household Hazardous Waste Collection Day on **Saturday, Sept. 18 from 1:00 p.m. to 3:00 p.m.** at the Cheyenne County Landfill.

Materials accepted include paints, solvents, cleaners, pesticides, aerosol cans, batteries and used oil. Automobile lead acid batteries will be accepted. Please have the materials in sturdy boxes for easy and quick unloading. Have your used oil in disposable containers. Farm chemicals, appliances, tires, yard waste, explosives, school lab chemicals, medical waste, radioactive waste, ammo, compressed gas cylinders (propane), asbestos, dioxins or silvex will not be accepted. Program organizers reserve the right to reject delivery of materials.

Participants are asked to leave all materials in their original containers. If the container is leaking, pack the container "as is" in another larger container and label it clearly. If another container is used, be sure it is clearly labeled. Do not mix contents of different containers. Securely package materials before transporting. Do not carry open containers of liquids with strong odors or spill potential in a closed automobile. Pack the containers so they won't tip, break or spill during travel. Waste oil should not contain gasoline, solvents, decreases, paint or antifreeze. Keep all household hazardous waste away from children and animals.

Due to KDHE regulations these are items that can't be picked up during the City-Wide Cleanup later in the month. You do not need to call prior to bringing items to the Landfill. If you have questions, please call the Landfill at 785-332-8842, Tuesday through Saturday.

No Household Hazardous Waste items accepted early or after the clean up date.