

# Vaccination clinic scheduled in Sainty Friday, Oct. 1

There will be a seasonal Influenza Vaccination Clinic scheduled for Friday, Oct. 1, at the Cheyenne County Health Department. This clinic will run from 7:30 a.m. to 4:30 p.m. No appointment is needed for this flu clinic.

The clinic is located in the basement of the Cheyenne County Clinic. People may take the elevator to the basement floor or use the stairway to the basement flu clinic.

Why get vaccinated? The flu is a contagious disease caused by the influenza virus. It can be spread by coughing, sneezing, or nasal secretions.

Infants, the elderly, pregnant women, and people with certain health conditions...such as heart, lung, kidney disease or a weakened immune system are at highest risk for the influenza virus and can get much sicker. Flu can cause high fever and pneumonia, and make existing medical conditions worse.

The 2010-2011 influenza

vaccine will protect against an influenza A H3N2 virus, an influenza B virus and the 2009 H1N1 virus. By getting vaccinated you can protect yourself from influenza and may also avoid spreading influenza to others. It takes up to two weeks for protection to develop after the shot. Your protection with the vaccine should last about one year.

All people 6 months of age and older are highly recommended to get vaccinated against the flu virus. Vaccination is especially important for people at higher risk of severe influenza and their close contacts, including healthcare personnel and close contacts of children younger than 6 months of age.

There are two types of influenza vaccine: The first one is an inactivated (killed) vaccine given by a needle injection into the muscle. The second is a live, attenuated (weakened) influenza vaccine. This one is sprayed into the nostrils. The Center for

Disease Control (CDC) highly recommend the people who got the 2009 H1N1 (pandemic) influenza should still get the 2010-2011 seasonal flu vaccine.

The Center for Disease Control states that the risk of a vaccine causing serious harm, or death, is extremely small. Serious problems from inactivated influenza vaccine are very rare. Mild problems with the vaccine include: soreness, redness, or swelling where the shot was given; fever; aches. If these problems occur, they usually begin soon after the shot and last 1-2 days.

People with an egg allergy should not get the vaccine. If you had a severe reaction after a dose of influenza vaccine, or had Guillain Barre Syndrome ask your medical provider prior to getting a flu shot. Your medical provider will help you decide whether the vaccine is recommended for you.

For more information contact the Cheyenne County Health Department at 785-332-2381.



GROVES OF WILD TURKEYS are busy eating the grain left on the ground after the silage has been cut. Times staff photo by Norma Martinez

## Signs of fall are in the air; farmers are busy in the fields

By Norma Martinez  
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Just southeast of Bird City along Road 34, the silage cutters are leaving fine clouds of silage dust and dirt as they race down the roads to the granaries.

The cool weather stopped them last Thursday and the sunny weather on Friday had them up and running once again. The areas that have been cut are attracting groves of turkeys eating up the grains left on the ground.

City visitors who come here are not only interested in the agricultural fields, but fascinated by the wild life that inhabits the corn fields and groves of trees. The pheasants are a big attraction but the wildlife that stands out the most are the wild turkeys.

In Gary and Karol Seymour's

yard, they are seen perched on the fence and in the yard. At night they roost high up in the trees across the street in the natural habitat area.

Friday morning groves of turkeys were in Ray Martinez's yard eating cracked corn that had been scattered to reward the egg laying chickens. It looks

like they are all gathering and getting ready to move on to their winter habitat. Maybe the announcement of "dove season" tells them it will soon be open season on them.

The brisk cool air definitely tells us fall is here and winter is just around the corner.



THE SENIOR CLASS decorates their corner. Adrian Garcia is busy checking out the letters. Times staff photo by Norma Martinez

**Retirement Reception**  
Gary Rogers  
Wed., Sept. 22 • 4-6 p.m.  
at the Emergency Building  
Everyone Welcome

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!

**Farm Bureau Financial Services has an excellent business opportunity waiting for you.**  
We're looking for people with the right skills to fill positions in the St. Francis-Bird City area. The right candidate is someone who possesses:

- An entrepreneurial attitude
- Personal & financial success
- A natural drive to succeed
- Interest in helping others

If you are interested in joining our team, send your resume and cover letter to [Lisa.Fairbanks@fbfs.com](mailto:Lisa.Fairbanks@fbfs.com) or go to [www.wheremybusinessbegins.com](http://www.wheremybusinessbegins.com). Sales experience not required.

**EMPLOYMENT OPPORTUNITY AT CHEYENNE COUNTY HOSPITAL**

We are seeking a Human Resources Director to perform all activities related to the hospital and clinic staffs including but not limited to payroll, benefits, recruitment and selection, performance evaluations and employee relations. Experience and Bachelor's Degree are preferred.

Cheyenne County Hospital offers competitive wages and a comprehensive benefit package. Cheyenne County Hospital is an equal opportunity employer. Please go online to learn more or email [llacy@cheyennecountyhospital.com](mailto:llacy@cheyennecountyhospital.com) [www.cheyennecountyhospital.com](http://www.cheyennecountyhospital.com)

### Bird City News

Mr. and Mrs. Matt Allen of Dorsch. On Saturday evening Kansas City were weekend they were brief visitors of Mr. guests of Mr. and Mrs. Keith and Mrs. Norman Dorsch.

### Go Cougars

**Flu Season is Here!**  
Get your flu shot at **Krien Pharmacy**  
**No appointment Necessary!**  
Stop in during regular business hours to visit with our knowledgeable staff and receive your flu shot  
**More than just flu shots! Other vaccinations available: Pneumonia, Tetnus, Zostavax (shingles)**

**Krien Pharmacy**  
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**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.**