

Moments with Mila

By Mila Bandel
County Health Nurse

If you think vaccines are just for kids, think again!

Grown-ups need to be immunized too. Adults need the protection that only vaccines can give to keep them on the go - and out of the hospital - as they enjoy the many blessings of life in the Sunflower state.

But results of a large national survey released last month show that most adults aren't getting the vaccines they need. Foregoing the full range of doctor-recommended vaccines, these adults are making themselves - and those around them - vulnerable to serious infections.

Throughout America, we are doing better this year than ever before in seeing that young children receive all the vaccines they should, said Dr. Eberhart-Phillips, Kansas State Health Officer and director of health in the Kansas Department of Health and Environment. More than 90 percent of preschool children now receive most of the vaccines that pediatricians recommend, and many of the leading infectious killers of children have virtually disappeared as a result.

But the picture is not so rosy for adults, he said.

Nowadays, more than 95 percent of the 50,000 Americans who die each year from vaccine-preventable diseases are over 18 years of age. Hundreds of thousands of other adults are hospitalized because of these infections every year, at a cost well over \$10 billion, not including the value of time lost from work.

Influenza, which can be prevented with an annual dose of vaccine, causes the single largest burden - more than 200,000 hospitalizations in a moderately severe season. Uptake of influenza vaccine is improving, but routine flu immunization still isn't happening for a third of persons over 65 years of age or nearly two-thirds of high-risk, younger adults who have underlying chronic diseases.

But adults today need more vaccines than a yearly flu shot. Consider these sobering facts:

- Unimmunized adults now account for nearly half of the million-plus whooping cough cases occurring each year in the United States. Whooping cough, also known as pertussis, has become epidemic in many states and threatens to erupt in Kansas this winter.

While adults rarely die from whooping cough, they are often responsible for exposing babies to pertussis bacteria. Infants too young to be fully immunized themselves are at high risk of death from exposure to pertussis, as was the case for a 2-month-old Kansas child who died from the disease last year.

- About 41,000 adults suffer each year from invasive pneumococcal disease, the leading cause of community-acquired pneumonia. Nearly one in eight of these adults will die from the disease, but only about two-thirds of adults over 65 years of age have gotten themselves protected by receiving a single, one-time dose of pneumococcal vaccine.

- More than 6 million women are infected each year with human papillomavirus (HPV), the

major cause of cervical cancer. Approximately 70 percent of these cancers are preventable with the vaccine, given in three doses to women under age 26 years. But fewer than one in five such women have gotten the shots.

- More than 1 million older Americans suffer each year from shingles, a painful rash that results from the reactivation of the chickenpox virus acquired earlier in life. Often a case of shingles will trigger a post-herpetic neuralgia, a debilitating pain syndrome that lasts for months or years.

The vaccine against shingles is recommended for people over 60 years of age, but barely half of adults know about the vaccine, and just 10 percent of eligible Americans have received it.

Improving vaccination rates
What can be done to improve vaccination rates among adults?

Clearly, doctors and other health care providers need to play an active role in promoting adult immunization, committing whenever possible to make vaccines easily available for their adult patients. One recent survey found that 87 percent of adults would accept vaccination if their doctor recommended it, while only 41 percent said they would ask to get a vaccine if their doctor did not mention it.

Another need is for greater public awareness. Fully 40 percent of adults in another recent survey believed that because they had received vaccines during childhood they did not need them again. A third of the respondents said they weren't too concerned about catching the diseases that vaccines prevent, and an almost equal number said they had read or heard that adult vaccines are not safe.

Make no mistake about it: Immunization is an important part of a healthy adult lifestyle. The diseases that vaccines prevent in adults are serious and sometimes deadly. And the vaccines approved for use in adults have all been proven to be safe and effective for the whole population, excluding those few with valid medical contraindications.

Is today the day you will see your health care provider to get the vaccines you need?



CALEB KELTZ (2), attempts to shoot a hoop while a nearby opponent tries to block his shot. Times photo by Darci Schields

Cheylin wins the game against Healy

By Betty Jean Winston
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Cheylin split their games this week with a loss to Hitchcock County on Tuesday by the score of 50-46 and a 69-56 win over Healy on Friday.

The final two weeks of regular season games had begun with playoffs beginning the week of Feb. 28.

Vs Hitchcock County
Hitchcock County came on strong in the final quarter and moved past

the Cheylin Cougars for a 50-46 win. Cheylin had the advantage 35-32 at the end of three but Hitchcock County was the victor. The teams were tied at 25 at the half. Cheylin had a scoring run in the first quarter with 19.

Adrian Garcia was the leading scorer in this contest having 14 points. He had six field goals and two free throws. Seven other players also helped make the total of 46

The team was 9-of-15 at the free-throw line with Garcia being the only player hitting 100 percent (2/2)

Forty-four rebounds were collected with Garcia having 10 which made this a double-double game for him. Heath Antholz contributed nine boards.

Caleb Keltz and Ethan Young each had a block while C. Keltz had the most steals with three.

C 19 06 10 11 46
H 09 16 07 18 50

Scoring: Garcia 14, Antholz 7, Chris Walden 6, Young 6, Kenan Reeh 5, Dalton Magnani 3, C. Keltz 3, Joshua Keltz 2.

Rebounding: Garcia 10, Antholz 9, Walden 8, C. Keltz 6, Young 5, Reeh 2, J. Keltz 2, Magnani 2,

Vs Healy

Cheylin did not catch up to Healy on the scoreboard until the second half but from then on the Cougars were hitting the basket. The final score was Cheylin 69, Healy 56.

C. Keltz led the scoring in this game with 19 which included eight field goals and three free-

throws. He was followed by Walden with 17 points and Young with 10 points.

The team was 44 percent from the field with 26 successful shots out of 59 attempts. At the line they were 17-of-27. Young had the best percentage from the field with 63 percent (5/8) while Walden was 9-of-9 for a perfect 100 percent from the line..

Garcia and C. Keltz each had 12 rebounds out of a team total of 45.

There were only five steals in the game with Garcia having three. Walden, Antholz and C. Keltz each had three assists while J. Keltz had the only blocked shot.

C 11 19 20 19 69
H 17 16 15 08 56

Scoring: C. Keltz 19, Walden 17, Young 10, Garcia 9, Antholz 6, Magnani 5, J. Keltz 2, Reeh 1.

Rebounding: Garcia 12, Keltz 12, Young 9, J. Keltz 4, Antholz 4, Walden 2, Magnani 2,

Across the County

Birds are in special need of food in winter months

By Marty Fear
Extension Agent

Feeding birds may be a hobby for some people, but continuing to restock feeders in the harsh winter weather may actually save the lives of some birds.

"Severe winter weather is not only hard on people, but can be a life and death struggle for birds," said Ward Upham, extension associate with Kansas State University Research and Extension. "Though birds require water and shelter, food is often the resource most lacking during cold weather." Birds struggle to find natural foods in prolonged cold periods or winter storms. It is crucial to keep feeders well supplied with nutritional food during these times.

Though some birds will eat anything, most have a favorite food according to a University of Maine Extension publication, "Bird Feeding Basics." Black oil sunflower is a common seed most birds eat, and is the favorite of at least 14 birds. Mealworms, or larvae of small black beetles, are gaining popularity in retail bird seed and are attractive to birds as well. Niger seed is popular with American goldfinches. Fruit, jelly and baked goods are also attractive to birds.

The type of seed used and the birds you want to attract will determine the type of feeder you should use. Tray feeders are good for ground-feeding birds and can be used for seed, baked goods, fruit and nuts. Hopper and tube feeders are intended mostly for seed and keep the feed drier than tray feeders do. Basket feeders are good for suet, fruit and other large food items.

Cardinals, evening grosbeak, red-breasted nuthatch, blue jays and most finches like all types of sunflower seeds. White and red proso millet is a favorite of rufous-sided towhee, dark-eye junco, sparrows, morning doves and red-winged black birds. Dark-eyed juncos also like canary seed and fine cracked corn. Blue jays, Chickadee, tufted titmouse and red-breasted nuthatch like peanut kernels. Oil (black) and black-striped sunflower seeds are liked by chickadees, tufted titmouse, brown thrasher and mourning doves.

For more information, see the "Attracting Birds to Your Backyard" video at www.kansasgreenyards.org or the "Bird Feeding Basics" publication at www.extension.umaine.edu/publications.

Contact the Cheyenne County Extension office at 332-3171 or cfe@ksu.edu with questions or comments. Till next week - Marty

Reserve program signup offered again

There will be a Conservation Reserve Program (CRP) signup from March 14, through April 15, according to Adrian J. Polansky, state executive director of the U.S. Department of Agriculture's Farm Service Agency. This is the second consecutive year that the department has offered a general Conservation Reserve Program signup.

"Financial incentive available through Conservation Reserve Program affords farmers and ranchers a low risk opportunity to implement a variety of conservation practices that will benefit the environment in a number of ways," said Mr. Polansky. "Over the past 25 years, the program practices have improved water and air quality, increased wildlife habitat and prevented soil erosion."

Landowners enrolled in the Conservation Reserve Program receive annual rental payments and cost-share assistance to establish long-term, resource conserving covers on eligible farmland. Land that is not currently enrolled in the program can be offered during sign-up if all eligibility requirements are met. Program participants with contracts expiring this fall can make new contract offers during the signup period. Contracts awarded during

this general signup will become effective Oct. 1.

Conservation Reserve Program is authorized a maximum enrollment of 32 million acres. Nationwide there is currently 30,859,317 acres enrolled on 730,547 contracts with an estimated 5,040,883 acres to expire this fall. Kansas currently has 2,726,425 acres enrolled on 46,641 contracts with an estimated 532,067 acres expiring Sept. 30.

All Conservation Reserve Program offers are evaluated and ranked using an Environmental Benefits Index (EBI) that indicates the environmental benefits of enrolling land in the program. There are five environmental factors that make up the EBI: wildlife, water, soil, air, enduring benefits and cost. Decisions will be made following the end of the sign-up period and after analyzing Environmental Benefits Index data on all of the offers.

In addition to the general sign-up, the continuous Conservation Reserve Program sign-up program will be ongoing.

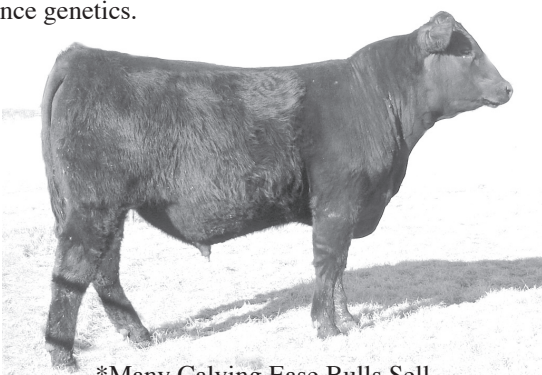
For more information, please contact the Farm Service Agency Office at the local Department of Agriculture Service Center or visit <http://www.fsa.usda.gov/crp>.

15th Annual Cattlemen's Choice Bull Sale
February 23rd, 2011 - 1:00 p.m. CST
Oakley Livestock Commission - Oakley, KS

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*Many Calving Ease Bulls Sell
*Winter Feeding Program
*Sight-Unseen Purchase Program

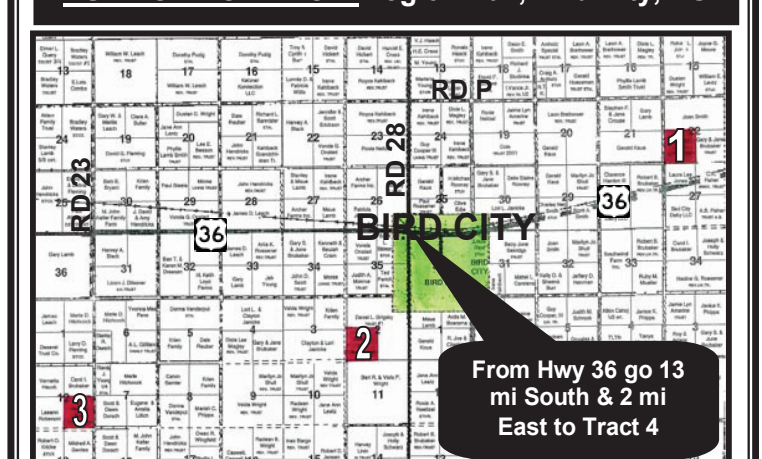
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