



LOGAN MCCARTY works to get some points during a match at the sub-state tournament held in Phillipsburg.
Times photo by Shawna Blanka

County health nurse gives tips on controlling bed bugs

**By Mila Bandel
County Health Nurse**

Recently there have been bed bugs found in Cheyenne County. Humans are generally responsible for introducing bed bugs into new areas; they have a limited home range, and spread slowly by themselves. So with some "will power," you should be able to eliminate the infestation using an integrated pest management approach.

Bed bugs are small, oval, non-flying insects that bite people. Bed bugs have flat bodies and may sometime be mistaken for ticks or small cockroaches. Bed bugs feed by sucking blood from humans or animals. Adult bed bugs are reddish brown in color, appearing more reddish after feeding on a blood meal.

Bed bugs can live in any area of the home and can live in tiny cracks in furniture as well as on upholstered furniture. They tend to be most common in areas where people sleep and generally concentrate in beds, including mattresses, box springs, and bed frames. They do not infest the sleeping surfaces of beds as commonly as cracks associated with the bed frame and mattress.

Other sites where bed bugs often live include curtains, edges of carpet, corners inside dressers and other furniture, cracks in wallpaper (particularly near the bed), and inside the species of wicker furniture. They are also found in clothing and bedding.

They spread by crawling and may contaminate multiple rooms in a home. They may also be present in boxes, suitcases, or other goods that are moved from place to place or from a hotel to home. Bed bugs can live on clothing from infested homes and may be spread by a person unknowingly wearing infested clothing.

Although bed bugs are not known to transmit disease, they are a pest of significant public health importance. Bed bug bites can be very itchy and irritating. Most welts heal in a few days but in unusual cases, the welt may persist for several weeks.

Usually an anti-itching ointment will help, but if bites become infected, people should see their medical provider. On humans, they tend to feed on exposed surfaces such as the face, neck, arms, and hands.

Preventing bed bug infestations is the best approach to getting rid of bed bugs. This involves thoroughly searching for bed bugs or signs of infestation in any suitable hiding place, such as bedding, upholstered furniture, or packing materials that might be introduced into your home.

You should search for feces, eggs and shed "skins" of larval bed bugs, as well as for active bed bugs. If you do encounter a bed bug infestation there are some options for pest management. You can call the Cheyenne County Health Department at 785-332-2381 for names of pest management companies that deal with bed bug infestations.

Besides pest management control you as a home owner or tenant can do some things. It is best to vacuum each area thoroughly, every day. Tilt the mattress, box spring, and furniture upside down so you can reach all sides. Concentrate on seams, creases, folds and around any tufts

or buttons.

Empty the vacuum immediately. If your vacuum has a bag, you can close the bag, and then place the bag in a freezer for at least 24 hours before disposing of it; this will kill the bed bugs.

Bed bugs are sensitive to extreme temperatures in all of their life stages; the young are more vulnerable than the adults. Throw your sheets, pillowcases, bed skirt, and blankets into a hot (140° F) dryer for 20 minutes to kill bed bugs.

Steam cleaning is another option if it is done thoroughly at a high temperature. Move your bed away from the wall, and make sure the linens, bed skirt, and blankets do not touch the floor.

You may also want to slip the mattress into a cover that zips closed all the way around. Make sure all cracks are filled with caulking, repair or remove peeling wallpaper, and tighten any light switch covers.

Whatever techniques you use to manage the infestation, give them time. It's extremely difficult to penetrate all of the bed bugs' hiding places. Keep using your pest management system if it is working - it will take one week to 10 days for getting rid of the pests.

Students recognized at program

A total of 42 seniors from high schools in Cheyenne, Decatur, Gove, Logan, Rawlins, Sheridan, Sherman, Thomas and Wallace counties will be recognized April 3 for their academic achievements and named Kansas Honor Scholars at a 7 p.m. dinner and program

at the Elk's Lodge, 1523 Arcade Street, Goodland. Students from Cheylin High School include Stephanie Busse, Bird City, a senior and Kenan Reeh, McDonald, also a senior. St. Francis Community High School seniors recognized will be

Zach Gienger, Clarice Neitzel and Allyson Northrup. During the ceremony, each student will receive a Webster's New College Dictionary presented by Heath Peterson, assistant vice president of alumni programs for the Kansas University Alumni Association.

New welding business opens in St. Francis

**By Karen Krien
karen.k@nwkansas.com**

A new business has opened in St. Francis. Adam Peter has opened Adam's Welding and Fabrication at 104 W. Whittier. He will offer portable welding and in-shop welding is also available. He is willing to build and repair corrals, and is set up for welding mild steel, stainless steel and aluminum. A St. Francis Community High School graduate, Adam went on to graduate from Salina Area Technical College. While attending college, he worked for Great Plains Manufacturing in Salina where air drills for drilling wheat are built. Following graduation, he

worked for Soloman Corporation in Soloman where he helped build and rebuild electrical transformers. He was there 2.5 years before returning to St. Francis to open his own business.

Materials in stock

Adam also sells oil field pipe 2 3/8-, 2 7/8- and 4-inch pipe in stock and other sizes are available on request. He also has 5/8- and 3/4-inch sucker rod in stock. Delivery, he said, is available. He also has an inventory of mild steel, round stock, angle iron, flat strap, square tubing as well as other types of iron and steel. For more information, to place an order or to do some welding, call Adam at 785-332-4039.

Lisa Pinamonti Kress, director of admissions for the university, will speak to the students and their parents and guests. Honored students will be guests of the alumni association and university's endowment; parents and area alumni are welcome to attend at a cost of \$15 each. Community volunteers collect reservations, coordinate details and serve as local contacts for the event. Coordinators for Cheyenne County are Mike and Brenda Day, St. Francis. Charles and Connie Peckham, Atwood, are the Rawlins County coordinators. The Kansas Honors Program is made possible by university's endowment and proceeds from the Jayhawk license plate program.

South of McDonald

By Sandy Binning

On Friday, Lynn and Rita Officer attended the Heartland Science Fair in Colby. Seth Gundlach had an exhibit in the fair. After the fair, the Officers went to the Colby Wesleyan Church to hear the Passover speaker. Rachele and Taryne Williams of Topeka were weekend guests of her parents, Dan and Margie Hubbard. Sunday evening and supper guests of Dan and Margie

Hubbard were Roy, Jnel, and Daniel Hubbard, Dave, Sylvia, and Shayla Hubbard, George and Dixie Louderbaugh, Diane and Lexi Moffet, and Phyllis Cass. Debbie Banister and her roommate, Anna Frantz of Topeka were Thursday and Friday guests of Debbie's parents, George and Kathy Banister. George, Kathy, and David Banister helped with the Fish Fry Friday at St. Joseph's.

Land Offered For Sale

The Grandchildren of Jake & Louise Walz are selling their Grandparents Farm located 2 Miles East and 3 Miles South of St. Francis, Kansas. There are approximately 480 Acres of Pasture and Farm ground and a farmstead with a domestic well in good working order. Please submit a written bid to P.O. Box 767 Goodland KS 67735 on or before April 1, 2013. Sellers reserve the right to accept or reject any or all bids and all bids are kept confidential.

Good luck to Logan McCarty at Kansas Kids State Wrestling Tournament

From Hometown Market

Cheylin Recreation Commission is looking for the following Coaches for 2013 Summer Programs:

Baseball Commissioner
Coach Pitch Baseball Coach (2nd-3rd grade Co-ed)
T-Ball Coach (Kindergarten-1st Grade Co-ed)

Call Tina Sager, Activities Director at 785-734-7141 for an application or information. Will take applications till April 5, 2013 or till positions are filled.

Riverside Recreation Ladies Night Out

April 6 • 6 - 9 p.m.
Lots of Vendors, a fun girls night out!

APPETIZER BAR

Tickets for the meal are \$10/ticket (Tickets can be purchased at Western State Bank, BANKWEST, Riverside or at the Door.)

Margarita Bar (extra Charge)
Door Prizes
Funds donated to remodel kitchen

Come to a Feast of The Divine Mercy!
Sunday after Easter, April 7, 2013

Why would Jesus offer us something so great right now? Jesus told St. Faustina that she was to prepare the world for His second Coming and that He would pour out His Mercy in great abundance before He comes again as the Just Judge. Remember these words of Jesus, **"The soul that will go to Confession and receive Holy Communion shall obtain complete forgiveness of sins and punishment."** (699) **"Souls perish in spite of My bitter Passion. I am giving the last hope of salvation; that is, the Feast of My Mercy. If they will not adore My mercy, they will perish for all eternity...tell souls about this great mercy of Mine, because the awful day, the day of My justice, is near."** (965) **"He who trusts in My mercy shall not perish."** Receiving total forgiveness of all sins and punishment is like receiving a brand new start in life! (732) (with Ecclesiastic permission)

I would appreciate your **VOTE** for School Board On April 2

JANE BRUBAKER

Pol. adv. pd. for by Jane Brubaker

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BOYD NEW DAY 8005
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EPD's	BW	WW	MILK	YW
	.1	64	32	105

FINAL ANSWER

SITZ TRAVELER 8180
SITZ EVERELDA ENTENSE 1137
BON VIEW BANDO 598
SAV EMULOUS 8145 SAV SKY EMULOUS 2124

EPD's	BW	WW	MILK	YW
	-1.0	62	20	106

NICHOLS STOUT

NICHOLS COMMITMENT 111
NICHOLS COMMITMENT 380
NICHOLS BLACKHERRESH 295
NICHOLS BUSHWACKER 161
NICHOLS LULA N77
NICHOLS LULA K387

EPD's	BW	WW	MILK	YW
	5.2	61	23	133

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Traditional Italian Pizza

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Roast Beef

Monday through Friday
11 a.m. - 2 p.m.

785-734-2475

Join us for our **Spring Eyewear Event** featuring

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john varvatos **Lucky Brand**

Wednesday, April 3
Burrows Vision Clinic
11 a.m. - 5 p.m. (mountain time)
Benkelman location

Mary Kay Rep. will give eye make up advice
20% off complete pair of glasses and lenses.
Refreshments and free giveaways
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