

# Moments With Mila

By  
Mila  
Bandel



County Health Nurse

## Child Health – Reducing the risk of lead in your home

Lead is highly toxic. Exposure to it can be dangerous, especially for children who are six or younger. Lead is used for many purposes – even in our homes. It is important that every parent know where lead can be found, and how to control it.

Lead is a metal that has been mined for thousands of years. In the past, it was used to make common items found in or near homes. These items include paint, gasoline, water pipes, and food cans.

Changes in the law have greatly reduced the amount of lead in our homes and in the air today. But it is important to remember that lead does not break down over time. Therefore, you should know how to identify sources of lead in your home and how to keep your family safe.

The most common household lead hazards are lead-based paint, lead dust and contaminated soil. Lead-based paint is a hazard if it is peeling, chipping, chalking or cracking. Even lead-based paint that appears to be undisturbed can be a problem if it is on surfaces that children chew or that get a lot of wear and tear. These areas include: windows and window sills, doors and door frames, stairs, railings, and

banisters, porches and fences. Even surfaces that have been covered with new paint or another covering can expose older lead based paint layers when they become cracked or chipped. The older your home is, the more likely it is to contain lead-based paint.

Dust can become contaminated with lead when lead-based paint is dry scraped or sanded. Dust can also become contaminated when painted surfaces bump or rub together. Lead chips and dust can gather on surfaces and objects that people touch or that children put into their mouths.

Soil can become contaminated when exterior lead-based paint from houses, buildings, or other structures flakes or peels and gets into the soil. Soil near roadways may also be contaminated from past use of leaded gasoline in cars. Avoid these areas when planting a vegetable garden.

Although less common, a number of other lead hazards can be found in homes such as; older plumbing fixtures such as faucets, lead pipes, and pipes connected with lead solder. can contaminate drinking water. Older water well pumps made with brass or bronze parts that contain lead can also contami-

nate drinking water. The amount of lead in your water depends on the types and amounts of minerals in the water, how long the waters stays in the pipes, the amount of wear in the pipes and waters acidity and its temperature.

Lead is poisonous because it interferes with some of the body's basic functions. A human body cannot tell the difference between lead and calcium, which is a mineral that strengthens bones. Like calcium, lead remains in the bloodstream for a few weeks. Then it is absorbed into the bones, where it can collect for a lifetime. Lead can affect anyone, but children ages 6 and younger face special hazards. This is because the bodies of children in this age group develop rapidly and they tend to put more things in their mouths.

Simple lead poisoning preventions include; keep your home clean, wipe up any paint chips with a wet sponge or rag, and ensure that your family members eat well-balanced meals. For more information on lead prevention and screenings call the Cheyenne County Health Department at 785-332-2381.



RIDERS WERE OBVIOUSLY enjoying the warm weather and the country terrain north of St. Francis on Oct. 14.

Herald photo by Ana Douthit

## LEADER

Continued from Page 1A

position. She went on to point out that she works with a strong and talented executive team as well as a great nursing staff and providers.

As administrator, she will oversee the day-to-day management of clinics and hospitals, however, she said she is not a micro manager.

"I am a people person," she said. "I care about the staff and the people.

"My philosophy has always been 'family first - not this job.'"

One of her main responsibilities is the bottom line on finances.

"I need to make ends meet and the government is making it difficult for small hospitals," she said. However, the patient indicators

show that small hospitals outdo the larger hospitals when it comes to care.

People, she said, have no idea what a blessing the hospital and staff is to the county. Each of the staff, no matter what they do, consider their job, more than just a job – they care about what they are doing and the people they care for.

She noted that while everyone does their job well, everyone can always strive to do better. She proves this by taking higher education classes, working on a master's degree from Fort Hays State University and she is board certified in nursing administration.

In the future, Ms. Rockwood sees regulations from the govern-

ment becoming more difficult to meet and money will be tighter.

"We need to be lean and it will require making smart decisions," she said. There will be no opportunity for errors – only quality services."

In the future, Ms. Rockwood and the executive team are making some plans that will be "giving back to the people."

We are looking at different services to bring people into the communities. There will be two new providers coming to the county in the future. Since there is limited space in the hospital and clinic, she and the staff have been looking at where more room can be made available.

"We just need to think outside the box," she said.

Ms. Rockwood said she is excited about becoming the hospital administrator but pointed out that she doesn't look at the position as a "job." I am concerned about the community and the people who live and work here. I want to make sure we have the very best service possible!

Besides her daughter, Elsie, who lives in Logan, Ms. Rockwood has a son, Clay, who is an engineer and lives in Massachusetts, and a daughter, Sadie, who lives in West Virginia and works at Quantico where she runs the FBI arson and bomb lab.

Ms. Rockwood recently bought a home and is in the process of remodeling it. She is settling in for a long stay. And, she said she doesn't regret her move. "St. Francis has some of the nicest people!"

# 65 riders attend trail ride held north of St. Francis

The annual Cheyenne County Trail Ride was held on Oct. 14 with around 65 people attending. The day started off a little cool and windy but by the time the riders mounted their horses, the weather was ideal.

The leaves on the trees were changing and the riders saw some natural limestone rock formations.

The ride went through pastures and land north of St. Francis that has been owned by the Douthit family since 1935.

In the first pasture, there was a pond that was made in the 1950s through the soil conservation service.

We then went onto some farm-ground that runs next to a creek that has some Cottonwood trees. Crossed over into Barnhart land where hackberry bushes grew

along a natural spring fed stock tank.

They crossed over into pasture north of Roger Douthit's place with the Hereford cows lazily grazing at the bottom of the pasture. At the bottom of the pasture is a natural spring and the remains of a barn made out of limestone.

In another pasture and saw more

beautiful limestone formations.

The ride concluded with a meal provided by the Cheyenne County Horse Club.

Sharon Olofson, coordinator for the St. Jude Childrens Hospital donations, reported collecting \$726 to give to children who cannot enjoy the ride.

## DOCTOR

Continued from Page 1A

and Community Medicine, KU School of Medicine-Wichita). "For me, Mary Beth Miller, MD is one of those individuals.

"I remember the very first day that I met her when I served as her preceptor for Rural Health Weekend during the spring of her first year of medical school in 1993. She was smart, personable, enthusiastic, motivated, charming, and yearning to learn. These attributes are as true today as they were almost 20 years ago."

Dr. Miller is also the recipient of the 2011 Doug Parks Community Volunteer Preceptor Award from the Department of Family and Community Medicine at KU School of Medicine-Wichita.

"As director of rural programs, I have placed several medical students with Dr. Miller," said John Dorsch, MD (Director of Rural Programs, Department of Family and Community Medicine, KU School of Medicine-Wichita). "Students return from their experience inspired by the relationships and trust between Dr. Miller and her patients.

"I cannot think of a better example for students than Mary Beth Miller, MD. I believe if all students had an opportunity to work with a preceptor of Dr. Miller's caliber, more doctors would go to rural areas of practice."

Megan Brown, MD, a resident

in her first year at Smoky Hill Family Medicine Residency Program, said that most people could not tell you where St Francis is located, yet it has become a very popular place for students across many disciplines, in part, because of the exemplary teaching by Dr. Miller. When I think about the kind of physician I want to be in my future practice, I can think of no better role model than Dr. Miller. She is a shining example of family medicine... that wonderful combination of teacher, friend, and advocate.

Dr. Miller is a member of the American Academy of Family Physicians; Kansas Academy of Family Physicians, currently serving as vice president; American Medical Association; Kansas Medical Society; Saline County Medical Society; American Medical Women's Association; and American Medical Director's Association.

Current appointments include: Statewide Trauma Council (northwest Kansas rep.); Family Doctor of the Day volunteer; Medical Director, Good Samaritan Village Nursing Center; Medical Director, Cheyenne County Emergency Medical Service Director; St. Francis School Board member; Kansas Health care Collaborative member; and Kansas Patient Centered Medical Home Initiative clinical site.



## Sale

### Tutu Flowers & Head bands

**The Sewing Corner & Fabric Shop**  
785-772-7019

## Write In


# Andy Beikman

for  
Cheyenne County  
District 3 Commissioner

## On Nov. 6


### Your vote counts

Ad paid for by Andy Beikman

**RALPH**


# OSTMEYER

**State Senate - 40th District - Republican**




*Farmer.  
Father.  
Grandfather.  
Trusted.  
Conservative.*

- ★ Fair & Suitable Funding of Our Schools
- ★ Strong Reverence for Traditional Family Values, including the Basic Right to Life
- ★ Protect Vital Services for Seniors, Disabled Citizens & Veterans
- ★ The Vision to Streamline Government and Reduce Tax Burden on Our Citizens
- ★ Making Kansas More Business Friendly to create more jobs
- ★ New Property Tax Relief for Fixed-Income Seniors and Working Families
- ★ Always put needs of the District first

*Leadership that works for Western Kansas.*

"Ralph Ostmeyer understands the issues in rural Kansas communities and works tirelessly to remove roadblocks that hinder their progress."  
- Doyle D. Rahjes (former state Farm Bureau President)



**Re-elect  
Ostmeyer  
Kansas State Senator**

**Tested.  
Trusted.**

www.ralpostmeyer.com  
email: rostmey@gmail.com

**Vote November 6 - General Election**  
Pol. Adv. paid for by Ostmeyer Campaign Fund, Lori Edwards, Treasurer

## Annual Holiday Craft Fair

**Saturday, Oct. 27**

**10 a.m. - 3 p.m.**

**Cheylin  
Grade School Gym,  
Bird City**

**Kid's Craft Corner**

For \$5, your kids can have fun making their own crafts while you shop!

**Lunch available**

Contact: Barb Gerdes 785-734-2421

