

Moments With Mila

By
Mila
Bandel



County Health Nurse

How vaccines prevent disease

Disease prevention is key to public health. It is always better to prevent a disease than to treat it. Vaccines can protect both the people who receive them and those with whom they come in contact.

Vaccines are responsible for the control of many infectious diseases that were once common in this country and around the world, including polio, measles, diphtheria, pertussis (whooping cough), rubella (German measles), mumps, tetanus, and Haemophilus influenzae type b (Hib). Vaccine eradicated smallpox, one of the most devastating diseases in history. Over the years vaccines have prevented countless cases of infectious diseases and saved literally millions of lives.

Vaccine-preventable diseases have a costly impact, resulting in doctor's visits, hospitalizations, and premature deaths. Sick children can also cause parents to lose time from work.

Children are born with an immune system composed of cells, glands, organs, and fluids located throughout the body. The immune system recognizes germs that enter the body as "foreign" invaders, or antigens, and produces protein substances called antibodies to fight them.

A normal, healthy immune system can produce millions of these antibodies to defend against thousands of attacks every day, doing it so naturally that people are not even aware it is happening. Antibodies often disappear once they have destroyed the invading antigens, but the cells involved in antibody production remain and become "memory cells." Memory cells remember the original antigen and then defend against it if the same antigen attempts to re-infect a person, even after many decades. This protection is called immunity.

Vaccines contain the same antigens or parts of antigens that cause diseases, but the antigens in vaccines are either killed or greatly weakened. Vaccine antigens are not strong enough to cause disease but they are strong enough to make the immune system produce antibodies against them. Memory cells prevent re-infection when they encounter that disease again in the future. Through vaccination, children develop immunity without suffering from the actual diseases that vaccines prevent.

Newborn babies are immune to many diseases because they have antibodies they got from their mothers. However, this immunity goes away during the first year of life. Also, young children do not

have this "maternal immunity" against some diseases, such as whooping cough.

If an unvaccinated child is exposed to a disease germ, the child's body may not be strong enough to fight the disease. Before vaccines, many children died from diseases that vaccines now prevent, such as whooping cough, measles, and polio. Those same germs exist today, but because babies are now protected by vaccines, we do not see these diseases nearly as often.

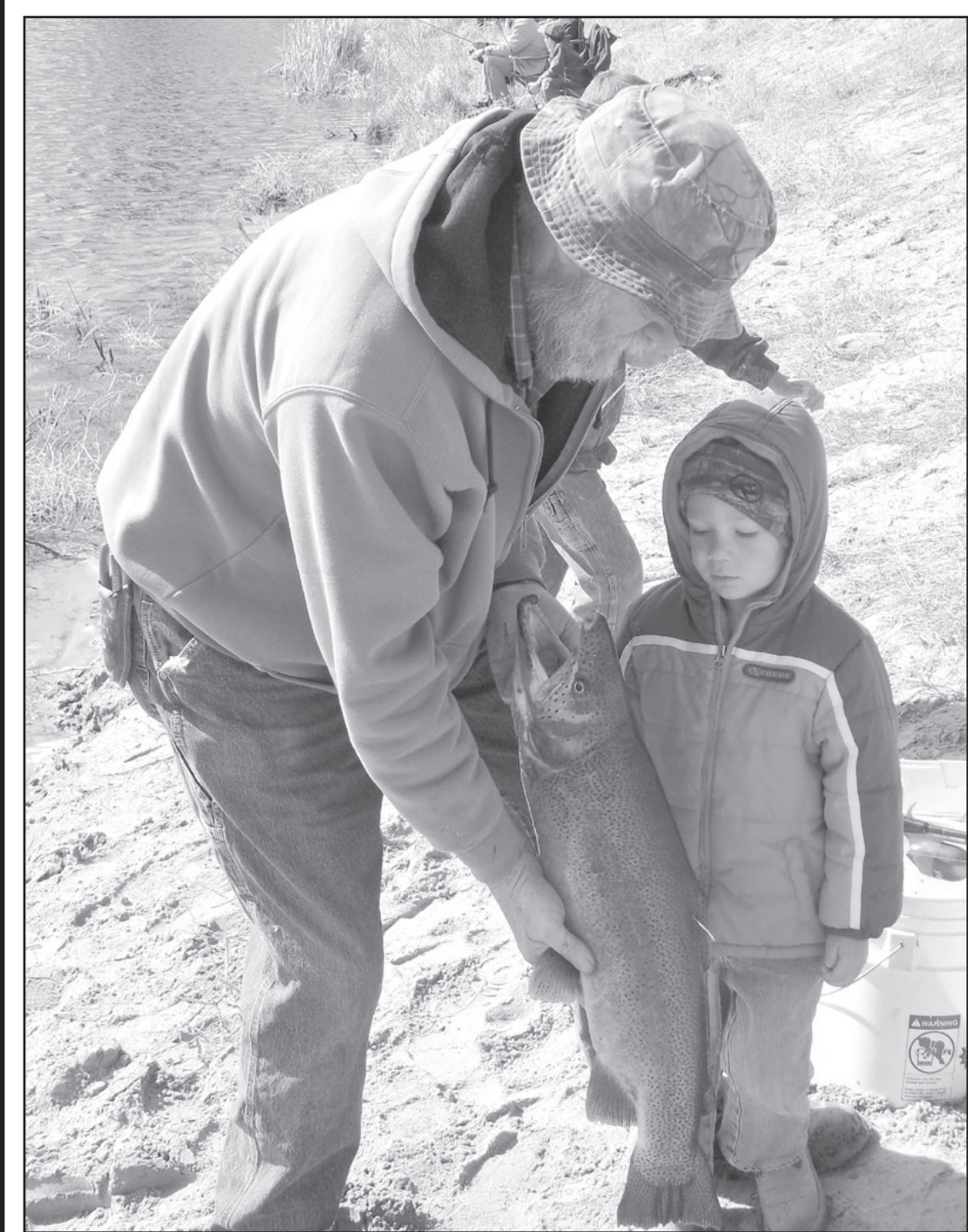
Immunizing individual children also helps to protect the health of our community, especially those people who cannot be immunized. These include children who are too young to be vaccinated (for example, children less than a year old cannot receive the measles vaccine but can be infected by the measles virus), those who cannot be vaccinated for medical reasons (for example, children with leukemia), and those who cannot make an adequate response to vaccination.

For more information or to make a vaccination appointment, contact the Cheyenne County Health Department at 785-332-2381.



CHECKING TO MAKE sure the ties look just right before the class pictures at Prom are (l to r) Logan Whitmore, Jordan Easter, Joey McCormick and Caleb Frink.

Herald staff photo by Leslie McCormick



GRANDPA, Cliff Semler helps Cody Rethke hold up the big trout he caught during the kids fishing tournament held at Keller Pond on Saturday.

Herald staff photo by Tim Burr

County farmers may now apply for emergency loans

Farmers in Cheyenne and Rawlins counties, who suffered crop or livestock losses due to drought occurring April 2, and continuing may now apply for Farm Service Agency (FSA) emergency loans.

Applications for assistance will be accepted by Farm Service Agency until Dec. 10, said Patty Eckhardt, agency farm loan manager.

"Loans covering physical and/or production losses are scheduled for repayment as rapidly as feasible, consistent with the applicant's reasonable ability to pay," she said. The current interest rate is 2.375 percent but is subject to monthly changes until the loan is approved.

Agency loans covering physical losses may be used to replace installations, equipment, livestock, or buildings (including homes), lost through this disaster.

Loans covering production losses may be used to buy feed, seed, fertilizer, livestock, or to make payments on real estate and chattel debts. Funds can also be used for other essential operating and living expenses.

To be eligible for an emergency disaster loan, an applicant must be operating a family size farm or ranch, must be unable to get credit elsewhere, and must have suffered a qualifying physical and/or production loss from the disaster.

Farmers who suffered at least a 30-percent reduction to at least one cropping enterprise, may have a qualifying production loss. Emergency disaster production loss loans cover 100 percent of qualifying losses.

Farmers and ranchers that think they may be eligible should contact the Farm Service Agency county office in Goodland or call (785) 899-3070 for additional information and how to apply.



MISTAKES • We Know We Make Mistakes

Please remember that we attempt to include something for everyone within the pages of our newspaper. We realize that some folks enjoy finding fault and for those readers we thoughtfully include a socially acceptable number of errors within our publication!

Dundy County Hospital is pleased to announce that **Dr. Michael Trierweiler**, who is a specialist in OB/GYN (Obstetrics and Gynecology) has joined the ever-growing list of specialists in their outreach clinic.

Dr. Trierweiler, who obtained his medical degree from the University of Southern California School of Medicine, has been a leader in his field for over 30 years. He has based his practice out of North Platte, NE for a great portion of those 30 years. To schedule an appointment with Dr. Trierweiler or for further information please call 308-423-2204.

www.bwtelcom.net/dch

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