

NEW EQUIPMENT — Janet Sigfried and Tiffany Miller Grant set up a lift that was purchased through memorial gifts and donated funds at the Good Samaritan Village.

Memorial fund helps with expenses

By Karen Krien

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The Good Samaritan Village, St. Francis, has a "memorial fund" which people often give to at the death of a friend or family member. Throughout the year, there are special events such as the Love Tree at Christmas which is a time to leave gifts in honor of loved ones or in memory of those who have died.

"The Village appreciates every gift received," said Carol Redding, resource development coordinator. "People may direct their high-temperature washings and

let the Village staff determine the still need to be attractive," she best use of the gift."

She went on to say that the community recognizes that the primary goal of the Village is the safety and comfort of the residents.

Recently, memorial funds were used to supplement funds (\$350) donated by Peace Lutheran Ladies to purchase three new sets of tablecloths (light tan, light plum and sea foam green) for the dining room. The total cost was \$635.

"The tablecloths must be rugged enough to withstand frequent gifts to meet a specific need or exposure to chemicals but they

~ Henry David Thoreau

~ Margaret Young

~ Friedrich Nietzsche

Often people attempt to live their

actually works is the reverse. You

must first be who you really are,

Whatever does not destroy me

der to have what you want.

makes me stronger.

Memorial gifts, along with donated funds, were recently used to buy a lift equipment for \$2,200. Lifts are extremely important to both the staff and the residents when it comes to safety issues.

"The residents benefit greatly from the added safety and comfort," Ms. Redding said.

Ms. Redding recently heard from Midwest Energy that they are giving the Village a \$100 grant to be used for the lift equipment.

Memorial funds in the amount of \$4,400 were used to enhance

the air conditioning system in the north-south hall rooms. Six new bathroom cupboards with magnetic safety latches were installed and an order was put in at Schultz's for five new card tables and 16 match-

People are urged to stop by the Village and see the improvements. But, most of all, people are always welcome to stop by and visit friends and former neighbors who are now calling the Village "home." That stop, no matter how long or short, can make a resident's day much happier.

Donations needed for the soldiers

ing about Operation Supporting Our and toiletry items that we take for Soldiers (S.O.S.). Donations for the Operation will be taken through Oct.

Founded in 2002 by the families of the 388th Medial Logistics Reserve Unit from Hays, Operation S.O.S. has sent over 9,600 packages containing a wide range of supplies such as pillows, and over 6,500 dozen homemade cookies.

Last year, 1,000 care packages were sent for the holidays. If funding permits, there will be 1,000 packages sent this year.

Operation S.O.S. is an organization with the goal to provide support to the troops serving the United States overseas. In partnership with National Make a Difference Day sponsored by USA Today, Operation S.O.S. is putting on an event to pack 1,000 boxes to send to soldiers in time for the holiday season.

This is a program of remembering

It is time once again to be think- the soldiers with packages of food granted here in the United States, but the men and women who serve our country do not have available where they are.

The needs are the same as they have been the past few years: personal care items, heat and eat food, candy, gum, and paperback books, just to name a few. A complete list of needed items is on display at the

post office and grocery stores. People will also find boxes to put those items in. The Lawn Ridge 4-H club will pick up the boxes on Saturday, Oct. 11. The club will also be taking money donations at the home football game, in St. Francis, on Oct. 10 to help with the postage for sending these packages overseas.

If anyone has questions, contact Christy Wurm, Lawn Ridge leader or Hulda Dorsch, American Legion Auxiliary of Bird City..

McDonald News By Vera Kacirek

Calendar of events

Wednesday: Oct. 1: McDonald Area Development meeting, noon; Monday, Oct. 6: McDonald Senior Citizens meeting, noon;

Wednesday, Oct. 8: McDonald Garden Club meeting, 1:30 p.m,. at the McDonald Senior Citizen Build-

Friday: Oct. 31: Halloween Soup Supper, 5:30 p.m. at the McDonald Legion hall, sponsored by McDonald Area Development.

Kenny and Phyllis Wilkinson were last Wednesday visitors of Agnes Reeh, Jim Tracy and Laddie and Vera Kacirek. On Friday they attended the Charles Vap sale, and attended a barbecue in Trenton that

Ray and Marlene Johnson were Saturday visitors of Ted an Dixie Bethell in McCook and also visited George Vandegriffe in Atwood.

R.J. and Susie Sabatka spent the weekend in Manhattan with Jon and

Rachel Mallett. They attended two football games in which their grandson, Taylor Wilson, played. On Saturday aftenroon they attended the K-State football game.

Doug Tongish of Goodland was a Saturday visitor of Joan Tongish.

Betty Lewis was in Denver from Tuesday to Thursday for a doctor's appointment. Glen Erickson of Fort Morgan and

Candy and Kayla Erickson of Brush, Colo., were visitors of Gail and Kay Miller and of Francis Erickson. Sharon Barenburg of Benkelman was a Saturday visitor of the Millers.

Jennifer Sabatka, Grace and John spent Sunday with Kenny and Pauline Micek, and also visited Laddie Kacirek in the Rawlins County Hos-

Karlyne Atchison and Amelia Banister visited in St. Francis on Monday, visiting Coy DeGood and Viola Jones in the Good Samaritan Village and also visited Marie Holzwarth in her home.

Quotes

Who waits upon the when and eternity remains. how, remains forever in the rear.

~ James Weldon Johnson If you see a whole thing- it seems lives backwards: they try to have that it's always beautiful. Planets, more things, or more money, in orlives...But up close a world's all dirt der to do more of what they want and rocks. And day to day, life's a so they will be happier. The way it nard job, you get tired, you lose the

~ Ursula Le Guin then, do what you need to do, in or-Adversity is the foundation of virtue.

~ Japanese Proverb Every man I meet is my superior in some way. In that, I learn of him. ~ Ralph Waldo Emerson

We cannot live only for ourselves. A thousand fibers connect us with our fellow men; and among those fibers, as sympathetic threads, our actions run as causes, and they come back to us as effects.

~ Herman Melville

Time is but the stream I go afishin in. I drink at it, but while I drink I see the sandy bottom and detect how shallow it is. It's thin current slides away, but



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Help Wanted

The Cheyenne County FSA (Farm Service Agency) is accepting applications through 4:30 pm CST October 7th for a field assistant to help with necessary field inspections, measuring, etc., including measuring grain bins. People skills essential. Applications may be picked up at the FSA Office on West Highway 36 in Saint Francis. Contact Angie Berens at 785-332-2183 for more information. The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation and marital or familial status. USDA is an equal opportunity provider and employer.

New Fea New You!

Now, there is hope. Hays Medical Center's Bariatric Surgery Program may help you attain a more healthy body weight and other long-term health benefits.

An August 2007 New England Journal of Medicine report says obesity is associated with increased mortality. The life expectancy of severely overweight persons is reduced by an estimated 5-20 years.

Bariatric surgery can lead to long-term weight loss and decreased mortality due to weight-related complications. The health benefits of bariatric surgery may include:

- Significant weight loss
- Lower cholesterol
- Lower blood pressure
- Improvement of Type II diabetes
- Improvement of cardiovascular health • Relief of sleep apnea
- Relief of digestive problems • Decreased joint pain
- Improved mobility
- Improved self image

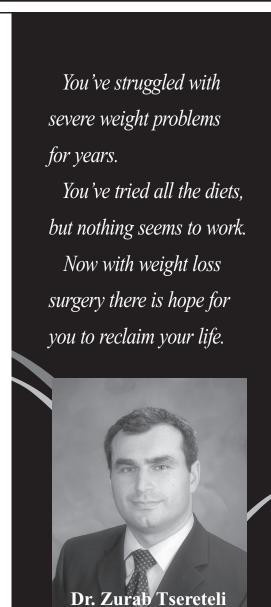
Reclaim your life and your health. To find out if bariatric surgery is right for you,

talk to your primary care physician or call 785-623-5945 today.



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Bariatric Surgeon