

St. Francis hosts safety program

Farmers and ranchers need to put March 4 on their calendar and plan to attend a safety program to be held in St. Francis. "The rural education outreach idea was derived from a review of high injury activities within Cheyenne County and the tri-state area," said Candi Douthit, hospital education coordinator. There have been multiple deaths, injuries or near misses related to all-terrain vehicle use, farm equipment and farm animals, and rural road driving. Therefore, Cheyenne County Hospital chose four educational programs, "ATV Safety," "AgraSafe", "Buckle Up or Eat Glass" and "Rural Emergency Response Training," to address these high risk areas. "AgraSafe" is a 4-hour com-

prehensive farm family safety education program. The topics include farm equipment safety, natural gas and propane safety, electrical safety, grain bin dangers, first aid from the toolbox, power takeoff danger, and many other issues. The information is presented via lecture, videos, hands on training, and demonstrations. This program will be held March 4 from 5 to 9 p.m. at the Cheyenne County Fairgrounds. This program will be presented by "AgraSafe" trained educators in conjunction with Cheyenne County Hospital, Kansas Farm Bureau, K-State Research and Extension, and Goodland Greenline John Deere. The program is for all ages and is free, including dinner. If planning to

attend, contact Mrs. Douthit at 785-332-2104 by March 2nd. **More programs in the future** In addition to AgraSafe, the following programs will be held in the upcoming months: • The "Rural Emergency Response Training" program teaches local firefighters, emergency medical technicians, family members, and paramedics how to safely remove a patient from a farm accident scene without further injuring the victim or injuring themselves • All-Terrain Vehicle Safety" is a 6 hour, hands-on-class based on principles from the All-Terrain Vehicle Safety Institute and 4-H safety program. It is geared toward 8-16 year olds and teaches basic skills of all-terrain vehicle operation and safety.

• "Buckle Up or Eat Glass" is a rural road safety program created by Farm Safety 4 Just Kids. These programs focus on the unique hazards of rural driving including unmarked intersections, loose ground surfacing, and slow moving machinery. (This program has already been presented at both high schools.) Mrs. Douthit said all of the programs are funded by the William H. Gerber and Velma C. Gerber Charitable Trust out of Idalia.



Public Notices

Notice of hearing published

Published in The Saint Francis Herald, St. Francis, Kansas, Thursdays, February 5, February 12 and February 19, 2009 (6-8)

IN THE DISTRICT COURT OF CHEYENNE COUNTY, KANSAS
IN THE MATTER OF THE ESTATE OF

RONALD K. CRAM, a/k/a KENNETH CRAM, DECEASED.

CASE NO. 09-PR-08

PURSUANT TO K.S.A. CHAPTER 59

NOTICE OF HEARING AND NOTICE TO CREDITORS

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that on January 29, 2009, a petition was filed in this Court by James D. Leach, an heir,

and executor named in the Last Will and Testament of Ronald K. Cram, deceased, dated August 6, 1996, praying the will filed with the petition be admitted to probate and record; petitioner be appointed as executor, without bond; petitioner be granted Letters Testamentary, and the "Consent of Spouse", filed herein, be determined a valid consent.

You are required to file your written defenses thereto on or before March 3, 2009, at 10:00 A.M. in the District Court, St. Francis, Cheyenne County, Kansas, at which time and place the cause will be heard. Should you fail therein, judgment and decree will be entered in due course upon the petition.

All creditors are notified to exhibit their demands against the Estate within four months from the date of first publication of this notice, as provided by law, and if their demands are not thus exhibited, they shall be forever barred.

James D. Leach, Petitioner

JAMES M. MILLIKEN, CHARTERED
James M. Milliken, #7001
101 W. Washington Street, P.O. Box 627
St. Francis, Kansas 67756
(785) 332-2101
Attorney for Petitioner

Petition filed for settlement

Published in The Saint Francis Herald, St. Francis, Kansas, Thursdays, February 5, February 12 and February 19, 2009. (6-8)

IN THE DISTRICT COURT OF CHEYENNE COUNTY, KANSAS PROBATE DIVISION

In the Matter of the Estate of ELLSWORTH J. WILKENS, Deceased. Case No. 2006-PR-07

NOTICE OF HEARING ON PETITION FOR FINAL SETTLEMENT

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that a petition has been filed in said court by Ardene Wilkens, executor of the estate of Ellsworth J. Wilkens, deceased, praying for

a final settlement of said estate, approval of the acts, proceedings and accounts of the executor, allowance for the services of the executor and attorney's fees and expenses; and also praying that the court determine the heirs entitled to the estate and the proportion or part hereof to which each is entitled, and distribute and assign the same to them in accordance with the provisions of decedent's will; that the administration of the estate be closed; that the executor be discharged and released from further liability.

You are hereby required to file your written defenses thereto on or before the 6th day of March 2009, at 10:00 a.m. of said day, in said court, in the city of St. Francis, Cheyenne County, Kansas, at which time and place said cause will be heard. Should you fail therein, judgment and decree will be entered in due course upon said petition.

/s/
Ardene Wilkens
Executor

Steven W. Hirsch #12789
HIRSCH & PRATT, LLP
124 So. Penn.-Box 296
Oberlin, KS 67749
(785) 475-2296
Attorney for Estate

Notice of hearing published

Published in The Saint Francis Herald, St. Francis, Kansas, Thursdays, February 12 February 19 and February 26, 2009. (7-9)

IN THE DISTRICT COURT OF CHEYENNE COUNTY, KANSAS

In The Matter of The Estate of

Case No. 08-PR-12

JAMES D. ANDERSON, Deceased.

PURSUANT TO K.S.A CHAPTER 59

NOTICE OF HEARING THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that a petition was filed in this Court by Mary C. Anderson, duly appointed, qualified and acting Executor of the Estate of James D. Ander-

son, deceased, praying Petitioner's acts be approved; account be settled and allowed; the heirs be determined; the Will be construed and the Estate be assigned to the persons entitled thereto; the Court find the allowances requested for attorneys' fees and expenses are reasonable and should be allowed; the costs be determined and ordered paid; the administration of the Estate be closed; upon the filing of receipts the Petitioner be finally discharged as the Executor of the Estate of James D. Anderson, deceased, and the Petitioner be released from further liability.

You are required to file your written defenses thereto on or before March 9, 2009, at 10:00 A.M. in the District Court, St. Francis, Cheyenne County, Kansas, at which time and place the cause will be heard. Should you fail therein, judgment and decree will be entered in due course upon the petition.

Mary C. Anderson, Executor

JAMES M. MILLIKEN, CHARTERED
James M. Milliken, #7001
101 W. Washington Street,
P.O. Box 627
St. Francis, Kansas 67756
(785) 332-2101
Attorney for Executor

Notice of hearing published

Published in The Saint Francis Herald, St. Francis, Kansas, Thursdays, February 5, February 12 and February 19, 2009. (6-8)

IN THE DISTRICT COURT OF CHEYENNE COUNTY, KANSAS
IN THE MATTER OF THE ESTATE OF

BEULAH M. CRAM, a/k/a BEULAH CRAM, DECEASED.

CASE NO. 09-PR-07

NOTICE OF HEARING

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that a Petition has been filed in this Court by James D. Leach, one of the heirs of Beulah M.

Cram, deceased, praying:

Decent be determined of the following described real estate situated in Cheyenne County, Kansas:

The Northeast Quarter (NE¼) of Section Thirty-four (34) in Township Three (3) South, Range Thirty-eight (38) West of the 6th P.M.

and all personal property and other Kansas real estate, real and personal, or interests therein, owned by the decedent at the time of death and that such property be assigned pursuant to the laws of intestate succession; and you are hereby required to file your written defenses thereto on or before March 2, 2009 at 10:15 A.M. of said day, in said court, in the City of St. Francis, in Cheyenne County, Kansas, at which time and place said cause will be heard. Should you fail therein, judgment and decree will be entered in due course upon said petition.

James D. Leach, Petitioner

JAMES M. MILLIKEN, CHARTERED
James M. Milliken, #7001
101 W. Washington Street,
P.O. Box 627
St. Francis, Kansas 67756-0627
(785) 332-2101

Notice of hearing published

Published in The Saint Francis Herald, St. Francis, Kansas, Thursdays, February 5, February 12 and February 19, 2009. (6-8)

IN THE DISTRICT COURT OF CHEYENNE COUNTY, KANSAS

IN THE MATTER OF THE ESTATE OF

LOUIS GIPE.

CASE NO. 09 P 06

NOTICE OF HEARING

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that a Petition has been filed in this Court by Dwayne Gipe, one of the heirs of Louis Gipe, deceased, praying:

Decent be determined of the following described real estate situated in Cheyenne County, Kansas:

Lots Seven (7), Eight (8), Nine (9) and Ten (10), in Block Eighteen (18), Bird City, Kansas, according to the recorded plat thereof;

The West Half of the Northwest Quarter (W½NW¼) of Section Thirty-one (31), Township Three (3) South, Range Thirty-seven (37) West of the 6th P.M.; and

Lots One (1) and Two (2) in Block Fifty-five (55) in the original town, now city, of Bird City, Cheyenne County, Kansas, according to the recorded plat thereof;

and all personal property and other Kansas real estate, real and personal, or interests therein, owned by the decedent at the time of death and that such property be assigned pursuant to the laws of intestate succession; and you are hereby required to file your written defenses thereto on or before March 2, 2009, at 10:00 A.M. of said day, in said court, in the City of St. Francis, in Cheyenne County, Kansas, at which time and place said cause will be heard. Should you fail therein, judgment and decree will be entered in due course upon said petition.

Dwayne Gipe, Petitioner

JAMES M. MILLIKEN, CHARTERED
James M. Milliken, #7001
101 W. Washington Street,
P.O. Box 627
St. Francis, Kansas 67756-0627
(785) 332-2101

Annual meeting planned

Published in The Saint Francis Herald, St. Francis, Kansas, and the Bird City Times, Bird City, Kansas, Thursdays, February 12, and February 19, 2009. (7-8)

NOTICE OF ANNUAL MEETING OF THE CHEYENNE COUNTY CONSERVATION DISTRICT

To all qualified electors residing within the boundaries of the Cheyenne County Conservation District, notice is hereby given that pursuant to K.S.A. 2-1907, as amended, on the 24th day of February, 2009, at 6:30 p.m. an annual meeting of the Cheyenne County Conservation Dis-

trict will be held at the American Legion Hall at Bird City, Kansas.

The meeting agenda shall include the following business items:

ONE: The supervisors of the Cheyenne County Conservation District shall make full and due report of their activities and financial affairs since the last annual meeting.

TWO: They shall conduct an election by secret ballot of qualified electors, there present, of two supervisors to serve for a term of three years from date of said meeting.

The term of Roger Orth and Randy Rueb is expiring. All in the county of Cheyenne in the State of Kansas.

By Spencer Schlepp
Chairperson
Cheyenne County Conservation District

ATTEST
Jeanne Dunn
Manager/Secretary

The Stamps

You Can't Wait to Get Your Hands On.

- PRE-INKED (NO STAMP PAD NEEDED)
- CLEANER, EASIER TO USE
- 50,000 IMPRESSIONS BEFORE RE-INKING
- DOZENS OF MODELS

The Saint Francis Herald

310 W. Washington • St. Francis, Kan. 67756 • 785-332-3162 sfherald@nwkans.com

Housing authority publishes notice

Published in The Saint Francis Herald, St. Francis, Kansas, Thursday, February 12, 2009. (7)

PUBLIC NOTICE The St. Francis Housing Authority has developed its Agency Plan in compliance with the Quality Housing and Work Responsibility Act of 1998. It is available for

review at the Authority's Office located at 200 North Ash Street - Office, St. Francis, Kansas 67756-9145, USA. The Authority's hours of operation are 8:30 AM to 11:30 AM. In addition, a public hearing will be held on April 8, 2009 at the Authority's Office at 7:00 PM to 7:30 PM. The public is invited.

Moments with Mila

By Mila Bandel, County Health Nurse
February is National Heart Month

Coronary heart disease is the single most major cause of death with stroke as the Number 3 killer in the United States. There are three heart healthy ways to keep heart disease from occurring. A person's lifestyle is not only the best defense against heart disease and stroke, it is also a person's responsibility.

A heart-healthy lifestyle is to include:

- Stop smoking. If a person smokes, quit. If someone in the household smokes, encourage them to quit. It is tough for people to quit smoking. But it's tougher to recover from a heart attack or stroke or to live with chronic heart disease.
- Choose good nutrition. A healthy diet is one of the best weapons available to fight cardiovascular disease. The food a person eats (and the amount) can affect other controllable risk factors: cholesterol, blood pressure, diabetes and overweight. Choose nutrient-rich foods, which have vitamins, minerals, fiber

and other nutrients but are lower in calories, over nutrient-poor foods. A diet rich in vegetables, fruits, whole-grain and high-fiber foods, fish, lean protein and fat-free or low-fat dairy products is the key. And to maintain a healthy weight, coordinate diet with a physical activity level so a person is using up as many calories as they take in.

• Be physically active every day. Research has shown that getting at least 30 minutes of physical activity on five or more days of the week can help lower blood pressure, lower cholesterol and keep weight at a healthy level. But some activity is better than nothing. A persons doing nothing now, can start out slow. Even 10 minutes at a time may offer some health benefits. Studies show that people who have achieved even a moderate level of fitness are much less likely to die early than those with a low-fitness level.

By following these three simple steps a person can reduce all of the modifiable risk factors for heart disease, heart attack and stroke. "Happy Heart Month!"

Walking program starts this month

On March 8, the Walk Kansas program begins. It ends May 2.

Walk Kansas is a team-based program that will help people

lead a healthier life by being more active, making better nutrition choices, and learning positive ways to deal with stress.

How does Walk Kansas work?

Co-workers, family members, friends and neighbors form teams of six people who will track minutes of physical activity during the 8-week challenge.

The physical activity goal for each team member is 2.5 hours (150 minutes) a week of activity, which is equal to 10 Walk Kansas miles.

Walking isn't the only activity that counts. Participants will find a list of activities in the "Be Active Your Way" handout.

Increased activity and better nutrition can postpone or reverse type 2 diabetes, and reduce risk factors for cardiovascular disease, some cancers, and other diseases stemming from obesity. Other benefits of a healthy lifestyle include more energy, better sleep, improved coordination, increased muscle strength and flexibility, a more positive attitude, and a boost in brain power.

For more information, contact the Cheyenne County Extension Office at 785-332-3171.



FUND	BALANCE
GENERAL	827,206.93
ROAD & BRIDGE	618,667.22
BRIDGE BUILDING	86,910.88
NOXIOUS WEED	28,887.15
NOXIOUS WEED SPECIAL	8,731.70
CAFETERIA PLAN	3,365.89
RURAL FIRE	27,328.31
HOSPITAL	40,029.87
DIVERSION FUND	4,345.86
CO ATT'NY BAD CHECK	979.25
REG OF DEEDS TECH	26,418.12
PROSECUTION	1,140.00
RECREATIONAL VEHICLE TAX	117.38
16/20 M TRUCKS	928.37
SPECIAL PARKS & REC	2,689.21
911	12,383.94
E-911	1,733.15
UNCLAIMED FUNDS	5,075.47
AMBULANCE MEMORIAL	6,617.42
INSUFFICIENT CHECK	-20.00
ADVANCED TAX	6,021.82
SPECIAL AMBULANCE	21,937.00
SPECIAL FIRE EQUIPMENT	5,036.00
MOTOR VEHICLE TAX	7,013.54
MOTOR VEHICLE	19,902.85
STATE SALES TAX	13,464.63
CURRENT TAX	72,068.55
COUNTY REDEMPTION	4,953.31
ATTORNEY FUND	1,500.00
FISH & GAME	41.00
MORTGAGE REGISTRATION	22.29
MAPS	20.00
BENKELMAN TOWNSHIP	620.45
CALHOUN TOWNSHIP	7,122.97
CLEVELAND TOWNSHIP	763.48
JACUA TOWNSHIP	7,307.57
HANDICAP EQUIPMENT	610.00
EQUIPMENT RESERVE	129,872.33
CCY/COUNTY HEALTH	6,682.11
PRAIRIE DOG	4,380.95
GIFT ANNUITY	15,736.59
CAPITAL IMPROVEMENT	84,379.30
TOTAL ALL FUNDS	2,106,992.86

I do solemnly swear the above statement is complete, true and correct to the best of my knowledge and belief, so help me e God.
Dolores Jenik, County Treasurer (SOF)

By shopping the money-saving advertisements in the Bird City Times, you will save more than the weekly price of the newspaper.

14% OFF ROSES & JEWELRY

the Rose Grove
SALE February 10-14

Just in time for the Sweetest Day — February 14th!

Remember your sweetheart with beautiful preserved roses in vintage vases in all price ranges. (Preserved roses are real roses — soaked in a glycerin process in Spain and will last many years). Stop in early or call to let us help you pick out something special for your sweetheart. We deliver on Valentines Day — free in town deliveries.

For Ladies: Jewelry • Bubble Bath
Perfume • Candles • Special Cards

For Guys: Bath Salts • Shaving Cream • Cologne
Homemade Candied Pretzel Bouquets

Also, gift certificates are available!

M-F 9:00 - 5:00
Visit us at www.therosegrove.com

Brenda Lutz • 308-423-5295
Unique Home Decor & Furnishings

The Rose Grove • 604 A Street • Benkelman
Where roses grow...and time stands still.