

Commissioners discuss building

By Karen Krien
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At the Feb. 27 meeting, several of the county commissioners said they had received calls about what the county was going to do with the old emergency medical service building on U.S. 36.

It was noted that several weeks ago, the furnace had quit, water pipes had broken and there was some flooding. The pipes have been fixed but the utilities are still being paid for the building.

The building is assessed at \$25,400 so the law requires the county to advertise the sale of the building for two times in the county newspapers.

The commissioners debated whether to have an auction or ask for sealed bids. They decided that sealed bids would be the way to go but they wanted to make sure that they were not giving the building away for a very low price. Kari Gilliland, county attorney, said they could put in the ad that they had the right to reject any or all bids.

Mr. Patton was concerned that, after they had paid for the advertising, the building wouldn't bring enough money and they would be out the advertising. Mrs. Gilliland said that highway access property is in demand.

The commissioners voted unanimously to sell the property by sealed bids. Check the advertisement in this newspaper for more information.

Road and bridge report

Mr. Flemming, in his road and bridge report said:

- The Runzel Bridge, west and north of St. Francis, will be poured this week.

- He will go with Ed Garner, landfill supervisor, to the landfill meeting in Garden City.

- He had talked to Cathy Domsch, Bird City Century II director, who said that when the old lumberyard building is destroyed, it will be pushed into a ditch instead of having it hauled to the landfill.

- He said a box bridge taken out north of town will be moved to another area.

In other business

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- The commissioners agreed to wait to sign the R and S Digital contract until the appraiser was there to discuss it.

- The resolution allowing the sale of alcohol in the exhibit building at the Cheyenne County Fairgrounds was signed. It was noted that the person selling liquor will need to have the license before the building will be rented.

- The emergency medical technicians who have completed the training to do IVs in the field are: Mike Hanson, Ed Marin, Wade Krien, Reid Raile and Teri Morris.

- The county received "escape" taxes from Kansas, Nebraska, Colorado Railroad in the amount of \$17,144.



SENIORS CITIZENS celebrating their birthday this month are (l to r) Delbert Powell, Irene Kehlbeck, Betty Bock, Meta Dankenbring, Ada Connatt, Dee Dorsch, Agnes Burk and Norm Dorsch. Bottom photo to the card game is on at the Senior Center with the new table and chairs. The center bought a table and eight chairs and Bird City Century II donated another table and eight chairs.

Times staff photo by Linda Schneider



Club Clips

American Legion Auxiliary

The American Legion Auxiliary met on Friday, March 6, 2009 with seven members present. At the meeting today, two candidates for Girls' State, Naomi Reeh and Ana Ponce, came to tell why they would like to attend Girls' State this year. They were excited about learning about the government and how it works.

For the program, the members saw the rest of the video about Arlington National Cemetery, which was interesting. Everyone commented about some of the things that we had learned from viewing this video.

At the end of the meeting, everyone enjoyed refreshments that Carol Marsh and Carol Peters made and enjoyed fellowship with one another.

McDonald Area Developments

McDonald Area Development met on Wednesday with 10 members present. Reports were given. It was told that Dave Hubbard and Delores Archer had won the valentine dinners.

The Easter Egg hunt was discussed. It will be held on Saturday, April 11 at 10:30 a.m. in the Ray Johnson yard. Eggs will be filled on April 9, and will be hidden on Saturday morning at 9:30.

The spring clean up will be held on Saturday, May 9. The city council will be contacted to get some help for the clean up.

It was reported the tickets are ready for the ice cream social. A donkey cart will be given away.

Lois Morelock has been contacted by the Atwood Rotary Club regarding a silent auction. She will have more information later.

In April, Jan. Curtin will celebrate her 20th year as post mistress in McDonald. McDonald Area Development will sponsor an open house for Jan with cake, coffee and flowers. Marlene Johnson will contact Jan to set a date.

The Auxiliary would welcome any one who is eligible to meet with our group and come join the meetings.

Moments with Mila

By Mila Bandel
County health nurse

March is National Beef Month and living in western Kansas, people take eating beef for granted. Did you know that beef is a healthy part of your daily diet?

Beef is easy to love because it tastes so great, but it's also a naturally nutrient-rich source of nine essential nutrients. The protein in beef helps strengthen and sustain your body. Evidence shows that protein plays an important role in maintaining healthy weight, building muscle and fueling physical activity. And, when you've got all that going for you, you and your loved ones are one big step closer to a healthier lifestyle and at lower risk for disease.

According to government

guidelines, a serving qualifies as "extra lean" if it has less than 5 grams of total fat, 2 grams or less saturated fat and less than 95 milligrams cholesterol per 3.5 ounce serving. A serving qualifies as "lean" if it has less than 10 grams total fat, 4.5 grams or less saturated fat and less than 95 milligrams cholesterol per 3.5 ounce serving.

Make eating beef easy by preparing the different cuts of meat different each time. It is great on the grill, baked, broiled and, don't forget your crockpot!!



Club Clips

Kanred Family and Community Education Unit

The Family and Community Education group, Kanred, met on Monday, March 2, at the LeBow Manor in Bird City. There were five members present. For Roll Call, members gave a health tip that each had learned and was useful.

Jerry Cress brought an e-mail about "The History of the Apron." She wondered if it could be put in the Club's journal and also suggested that everyone bring aprons next month and tell something about them. So, next month everyone is bringing an apron.

As there was no more business,

Dorothy Mast taught the lesson, "Choose Wisely, Your Health Depends on It." She had done a lot of research for this lesson, and along with studies because of her diabetes, she gave everyone some information that showed how there is a need to make right choices for diets in order to live better lives. She had brought a Reader's Digest book entitled "Food Heals." Five doctors and three dietitians compiled this book.

At the end of the lesson, everyone enjoyed refreshments that were prepared by Carol Williams.

A group of individuals from Rawlins County met Feb. 25 at the Atwood City Library to meet a book publisher from Missouri. The purpose of the meeting was to print a Rawlins County history book without repeating, but to complete the work already included in Volumes I and II. This volume will focus on material not contained in the first two volumes with particular emphasis on the last 20 years.

Families are being sought with histories that were not in the earlier volumes. All households, both old and new families, both previous and present residents will be included and published free of charge. Each entry should be signed "submitted by _____."

The group hired a family-owned business in Missouri, Bell Books, to preserve the history. The company requests that for the best photos, the copy should be black and white or

color originals, if possible, not copies of photos. The photos will be returned to the owner after use.

The publisher encourages that the individuals entering the material for the book to write the story himself or herself. Help will be available at a specified place and time later if anyone needs assistance in filling out their history.

After the new forms are ready, he encourages people interested in submitting their history to do it as soon as possible. However, the committee will be continuing to gather information through the summer months with a deadline of Aug. 15.

If all goes well, the book should be available at the end of the year

or early next year. Each person submitting articles are encouraged to commit to purchasing the book and sending payment so an ample supply of books will be available at a pre-published price or extra copies may not be available.

The committee will continue to meet the third Monday of each month at 7 p.m. at the Atwood library to update each other on accomplishments and what needs to be done to meet goals. Forms completed sooner than when the committee meets will be called and the interested people who have been coming to the meetings will be contacted. Everyone is welcome to attend and be informed on the information needed.

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Upcoming Promotions

For more information contact Casey McCormick at:

The Saint Francis Herald
P.O. Box 1050, St. Francis, KS 67756 • 785-332-3162

AGRICULTURE WEEK

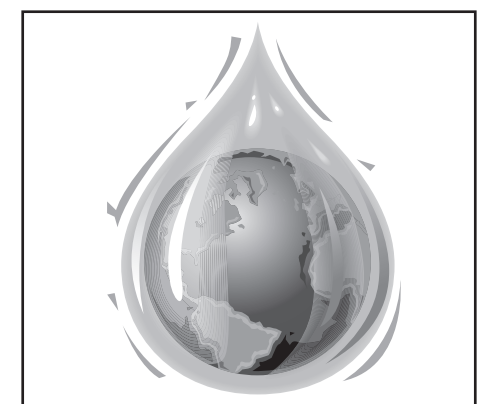
We Believe Agriculture is the Main Stay of Community Prosperity!

Join us in Saluting the Area Farmers!



Spring School Section

Featuring students involved in sports, vocal, band, drama, honor society and journalism



Water Conservation

This section is packed full of information on the important of water conservation.

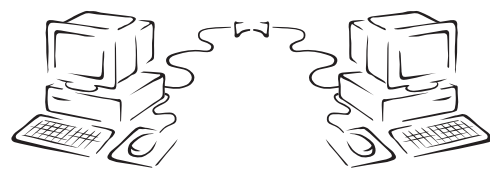
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