

Granddaughter does well at fair

Anna Erickson, 11, from Clive, Iowa, granddaughter of Stan and Dee Dorsch of Bird City earned a fifth place ribbon in the 2009 youth fiddling championship at the Iowa State Fair in Des Moines on Friday, Aug. 14. Contest fiddlers are required to play a hoedown, waltz and tune of choice.

Anna's selections this year were "Whiskey Before Breakfast," "50 Years Ago Waltz" and "Cotton Patch Rag." The top four ribbon winners were 15, 15, 17 and 17-years old, so Anna was pleased to have received a ribbon this year.

Anna first competed in the State Fair Championship as a 6-year-old and has progressed through the years as she has become a competent player.

"It was cool, because I've worked really hard on my songs and had a lot of fun," Anna said. "It also makes me nervous, because there are a lot of good players and lots of people watching."

Anna is a seventh grader at Des Moines Christian School. She studies fiddling with David Bellegante, eight-time Iowa State Fair Grand Champion Fiddler. She is also a member of the Des Moines Orchestra Youth Philharmonic Orchestra where she studies violin under Matt Meyer, a member of the Des Moines Symphony. She plays fiddle and old-time country music with her family (Jennifer,



ANNA earned a fifth place ribbon at the Iowa State Fair.

Scott and sister, Emily) each month at Bickford Cottage, a care center in Des Moines.

Choose healthcare agent carefully

Hospice Services is available to those with cancer. The service personnel gives comfort, compassion and quality end-of-life care to patients in northwest and north-central Kansas. Below is information in helping patients choose healthcare agents.

For additional information about advance directives call 1-800-315-5122 or Sandy Kuhlman in Phillipsburg office at (785) 543-2900.

Healthcare agents choosing one

A healthcare agent (or durable power of attorney for healthcare) is someone you choose or designate to make medical decisions for you if, at some future time, you are unable to make decision's yourself. Your agent can be a close relative or a personal friend, but should be someone who knows you well and whom you trust. Your healthcare agent should be a person who knows your wishes about medical treatment and who is willing to take responsibility to ensure your wishes are followed.

Ideally, your agent should be someone who is not afraid to ask questions of the healthcare professionals in order to get information needed to make decisions. Your agent may need to be assertive to ensure that your wishes are respected. Your agent will need to know as much as possible about your wishes and values regarding the use of medical technology. Not everyone is comfortable accepting this sort of responsibility; therefore, it is very important to have an honest discussion with the person you plan to appoint before you make the appointment.

Selecting an agent

Select someone whom you trust and who understands your decisions.

Because you are asking your agent to accept significant responsibility, be certain to ask your agent if he or she is willing to act on your behalf. Not everyone is able to be an effective agent.

Talk to your agent about your wishes regarding end-of-life medical treatment. Even family members may not know how much treatment a loved one would be willing to accept near the end of life. Talking clarifies what you want and diminishes an agent's potential guilt and anguish over

whether he or she is doing the right thing.

Prepare and sign the appropriate advance directive forms for your state. Keep the original and give copies to your agent and alternate agents, family and doctors and have it placed in your medical record.

Benefits of having an agent

The agent knows you and understands your wishes about medical treatments. He or she can make decisions in situations you might not have anticipated.

An agent has flexibility. He or she can talk with your physicians about your changing medical condition and authorize treatment or have it withdrawn as circumstances change.

If you have prepared a living will, your agent can interpret it in situations that were not foreseen. Be sure to make clear in your living will that your agent should make decisions on how to interpret it or when to apply it.

Your agent can advocate for you. If healthcare providers resist following your wishes, your agent can negotiate with them and take any other necessary steps to see that your wishes are honored.

'No Hunting' signs available



at the St. Francis Herald

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WORK ON THE AIRPORT RUNWAY at the Cheyenne County Airport in St Francis began on Monday and will continue until some time in October. Herald staff photo by Karen Krien

St. Francis airport runway work begins

By Karen Krien
karen.k@nwkansas.com
Work on the Cheyenne County Airport runway, St. Francis, began Monday. It will tentatively reopen the middle to the last of October.

During that time, the airport will remain open and all three sod runways will be usable, said Robert Grace, airport manager. However, the Flight For Life aircraft and other large aircraft

will likely not use the sod. The hospital and emergency medical service personnel, Les Lacy, hospital administrator, said, are communicating to streamline the ground portion of this process. While there is a possibility of helicopter transfers, the most likely situation will involve a ground transport to the airport at Goodland until the runway is reopened.

"The key issue for the hospital

is the best way to get patients where they need to go when air transport is needed, Mr. Lacy said. "Most of these same kinds of cases would be flown out of other area hospitals."

The contractors will tear out the old asphalt on the runway then concrete will be poured. In the end the runway will be wider. There will also be new runway lights installed. The construction is to take 60 working days. This

allows for some bad weather. However, if the weather doesn't cause any or few delays, the project could be completed sooner.

The project is part of a Federal Aviation Administration 95/5 grant. The widening of the runway needs to be completed before 75 feet can be added to the length of the runway. The addition will also be part of the grant program.

Moments with Mila By Mila Bandel

H1N1 vs seasonal flu - What do you need to know

Most of you are aware of the H1N1 virus that developed last spring and has been lingering in the United States. Questions have been asked regarding the seasonal flu and how H1N1 will impact this flu season. The Health Department and Clinic are here to help vaccinate individuals to help prevent and/or reduce the spread of the virus.

The plan is to start giving flu shots in mid September. Regardless of how early you receive your seasonal flu vaccination, you will have protection from seasonal flu throughout the duration of the flu season.

The Kansas Department of Health and Environment's goal for individuals, especially those at high risk of developing complications from influenza, is to receive a seasonal flu vaccination before influenza activity is taking place in the community. Seasonal flu activity could begin at any time, so the sooner individuals receive their seasonal flu vaccination, the better.

Despite all of the news about H1N1, it is still important for people, especially the elderly and other high-risk groups, to receive the seasonal flu vaccine, which will be available much earlier this year.

Another question that has been asked numerous times is, if the seasonal flu vaccination

will protect individuals from the H1N1 influenza A pandemic strain of flu that has developed and come to the United States? The Kansas Department of Health and Environment's answer is "NO."

Because the this strain of flu has never been seen before, the seasonal flu vaccination will not provide protection against it. Therefore, individuals will need to obtain separate vaccinations for H1N1 in order to be fully protected this flu season.

Those that should get the H1N1 vaccine first are individuals in the following federally identified priority group: pregnant women, household contacts and caregivers of infants younger than 6 months of age, all children and young adults ages 6 months through 24 years, healthcare and emergency medical service personnel, people aged 25-64- years of age with certain high-risk medical conditions.

It is important to help reduce the spread of the flu. Following these basic procedures will help:

- Wash hands thoroughly with soap and warm water or use of alcohol-based sanitizes to get rid of most germs and avoid touching your eyes, nose and mouth.
- Stay home when you are sick to avoid spreading illness to co-workers and friends.
- Cough or sneeze into a tissue, and properly dispose of used

tissues.

• If you have no tissue, cover your face with your elbow.

Stay healthy by eating a balanced diet, drinking plenty of water and getting adequate rest and exercise.

For more information, can contact the Cheyenne County Health Department at 332-2381 or go to the Kansas Department of Health and Environment website www.kdheks.gov/H1N1.

Plans are complete to celebrate history

A group of Cheyenne Indians are planning on gathering Friday, Saturday and Sunday in rural southeast Rawlins County for a three-day Pow Wow that will celebrate history and culture of the Plains Indians.

BC Buffalo and Ginther Stables will host the group who plan on making camp in traditional teepees set among a herd of buffalo. While Friday and Sunday are not open to the public, the Cheyenne welcome and encourage public attendance on Saturday, beginning at 10 a.m.

Traditional Native American goods will be available to

purchase, trail rides will be given, and other activities are planned. The Pow Wow will commence with a buffalo cookout Saturday evening. The group is looking forward to talking to visitors and sharing their culture around the campfire.

Please make reservations for the meal and trail ride by Thursday, by calling 785-322-5343. Please accept our apology for the short notice.

For more detailed information regarding a schedule of events and driving directions this will be posted in the Thursday's edition of the *Rawlins County Square Deal* newspaper.

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Pancake & Sausage Feed
To benefit the Bird City Golf Club. Hosted by Cheylin Recreation Commission to assist with operations of the Bird City Golf Course.
Thursday, September 10th
Serving 6pm-7pm
American Legion Hall, Bird City
*City of Bird City Town Meeting is at 6:30 p.m. on the CDBG-R Housing Rehab Grant
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