



Casey's Comments

By Casey McCormick
scmccormick@nwkansas.com

The Internet is an amazing thing. It is fascinating how much information is at our fingertips. For instance, I just found out that the Loch Ness Monster is real.

I was checking out the home page for Fox News when a story line caught my eye. "Proof That the Loch Ness Monster Exists?" said the lead. I was hooked.

The story was from a British publication, *The Sun*, that boasted about a reader that found the elusive beast while looking at Google Earth. It gave the coordinates, and I couldn't resist taking a peek.

After opening Google Earth I found Latitude 57 degrees 12'52.13"N, Longitude 4 degrees 34'14.16"W. As the screen

zoomed in on a spot on the surface of the Scottish lake, I soon could see what appears to be four fins and a tail protruding from a larger object. Could it actually be the fabled Nessy of Lore?

Was it possible that satellite imaging could do what scientists and monster hunters have been trying for decades? Was this photographic proof that a prehistoric animal still roams the deep waters of Scotland's inland lochs?

Before I got too excited I checked out another location: 57 degrees 10'8.21"N by 4 degrees 37'53.37 W. A similar object appears to be one of the boats that ferries tourists around Loch Ness. Oh well, it still made for an interesting search.

I wonder what I'll find next?

Letters from Linda

By Linda Schneider
dublins@hotmail.com

I would like to comment on the recent health reform issues, but I cannot make heads or tails out of what is going on. One source said one thing and another source said something completely different. I don't trust anything being said by anyone, even some of my most trusted periodicals like AARP.

Both sides of the issue report they have read the overwhelming, 1,000 pages of information our Congress has to vote on. And both sides of the issue say they have the correct conclusions, which to me appear to be on opposite ends of the debate. Easier said, one side lives on the planet Mercury and one side lives on Saturn — I made those up to show how far one is from the other and in no way to be construed as labeling.

I, like most folks, believe our health system should be worked on, however, the change is too

much to take in with the timeline the president wants it done. I am confused and it should not be confusing because this is important to me.

The problem I am having with this whole thing is the ambiguous talk from our leaders. Moreover, when normal citizens ask straightforward questions they get answers about someone's grandmother and are called a mob when their questions are not answered in a clear and concise manner. Ambiguous talk can do that to normal people — it creates an atmosphere of suspicion and conspiracy.

I have said it before, change can be good; however, change has to have the time to go through its "cocoon stage" before the "butterfly" appears and if rushed, the butterfly wings crumble. I think our leaders are on the right track, but on this point, they may be riding the wrong train, in my opinion.

Chatting with Cathy

By Cathy Domsch

"Welcome Home to Western Kansas" is the title of a brochure I picked up the other day at a meeting. This brochure is put out by wkREDA, Western Kansas Rural Economic Development Alliance and KANSASWORKS, a division of Kansas Department of Commerce.

This wonderful color brochure highlights the opportunities western Kansas offers to those that already live here, those considering moving back to western Kansas, or those that want to support their hometown by vacationing there, giving to a local community foundation, or encouraging entrepreneurship programs.

The brochure states: "Folks come to Western Kansas for a variety of reasons: they want to raise their family in safe, affordable surroundings; need to be close to relatives; may be ready

to retire; or perhaps they want to pursue a life-long dream. What you will find is that the quality of life in Western Kansas is better than ever. There is a lot to do, the cost of living is lower than other places, and the workplace needs you and appreciates you. Visit www.westernKSjobs.com to learn more about the jobs and lifestyle that Western Kansas has to offer. We hope you'll come home to Western Kansas, and encourage others to do the same!"

I went on to www.westernKSjobs.com and there were not any job listings for Cheyenne County. This is an awesome resource that we need to take advantage of! If your business has a position opening, you can go onto www.westernKSjobs.com and post an opening, or give us a call and we will do it for you. Let's take advantage of this regional marketing effort to benefit our community!



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 See American Profile magazine in this week's issue of

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For more information contact: Casey at 785-332-3162

Bulletin Board

Address
 Addresses/phone numbers to send greetings to Yvonne or John Eggers are as follows: Yvonne Eggers, 301 Seitz Drive, Salina, KS 67401. Phone (785) 404-2012 or John Eggers, Presbyterian Manor, 2601 E. Crawford Street, Salina, KS 67401. Phone (785) 836-3631.

Pancake feed
 Today (Thursday), a pancake feed will be held at the American Legion Hall at 6 p.m. through 7 p.m. to benefit the Bird City Golf Club.

Bird City Town Hall Meeting
 Today (Thursday), there will be a town hall meeting at 6:30 p.m. at the American Legion Hall to distribute applications and answer questions regarding the Housing Rehabilitation Grant for the southeast quadrant of Bird City. Applications are on first come, first served basis.

Cheylin sports
 Today (Thursday), Cheylin Cougar junior high football and volleyball will be traveling to Dighton and play against the Hornets. Volleyball begins at 4 p.m. and football at 5:30 p.m.

On Saturday, Cheylin high school football and volleyball teams will be playing against Wauneta/Palisade Broncos at Wauneta, Neb. Volleyball begins at 5 p.m. and football at 7:30 p.m. central time.

Tuesday the high school volleyball team will host home games against Dundy County/Wallace County. Game time begins at 2:30 p.m. Go Cougars.

American Auxiliary
 The American Legion Auxiliary will meet one week later this month. Meeting is scheduled for Friday, Sept. 11, at 2 p.m.

Treasure hunt
 The U.S. 36 Treasure Hunt begins on Friday, Sept. 18 through 20. However, there may be some early shoppers. Kansas! magazine incorrectly said the hunt begins on Thursday, Sept. 17. Anyone in Bird City or McDonald participating in the treasure hunt contact Linda Schneider at 785-734-7031. She would like to get pictures and story for next week's *Bird City Times*.

Museum open Labor Day weekend
 The Museum of Cheyenne County will be open from 2 to 5 p.m. on Labor Day weekend: Friday, Saturday and Sunday. The museum will not have regular hours after Labor Day, but will be open for the U.S. 36 Treasure Hunt weekend, on Friday and Saturday. Those having out-of-town visitors, or if an organization would like to schedule a tour or hold a meeting at the museum, call 332-3569 to set up a time.

Just a reminder from the Historical Society: Southwest County Cemetery Tour will begin at 2 at the museum on Sunday, Sept. 13.

Office closed on May 25

Ad, picture and story deadline for the Sept. 10 issue of *The Saint Francis Herald* and *Bird City Times* will be at 5 p.m. on Tuesday, Sept. 8, as the office will be closed on Labor Day (Monday). The newspapers will be published and delivered one day later that week.

Fair Board
 The Cheyenne County Fair Board will meet tonight (Thursday) at the courthouse.

Hospital Board
 The Cheyenne County Hospital Board will meet at 3 p.m. today (Thursday) in the clinic basement meeting room in St. Francis.

Veterans Affairs
 Jody Tubbs of the Kansas Commission on Veterans' Affairs will be in St. Francis at 9:30 a.m. today (Thursday), at the county clerk's office. People may also contact the Veteran's Affairs office in Colby any Monday, Wednesday, or Friday at 785-462-3572.

Cemetery tour planned

The Historical Society plans a Southwest Cheyenne County Cemetery Tour for Sunday afternoon, Sept. 13. If you have information about any southwest county cemeteries, please contact the Historical Society: 785-332-3991 or 785-332-3569.

Western Plains Arts Association
 • Sunday, Sept. 13, 3 p.m. - The Boulder Acoustic Society will present a lively band program of fiddle, accordion and drum music in Oberlin.

• Sunday, Sept. 27, 3 p.m. - The Russian virtuoso musicians, The Flying Balalaika Brothers, dressed in traditional colorful costumes, will perform their folk music and also music melding with American bluegrass and contemporary international acoustic styles in St. Francis.

• Monday, Sept. 28: A school performance of The Flying Balalaika Brothers for St. Francis students.

Recovery Today/Narcotics

Anonymous
 Recovery Today group of Narcotics Anonymous meets at 8 p.m. on Sunday nights at the United Methodist Educational Building. Call (785) 332-6542 or 8607 for more information.

Sainty Serenity Seekers/Alcoholics Anonymous

Sainty Serenity Seekers open meeting of Alcoholics Anonymous is held at 7:30 p.m. each Thursday evening at the United Methodist Education Building at 104 W. Webster, St. Francis. Call (785) 332-6542 for more information

Northwest Kansas Family Shelter
 Northwest Kansas Family Shelter provides 24-hour-7 day-a-week services to victims of domestic violence and sexual assault. Weekly support groups are available for women and children within the northwest Kansas area. For information or in need of assistance, please call the toll-free number 1-800-794-4624.

Moments with Mila By Mila Bandel

National Cholesterol Education Month

National Cholesterol Education Month, a good time to get your blood cholesterol checked and take steps to lower it if it is high. National Cholesterol Education Month is also a good time to learn about lipid profiles and about food and lifestyle choices that help you reach personal cholesterol goals.

The Cheyenne County Hospital, Clinic and Health Department are sponsoring the fall health fair on Sept. 14, 15 and 16 for lab draws. The labs drawn will tell you your lipid profile in which will let you know what your cholesterol is. The lab draws will be held from 7 to 10 a.m. each morning in the County Health Department located in the basement of the clinic. You do not need an appointment for the lab draws. A person must fast (not eat or drink anything after midnight the night before) to have the labs drawn. You are allowed to drink water and if you are on medication, you can take your medication as well.

High blood cholesterol affects over 65 million Americans. It is a serious condition that increases your risk for heart disease. The higher your cholesterol level, the greater the risk. You can have high cholesterol and not know it. Lowering cholesterol levels that are too high lessens your risk for developing heart disease and reduces the chance of having a heart attack or dying of heart disease.

Cholesterol is found in every cell in your body. Cholesterol is used

by our body to build healthy cells, as well as some vital hormones.

When you have high cholesterol, you may develop fatty deposits in your blood vessels. Eventually, these deposits make it difficult for enough blood to flow through your arteries. Your heart may not get as much oxygen-rich blood as it needs, which increases the risk of a heart attack. Decreased blood flow to your brain can cause a stroke.

High cholesterol (hypercholesterolemia) is largely

preventable and treatable. A healthy diet, regular exercise and sometimes medication can go a long way toward reducing high cholesterol.

Total cholesterol
 Below 200 mg/dL, desirable.
 200-239 mg/dL, borderline high.

240 mg/dL and above, high.
 Consider these general guidelines when you get your lipid panel (cholesterol test) results back to see if your cholesterol falls in optimal levels.

School Menu

Monday, Sept. 7
 Labor Day, No School.

Tuesday, Sept. 8
 Breakfast: pizza or pizza stromboli
 Lunch: frito chili pie, cinnamon rolls

Wednesday, Sept. 9
 Breakfast: muffin, boiled egg
 Lunch: barbecue grill bites, mashed potatoes and gravy, bread

Thursday, Sept. 10
 Breakfast: cherry wrap
 Lunch: pigs in a blanket, potato wedges

Friday, Sept. 11
 Breakfast: polish sausage supreme
 Lunch: sloppy joe on a bun, dessert
 Breakfast is served with toast, cereal, juice and milk
 Lunch is served with salad bar, fruit and milk

SHOWTIME: 7:30 p.m. 1 hr. 35 min.

The Ugly Truth
Sept. 4, 5 & 6
Comedy, Drama and Romance
 Katherine Heigl, Gerard Butler, Eric Winter, John Michael Higgins, Nick Searcy
 R for sexual content and language.

CHEYENNE THEATER St. Francis, KS 785-332-2747
 Children 12 & Under: \$3 All Others: \$5

Upcoming Auction

Coy and Neva DeGood and others
Saturday, Sept. 12
10:30 CST
 Cheyenne County Fairgrounds, Fair Building
 Conducted by Ewing Auction
 Call 785-332-3535 for more information

CHEYENNE COUNTY HOSPITAL
 210 W. 1st • St. Francis, KS
 785-332-2104

CN Hospital, Clinic & Health Dept. Announces

Cheyenne County Fall Health Fair
Sept. 14-18, 7 - 10 a.m.

Lab Draw Dates:
Monday, Sept. 14 - Wednesday, Sept. 16
No appointments needed
Fast for Chem Panel Lab test

Exam Dates:
Wednesday, Sept. 16 - Friday, Sept. 18
Appointments needed for exams
Breast, Cervical for women
Prostate for men

For more information contact Erika Zimbelman, Clinic Manager at 785-332-2682 or Mila Bandel, RN County Health Nurse at 785-332-2381 ext. 231.

Sept. 1	Mammogram
Sept. 1	Dr. Rubinowitz
Sept. 2	Dr. Frankum
Sept. 9	Dexascan
Sept. 16	Dr. Frankum & Dr. Reeves
Sept. 18	Dr. Curtis
Sept. 22	Mammogram