

# Area residents checked at county's fall health fair

The fall health fair has been set for Monday through Friday, Sept. 14-18.

Sponsored by the Cheyenne County Hospital, clinic and health department, the lab-draw dates will be Monday through Wednesday, Sept. 14-16, from 7 to 10 a.m. in the basement of the clinic in St. Francis.

"You do not need to make an appointment for the blood lab draws," said Mila Bandel, county

health nurse.

However, she said, those having blood draws should fast — not eat or drink anything after midnight the night before.

"You can drink water and take your meds prior to the lab draws," she said, "In fact, you are encouraged to drink plenty of water prior to your lab draws."

Wednesday through Friday, Sept. 16-18, breast and cervical cancer exams will be conducted

for women and prostate for men.

Appointments at the clinic must be made for these exams. Call 785-332-2682 for an appointment.

The health fair lab draws and exams are conducted at a reduced price and payment is expected at that time. Medical providers will be available to discuss lab and exams results. For more information, contact the clinic or health department, 332-2381.

## School begins ...

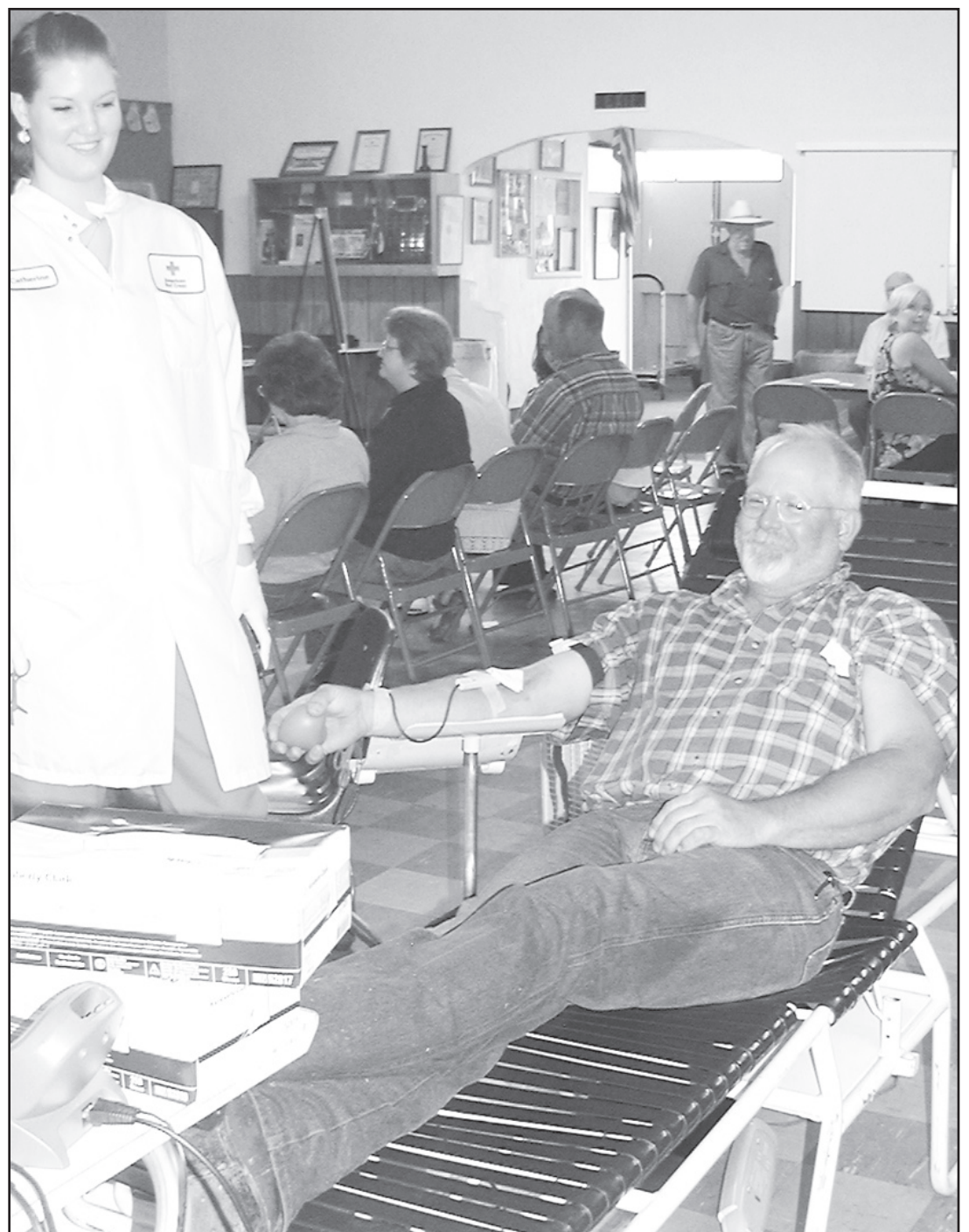


**PARENTS STOP BY** for the Cheylin open house. In Mrs. Weber's classroom, 2nd grader Guinevere Burr shows her mother, Ann, where papers go.



**HITTING THE BOOKS.** Elaine Marcuson (left) works with students during study hall.

*Times staff photos by Linda Schneider*



**THE GIFT OF LIFE.** Rob Jensen takes some time off to give blood to the American Red Cross. The blood drive was held at the American Legion Hall in Bird City.

*Times staff photo by Linda Schneider*

## McDonald News By Vera Kacirek

Keep the dates of Sept. 18 and 19 open for the U.S. 36 Garage sales. Several vendors are signed up to be in McDonald for the sales.

Mark Wood of Colby was a Tuesday breakfast guest of Jerry and Betty Knapp.

Kenny and Phyllis Wilkinson were last Tuesday visitors of Laddie and Vera Kacirek and of Agnes Reeh.

Deanna Johnson and son,

Dylan, of Arizona were guests of Ray and Marlene Johnson from Thursday to Saturday. Additional Thursday supper guests were Connie Sabatka, Tish Loker and Dana Howard and family.

On Saturday night Karlyne Atchison and Amelia Banister took Marie Holzwarth to the Pizza Hut for supper in St. Francis.

On Saturday, Gail and Kay Miller met Howard and Lila Runge of Culbertson in Oberlin and they

enjoyed a meal together.

On Friday, Jerry and Betty Knapp and Kent and Joan Banister had supper together to celebrate joint wedding anniversaries.

Jerry and Betty Knapp were Sunday guests of Joan Tongish and Betty Lewis at Two Lee's in celebration of the Knapp's anniversary.

Doug Tonish was a Saturday visitor of his mother, Joan Tongish.

## Moments with Mila

*By Mila Bandel*

Collecting your family's medical history could save your child's life

You might not realize that your father's diabetes or your cousin's sickle cell disease could affect your child, but this family history information could help save your child's life.

Along with genes, your family often has similar behaviors, such as exercise habits, and a common culture, such as foods you eat, or environmental factors. Family history includes these factors, which can all affect health.

Family history can help your child's medical provider make a diagnosis if your child shows signs of a disorder. It can reveal whether

your child has an increased risk for a disease and, if so, can help your medical provider suggest screening tests. Many genetic disorders first become obvious in childhood, and knowing about a history of a genetic condition can help find and treat the condition early. You might not think that chronic diseases such as heart disease and type 2 diabetes affect children, but children with a strong family history of these diseases can show signs in childhood.

Having a family history of a disease does not mean that your child will get that disease.

However, some children with a family history of chronic diseases can benefit from starting good lifestyle habits, such as exercising

and eating healthy, right away.

Ways to collect your child's family history include:

Record the names of your child's close relatives from both sides of the family. Include conditions each relative has or had and at what age the conditions were diagnosed. Use the Surgeon General's online tool for collecting the history at [familyhistory.hhs.gov](http://familyhistory.hhs.gov) and look for "My Family Health Portrait." Discuss family history with your child's medical provider. Update your family history regularly and share this new information with your child's medical provider.

The best way to learn about your family history is to ask questions.

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### Notice of Budget Hearing

The governing body of CHEYENNE COUNTY, KANSAS will meet on the 15th day of September, 2009 at 9:00 A.M., at the County Courthouse for the purpose of hearing and answering objections of taxpayers relating to the proposed use of all funds and the amount of ad valorem tax. Detailed budget information is available at the COUNTY CLERK'S OFFICE and will be available at this hearing.

### Budget Summary

Proposed Budget 2010 Expenditures and the Amount of 2009 Ad Valorem Tax establish the maximum limits of the 2010 budget. Estimated Tax Rate is subject to change depending on the final assessed valuation.

| Fund                           | Prior Year Actual for 2008 |                  | Current Year Estimate 2009            |                  | Proposed Budget for 2010 |                               |                |  |
|--------------------------------|----------------------------|------------------|---------------------------------------|------------------|--------------------------|-------------------------------|----------------|--|
|                                | Expenditures               | Actual Tax Rate* | Current Year Estimate of Expenditures | Actual Tax Rate* | Expenditures             | Amount of 2008 Ad Valorem Tax | Est. Tax Rate* |  |
| General                        | 2,263,275                  | 30.938           | 2,173,140                             | 27.162           | 2,234,282                | 1,200,505                     | 27.043         |  |
| Road and Bridge                | 816,588                    | 9.379            | 1,108,700                             | 20.146           | 1,145,150                | 787,454                       | 17.738         |  |
| Bridge Building                | 62,968                     | 2.146            | 131,337                               | 1.009            | 73,600                   | 47,257                        | 1.065          |  |
| Noxious Weed                   | 26,372                     | 0.427            | 31,000                                | 0.794            | 36,300                   | 11,106                        | 0.250          |  |
| Bond and Interest              | 44,198                     | 0.000            | 0                                     | 0.000            | 0                        | 0                             | 0.000          |  |
| Hospital                       | 598,957                    | 5.645            | 475,000                               | 0.657            | 610,500                  | 233,206                       | 5.253          |  |
| Prairie Dog                    | 12,262                     |                  | 10,800                                |                  | 10,800                   |                               |                |  |
| Special Parks & Recreation     | 1,000                      |                  | 1,100                                 |                  | 4,500                    |                               |                |  |
| Special Alcohol                | 4,552                      |                  | 3,000                                 |                  | 5,600                    |                               |                |  |
| Health Grants                  | 20,354                     |                  | 20,000                                |                  | 42,512                   |                               |                |  |
| Special Machinery              | 225,851                    |                  |                                       |                  |                          |                               |                |  |
| Noxious Weed Capital Outlay    | 0                          |                  |                                       |                  |                          |                               |                |  |
| Spec Ambulance Cap Outlay      | 0                          |                  |                                       |                  |                          |                               |                |  |
| Equipment Reserve              | 159,690                    |                  |                                       |                  |                          |                               |                |  |
| Multi-Year Capital Improvement | 32,650                     |                  |                                       |                  |                          |                               |                |  |
| Totals                         | 4,268,717                  | 48.535           | 3,954,077                             | 49.768           | 4,163,251                | 2,279,528                     | 51.349         |  |
| Less: Transfers                | 222,321                    |                  | 277,850                               |                  | 233,000                  |                               |                |  |
| Net Expenditures               | 4,046,396                  |                  | 3,676,227                             |                  | 3,930,251                |                               |                |  |
| Total Tax Levied               | 1,924,192                  |                  | 2,092,562                             |                  |                          |                               |                |  |
| Assessed Valuation             | 39,528,324                 |                  | 40,954,887                            |                  | 44,392,880               |                               |                |  |
|                                |                            |                  | Outstanding Indebtedness, January 1   |                  |                          |                               |                |  |
|                                | 2007                       |                  | 2008                                  |                  | 2009                     |                               |                |  |
| GO Bonds                       | 336,800                    |                  | 27,600                                |                  | 18,400                   |                               |                |  |
| Lease-Purchase                 | 0                          |                  | 0                                     |                  | 0                        |                               |                |  |
| Total                          | 336,800                    |                  | 27,600                                |                  | 18,400                   |                               |                |  |

Terry Miller  
Clerk

## Business Directory

To list your business, call 785-332-3162.

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