

Learn more on local food systems

On Saturday, in Atwood, the High Plains Food Co-op is urging guests from Denver and others the opportunity to see where their food is grown and learn about local food systems.

Activities include tours of Schmidt's Premium Meats, Simminger Variety Farm, and Pochop Farm and Ranch, workshops on farmers markets and youth summer internships; as well as an opportunity to meet 10 High Plains Food Co-op producers from different areas and taste their food! The tour will also include time to relax and enjoy the amenities Rawlins County has to offer, and local-grown dinner at Aberdeen Steakhouse complete with a concert by Andy Wilkinson and Andy Hedges.

Guest speaker Barbara is a county horticulturist for Texas AgriLife Extension Service, part of Texas A & M University, in Hidalgo County, on the Texas/Mexico border. She works with county officials and agencies to provide horticultural and nutritional education for underserved Hispanic residents.

In February 2008, she and her students opened the first Farmer's Market in Hidalgo County, with all organically-grown produce. She serves on Texas A & M University's state Sustainable Agriculture Committee providing professional development opportunities for agents across Texas.

Barbara has a B. S. in Horticulture and

Agronomy from Sam Houston State University and a M. S. in Plant and Soil Science from Texas A & M University.

For more information on the cost to register, go online at www.rawlinscounty.info or by calling Chris Sramek, (785) 626-8066. Spend the night! For reserved lodging, schedule of events and more please visit the website.

According to organicconsumers.org, "More than 75 percent of consumers surveyed in 2003 in seven midwestern states (Iowa, Indiana, Illinois, Wisconsin, Minnesota, Missouri, Nebraska and Kansas), and the metropolitan Boston and Seattle areas chose "grown locally by family farmers" as their first choice for produce or products, according to Iowa State University, which conducted the research. This statistic reflects not only the opinions of those in the areas surveyed, but also consumers across the U.S. Many people are looking to reconnect with locally-grown food.

High Plains Food Cooperative is an organization that links rural producers from Kansas, Colorado and Nebraska with urban consumers along the front range. Their products --some organic, all home-grown-- range from everything to fresh fruit and vegetables to baked goods to meat and eggs. Currently, the Coop has about 110 members, of which 35 are producers.



CHEYLIN JUNIOR HIGH FOOTBALL played at Grinnell last Thursday. The tackle team final score was 20-38, Grinnell. Flag team final score was 8-28, Grinnell. Above. Devon Janicke #20 and Jacob Brubaker #51 double up on the Thunderhawk player to pull off the flag. Times staff photo by Linda Schneider



Times to have school column

The Bird City Times will have a new column each month.

Bruce Bolen, superintendent and principal of the Cheylin School, Bird City, will be writing a column at the end of each month, telling of happenings and events going on in the school. He also plans to highlight students and their achievements as well as giving educational tips.

Parents, students and other readers will want to read the column, entitled "Cougar Tales" each month. The first column is located on Page 2 of this issue of the Bird City Times.



TIME TO GET THE FLU SHOT. With flu season just around the corner, the Cheyenne County Clinic in Bird City opened Saturday to give out vaccinations. Connie Rooney (left) holds still while Melissa Hoyes, RN, gives her the shot.

Coordinators hope for good weather

By Karen Krien
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The 19th Cheyenne County Trail Ride has been set for 2 p.m. sharp on Sunday, Oct. 11. The ride, which will last about 2.5 hours, will start at the Roger Samler's farm, 18 miles northwest of St. Francis.

Last year, the weather was beautiful. With the cool, rainy weather, the coordinators of the ride are a little nervous this year, wondering if there will be an early, very cool fall. If the weather is bad on Oct. 11, the ride will be held the following Sunday, same place, same time.

The ride is planned each year on the second weekend in October. It is generally a little cooler and trees are turning colors.

Gary Cooper, one of the coordinators, said this will be a ride with rough terrain but there is no water crossings.

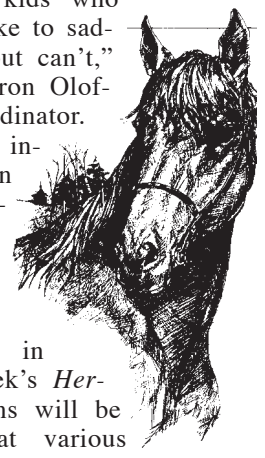
Those on the ride will also be able to donate to St. Jude Children's Research Hospital.

"Donations will be accepted for the kids who would like to saddle up but can't," said Sharon Olofson, coordinator.

More information on reaching the Samler farm will be available in next week's Herald. Signs will be posted at various points.

After the ride, the 4-H Horse Club will be serving a barbecue with the meat being prepared by Doug Ross.

For more information, contact Mr. Cooper, 785-332-2904; Mrs. Olofson, 785-332-2248; Joe Hoffman, 785-332-2154, Todd Krien, 785-332-3246 or Frank Tracy, 308-423-2646.



New nursing home administrator assumes duties

By Karen Krien
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The Good Samaritan Village has a new administrator.

Jeffrey Paulsen assumed duties on Thursday, Aug. 27. He replaces Rick Reeser, who had been the administrator since January 2006.

Mr. Paulsen comes to the Village with a great deal of experience in public health organization, management, leadership and also nursing. A strong believer in "being led to his destinations through prayer," Mr. Paulsen said that was exactly how he came to Cheyenne County.

Almost by accident, he learned about the Good Samaritan Society. He contacted the Society and, from January to July 2009, he trained as an intern in a 68-bed Good Samaritan Center in Fennimore, Wis., which was a three-hour drive from his home and family. Even with the three-hour drive, he was able to spend most weekends at home.

He participated in two workshops in quality and in financial management at the national campus in Sioux Falls, S.D. In June, he passed the National Association of Long-Term Care Administrator Boards exam.

In July, he and daughter, Lena, had been to visit his ailing father in southern California, and they drove through northeast Colorado on their way back home to Oshkosh, Wis. He had just completed the program as an ad-

ministrative trainee at the Good Samaritan center in Fennimore, Wis., and was waiting to select his first work assignment as administrator for the Society.

In early August the Society offered him the position in St. Francis. In late August, he moved here with his wife, Conny, daughters, Lena, a high school senior; Pria, an on-line student; and Nick, who is 9 and in the fourth grade. Daughter, Helen, who is 23, remained in Oshkosh.

"We are happy to be here", Mr. Paulsen says. He said he is pleased with the Village current operations and plans to make no immediate changes.

Mr. Paulsen grew up in southwest Michigan. In 1979, he received a registered nursing diploma from Bronson Methodist Hospital of Nursing in Kalamazoo, then went on to get a bachelor's in Health Studies from Western Michigan University, Kalamazoo. In 1986, he received a master's in Public Health degree from the University of Michigan, Ann Arbor.

He was appointed director of operations for International Medical Corps, a United States agency for International Development-Funded Private Voluntary Organization, where he helped train mid-level Afghan health workers with supplies and support for 40 clinics and five hospitals in Afghanistan. Here, he was responsible for the maintenance of eight to 10

medical teaching staff, classes of 40 Afghan students, purchasing medical supplies, and managing housing, travel and mujahideen contacts. He also supervised screening of war-wounded Afghans as a contractor for the State Department McCollum program through International Medical Corps operations in Peshawar, Pakistan.

In 1988, he was a medical monitor in Afghanistan for the Swedish Committee for Afghanistan. During a three-month period, he and three other men rode horseback on data-collection missions. They rode from south (Paktia province) to northwest (Badakhshan province) Afghanistan. During these rides, more than once they were forced to take cover when they were fired upon by nearby communist Afghan government forces.

He developed survey forms, collected clinic and health worker data, reported on findings with recommendations to Coordination of Medical Committees member non-governmental organizations and to the United States Agency for International Development.

Jeff and Conny met while they were in Peshawar, Pakistan, where he was the executive director of the Coordination of Medical Committees which coordinated health sector support to Afghanistan. Conny grew up in the small village of Loechgau, Germany, and was a teacher. They were married in 1990.

Among his duties during the years between 1988-91, he established a list of standardized medicines for health workers, published a Coordination of Medical Committee medical reference manual for Afghan health workers in Farsi, Pushto and English, organized medical monitoring trips to Afghanistan, oversaw production of a comprehensive Coordination of Medical Committee database report on the prevalence of disease in all provinces of the country and produced "State of Health in Afghanistan" video.

As an interim administrator of the Afghan Eye Hospital in Peshawar, he reorganized medicines control system, accounting system and pay scale for local employees.

He and Conny spent 13 years in Dushanbe, Tajikistan, where he was the Tajikistan Country Director of Ora International (Germany). He was responsible for setting up offices and programs during the civil war period. He designed programs, registration, government agreements, program implementations and many other responsibilities including donor contracts with the United States Agency for International Development, World Food Programme, the United Children's Fund - UNICEF, Asian Development Bank and private donors.

He was responsible for children's sponsorship for social orphans through Ora offices in

Germany, Switzerland, the United States and Holland. Containers of donated food, clothes and medical supplies were received and the sponsorship money was used to rehabilitate facilities, provide vocational training and promote agricultural production at School-Internats (state orphanages) in a wide area of the Republic.

There were 40 Ora staff members from 11 countries and 70 local staff implementing development and capacity-building projects in the cooperation with the government. There were 26 orphanages with 5,000 kids. He talked about the home for girls where, after 16, they "graduated" and were turned out of their orphanage. While they were in the home, he said it was important to teach the girls life skills and a trade so they could go out and support themselves.

In 2005, he and Mrs. Paulsen saw that their girls had reached the end of English schooling and they felt it necessary to leave their work in Tajikistan.

Settling in Oshkosh, he was the director of International Program Development for the Christian non-profit organization, Shelter For Life. He provided oversight of program operations in six countries including tsunami shelter response in Sri Lanka and Indonesia and earthquake shelter response in northern Pakistan.

Before coming to work with the Good Samaritan Society,



Jeffrey Paulsen

he was a professional service contractor, where he prepared a health system support proposal in Ecuador for FusionBridge, Laguna Beach, Calif. He did field assessment projects and mentoring in Pakistan for Shelter for Life, as well as developing a logistics and warehousing proposal for a firm working in Iraq.

Through the years, he has acquired the ability to speak German and Tajik-Dari as well as English.

Mr. Paulsen says he finds St. Francis to be a friendly town. They will be moving into their house on East Jackson in the very near future and are anxious to settle down and establish their new "home." on the golden plains of Kansas.