

Cancer relay kicks off on next Friday



THE LAST WEEK of July when the temperatures were in the high 90s, workers were on the roof of the elementary school building. Striping it in preparation for a new roof. The first day of school is Aug. 17.

Times staff photo by Norma Martinez

In less than two weeks, Sawhill Park will be a buzz of activity. On Friday, Aug. 20, the Relay for Life kicks off at 7 p.m. for a time to raise money for the American Cancer Society's fight for the cure for cancer.

Pat Rose, local chairman, and the Relay Committee have planned an evening full of activities for everyone. The survivor's lap will start at 7 p.m. This is where all cancer survivors in the county are invited to walk or ride the first lap of the relay. The second lap will be the survivors, their caregivers and loved ones.

Then all the Relay teams take the field and someone from each team will walk around the park the rest of the night. Teams put up tents and plan activities, some of which are selling items to support cancer research.

Plan to come watch the opening ceremonies, said Betty Loudon, one of the committee, and enjoy the barbecue put on by the St. Francis Area Chamber of Commerce. There will be a donation and all proceeds will go to the Relay funds. The Cheyenne Shrine Club will once again have the Candy Wagon at the park and will be selling pop, popcorn, cotton candy and snow cones with all proceeds donated to the Relay funds.

Following the opening ceremonies, there will be entertainment in the band shell followed by the annual auction. Western Auction and Real Estate auctioneers will auction the theme

baskets, flowers and other items donated.

This year, the Common Thread Quilt Guild made and donated a purple and white queen-sized quilt to be auctioned. It is currently on display in the west window of the United Methodist Thrift Store.

"If this quilt were to be sold retail, it would bring close to \$600," said Mrs. Loudon. "Don't miss this opportunity to own this lovely quilt."

All auction proceeds go toward the final total to help cure cancer and support those in the fight.

The highlight of the evening is the luminaria ceremony. This is held at dark, and is awesome to see the hundreds of lit luminaria around the park. They burn all night to symbolize the struggle of having cancer, the fight to survive and the coming of the dawn and victory.

To purchase luminaria in honor of those loved ones who have survived cancer, or in memory of those who did not, please contact Tammy Grice, 785-332-2910 or Sandy Frisbie of McDonald at 785-538-2419, or any member of the Relay Committee. They can also be purchased at the grounds early in the evening.

For more information or to address question, call Pat Rose, 785-332-5348.

We invite everyone to help us in this great endeavor, said Mrs. Loudon. "Come participate on Aug. 20. The event begins at 7 p.m. in Sawhill Park."

Moments with Mila

By Mila Bandel, County Health Nurse

15 Ways to Keep Cool in the Extreme Heat

Alter your pattern of outdoor exercise to take advantage of cooler times (early morning or late evening). If you can't change the time of your workout, scale it down by doing fewer minutes,

walking instead of running, or decreasing your level of exertion.

Wear loose-fitting clothing, preferably of a light color.

Cotton clothing will keep you cooler than many synthetics.

Fill a spray bottle with water and keep it in the refrigerator for

a quick refreshing spray to your face after being outdoors.

Fans can help circulate air and make you feel cooler even in an air-conditioned house.

Try storing lotions or cosmetic toners in the refrigerator to use on hot, overtired feet.

Keep plastic bottles of water in the freezer; grab one when you're ready to go outside. As the ice melts, you'll have a supply of cold water with you.

Take frequent baths or showers with cool or tepid water.

Combat dehydration by drinking plenty of water along with sports drinks or other sources of electrolytes.

Use a portable, battery-powered lightweight fan. They even make those that attach to a water bottle that sprays a cooling mist.

If you're wearing a cap or hat, remove it and pour a bit of ice cold water into the hat, then quickly invert it and place on your head.

Avoid caffeine and alcohol as these will promote dehydration.

Instead of hot foods, try lighter summer fare including frequent small meals or snacks containing cold fruit or low fat dairy products. As an added benefit, you won't have to cook next to a hot stove.

If you don't have air-conditioning, arrange to spend at least parts of the day in a cooler facility such as a public library, or other public space that is cool.

Finally, use common sense. If the heat is intolerable, stay indoors when you can and avoid activities in direct sunlight or on hot asphalt surfaces. Pay special attention to the elderly, infants, and anyone with a chronic illness, as they may dehydrate easily and be more susceptible to heat-related illnesses. Don't forget that pets also need protection from dehydration and heat-related illnesses too.

Graduate qualifies for college scholarship

Ana Ponce, McDonald, a 2010 Cheylin High School graduate, has qualified for a scholarship at Garden City Community College for the 2010-2011 academic year.



Ponce

Guadalupe Ponce, was a member of the volleyball, basketball and track teams at Cheylin, along with her involvement with choir, band, Family, Career and Community Leaders of America (FCCLA) and student council.

She was a delegate to Kansas Girls State and active in her church youth group.

She will receive an Earle W. Campbell Memorial Scholarship and also the Edith and Harry Darby Memorial Scholarship.

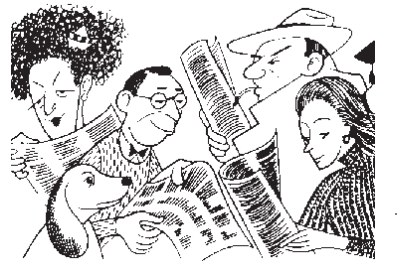
Ponce, a freshman business major, the daughter of Roberto and

Bird City News

On Wednesday, Aug. 4 Edna Roesener and son, Stan Shrader met Amber Shrader and her friend in Goodland. Amber is Stan's daughter and Edna's granddaughter. Amber was heading back from Colorado for her second year of college in Rolla, Mo.

Thursday, Aug. 5, Paul and Edna had a short visit for lunch from Edna's brother, Robert James and friend, Ilene of Pueblo, Colo., last week where they were guests of Hulda's sister, Lydia Frank. This was a sister's reunion as Hulda's sisters, Olga Walker of Minot,

N.D., and Edna Homburg and husband, August of Ellis, were also there. Other family members who also stopped by to visit were: Mr. and Mrs. Paul Fabrizius, Kim Lowers, Sarah Walker and Mr. and Mrs. John Weber.



Dr. Steven Bear Welcome Reception

Please join Citizens Medical Center, Inc. in welcoming Dr. Steven Bear and his family to Colby. A community come-and-go welcome reception will be held on Wednesday, August 18th from 5:00PM - 8:00PM at the Lon Frahm residence, 18 Cottonwood Dr., Colby.

Dr. Bear is available for appointments at Family Center for Health Care.



Citizens Medical Center, Inc.
(785) 462-7511
"Health Care for Life"



Family Center for Health Care
(785) 462-6184

"Our Family Taking Care of Your Family"

Business Directory

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

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STATE OF KANSAS
BUDGET FORM USD-A
2010-2011

USD # 103

NOTICE OF HEARING 2010-2011 BUDGET

The governing body of Unified School District 103 will meet on the 23rd day of August, 2010, at 7:30 a.m. at Cheylin High School BOE Room, Bird City, KS, for the purpose of hearing and answering objections of taxpayers relating to the proposed use of all funds and the amount of tax to be levied. Detailed budget information (including budget profile) is available at and will be available at this hearing.

The Amount of 2010 Tax to be Levied and Expenditures (published below) establish the maximum limits of the 2010-2011 Budget. The "Est. Tax Rate" in the far right column, shown for comparative purposes, is subject to slight change depending on final assessed valuation.

Code 99 Line	2008-2009 Actual		2009-2010 Actual		PROPOSED BUDGET 2010-2011		
	Actual Expenditures (1)	Actual Tax Rate* (2)	Actual Expenditures (3)	Actual Tax Rate* (4)	Expenditures (5)	Amount of 2010 Tax to be Levied (6)	Est. Tax Rate* (7)
General	1,625,708	20.000	1,466,640	20.000	1,508,111	269,929	20.000
Supplemental General (LOB)	268,645	17.418	386,827	19.330	500,332	392,415	26.570
SPECIAL REVENUE							
Bilingual Education	9,600		30,091		30,490		
Capital Outlay	115,136	3.000	128,102	3.000	311,608	88,615	6.000
Driver Training	1,720		980		1,050		
Food Service	86,157		85,616		86,500		
Summer School	360		0		0		
Special Education	256,656		223,375		246,372		
Vocational Education	111,927		125,290		125,000		
Federal Funds	48,878		124,355		133,134		
Gifts and Grants	10,574		13,277		18,302		
At Risk (K-12)	132,228		130,936		148,028		
Declining Enrollment	0	0.000	0	0.000	0	0	0.000
KPERS Special Retirement Contribution	77,626		82,209		92,074		
Contingency Reserve	0		0		0		
Textbook & Student Material Revolving	6,877		10,927				
TOTAL USD EXPENDITURES	2,751,892	40.418	2,808,625	42.330	3,201,001	750,959	52.570
Less: Transfers	552,959	xxxxxxx	492,731	xxxxxxx	567,933	xxxxxxx	xxxxxxx
NET USD EXPENDITURES	2,198,933	xxxxxxx	2,315,894	xxxxxxx	2,633,068	xxxxxxx	xxxxxxx
TOTAL USD TAXES LEVIED	678,261	xxxxxxx	595,123	xxxxxxx	750,959	xxxxxxx	xxxxxxx
OTHER							
Recreation Commission	28,018	1.500	24,523	1.500	7,369	7,379	0.500
TOTAL OTHER	28,018	1.500	24,523	1.500	7,369	7,379	0.500
TOTAL TAXES LEVIED	706,279		619,646		758,328		
Assessed Valuation - General Fund	\$16,051,459		\$13,560,102		\$13,496,472		
Assessed Valuation - All Other Funds	\$17,238,258		\$14,737,460		\$14,769,169		

Hal Anthony
President

Jane C. Young
Clerk of the Board