

Casey's Comments

By Casey McCormick

For the most part, life comes with some pretty basic ground rules. You can call them the Kindergarten rules or 10 Commandments, but so much of what we do in life comes down to making simple choices between "right" and "wrong."

Early on we get our first lessons in how to behave from our families and at school. However, the majority of our lives are spent at work. So this is where we learn most about what is "good" or "bad" in life.

I consider myself very blessed to have had a wonderful variety of jobs. From factories to fields and offices to ditches, I've been able to try on a lot of different hats.

The one constant has been making choices that are both appropriate for that work and correct for my own values. There have been times when what is good and right has gone against what the business world has asked.

That brings up another sort of rule, or maybe more of a statement. It is "life isn't always easy."

Now I'm no saint and don't claim to have always gotten it right each time. In fact I consider myself a work in progress.

But for the most part, life is pretty simple.

Also, sure have had a chance to meet a lot of very good and interesting people along the way. That has been one of the greatest perks of my current gig.



Mr. and Mrs. Joshua Johnson

Couple exchanges wedding vows

Samantha Marie Ufford and Joshua Dorsey Johnson were united in marriage Friday, Sept. 10, 2010, in Vernal, Utah, with Father Albert Kileo from St. James Catholic Church in Vernal celebrating the ceremony.

Parents of the couple are Donald and Darline Ufford of Vernal and Rodney and Lisa Johnson of McDonald. Grandmother of the bride is Lillian Helco of Vernal. Grandparents of the groom are Robert and Helen Johnson and Kenneth and Phyllis Wilkinson, all of McDonald.

The bride is a 2007 graduate of Uintah High School. She attended

Casper College in Casper, Wyo., for two years and now plans to continue her education at Colby Community College, majoring in dental hygiene.

The groom is a 2007 graduate of Cheylin High School and a 2009 graduate of Casper College with associate degrees in animal science and general agriculture.

The couple plan to farm and ranch with the groom's parents and will make their home south of Bird City.

A reception is planned for invited guests Oct. 2.

**Monthly potluck**  
The monthly potluck will be held at the Bird City Senior Center at noon on Monday, Sept. 27.

**Republican meeting**  
The Cheyenne County Republican Committee will hold a dinner meeting starting at 6:30 p.m. on Tuesday, Oct. 5, at Main Street Java, St. Francis. Deb Lindsten, deputy county clerk, will talk about voting in the county. Anyone is welcome to attend.

**Church unity potluck lunch**  
All believers in St. Francis and Bird City are invited to a church unity potluck lunch at 1 p.m. on Sunday, Oct. 3, at the American Legion Hall in Bird City. Everyone is encouraged to bring their own plates and silverware. Church families will be offering to provide drinks, cups, and napkins. And, of course, sponsors would like for those attending to bring the food!

**Peace of Mind AA**  
Peace of Mind AA will meet at the St. Francis Public Library at 7 p.m. on Tuesdays. Contact Kris D. at (785) 332-4410 or (785) 772-5090.

**Hospital Guild**  
The Cheyenne County Hospital Guild will hold their opening meeting of the new year at 2 p.m. on Monday, Oct. 4. The program will take place at Dr. Tim Poling's office and will be a Dental Update.

Hostesses will be Anita Miller and Betty Loudon at the St. Francis Senior Center.

**Meet and Greet**  
Jeff Colyer, Republican for Lt. Governor, will be at the Main Street Java in St. Francis at 1:30 p.m. on Saturday.

**County Commissioners**  
The Cheyenne County Commissioners will meet at 8 a.m. on Thursday, Sept. 30, in the commissioner's room at the courthouse.

**Farmer meeting**  
There will be a Farmer Meeting at the senior center in Bird City tonight (Thursday) at 7:30 p.m.

**Yuma Art Show**  
The Yuma Art show will take place at the First Presbyterian Church in Yuma Oct. 2-7. Enter artwork from 8 a.m. to 5 p.m. Friday, Oct. 1. The show will be open to the public beginning at 1 p.m. Saturday. The show is open Oct. 3-6 from 10 a.m. to 7 p.m. and on Oct. 7 from 10 a.m. to 5 p.m.

**Smokin' on the Beaver**  
Smokin' on the Beaver barbecue contest has been scheduled for Sept. 25 at Lake Atwood. The "Showing on the Beaver" antique show is being held in conjunction. Register for the showing at 10 am. They are looking for 40-50 cooking teams. Later an area band will play for a dance.

Obituary

Lois Alberta Cress  
March 30, 1932 - Aug. 6, 2010

Lois Alberta Cress died on Aug. 6, 2010. She leaves family and friends to cherish her memories.

Lois was born on Eagle Tall Ranch outside of McDonald, Kan., to George and Clara Welch on March 30, 1932.

On June 11, 1950, she was married to George Leeman Cress and remained married for 58 years until Lee's death in 2008. They lived in several towns throughout their lives, Bird City, Denver, Colo.; Lynwood, Calif.; Santa Ana, Calif., and finally as residents of Bellflower Friendship Manor.

Lois raised three boys with Lee and was very active in their lives, always attending and supporting her sons in their sporting events. In her efforts to always be active in her sons lives, she also participated in the Boy Scouts and became the first female troop leader in Orange

County. She also had a creative side to her, winning ribbons and prizes for her beautiful, decorative cakes and creating crafts for the holidays.

She is preceded in death by her husband, George Leeman Cress; her brother, Leroy Welch; her son, Gregory Lee Cress and a grandchild, Jennifer Lee Cress.

Lois leaves behind two siblings, Ray Welch and Claris Spaeth; two sons, Larry Ray and Terry Duane Cress; two daughters-in-law, Rebecca and Cynthia Cress; six grandchildren: Laurie and Bart, Robyn and husband, Jason; Shawn, Shane and wife, Teresa, Ashley and Sarah; and five great-grandchildren: Emma, Abby, Sierra, Charlotte, Rue and one on the way.

A memorial graveside service was held on Sept. 17 at the Bird City Cemetery with Pastor Tim Cress officiating.

School Menu

**Sept. 27-30**  
Menu subject to change.

**Monday, Sept. 27**  
Breakfast: Sausage patty.  
Lunch: Pizza stromboli, potato triangle.

**Tuesday, Sept. 28**  
Breakfast: French toast sticks.  
Lunch: Country fried steak, baked potatoes and roll.

**Wednesday, Sept. 29**  
Breakfast: Oatmeal and boiled egg.  
Lunch: Cheese enchiladas, dessert.

**Thursday, Sept. 30**  
Breakfast: Ham biscuit.  
Lunch: Fish sandwich and fries..

Influenza "Flu" Clinic Scheduled:

Friday, Oct. 1, 2010  
7:30 a.m. - 4:30 p.m.

No appointment needed

Cheyenne County Health Department  
located in basement of the Cheyenne  
County Clinic in St. Francis.

(Elevator available for use to basement)

Cheyenne County Clinic—Bird City  
Sat., Oct. 2, 9 a.m. - noon

No appointment necessary

(Note: We will not be having Saturday clinic in St. Francis this day.)

Mila Bandel, RN

County Health Nurse at 785-332-2381

For information go to www.atwoodkansas.com, www.sunfloweraero.com or call (785) 626-3344.

**Hospital Board**  
The Cheyenne County Hospital Board will meet at 3 p.m. on Tuesday, Sept. 28, in the clinic basement meeting room in St. Francis.

**Store remodeling**  
The 2nd Beginnings Thrift Store in Bird City will be closed until Oct. 1 due to remodeling.

**Narcotics Anonymous**  
Narcotics Anonymous meetings are held at 104 W Webster/Methodist Education Building on Sunday nights at 8 p.m. and Thursday nights at 7:30 p.m. Contact (785) 342-0028.

Northwest Kansas Family Shelter

Northwest Kansas Family Shelter provides 24-hour-7-day-a-week service 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.

**Correction**  
In the Sept. 16 issue of the Times, in the city council article, it stated that Hal Sager had received complaints about the Bird City Park shelter house. That was incorrect as Mr. Sager said he had received compliments.

Canidate to greet the public on Saturday

By Karen Krien  
karen.k@nwkansas.com

Jeff Colyer, Republican Lt. Governor candidate running with Sam Brownback, candidate for Kansas governor, will be in St. Francis at 1:30 p.m. on Saturday at Main Street Java.

The "meet and greet" event will give residents a chance to ask questions and listen to Dr. Colyer. Pastries and coffee will be available, courtesy of the Cheyenne County Republican Committee.

Dr. Colyer is currently serving as a Kansas State Senator from Overland Park. His career has focused on making a difference in people's lives on the local, state, national and international level.

Mr. Brownback is currently serving as a U.S. Senator and is an advocate for Kansas interests. On the Appropriations Committee, he has supported vital transportation

projects creating thousands of Kansas jobs and improving the competitiveness of businesses. He is on the Agriculture Appropriations Subcommittee which oversees the U.S. Department of Agriculture programs as well as food safety and agencies responsible for protection of public health such as the Food and Drug Administration. He is also a member of the Homeland Security Subcommittee.

He is pushing for meaningful tax reform and an optional flat tax, a BRAC-like commission to review and terminate failed or completed federal programs, and to build market and consumer based solutions to health care reform. As a founding member of the Senate Fiscal Watch Team, he supports a balanced budget and reform of the earmark and appropriations process.

McDonald News

The Highway 36 garage sales held on Friday and Saturday in McDonald were deemed a big success. Buyers from 10 states were present to pick up bargains. There were four rows of tables that the donated items were given to the Legion.

Gilbert and Janice Antholz accompanied Gail and Kay Miller to North Platte, Neb., on Sunday where they attended a Train Fest.

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

Karlyne Atchison and Amelia Banister attended the football game in Bird City and saw the Homecoming events in which Amelia's granddaughter was crowned Homecoming Queen.

Debbie Banister, who was on her way back to college, stopped

in for a visit with Amelia Banister and Karlyne Atchison.

Eleanor Swihart attended the Berean Church in Colby on Sunday. The church was celebrating its 50th anniversary.

Saturday visitors of Joan Tongish were Joan Wilford of Fort Collins, Colo., and her sister, Mary Preston, of Brighton, Colo. Betty Lewis was also a visitor.

Ray and Marlene Johnson returned home last Monday from a visit with their son and family, Mr. and Mrs. Dave Johnson in McPherson. They also visited Mr. and Mrs. Vernon Davis in Kanopolis.

On Sunday, Ray and Marlene Johnson visited in McCook with Mr. and Mrs. Clint Bethell and baby daughter and with Mr. and Mrs. Ted Bethell.

SHOWTIME: 7:30 p.m.

1 hr. 25 min.

Vampires Suck

Sept. 24, 25 & 26

PG-13 for crude sexual content, comic violence, language and teen partying.

Matt Lanter, Jenn Proske, Chris Riggi, Ken Jeong, Diedrich Bader

Comedy

CHEYENNE THEATER

St. Francis, KS  
785-332-2747

Children 12 & Under: \$3

All Others: \$5

CHEYENNE COUNTY HOSPITAL

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

Cheyenne County Hospital, Clinic and Health Department Will Be Sponsoring a Health Fair for men and women.

There are two lab exams available – the lab profile will be a Chemistry Panel (with TSH and Lipid panel) and PSA. The lab draws will be offered for three mornings in St. Francis and one morning in Bird City.

We will offer a female exam that includes a breast and pelvic exam with Pap smear. The male exam will include a prostate check.

The fee is due at time of service and will not be billed to insurance.

Lab Draws

Monday, Oct. 4, 5, 6 from 7 to 10 a.m. in St. Francis  
Cheyenne County Clinic basement

Tuesday, Oct. 5, 7 to 10 a.m. at the Bird City Clinic

• No appointment needed.

• Please remember to fast for the Chem Panel Lab Test (Nothing to eat or drink except water after your evening meal)

Lab Fee: Chemistry Panel with TSH and Lipid \$40  
A1C — tests to check average blood sugar over 3 month period \$20  
PSA \$20

MEN'S AND WOMEN'S EXAM SCHEDULE

EXAM DATES: St. Francis —

Wednesday, Thursday and Friday, Oct. 6, 7 and 8  
Cheyenne County Clinic, St. Francis.

Bird City —

Wednesday, Thursday and Friday, Oct. 6, 7 and 8  
Bird City Clinic

Exam Fee: Female Exam \$25  
Male Exam \$25

Please contact the Cheyenne County Clinic to schedule your exam  
Or if you have additional questions at 785-332-2682.

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

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