

South of McDonald News By Sandy Binning

Debbie Banister returned to Topeka Wednesday afternoon.

Diane Montgomery spent Christmas weekend in Lone Wolf, Okla., with Jim and Barbara Ambrose, and Brad and Misty Montgomery and children.

Sunday dinner guests of Bethel Golt were Shirley Dare, Charles and Val Coleman, CW and Sandy Antholz, and Don Bruder.

Debbie Banister arrived home Tuesday evening for Christmas break.

Mr. and Mrs. George Banister and family were part of the Banister family gathering Christmas Eve Day at Amelia Banister's home in McDonald.

Zaiba Ahmed was a Sunday af-

ternoon visitor of the George Banister family.

Alan Golt of Brooklyn, N.Y. arrived home Christmas Eve. Mike and Amy Waters and children came home Christmas Day. The Waters are guests of Bethel Golt and Doug and Karen Flemming.

Roy and Jnel Hubbard and baby Daniel were Christmas guests of Dan and Margie Hubbard. Ken and Rachelle Williams, Cale and Taryne were Thursday through Sunday guests of the Hubbards.

Christmas Eve and Day guests of Dan and Margie Hubbard were the Dave Hubbard family, Phyllis and Bob Cass, and Mark and Marilyn Adams and Joshua.

Mark and Marilee Gundlach and

family arrived Friday night at the Lynn and Rita Officer home. Randy and Melissa Regier and family came Sunday noon. Michael and Erin Officer and children arrived Sunday evening and Mark and Leslie Officer and family will be arriving Monday.

Ratha Lea Loker was a Christmas Day guest at the Lynn Officer's and a Sunday guest also.

Tuesday guests of Joe and Charlene Kramer for the Kramer family Christmas were Dennis and Elda Kramer and girls and Ryan and Diane Shay and family.

Joe and Charlene Kramer were Christmas Day guests of Rodney and Kay Shay and families in St. Francis.

Hospice Facts

Ten facts about Hospice care you may not know

Some people mistakenly think hospice care is just about dying... that hospice is the place you call when there's nothing more that can be done. Nothing could be further from the truth. Hospice helps patients and families focus on living.

Hospice care brings comfort, dignity, and peace to help people with a life-limiting illness live every moment of life to the fullest. It also reaches out to provide support for the family and friends who love and care for them.

Last year, 1.56 million dying Americans were served by the nation's hospice providers. Yet, there are some important facts about hospice that people don't know.

- Hospice is not a place; it's high-quality medical care that helps the patient and family caregivers focus on comfort and quality of life.

- Hospice is paid for by Medicare, Medicaid, most insurance plans, HMOs, and managed care plans. Fear of costs should never prevent a person from accessing hospice care.

- Hospice serves anyone with a life-limiting illness, regardless of age or type of illness.

- Hospice serves people of all backgrounds and traditions; the core values of hospice...allowing the patient to be with family, including spiritual and emotional support, treating pain...cut across all cultures.

- Research has shown that the majority of Americans would prefer to be at home at the end of life's journey...hospice makes this possible for most people.

- Hospice serves people living in nursing homes and assisted living

facilities.

- Hospice patients and families can receive care for six months or longer.

- A person may keep his or her referring physician involved while receiving hospice care.

- Hospice offers grief and bereavement services to family members and the community.

- To get the most out of what hospice offers, it's better to have care for more than just a few days.

The best time to learn about hospice is before someone in your family is facing a healthcare crisis.

For more information, contact Hospice Services at 800-315-5122 (in Phillipsburg 785-543-2900) or visit <http://www.hospicenwks.net> You can visit <http://www.caring-info.org> or call the HelpLine at 800-658-8898 for general information.



READY, AIM, FIRE — Danny Wilkenson and Austin Ackerman get ready for the trap shoot that was held at the Christmas in McDonald event. *Times staff photo by Norma Martinez.*

Public Notices

Annual stockholders meeting set for Jan. 19

Published in The Saint Francis Herald, St. Francis, Kansas, Thursdays, January 6, 2011 and January 13, 2011. (01-02)

Notice is hereby given that the annual meeting of the stockholders of the St. Francis Mercantile Equity Exchange will be held at the High School Cafeteria in St. Francis, Kansas, January 19, 2011 at 6:00 p.m. CST. Reports will be presented by the Board of Directors and Management, along with a review of the financial statements of our auditors. Members will elect two director to serve on the Board.

Dinner will be served beginning at 6:00 p.m. CST. The business meeting will follow immediately after dinner. Drawings for door prizes will follow the meeting.

St. Francis Mercantile Equity Exchange Board of Directors.

Members to participate in legislative reception

Published in The Saint Francis Herald, St. Francis, Kansas, Thursday, January 6, 2011. (1) **LEGAL NOTICE**

Pursuant to the concepts of open meetings, the board of directors of the Northwest Kansas Groundwater Management District No. 4 is announcing their participation in a Legislative Reception to be held February 9, 2011, from 5:00 P.M. until 8:00 P.M., CST, in the Ramada Inn's Grand Ballroom, 420 SW 6th Ave, Topeka, Kansas. A majority of a quorum of GMD 4 board members may or may not be present during this reception. Regardless of GMD 4 board attendance, no GMD 4 business will be conducted and no board action(s) will be taken. Only general discussion is planned for issues of mutual interest and concern.

Attest: Scott Maurath, GMD 4 President

District to elect three board members

Published in The Bird City Times, Bird City, Kansas, Thursday, January 6, 2011. (1) **NOTICE**

**School Board Election
Unified School District No. 103
Cheyenne and Rawlins Counties, Kansas**

Notice is hereby given that pursuant to K.S.A. 25-2018 as amended, a General School Election to elect three (3) school Board Members shall be conducted in Unified School District No. 103, Cheyenne and Rawlins Counties, State of Kansas on the 5th day of April, 2011.

The District has the two (2) district election plan: one (1) Board Member being elected from District 1 and two (2) Board Members being elected from District 2, therefore there shall be one (1) Board Member elected from Board Member District No. 1, Position No. 5, one (1) Board Member from District No. 2, Position No. 2 and one (1) Board Member from District No. 2, Position No. 4. Each Board Member shall be a qualified elector of the Member District for which they file as a candidate. Board Members shall be elected for a term of four (4) years beginning the first day of July, 2011.

Candidates shall file for such office with the County Clerk/County Election Officers of Cheyenne County, Kansas and Rawlins County, Kansas. Each such filing shall be made before 12 noon on Tuesday, January 25, 2011. Each such filing shall be accompanied by a filing fee of five (\$5.00) dollars or by a petition signed by not less than 50 electors in the Member District, or 10% of the qualified electors in the Member District, whichever is less. No candidate shall be permitted to withdraw his candidacy after the last date provided by law for filing for such candidacy.

Notice is further given that if more than two (2) candidates file for any one position on the Board, there shall be conducted a Primary Election on Tuesday, March 1, 2011 in the Member District or Districts having more than two (2) candidates.

Names of the two (2) candidates receiving the highest number of votes for each position at the Primary Election, if one is held, shall be placed on the ballot in the Board Member District for which there are candidates, at the General School Election held on Tuesday, April 5, 2011.

Signed this 3rd day of January, 2011.

TERRY MILLER
Cheyenne County Election Officer

Bird City to elect three council members

Published in the Bird City Times, Bird City, Kansas, Thursday, January 6, 2011. (1)

**Notice
City Election
City of Bird City, Kansas**

Notice is hereby given that pursuant to K.S.A. 25-2102, a City Election to elect three (3) Council Members shall be conducted in the City of Bird City on the 7th day of April, 2011.

Each candidate shall be a qualified elector of the City of Bird City. Candidates shall file for such office with the County Clerk/ County Election Officer of Cheyenne County, Kansas. Each such filing shall be made before 12 noon on Tuesday, January 25, 2011. Each such filing shall be accompanied by a filing fee of five dollars or by a petition signed by not less than 25 electors of the council district or by a number of such qualified electors of the district equal to not less than 10% of the ballots cast in the district at the last general city election, whichever is less. No candidate shall be permitted to withdraw his candidacy after the last date provided by law for filing for such candidacy.

Signed this 3rd day of January, 2011.

Terry Miller
Cheyenne County Election Officer

County to conduct first public meeting

Published in The Saint Francis Herald, St. Francis, Kansas, and the Bird City Times, Bird City, Kansas, Thursdays, January 6 and January 13, 2011. (1-2)

**PUBLIC NOTICE
TO ALL RESIDENTS OF
CHEYENNE COUNTY**

The Office of Cheyenne County Emergency Management along with E-Fm Consulting, LLC will be conducting the 1st Public Meeting for discussion and input on the Cheyenne County Hazard Mitigation Plan. The County and incorporated areas are developing Local Hazard Mitigation Plans per the requirements of the Disaster Mitigation Act of 2000 and guidance of the Kansas Division of Emergency Management.

The Natural Hazard Mitigation Plan will guide local activity to reduce risk and prevent loss from natural hazards such as tornadoes, wildfires, floods, hail and severe weather. The intent of the plan is to:

- Identify natural hazards impacting the community;
- Describe risk and vulnerability to the community;
- Describe mitigation actions and goals associated with the prioritized vulnerabilities;
- Describe how the community will maintain its plan in the future

YOU ARE INVITED to learn more, participate, and comment at this public meeting concerning the development of a Natural Hazard Mitigation Plan. Members of the Planning Committee and our consultant will be present to answer questions, receive public input and information, and address public commentary.

When complete, the new plan will meet the requirements of the Disaster Mitigation Act of 2000. Under this Act and related legislation, states, communities, and tribal governments must complete FEMA-approved plans to be eligible for certain federal assistance programs. These assistance programs provide communities with pre- and post-disaster funds to implement mitigation projects.

After the meeting the draft plan will be available for review at the Cheyenne County Emergency Management Office, and at the Public Library in St. Francis.

TIME: 9 am
WHEN: January 20, 2011
WHERE: St. Francis Emergency Services Building
125 W. HWY 36
St. Francis, Kansas, 67756

For more information contact Ryan Murray at 785-332-2560
Or E-Fm Consulting at 785-312-9150

Bugs becoming a concern to people

Bed bugs are becoming a concern to people in the United States. In recent years, infestations in homes, hotels, dormitories and other locations have increased.

Justin Lohr, Cheyenne County Noxious Weed supervisor, recently attended a class which told about bed bugs, their description, the damage they do, how to detect them and then how to prevent them and get rid of them.

Bed bugs are often associated with clutter and filth but have also been reported in the finest hotels and living accommodations. Although there is no specific explanation for the resurgence of the pest, increased international travel is probably one reason.

Another reason is probably the use of the pesticide DDT. The pesticide was used in the 1940s and 1950s to eliminate the problem and has seen a reversed effect as the bugs have built up a resistance.

Adult bed bugs are small, oval, wingless, flattened insects about 1/5-inch long and rusty to dark red in color. A female can produce 200 to 500 eggs in a lifetime. Eggs are tiny, white and deposited in clusters of 10 to 50. They are covered with a glue-like substance that allows them to stick to surfaces.

They live on blood but can also live for months without feeding. For instance, a building that has been empty for months can still be infested.

Bed bugs are hard to detect, especially in the early stages of an infestation. They often feed multiple times before victims realize it. By then, females have had plenty of time to deposit eggs.

They feed at night while people are asleep but the bite usually is not noticed until later. They can eat up to six times their weight in blood and a single feeding may take anywhere from 3 to 10 minutes.

Bed bugs have been discovered in furniture stores, laundromats, movie theaters and on public

transportation. They are usually transported to new locations in suitcases, purses, backpacks and other such containers. It is more difficult to get rid of bed bugs than ants, fleas, cockroaches or termites.

They hide mostly in or near beds, so if a person is suspicious that there might be bed bugs present, start looking at the mattress, bed frame and headboard. They are difficult to see unless the bed is dismantled and a flashlight is used.

Adults and nymphs can be seen with the naked eye, but eggs require magnification. They also hide in other furniture, loose wallpaper, in cracks and crevices along floorboards and under the edge of carpeting, switch plates and outlets. They even have been found inside phones, clocks and smoke detectors.

Supervisor Lohr said preventing bed bug infestations is difficult because they can be transported by luggage, clothing, bedding or furniture. Travelers, he said, can help prevent distribution of bed bugs by inspecting bedding along the seams of mattresses and box springs for the sign of bugs. Also keep the luggage elevated.

Bed bugs are difficult to eliminate. Treatment or control measures, said Mr. Lohr, must be thorough. In most cases, it is necessary for the homeowner to hire professional pest control services with experience inspecting and treating bed bugs.

Bedding and other materials exposed to bed bugs should not be treated with insecticides. They can be treated by heating in most tumble dryers on the hot cycle to a consistent temperature of at least 104 degrees for a minimum of 30 minutes, washing all items at 104 degrees or freezing at 0 degrees for at least 2 hours.

For more information on bed bugs, the prevention and treatment, contact Mr. Lohr at 785-332-8840.

Share your HOLIDAY NEWS with

The St. Francis Herald and Bird City Times!

Call 785-332-3162 or 785-734-7031 with news items