

Gun shop opens in Sainty

By Karen Krien
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Frontier Arms Company is one of St. Francis' Main Street newest business. It opened on Tuesday, Aug. 23.

Owned and operated by Kent Allard, the fire arms business is located at 116 E. Washington. The shop will carry new and used firearms, ammunition, scopes, holsters, cleaning supplies as well as muzzle loading accessories. Mr. Allard will also be doing gun smithing which includes cleaning, scope mounting, trigger jobs, along with any other gun smithing needs.

Mr. Allard said he had always had an interest in firearms. What was once a small interest, he said, has grown. He likes to hunt deer, turkey and pheasant with firearms, however, he picks up the bow and arrow when he goes to Canada to hunt bear.

He enjoys pistol shooting and, in the future, plans some pistol shooting training. Kent was born and raised in the Kansas City area. He and his wife, Rebecca, moved to Salina while she was doing her medical residency. They moved to St. Francis in



KENT ALLARD stocks the gun rack at his new business on Main Street in St. Francis. Herald staff photo by Karen Krien

2007 where Rebecca is a doctor at the hospital and clinic. They have two daughters, Sidney and Sara. When they have time, Dr. Allard likes to hunt with her husband. There will be a grand opening at Frontier Arms Company through the month of September. Check the ad in this week's Herald and Times for deals on firearms and ammunition. Mr. Allard said his hours vary and he will be open most of the time during the week. However, if someone needs something, they can call him at 785-332-3600.

Moments with Mila

By Mila Bandel, County Nurse

Play It Safe in the Heat for School Sports

Heat is the number one weather-related killer in the United States. Heat illness is the leading cause of preventable death in school athletics. Heat stroke deaths mainly occur in the summer months during conditions for fall sports. Body heat production is 15 to 20 times greater during vigorous exercise than when at rest. How to help prevent heat-related illness:

1. Practice times should be designed to limit intensity of activities and exposure time to excessive heat, lengthen rest and recovery time, ensure adequate hydration and ensure constant monitoring of heat-related illnesses.
2. Practice and other outdoor activities should be scheduled during cooler times of the day. Athletes, coaches and parents must know the warning signs of heat stroke and monitor the weather conditions closely. It will take athletes several weeks to become acclimated to the heat if they are not accustomed to being outdoors.
3. Hydration is the key! Hydrating well before, during and

after practices and games is a must. Make sure the child drinks fluids (water or sports drink) at least 30 minutes before the activity begins and every 15 to 20 minutes during activity.

4. Environment: the body needs to sweat in order to properly cool down. When the relative humidity increases perspiration evaporates less readily, robbing the body's ability to cool itself. Parents and coaches must be responsible for limiting practices or competitions during periods of excessive heat and humidity. Moving practices indoors or to a shady area can help reduce the risk of heat injury to an athlete.

How to recognize heat-related illnesses:

1. Heat rash – is a skin irritation caused by excessive sweat during hot, humid weather. It can occur at any age but is most common in young children.
2. Sunburn – is an inflammation of the skin due to overexposure to ultraviolet radiation from the sun or tanning beds.
3. Heat cramps – usually affect people who sweat a lot during strenuous activity. This sweating

depletes the body's salt and moisture. The low salt level in the muscles may be the cause of heat cramps. They may also be a symptom of heat exhaustion.

4. Heat Exhaustion – is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. It is the body's response to an excessive loss of water and salt contained in sweat. Signs of Heat Exhaustion: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting and fainting.

5. Heatstroke – occurs when the body is unable to regulate its temperature. The body's temperature rises rapidly, and the sweating mechanism fails, and the body is unable to cool down. Signs include: extremely high body temperature, red/hot/dry skin (no sweating), rapid – strong pulse, throbbing headache, dizziness, nausea, confusion, and loss of consciousness.

Act quickly if you see any of these signs. Call 911 and begin cooling the victim.

South of McDonald News

By Sandy Binning

Birth announcement

Michael and Erin Officer of Broken Arrow, Okla., announce the birth of a daughter, Laekin June Officer, Sunday, Aug. 28, 2011. She weighed 7 pounds 10 ounces and was 20.5 inches long.

Maternal grandparents are Chuck and Diana Brandt of West Allis, Wisc., and paternal grandparents are Lynn and Rita Officer of McDonald. Great-grandparents are Betty Dewey of Ellinwood, and Alice Cudnoski of St. Petersburg, Fla. Laekin has a sister, Lucy, age 5, and a brother, Brandt, age 2 1/2, to welcome her home.

Tom and Kelly Dewey and children were Saturday afternoon guests of Tyrel and Heather Prideaux of Atwood to help Tucker celebrate his fourth birthday.

Sunday afternoon and evening guests of Tom and Kelly Dewey and children were Tyler and Christina Hills and family.

Sunday dinner and afternoon of guests of Ote and Ellen Dewey were Chuck and Mitzi McNall and family, Tom and Kelly Dewey and children, and Linda Dewey.

On Monday, Don Bruder, Bethel Goltl, and Alan Goltl helped Elvera Neitzel celebrate her birthday with a party at the Good Samaritan Home in Goodland. Elvera's daughter, Glenda Carson of Atchison, and her son, Gary Neitzel of Texas also were there to join the celebration. Her children are spending the week here visiting.

Joe and Charlene Kramer were in Garden City Saturday and Sunday and attended the Tumbleweed Festival were cousin Johnny Neill was performing with the Sons and Brothers of Colorado.

Josh Johnson hosted a barbecue Friday Aug. 26, for Sammie's birthday. Guests were Kenneth and Phyllis Wilkinson, Bob and Helen Johnson, Rod and Lisa Johnson, and Walt, Bonnie, and

Monty Biggs.

Saturday, Aug. 27, Sammie and Lisa Johnson participated in the St. Jude Trail Ride hosted by Ginther Stables. Josh and Rod Johnson, and Kenneth and Phyllis Wilkinson joined them later that day for the Tipis on the Sappa Celebration.

George Banister spent Tuesday and Wednesday in Topeka with Debbie Banister.

George and Kathy Banister attended a get-together at Kent and Joan Banister's home Friday evening. They all enjoyed visiting with uncle Ted Holzwarth.

Kelly Dewey and children attended the Creative Movements Tumbling Camp and Pool Party Saturday in Atwood.

Friday evening Tom and Kelly Dewey and children took in the "Smurf" movie in Atwood.

Kelly Dewey and children swam Sunday evening at the last Family Pool Night in Atwood.

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Upcoming Promotions

For more information contact Tim Burr at:

The Saint Francis Herald

Bird City Times

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FALL SPORTS SECTION -
Featuring Football and Volleyball players plus Cheerleaders and Pom Pon

Homecoming special section coming up ~
Show your Indian & Cougar pride!

4-H Section

To be inserted in October.

Features a collection of articles celebrating 4-H Week and the 4-H Clubs in Cheyenne County.

Booster Sponsors

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For more details, contact
Tim Burr
at 785-332-3162

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