

Annual trail ride set for Sunday

By Karen Krien
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The 21st Cheyenne County Trail Ride has been set for 2 p.m. sharp on Sunday, Oct. 9. The ride, which will last about 2.5 hours, will start at the Tyler and Kristle Raile residence, northwest of St. Francis. To get to the Raile's from St. Francis, go 8 miles north on K-27 (follow the first curve), to Rd. 10. Turn north and drive 1 mile. Turn left (west) and drive up the private road to the yard. Coming from Haigler, drive 13 miles south, following the curve to the east to Rd. 10. 8 miles north on K-27 (follow the first curve), to Rd. 10. Turn north and drive 1 mile. Turn left (west) and drive up the private road to the yard.

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

Last year, the ride was at the Jeter Isley farm, northwest of Wheeler.

Gary Cooper, one of the coordinators, said this ride will be a little easier terrain and ideal for kids. There will be no water crossing and it is nice pasture riding.

Following the ride, the Cheyenne County 4-H'ers involved in the horse program will be hosting a barbecue.

Mr. Cooper has been coordinating the annual ride for the last 21 years. Another coordinator, Sharon Olofson, has been helping with the ride for 20 years.

Mrs. Olofson is also responsible for raising money to help St. Jude Children's Research Hospital. This year, not only will people be able to donate to St. Jude's but they will also be able to help Linda Elfers who has been diagnosed with cancer.

Mrs. Elfers grew up riding horses and has seldom missed a trail ride.

For more information, contact Mr. Cooper, 785-332-2904 or Mrs. Olofson, 785-332-2248.



WAITING FOR THE KING AND QUEEN to arrive were Cassie Rucker, Allie Frisbie, Phoenix Clemans, Kayten Flanagan, Tucker Burr, Eduardo Serrano and Isabelle Gabaldone.

Times staff photo by Norma Martinez

Club Clip

Kanred

The FCE (Family Community Education), Kanred, group met on Mon. Sept. 26, at the LeBow Manor. There were three members present, Dorothy Mast, Colleen Catic and Wanda Dowdy.

Wanda taught the lesson on, "Someone's in the living room with an eye for redecorating." This happens to each one of us, when we decide we need to redecorate one or more rooms in our house, she said. There were some neat ideas written in the Hearth Fire Series from the National Association for Family and Community Services, for redecorating any room in your home.

They are: Determine your budget, size and location, then draw out on graph paper the living room, with length, width and height.

Next, mark on drawing where permanent features are such as: window, door, phone jacks, electrical outlets, light switches, ceiling fan, TV outlet, heat/air registers.

To decide on type, color and fabric for window treatments,

Consider; the view-the picture can frame an outside view. Is the room mostly used in the day or

night? Does the sun give exposure requiring lining or shades? What's the design of the windows? Also consider the location of heating sources. Is there an exterior noise factor?

Buy the best quality fabric your budget will allow. Measure the windows carefully, adding in for the depth of the rod and bracket location on the wall.

Carpet Selection

Facts to consider in selecting the carpet are the use of the room, traffic pattern, carpet budget, and the light in the room.

Selecting paint
In selecting paint consider the color, type of paint and wall surface.

For our discussion after the lesson, we realized that there are neat ways that we can decorate our homes by checking at the second hand stores for items that are more reasonable than going to the big retailers.

After the lesson, we enjoyed refreshments that Dorothy Mast furnished for us. Our next meeting will be on Oct. 10, at 2 p.m. at the Bird City Senior Center.

Moments with Mila

By Mila Bandel, County Health Nurse

If you have been watching NFL football this October you have been seeing pink cleats, gloves, arm bands, chin guards and pink ribbons on the player's helmets and the coach's hats. October is breast cancer awareness month and it is nice to see the NFL players and coaches supporting breast cancer awareness.

Breast cancer is the most common cancer in women in the United States, aside from skin cancer. According to the American Cancer Society (ACS), an estimated 192,370 new cases of invasive breast cancer are expected to be diagnosed among women in the United States this year. Today, there are about 2.5 million breast cancer survivors living in the United States.

Breast cancer is a malignant tumor that grows in one or both of the breasts. Breast cancer usually develops in the ducts or lobules, also known as the milk-producing areas of the breast.

Breast cancer is the second leading cause of cancer death in women (after Lung cancer). Although

African-American women have a slightly lower incidence of breast cancer after age 40 than Caucasian women, they have a slightly higher incidence rate of breast cancer before age 40. However, African-American women are more likely to die from breast cancer at every age.

It is known that hormones in a woman's body, such as estrogen and progesterone, can play a role in the development of breast cancer. In breast cancer, estrogen causes a doubling of cancer cells every 36 hours. The growing tumor needs to increase its blood supply to provide food and oxygen. Progesterone seems to cause stromal cells (the woman's own cells to send out signals for more blood supply to feed the tumor.)

Not all breast cancers are alike - there are different stages of breast cancer based on the size of the tumor and whether the cancer has spread. For medical providers and patients, knowing the stage of breast cancer is the most important factor in choosing among treat-

ment options. Medical providers use a physical exam, biopsy, and other tests to determine breast cancer stage.

The most common system used to describe the stages of breast cancer is the American Joint Committee on Cancer/Tumor-Nodes-Metastases system. This system takes into account the tumor size and spread, whether the cancer has spread to lymph nodes, and whether it has spread to distant organs (metastasis). All of this information is then combined in a process called stage grouping. The stage is expressed as a Roman numeral. After stage 0 (carcinoma in situ), the other stages are I through IV (1-4). Some of the stages are further subdivided using the letters A, B, and C. In general, the lower the number, the less the cancer has spread. A higher number, such as stage IV (4), means a more advanced cancer.

One of the earliest signs of breast cancer can be an abnormality that shows up on a mammogram before it can be felt. The most common

signs of breast cancer are a lump in the breast; abnormal thickening of the breast; or a change in the shape or color of the breast. Finding a lump or change in your breast does not necessarily mean you have breast cancer. Additional changes that may also be signs of breast cancer include:

Any new, hard lump or thickening in any part of the breast

Change in breast size or shape

Dimpling or puckering of the skin

Swelling, redness or warmth that does not go away

Pain in one spot that does not vary with your monthly cycle

Pulling in of the nipple

Nipple discharge that starts suddenly and appears only in one breast

An itchy, sore or scaling area on one nipple

For information about the Early Detection Works program initiated through the Cheyenne County Health Department please call 785-332-2381. Early detection is vital and can save your life.

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We would like to thank everyone for the many prayers, visits, cards, phone calls, food and many other acts of kindness during Mom's illness and after her passing. Special thank you to the Hester Home for caring for Mom (always there when I needed you), the Dundy County Hospital for taking in my family for a week (you really do take care of your own), and Dr. Stonehocker for the reassurance and comfort, the Dundy County EMTs, Lewier Funeral Home, Pastor Fred Anderson for the service, the Imperial Methodist Church for the great meal, Marcia Bauerle for playing the organ, and Krystal Cummings for singing.

The Shirley Barnes family -
Duane Barnes, Deb and Mike Nichols,
Dave and Mary Barnes, Dwight and Sherry Barnes, Diane and Tony Vandike, Daryl Barnes, Danny Barnes, and our families

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