

South of McDonald

By Sandy Binning

Kathy Banister attended a Scholars Bowl Coaching Clinic in Hays Saturday. Debbie Banister joined her mother there in the afternoon to take in some shopping before returning to Topeka.

Friday overnight company of Bethel Goltl were her nephew, Frank Botti, his wife Romanina, and their son Nathaniel of Connecticut. They are moving to San Francisco, Calif. On Saturday Elaine Johnson and Brent Johnson joined them for a visit. Additional Sunday guests of Bethel and the Botti's for dinner were Mike and

Amy Waters and family.

McDonald News

Jim and Louis Morelock took a short vacation to the mountains this past week and enjoyed the changing of the foliage.

Jerry and Garrett Binning provided a historic tour of the Beaver Creek area to Ray Imhof, Colby, Doris Johnson, Abilene, and Iris McIntosh Thursday afternoon. Mr. and Mrs. Dwight Brown of Vernon, Colo. were Sunday afternoon guests of Ratha Lee Loker.

Public Notices

Notice of annual meeting published

Published in The Saint Francis Herald, St. Francis, Kansas, and the Bird City Times, Bird City, Kansas, Thursdays, October 6, and October 13, 2011. (40-41)

Notice of Annual Membership Meeting

Cheyenne County Development Corporation will hold its annual Meeting on Thursday, October 21, 2011, at Noon at the St. Francis Public Library on 121 N. Scott, St. Francis, KS. All Cheyenne County registered voters are members and are invited to attend.

Increasing water rates in the city of Bird City

Published In The Bird City Times, Bird City, Kansas, Thursday, October 6, 2011 (40)

ORDINANCE NO. 326

AN ORDINANCE INCREASING WATER RATES IN THE CITY OF BIRD CITY, KANSAS; PROVIDING FOR AND FIXING THE RATES TO BE CHARGED FOR WATER SOLD BY THE CITY OF BIRD CITY, KANSAS; AMENDING SECTION 3-105 OF THE CODE OF THE CITY OF BIRD CITY, KANSAS, AND REPEALING SAID SECTION AS THEY EXISTED PRIOR TO THE ADOPTION OF THIS ORDINANCE;

BE IT ORDAINED BY THE GOVERNING BODY OF THE CITY OF BIRD CITY, KANSAS:

SECTION 1. Section 13-105 of the code of the City of Bird City, Ordinance No. 307 of the City of Bird City, Kansas is hereby amended to read as follows:

Section 13-105. RATES. The City Council has established the following rates for water uses and sewer:

- a) A base rate of \$33.60 per month per meter for a minimum usage of up to 5000 gallons per month;
- b) Water usage over 5000 gallons per month would be charged at the rate of \$2.80 per thousand gallons per month over 5000 gallons plus the minimum base rate.
- c) The sewer rate shall be \$19.60 per month.

SECTION 2. Existing Section 13-105 of the Code of the City of Bird City, all such sections existing prior to the adoption of this Ordinance, are hereby repealed.

SECTION 3. The provisions of this Ordinance shall be included and incorporated in the Code of Ordinance of the city of Bird City, Kansas, 1998, as an addition or amendment thereto, and shall be appropriately renumbered to conform to the uniform numbering systems of the Code.

SECTION 4. This Ordinance shall become effective for the next billing cycle and be in full force and effect after its publication in the official city newspaper.

ADOPTED AND PASSED by the Governing Body of the City of Bird City, Kansas, on this 3rd day of October, 2011.

SIGNED by the Mayor this 3rd day of October, 2011.

Troy Burr, Mayor

ATTEST:

DeAnza Ambrosier, City Clerk



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4-H CLUB MEMBERS held a bake sale at the Linda Elfers benefit held on Sunday. Left, Robin Burr and Raymond Zimbelman check out the goodies. Also pictured are Kattie Wurm, Christy Wurm, and Seth Grice. Herald staff photo by Tim Burr

Benefits held to help with expenses

By Karen Krien

karen.k@nwkansas.com

A benefit dinner and a poker run were held Sunday to help Linda Elfers with medical bills.

The dinner, held at the St. Francis high school, served 500 meals and there were 116 meals carried out. Shirley Zwegardt, one of the organizers of the event, said they had prepared fried chicken for 400 people.

It was like the Jesus feeding the multitude with five loaves of bread and two fish, she said. The food just stretched and stretched. The last few people ended up with deli sandwiches served with potatoes and gravy.

Most people, she said, had

come to help Linda, not eat. Donations were taken.

The United Methodist Church and Peace Lutheran Church ladies provided a wide range of desserts. The 4-H club members had three long tables filled with bake-sale items.

Volunteers were wherever they were needed including those who delivered food to the different homes, cooked and cleaned up.

To make the benefit even more successful, Thrivent For Lutherans provided supplemental funds. For those who were unable to make the benefit dinner, donation checks may be made payable to Thrivent in care of Miriam Yonkey, 145 Clinton

Ave., Wheeler, KS 67756.

Poker run

The Cheyenne County Cruisers car club held a poker run that afternoon. Kent Kechter and Scott Schultz reported about 50 motorcycles and nine vehicles participated in the run which started at St. Francis, went on to Wray, to Haigler, south of Benkelman and back to St. Francis.

There were 73 poker hands sold and the winning money was donated by the Cruisers club. J.R. Landenberger, with three aces, took home first prize of \$150; second prize of \$100 went to Richard Boon, Benkelman, who had three sevens; and third place of \$50 went to Mark Jenik

with three sixes.

Each motorcycle had a sticker which was placed on their windshield. The sticker having a bug hit it was awarded \$100. John Brunswig won the bug splat award. The prize was donated by Wheeler Equity - Dale Weeks.

We're not sure how much money we made for Linda, said Mr. Kechter.

At \$20 a poker hand and additional donations, they will be able to help Ms. Elfers and they had a great time doing it!

In the near future, people will be able to log on to youtube.com, search for kkechter and watch the video of the poker run.

Lab tests determines health status

While at the Cheyenne County Health Fair, people will be having lab work done. But, what does some of the lab work mean?

- Chemistry panels are groups of tests that are routinely ordered to determine a person's general health status. They help evaluate the body's electrolyte balance and/or the status of several major body organs. The tests are performed on a blood sample, usually drawn from a vein in the arm.

- The TSH test is often the test of choice for evaluating thyroid function and/or symptoms of hyper- or hypothyroidism.

A high TSH result often means an underactive thyroid gland that is not responding adequately to the stimulation of TSH due to some type of acute or chronic thyroid dysfunction. A high TSH value can also occur when patients with a known thyroid disorder (or those who have had their thyroid gland removed) are receiving too little thyroid hormone medication.

A low TSH result can indicate an overactive thyroid gland (hyperthyroidism) or excessive amounts

of thyroid hormone medication in those who are being treated for an underactive (or removed) thyroid gland.

- The lipid profile is a group of tests that are often ordered together to determine risk of coronary heart disease. They are tests that have been shown to be good indicators of whether someone is likely to have a heart attack or stroke caused by blockage of blood vessels or hardening of the arteries (atherosclerosis). The lipid profile typically includes:

- Total cholesterol
- High density lipoprotein cholesterol (HDL-C) □ often called good cholesterol
- Low density lipoprotein cholesterol (LDL-C) □ often called bad cholesterol
- Triglycerides

- Hemoglobin A1C - This test evaluates the average amount of glucose in the blood over the last 2 to 3 months. The test is used to monitor diabetes treatment in someone who has been diagnosed with diabetes. It helps to evaluate how well their glucose levels have been controlled by treatment over time.

For other people, this test may be used to screen for and diagnose diabetes and pre-diabetes.

- Prostate-specific antigen (PSA) is a protein produced by cells of the prostate gland. The PSA test measures the level of PSA in men's blood.

It is normal for men to have a low level of PSA in their blood; however, prostate cancer or benign (not cancerous) conditions can increase a man's PSA level. As men age, both benign prostate conditions and prostate cancer become more common.

The most frequent benign prostate conditions are prostatitis (inflammation of the prostate) and benign prostatic hyperplasia (BPH) (enlargement of the prostate). There is no evidence that prostatitis or BPH causes cancer, but it is possible for a man to have one or both of these conditions and to develop prostate cancer as well.

A man's PSA level alone does not give doctors enough information to distinguish between benign prostate conditions and cancer. However, the doctor will take the result of the

PSA test into account when deciding whether to check further for signs of prostate cancer.

More information

For more information regarding the educational exhibit booth health fair, contact Mila Bandel, RN County Health Nurse at 785-332-2381.

Bird City News

A short visit Thursday afternoon at Paul and Edna Roesener's home was our granddaughter Jennifer Cox and girl's from Fort Worth, Texas, grandson Jeff Williams and great grandson Justin Sabryn of Oberlin.

All were here for their grandmother and great grandmother Francis Williams funeral service Thursday morning.

Edna and daughter Sandra Fair attended her service.




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at the
St. Francis Herald

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The Hutchinson Art Association is proud to announce that the Norman and Kay Krause Collection of Painting, some eighty items by many of the most collected Kansas artists will be on display and offered for sale to the public at the Hutchinson Art Center, 405 N. Washington St. Hutchinson, Kansas.

The exhibit opening and reception, for Hutchinson Art Association members only, will take place on Friday, October 7th; the general public will be able to view the collection starting at 9:00am on Saturday, October 8th, the sale will continue through November 6th.

For over four decades Norman and Kay Krause of Hutchinson, Kansas collected paintings with deep ties to our state.

Please contact the Art Center for more information and about specific conditions concerning the exhibit and sale, 620/663-1081, hutchart2@hac.kscxmail.com, fax: 620/663-6367.

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