



Casey's Comments

By Casey McCormick
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Perhaps the healing can begin in University Park, PA. College football is practically a religion in some parts. History and tradition seem to meld with myth and legend in places like South Bend, Baton Rouge and Palo Alto.

That is what makes the fall of Penn State and Joe Paterno so hard to fathom. What seemed the home to so many great players and remarkable victories will be for ever linked to child abuse.

We would like to think that the Jerry Sanduskys of this world are anomalies and that someone like that would stand out and be easily recognizable. It does not seem possible that a pedafile could have a foundation that was supposed to do good for underprivileged children in that

college town. However, evil can wear many disguises.

Can one bad apple spoil the whole barrel? Will Penn State always be a place where innocence can never return?

I don't think so and hope some day normalcy of sorts will return to the institution and football program.

Years ago I saw the Nittany Lions play the cadets at the Air Force Academy. Later I was in Tempe when Paterno and his boys upset the Miami Hurricanes in the 1987 Fiesta Bowl and national title. I admired the coach because he was old fashioned and no nonsense. So were his teams, and those memories will never change.

But Joe Pa has fallen from grace. Or was he dragged down by one of his coaches?

Introducing

Adeleigh Elizabeth Pochop, daughter of Levi and Bridget Pochop, was born on June 8, 2012, weighing 10 pounds, 10 ounces. She was 20-inches long.

She was welcomed home by siblings, Gabrielle and Kohen.

Grandparents are Dave and Deb Flemming, Bird City, and Gerald and Anita Pochop, McDonald. Her great-grandparents are Nadine Flemming, Goodland; Wes Donohue, Yuma; Elizabeth Pochop, Atwood; and Ray Stehno, Stratton, Neb.

Shannon and DeAnza Ambrosier, Bird City, announce the arrival of their granddaughter, Kiya Nichole Foreman. Kiya was born at 9:42 p.m. on Friday, June 8, at Norton County Hospital to their daughter, Christa Foreman, of Norton.

She weighed 6 pounds, 14 ounces.

Other grandparents are Bill and Linda Foreman, Wheat Ridge, Colo. Great-grandmother is Peggy Horinek, Bird City.



Adeleigh Pochop



Kiya Foreman

Helpful Hints

Reopening envelope

If you seal an envelope and then realize you forgot to include something inside, just place your sealed envelope in the freezer for an hour or two. Voila! It unseals easily.

Conditioner

Use your hair conditioner to shave your legs. It's a lot cheaper than shaving cream and leaves your legs really smooth. It's also a great way to use up the conditioner you bought but didn't like when you tried it in your hair...

Good-bye Fruit Flies

To get rid of pesky fruit flies, take a small glass fill it 1/2" with Apple Cider Vinegar and 2 drops of dishwashing liquid, mix well. You will find those flies drawn to the cup and gone forever!

Get Rid of Ants

Put small piles of cornmeal where you see ants. They eat it, take it "home," & can't digest it so it kills them. It may take a week or so, esp. if it rains, but it works & you don't have the worry about pets or small children being harmed!

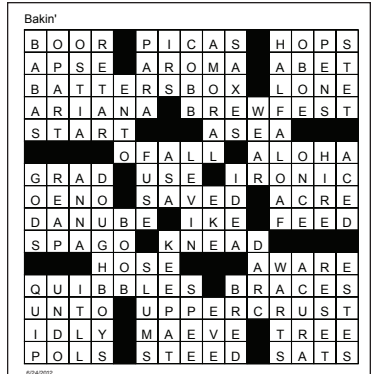
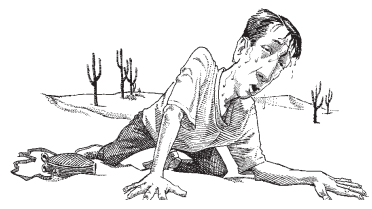
Beardsley Beavers 4-H Club
FIREWORKS STAND
Highway 36 - McDonald

Sunday	July 1	3-9 PM
Monday	July 2	1-10 PM
Tuesday	July 3	1-10 PM
Wednesday	July 4	11 AM-7 PM

Thank you for your support!

Thank You

I would like to express my appreciation to the St. Francis Herald and Western State Bank, and whoever nominated me, for the honor of being a Hometown Hero. While I feel that there are many people who deserve it more than I do, I appreciate all the kind comments I have gotten. I love doing things that help others and our community, as well as projects around the world. Remember that any little thing you do to help someone might be very important to them. Thanks again to all the great people that keep things going, and to my sweet husband, Eddy, for all his support! Sherry Schultz



Entrepreneurship camp

Cheylin Entrepreneurship Camp will be held in July at the Robertson-Griffin-Bacon Memorial Building, Bird City from 9 a.m. to noon. On July 16 and 17, camp for upcoming fifth through eighth graders will be held. Upcoming second through fourth graders will have camp July 17 and 18. For more information, contact Century II. Organized by Jessica Turner.

Free popcorn

The Cheyenne Theater Committee is asking, that the first weekend of the month, those attending the movie bring a canned food donation for the Food Pantry and they will receive a free sack of popcorn.

Note: As of May 25, show time is 8 p.m.

Hospital board

Cheyenne County Hospital board will be held at 3 p.m. on Thursday, June 28, in the basement of the clinic in St. Francis.

Commissioners

The Cheyenne County Commissioners will meet at 8 a.m. on Friday, June 29, in the commissioners' room in the courthouse.

July Fourth celebration

Cheyenne County July Fourth celebration will be held all day on Wednesday, July 4, in St. Francis. There will be 55 minutes of fireworks starting at 9:50. Look for more information elsewhere in this issue.

Wesleyan service

The Wesleyan Community Church of Bird City is having Sunday evening services, starting at 7 p.m. We will have Contemporary Praise and Worship, followed by interactive preaching and Bible Study.

Weight lifting

Summer weight lifting program began on Monday May 14, will go till August from 6:30 am to 7:45 a.m. Monday -Thursday mornings, call Coach Blair.

Swimming lessons

Second Session of Swim Lessons begins Monday July 2 to Friday July 13.

To sign up call: Jessica at. 785-821-4636

Level 4: 8-8:50 a.m.; Level 3: 9-9:50 a.m.; Level 2: 10-10:50 a.m.; Level 1: 11-11:50 a.m.

Water Aerobics

Water aerobics are Monday, Tuesday, Wednesday, and Thursday from 5:15 to 6 p.m.

Bulletin Board

Mommy and me

Mommy and Me classes will be held on Friday's from 5:30-6 p.m.

Night golf

Night golf at the Bird City Golf Course every first and third Wednesday at 7 p.m.

Grief Support Group

The next Grief Support Group will continue to meet every second and fourth Mondays at 2 p.m. Meeting place is the Immanuel United Methodist Church, 116 E. Fourth, Bird City. For more information, call 785-734-2739.

The group is a confidential support to all who have experienced the loss of a loved one in a safe place of mutual help and comfort.

Tornado Safety drills

The Cheyenne County Communications Center will conduct monthly siren testing starting the second Wednesday in April at 9 a.m. The testing will continue through the end of September.

Emergency number

The new phone number for Cheyenne County Communications Center (Dispatch) for non-emergency calls: 785-332-8822, Dial 9-1-1 for an emergency.

Recycling

The Bird City Council is requesting that all recycling rules be followed especially breaking down cardboard boxes before they are thrown in the bin, also no trash, or items not designated on bins.

Narcotics Anonymous

Narcotics Anonymous meetings are held at 104 W Webster/Methodist Education Building on 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



Across the County *Marty Fear* County Extension Agent

Millions of tons of crop residue and other poor quality forages are produced every year in the United States. However, because of their bulkiness, relatively low energy and protein contents and overall feeding value, relatively little of this abundant feed source is utilized for livestock. Ammoniation is a procedure designed to increase the energy availability of low quality forages such as wheat, barley and oat straw, corn or grain sorghum stover, and very mature warm-season grasses. Research over the last few decades has clearly demonstrated that ammonia treatment of low quality roughages will substantially improve digestibility, voluntary intake and cattle performance. Most forages less than 5 percent crude protein and 45 percent TDN on a dry matter basis are candidates for ammonia treatment.

Ammoniation increases the digestibility of crop residues and grass hays by breaking lignin-cellulose bonds in plant fiber, thereby swelling the plant tissue to allow greater microbial activity, and improving dry matter digestion (TDN) 8 to 15 percentage units. Ammoniation boosts feed intake 15 to 20 percent or more because of improved forage digestibility and increased rate of passage through the digestive tract.

Ammoniation usually doubles crude protein content by being a non-toxic source of non-protein nitrogen (NPN) and it is well utilized by calves and cows. Ammoniation preserves forage

that contains up to 25 to 30 percent moisture because it kills molds and fungi and prevents heating which reduces feed losses.

The most common and consistently successful means of treating dry forages with ammonia has been to cover the material with 6 mil black plastic sheeting and sealing the plastic against the ground. Apply ammonia slowly (for three to five hours) into the center of the stack at the rate of 3 percent (60 pounds of anhydrous ammonia per ton of dry forage). Weigh a few bales to estimate gross weight of the stack. If the moisture content is 15 percent, dry matter weight will be 85 percent of the gross weight. A slow application of ammonia is best as it permits the liquid to fully volatilize, reducing the amount lost in the soil.

For best results, crop residues and other forages should be covered and ammoniated as soon after harvesting as possible to minimize weathering and dry matter losses and to maximize feed value. Eight to 10 percent is an adequate forage moisture content, but 15 to 25 percent is preferred. The ammoniated stack should remain covered until two weeks prior to feeding when the cover is opened to allow bales to air out to reduce the concentration of residual ammonia.

Anhydrous ammonia is maintained under pressure and

can be dangerous. If misused, it can burn skin, eyes or throat and can explode and burn. Follow all safety precautions and wear the correct personal protective equipment when working with anhydrous ammonia.

The possibility of ammonia toxicity with cattle fed ammonia-treated forages appears remote. Studies have been conducted with application rates of over 6 percent ammonia to dry forages without illness or harmful side effects to ruminants. The ammonia odor of freshly uncovered treated forages also acts as a safety factor. Research has shown that animals will not eat ammonia-treated crop residues unless they are aerated or mixed with a fermented feed so that the silage acids neutralize the ammonia. Ammoniated forages should have the end of the plastic cover removed and allowed to aerate for two weeks prior to feeding.

Ammonia treatment is a very effective means of markedly increasing the feeding value of poor quality forages. Large crop acreages offer an almost unlimited supply of crop residues which can be transformed into relatively nutritious forages with the potential of improving the economy of cattle production. Please contact the Cheyenne County Extension office at 332-3171 or cfear@ksu.edu with questions or comments. Till next week - Marty

CHEYENNE COUNTY HOSPITAL

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

The Cheyenne County Health Department and the Healthy Communities Coalition invite you to attend:

Cheyenne County Community Garden Open House
Wednesday, July 4, 2012
1:30-3:30 p.m.

At
104 West Third Street
Saint Francis, KS 67756

This garden provides an opportunity to engage community members in the process of, physical activity, growing and eating fresh veggies and providing for the community.

For more information:
Contact the Cheyenne County Health Department
at 785-332-2381



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For more information contact: **Tim Burr**
at 785-332-3162

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