Med student does rotations in county

By Karen Krien

karen.k@nwkansas.com Beth Miller, Dr. Rebecca Allard and the staff. They have been students from across the state and country but, June through

student with a connection to St. Francis. Lauren Ferrell, granddaughter of late Jack and Bea Rieb, and

the middle of July, there is a

at the clinic and hospital. Lauren grew up on a ranch east of Leon. She spent a lot of time with her grandmother, Isabelle Ferrell, who had several emergency room visits. We wanted to keep her at home, Lauren said. She taught me how important the quality of good health care was which was one of the reasons she chose medicine as a career. Her mother was also and delivery nurse.

SheattendedschoolatBluestem to Lake Forrest College in Lake community can take pride in." Forrest, Ill., where she earned her at University of Kansas School of Medicine.

There is a list of clinics and hospitals where students can staying with her cousins, Greg request to train. She knew St. and Julie Wolters.

Francis and had connections there so she requested that area. During the past several years, As part of students' training, there have been a number of they were required to attend medical students completing the Kansas Academy of Family rotations at the Cheyenne Physicians meeting held the County Clinic and Hospital first part of June in Overland under the direction of Dr. Mary Park. She was there when Dr. Miller received the Exemplary Teaching Award.

> I thought "Yes!" - I have chosen the right place.

> She has been in St. Francis for two weeks and says she has already learned "eons" from Dr. Miller.

"The amount of time Dr. daughter of Debbie Rieb and Miller spends explaining to me Pete Ferrell, is doing her rotation is the same amount of time she spends with her patient," she said. "Dr. Miller is healing as well as teaching her patients.'

She still has three years of med school and then she will start her residency. So far, she said, she would like to go into family medicine but St. Francis is just the start of her experience and she said she is keeping an open mind.

"It is so nice to have students a guiding factor as she is a labor here who have ties to our community," Dr. Miller said. "The community helps make located in Leon, graduating from the doctors who will serve them high school there. She went on in the future. This is a job the

Growing up, Lauren came bachelor's degree. In August, she back to St. Francis for visits. She will be entering her second year said she was sad that her rotation will end before the county fair as she always enjoyed it.

While in St. Francis, Lauren is

Declare independence from tobacco on July 4

Cheyenne County Healthy Communities encourages Cheyenne County lung

Nearly one out of every five the taste of food. (18.2 percent) adult males ages

Surveillance System. The majority of Kansas on their own is not easy. When Kansans are ready to quit using tobacco - cigarettes or smokeless products - the Kansas Tobacco Quitline is ready to help online at www.ksquit.org or by phone 1-800-QUIT-NOW (784-8669).

provided at no cost to Kansas participants. Enrollment is available 24 hours a day, seven days a week online or by phone. A counselor works with participants during emails, live chats or one-on-one phone calls to prepare for a quit date and create a plan to fight cravings participants' schedules. Studies For additional person's chances of successfully www.kdheks.gov/tobacco. quitting tobacco.

Quitting smoking will reduce Coalition the risk of heart disease, stroke, cancer, emphysema, residents to declare their bronchitis and oral cancer. independence from tobacco use Quitting smoking will also and addiction this Fourth of improve people's health in ways they will notice every Tobacco use remains the day. Quitting will lower heart leading cause of preventable rate, reduce shortness of breath, death and disease in Kansas. reduce coughing and improve

Quitting smoking will also save 18 or older and one out of every people a considerable amount of six (15.9 percent) adult females money. A person who smokes a ages 18 or older in Kansas pack a day spends approximately smoke according to the 2010 \$35 per week on cigarettes, Kansas Behavioral Risk Factor \$150 a month and \$1,825 a year. Smokers can caiculate how much they have spent with smokers want to quit, but quitting the American Cancer Society's online tobacco cost calculator www.cancer.org/Healthy/ toolsandcalculators/calculators/ app/smokingcostcalculator.aspx

The county coalition is based in Saint Francis through the Cheyenne County Health The Quitline is a service Department that is working to reduce tobacco use and its deadly effects. The coalition has information on how to help reduce tobacco use and help people who use tobacco quit.

The Kansas Tobacco Use Prevention Program provides resources and technical assistance to community coalitions for and face other challenges. development, enhancement and Follow-up emails, live chats or evaluation of state and local phone calls are arranged around tobacco prevention initiatives. information have found that using a tobacco about the Kansas Tobacco Use Quitline can more than double a Prevention Program, please visit

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Dear Cheyenne County,

The Fourth of July Celebration Committee hopes that you enjoy this July 4th and all the day and evening activities that have been planned. No activity has an admission fee. However, It is only through your donation that this celebration will continue next year and years to come. Thank you for giving and have a wonderful time with your family and friends.



JIM DISHMAN and his son Brandon are checking out the wheat crops in brother Wade's ultra-light gas powered parachute

Harvesters check fields from the air

On a down-time day when for entertainment. the wind and air is calm you can see a strange looking parachute plane in the sky. It is Wade or Jim Dishman in Wade's ultra-light gaspowered parachute plane that Wade purchased from a farmer in North for both him and Wade. Dakota. They load it into the empty

Both Wade and Jim take turns flying it around and checking out all the other wheat crops to see how they look. Tom says he has not been able to ride in it as he is too heavy

Jim's son Brandon went up with grain truck and bring it with them his dad for the first time last Sunday

Running of lake set

The 32nd running of the Lake won the competition Atwood County Challenge Race will be held on Wednesday, July 4, beginning at 7:30 a.m.

The men will run four times around the lake for a distance of eight kilometers (five miles) and the women will run twice around the lake for a distance of four

Every age-division finisher scores points for his or her county. In nearly every race, the team having the most participants

There are no awards and no entry fees. Runners take part for the honor of his or her county. All you have to do is show up.

County residence is not a requirement. Bring an out-ofcounty friend to the race and have that friend run for your

The County Challenge Race is the first event of the annual Lake Atwood Day celebration hosted by the Atwood Rotary Club.

evening. He now is looking forward lessons, but enjoys going up with to the day he can learn to fly it by himself.

They take off at the Bird City airport and can fly up to three hours on a tank of gas.

years ago then he had to give it up for health issues. He regrets that he

Jim to check out larger areas of the

Jim has a pilot's license and can fly 160, 172, and 182 Cessnas. Wade plans on purchasing a plane Tom started to get his license and getting his license in the near

Until then it is fun just covering never went back to finish his flight small areas in his parachute plane.

Bird City News

Two guests were greeted at the invited her to attend the potluck. senior center potluck: Dr. John Dorsch was visiting his parents Norm and Mary Dorsch. Dr. Dorsch lives in Derby and is on the in Witchita. He graduated from Bird City High School 40 years

Bonnie Burr deemed her granddaughter Guienevere Burr as a temporary senior citizen and

She ended up being a good host taking care of the 15 who were in attendance.

Supper guests of Paul and Edna faculty of the School of Medicine Roesener on Sunday were Jared Cox, Colleen Shrader of Tempe Ariz; Roy, Karen and Grant Shrader. Late evening guests were Kevin

and Janet Burkhalter and Bow of Benkelman, Neb.

NOTICE • NOTICE

The Saint Francis Herald and Bird City Times will be closed Wed., July 4th.

Ad and copy deadline will be Monday, July 2nd at 5 p.m. The papers will be delivered a day late.



St. Francis Auction

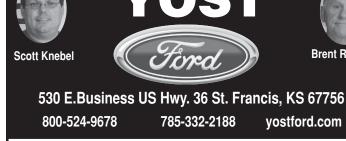


Market

St. Francis, Kansas Because the weather is dry and grass is short. The St. Francis Auction Market will be having a sale July 11 and every other week.

We connect buyers with sellers

Contact: Jerry Fortin 785-475-8203 Jay Fortin 785-475-8303 Darren Fortin 785-470-7156



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