

Casey's Comments

By Casey McCormick
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Why? Why would a man call his dead brother a liar?
Last year we said good bye to many people who lived lives that left a mark on us. One of those was Neil Armstrong.
History will remember him as the first human-being to stand on another planet. That moment in July of 1969, when a team from the United States won the "space race" against the Soviet Union and fulfilled John F. Kennedy's goal, will last long past the time of those who were around then.
Also Armstrong's famous words

of, "That's one small step for man, one giant leap for man kind," will remain, too.
What won't be remembered is the brother, Dean Armstrong, who now claims that the astronaut shared a preview of the statement months before the landing during a game of Risk.
Why say your brother lied about what is thought to have been a spontaneous utterance? What does it have to do with the price of tea in China? I don't have a clue.
But years from now what difference will it make? None.

McDonald news

The community lost as proud of a lady as anyone would want to meet with the passing of Frieda Black. Her farmstead reflected her meticulous nature and her hands were kept nimble with many hours of quilting. Frieda was fun-loving and enjoyed donning her red hat and heading out with the ladies on a day of adventure.
The McDonald community expresses their sympathies to the Greg Black family and the Greg Hubbard family in the loss of their mother, Frieda Black. She will be greatly missed.
Betty Lewis spent Christmas with Thad Lewis and family in Santa Maria, Calif. She returned home Saturday.
Christmas Eve guests of Kenneth and Phyllis Wilkinson were Rod and Lisa Johnson, Greg, Cheryl, Shawn, and Ryan Wilkinson, the JJ Denny family, and the Aric Harris family.
Fred and Lavina Waters attend-

ed the 90th birthday party in St. Francis Saturday for Fred's oldest sister, Janetta Evans, at the Bonnie Cram home.
Christmas dinner guests of Joan Tongish were Preston and Jamie Mattheyer, Mikayla and Katelyn, Mike and Diana Tongish, Doug Tongish and Clinton Hopkins.
Gilbert and Janice Antholz, and Carol Mears attended the 80th birthday party in Atwood Sunday for Florence Antholz at the PDC Center.
Brenda and Travis Knapp were home for the Christmas Holidays.
Mr. and Mrs. Dwight Brown of Wray, Colo., were Friday visitors of Ratha Lea Loker.
Mr. and Mrs. Jim Morelock hosted a Morelock Christmas in Hays Saturday. Guests were Traci Coulson and family of Lamard, Mr. and Mrs. Tom Morelock of Kansas City, Mo., Mr. and Mrs. Tim Morelock of Manhattan, and Mr. and Mrs. Tyler Pfannenstiel of Hays.

South of McDonald

Craig and Diane Cox were weekend guests of Craig's sister and family, Cindy and Jim Eimel and family of Bucklin.
Cristina, Braxton and Lanxton Springer were last weekend guests of Tom and Kelly Dewey and family.
Tom and Kelly Dewey and children were Christmas Eve guests of Ote, Ellen and Linda Dewey.
Christmas Day guests of Tom and Kelly Dewey and family were Craig and Barb Morton, and Ote, Ellen, and Linda Dewey.
Mike and Amy Waters and family were Christmas Eve till Wednesday guests of Bethel Goltl and Doug and Karen Flemming.
Bethel Goltl attended the funeral of Lucile Wright in Bird City Friday morning and helped with Frieda Black's funeral Saturday in Bird City.
Christmas Day guests of Dan and Margie Hubbard were Roy and Inel Hubbard and Daniel, the George Louderbaugh family, the Dave Hubbard family, and Mark

and Marilyn Adams.
Friday evening and overnight guests of Dan and Margie Hubbard were Phyllis Cass and Karen Bischopping.
The Banister families joined Amelia Banister at the Good Sam in Atwood for Christmas Eve dinner.
David Banister was a Christmas Day guest of his parents, George and Kathy Banister.

Honor Roll

Robert Jones, Bella Vista, Ark; Pat Cooksey, Houston, Texas; Ron Dart, Enders, Neb.; Dr. Kenneth Stout, Benkelman, Neb; Wright Insurance Agency, Bird City; Kent Chapman, Emporia; Kathleen Hickert, Amborn.



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Bulletin Board

City Council meeting
The first City Council meeting of the year will be held January 7, at 7:00 p.m.
Information needed
To better serve the cattlemen of Cheyenne County, the sheriff's office is requesting landowners and stockmen provide locations, brands, descriptions and a contact phone number pertaining to livestock in pastures, grazed stock residue and CRP within the county. The officers will compile the contact numbers and locations, giving a copy to the county communications dispatch office to be used when stray livestock are found on the roads. The contact numbers are for officers' use only and will not be provided to the general public. Call the sheriff's office at 785-332-8880.
Yearbook photos
The Cougar yearbook staff at Cheylin welcomes the public to share any photos taken at school or community events that might be usable in the yearbook this school year...a limited staff will make covering all events difficult. Sports, clubs and organizations, assemblies, banquets, class activities including pre-kindergarten through 12th grade.

Grief Support Group
The 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.
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.

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.

Exercise physiologist to speak in county

Carmen Winter, exercise physiologist at Hays Medical Center, will be a guest speaker in Cheyenne County at 1:30 p.m. on Wednesday, Jan. 16, in the Cheyenne County Clinic conference room. This program was rescheduled from December due to the weather.
Carmen works in a variety of clinical settings, developing and overseeing exercise programming for cardiac, pulmonary, cancer, diabetes and bariatric surgery patients. She is a cancer exercise specialist who developed and implemented the current cancer exercise program called "Healing In Motion." With all the patients Carmen sees on an outpatient basis, her focus is to empower people to believe they can change their thinking and habits to lead a healthier lifestyle and she assists patients in reducing their risk factors that lead to disability and disease.
Ms. Winter has a great deal of interest in the field of mind/body connection and is a certified health, fitness, and wellness coach completing her training through WellCoaches corporation. She is most recently involved in launching the "Exercise Is Medicine" initiative at Hays Medical Center. In addition to working in the clinical exercise field, Ms. Winter also has certification in teaching Pilates and Zumba classes.
Ms. Winter will be working with the Diabetes Education Management participants while in Cheyenne County. This program is open to the public and free of charge.
For more information, please contact Mila Bandel, RN, county health nurse at 785-332-2381.

Across the County

Beef cattle winter water needs
By Marty Fear, Extension agent
Many area ponds are low due to the short rainfall during 2012. As cold weather approaches and shallow ponds freeze, there may be concern about meeting the water needs of cattle. Therefore, many ranchers are already hauling water so it's a good idea to know how much water different classes of cattle need each day.
Water requirements vary depending on the cattle's size, lactating status, ration they are eating and ambient temperature. Growing heifers, steers and bulls weighing 600 pounds require 5.3 gallons of water a day when the average temperature is 40 degrees Fahrenheit.
As the temperature goes up to 50 degrees, water needs increase slightly to 5.8 gallons per head per day. Intake at temperatures below 40 degrees does not change much.
Pregnant cows need 6 to 6.5 gallons at 40 degrees. Following calving, water intake for those same cows jumps to roughly 11.5 gallons per day at 40 degrees and 12.6 gallons at 50 degrees. Mature bulls require around 8.5 gallons per day at 40 degrees and below needs increase to 9.4 gallons per head at 50 degrees.
The moisture level of an animal's diet varies and that can influence water intake.
A lot of high moisture haylage and silage will be fed in the coming months. The haylage may contain 50 percent moisture and an animal eating 25 pounds of it per day will consume about 12.5 pounds of moisture. This will reduce the water needs by about 1.5 gallons. Silage contains about 65 to 70 percent moisture and intake by cows may run in the 40-50 pound per day range or even more. That adds up to over 30 pounds of moisture which amounts to nearly 4 gallons of water.
Also, keep in mind that cattle are sometimes given supplements that may contain 10 to 30 percent salt. Under these conditions cattle may drink 50 percent or more water so be certain ponds, streams or other water sources provide ample water to meet requirements.
For more information contact the extension office at 785-332-3171 or cfear@ksu.edu.

Club Clip

Red Hat Mamas

Red Hat Mama's members Florence Antholz and Lois Morelock hosted the McDonald and Bird City Red Hat Mama's Christmas Dec. 18, at the Atwood Country Club.
Red Hat Mamas members include, Marlene Young; Phyllis Wingfield, Queen Mother Margaret Voorhise, Joan Tongish, Betty Lewis, Vernetta Haack, Linda Carroll, Bonnie Burr and Annie Antholz were treated to festive decorated greenery housing tiny holiday toys, table mirrors reflecting glistening candles and shimmering glass beads, holiday dining place setting complete with a delicious meal and dessert.
Red Hat Mamas members enjoyed playing Christmas Right Left bingo and were all winners laughing at Phyllis Winfield's stories and guest speaker Peggy Cabrinha's stories and singing Christmas carols as guest speaker Peggy Cabrinha shared the history of each song.

Business Directory

To list your business, call 785-332-3162.

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Diabetes Education Management Meeting

Wednesday, Jan. 16
1:30 p.m.

Cheyenne County Clinic Basement

Topic: Diabetes & Exercise Physiology – Carmen Winter from Hays Medical Center

For more information contact
Mila Bandel, RN – County Health Nurse
785-332-2381

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