

# New board member sworn in at monthly hospital meeting

By Scott E. Knebel  
sknebel@nwkansas.com

The Cheyenne County hospital board met on Jan. 24. The main agenda of the meeting was to swear in a new board member, elect new officers and recognize outgoing board member Jerry Toler.

At the meeting Terry Miller, Cheyenne county clerk swore in the new board member Rick Rogers. Mr. Toler, resigning board president, addressed the board for the final time. One of Mr. Toler's concerns is the lack of patient registration privacy. "We have patients checking in sharing all of their private information at the front counter which is in ear shot of people in the waiting room" he said. "This could lead to a HIPPA violation and needs to be cor-

rected sooner than later." Another concern of Mr. Toler's is that special diets be followed and worked through to ensure that the patients needs were being met.

Kari Gilliland, board member thanked Mr. Toler for his years of service and Les Lacy, area director for Great Plains Health Alliance, presented Mr. Toler a plaque for his years of dedication and service. Kari Gilliland then opened the floor for nominations for new officers. Mrs. Gilliland was elected to serve as president, Erika Zimbleman as vice chairperson and secretary, Jane Young will continue as treasurer.

In other topics, employee surveys were sent out to find if there were any employee needs or concerns that needed addressed and

physician evaluations were sent out to patients for feedback to discover how they thought of the care they received while a patient at the hospital.

Great Plains commented that the server issues with the computer system being slow has been looked into and is being worked on.

A new Kansas Health Youtube video was shown on the numbers compiled from the 127 hospitals within the state, showing statistics from across the state and to inform the public of the potential \$1.3 billion in cutbacks in the state health departments.

The next meeting will be, held at 3pm Tuesday Feb. 26 in the basement of the clinic in St. Francis.



MARK BLACK and Michael Magliocchetti with Birdie are teaching three month old Bridger how to be a good citizen, as a bird dog.  
Times staff photo by Norma Martinez

## Moments with Mila By Mila Bandel, Health nurse

### Childhood health and nutrition

By teaching your children healthy eating habits, and modeling these behaviors in yourself, you can help your children maintain a healthy weight and normal growth. Also, the eating habits your children pick up when they are young will help them maintain a healthy lifestyle when they are adults.

Your child's health care provider can evaluate your child's weight and growth and let you know if your child needs to lose or gain weight or if any dietary changes need to be made.

Some of the most important aspects of healthy eating are portion control and cutting down on how much fat your child eats. Simple ways to reduce fat intake in your child's diet and promote a healthy weight include serving:

- Low-fat or nonfat dairy products.
- Poultry without skin.
- Lean cuts of meats.
- Whole grain breads and cereals.

Also, reduce the amount of sugar sweetened drinks and salt in your child's diet.

It is important that you do not place your overweight child(ren) on a restrictive diet. Children should never be placed on a restrictive diet to lose weight unless a medical provider supervises one for medical reasons.

Other approaches parents can take to develop healthy eating habits in their children include:

- Guide your family's choices of foods. Make a wide variety of healthful foods available in the house. This practice will help your children learn how to make healthy food choices. Leave the unhealthy choices like soda and juice at the grocery store. Serve water with meals.
- Encourage your children to eat slowly. A child can detect hunger and fullness better when they eat slowly. Before offering a second helping or serving, ask your child to wait a few minutes to see if they are truly still hungry. This will give the brain time to register fullness.
- Eat meals together as a family as often as possible. Try to make mealtimes pleasant with conversation and sharing, not a time for scolding or arguing. If mealtimes are unpleasant, chil-



COUNTY HEALTH NURSE Mila Bandel is explaining the blood pressure readings to Bethel Goltl before the Senior Center pot luck.  
Times staff photo by Norma Martinez

dren may try to eat faster to leave the table as soon as possible. They then may learn to associate eating with stress.

- Plan for snacks. Continuous snacking may lead to overeating, but snacks that are planned at specific times during the day can be part of a nutritious diet, without spoiling a child's appetite at meal times. You should make snacks as nutritious as possible, without depriving your children of occasional chips or cookies, especially at parties or other social events.
- Discourage eating meals or snacks while watching TV. Try to eat only in designated areas of your home, such as the dining room or kitchen. Eating in front of the television may make it difficult to pay attention to feelings of fullness, and may lead to overeating.
- Encourage your children to drink more water. Over consumption of sweetened drinks and sodas has been linked to increased rates of obesity in children.
- Pay attention to portion size and ingredients. Read food labels and limit foods with trans-fat. Also, make sure you serve the appropriate portion as indicated on the label.

For more information on childhood health and nutrition contact the Cheyenne County Health Department at 785-332-2381.

## South of McDonald

By Sandy Binning

Doug Tongish was a Saturday morning caller on Joan Tongish. Last week, Gilbert and Janice

Antholz, Becky Antholz, and Tina Smith traveled to Phoenix, Ariz., to visit Cody Smith.

## Business Directory

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

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Advertising Manager  
Tim Burr  
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## Pheasant season ended on Sunday

By Norma Martinez  
bc.times@nwkansas.com

December ended with extremely cold weather and more snow than we had all year. To the pheasant hunters this was heaven sent due to the fact that these conditions cause the pheasants to bunch up. Some said it was better hunting than opening season and also good hunting for hunters without a bird dog as long as they looked in the areas where there with lots of stubble and growth for them to hide in.

Sunday ended the final weekend of pheasant season for the 2012 hunters, the snow was all gone and there was spring-type weather.

After walking several fields looking for pheasants to no avail, Michael Magliocchetti and Mark Black, Bird City's part-time resi-

dents, were seen in the yard playing with their 3-year-old labrador dog, Birdie, and Bridger Michael's 12-week-old pup.

They have been coming to Bird City pheasant hunting for years. When asked about their viewpoint on this year's pheasants both agreed because of the dryness and heat the season started out slow until the end of December. With the snow and colder weather, January was their most productive of any of the other seasons they have hunted here.

They are returning to their Keystone homes and jobs empty handed, but they are not disappointed as they came mainly to work with Bridger and as Michael said, "teach him to be a good citizen."

By this he means, breaking him in

to the rules of working as a pheasant dog. They spent time planning and preparing their garden area for this summer. Two rows of garlic are already planted from last year, and the rest of the area is ready for the spring planting.

They are also looking forward to returning in March for turkey season and to get a section north of the garden ready to plant flowers for Magliocchetti's wife Julie to enjoy on her weekend getaways this summer. To them Bird City is the opposite of what most folks consider their relaxing weekend breaks to the Colorado Mountains. The Magliocchetti's and Mark Black look forward to the peaceful relaxing atmosphere and friendly neighbors and friends they have established in Bird City.

## Landscape three-day class offered

The Sunflower Extension District/Goodland office is offering a three-day class in landscape design given by Jamie Hancock, horticulture agent for Shawnee County and Dr. Alan Stevens, Extension specialist with Kansas State University. Both have extensive backgrounds in teaching landscape design.

The classes will be Feb. 25, March 4, and March 11, starting 6

p.m. mountain time and finish by 8:30 p.m. All classes will be held at the Goodland Public Library meeting room.

Homeowners will come away from this hands-on approach with a fresh idea of landscape design based on architectural and interior design methods. This course is an overall design of the yard and not a flower garden design class.

Be prepared for an enlightening and refreshing experience in landscape design. There will be one-on-one instruction and homework.

There is a cost for tools and supplies. Previous skills or experience are not required but, sign-up is. Class size will be limited to 15. For more information or to register please call the Extension office 785 890-4880.

## Coming Soon: WORKING WOMEN'S SECTION



Coming in February!

THIS SECTION IS PACKED WITH ADS FEATURING WOMEN.



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For more details, contact

Tim Burr at the Saint Francis Herald at Bird City Times  
785-332-3162

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