

Casey's Comments

By Casey McCormick
 mccormickcasey@rocketmail.com
 Things are bad in the Middle East, Ukraine, and the wrong neighborhoods of Chicago. But they are not so bad as to ruin a memorable Father's Day.
 Our second grandchild will be here in a few weeks, so it was a good weekend to hold a baby shower for daughter-in-law, Brooke Hilt. That brought most of the kids home, my Mom and sister from the Denver area, and the local family together.
 Of course, good food plays a major role when the clan gathers. Each meal becomes a well planned presentation, and breakfast is about the only meal that isn't followed by dessert!
 Speaking of desserts, my lovely wife made one of my favorites for Dad's Day. Our dear Aunt Sissy loved anything Paula Dean

(I suppose our Kentucky roots are to blame) and she introduced us to a hit several years ago. What could be more Southern than a cake named after the great general, Robert E. Lee. All I can say is you better like lemons if you ever give it a shot.
 In addition, during the girl's time at the baby shower, sons Travis and Trevor took me out for a round of golf. It had been many moons since I swung the clubs, but it seemed to come back and I was thrilled to have a few hours out with the boys.
 Family time is what we live for and having family want to be together is what gives holidays, like Father's Day, meaning. To know that they like you as much as you like them makes being a parent such a blessing, no matter what's happening elsewhere.

Fourth of July
 The Cheyenne County Fourth of July celebration will be held in Bird City. Festivities will begin at 9:30 a.m. and continue throughout the day. The fireworks show will begin at 9:45 p.m. at the Thresher grounds. 25
Young Miss
 The Cheyenne County Young Miss for 2015 is Mariah Beikman. Her scholarship essay will appear in next week's paper. There will be no Young Miss program this year due to lack of participation.
Senior Potluck
 The senior potluck will be held on Monday, June 23 at noon at the Bird City Senior Center. 25
Hospital Board
 The Cheyenne County Hospital Board will meet on Tuesday, June 24 at 3 p.m. in the conference room of the clinic building in St. Francis. 25

Home Circle Club
 The Home Circle Club will meet on Thursday, June 19, at 2:00 p.m. at the Methodist Church with Avis Hazuka as the hostess. Each member is to bring a picture or some remembrance of her wedding or the wedding of a family member for roll call. 24
Lions club
 St. Francis Lions Club collects used eyeglasses, sunglasses, hearing aids and cell phones for refurbishing and use by those in need in 3rd world countries. Collection boxes are available at Bird City: Senior Center, and in St. Francis: County Health Clinic, Senior Center, Dr. Tim Poling, Krien Pharmacy, Thrift Store, St. Francis Supers, and the Court House. For assistance call 785-332-3119, 332-2950, 332-2024, or contact any Lions Club member. 24.

Cheylin school security
 All visitors must enter the west entrances for the elementary and high school buildings after 8:30 a.m. All other doors are locked for security purposes. Please report to the office upon entering building. There is visitor parking available in front of the high school west entrance and on the north side of the elementary building.
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 gives confidential support in a safe place of mutual help and comfort to all who have experienced the loss of a loved one.

Emergency number
 The 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.
Notice
 The Bulletin Board is reserved for activities that are FREE to the public. Any activities that have a charge will be included in the Bulletin Board ONLY if a paid ad is purchased.

McDonald News *By Sandy Binning*

Marlene Johnson accompanied Brian and Connie Sabatka to Owensville, Missouri for the weekend family reunion of Marlene's family. Over 100 members gathered on Friday evening at the home of Mr. and Mrs. Jack McKinny, and Saturday at the home of Mr. Mrs. Roger Biles. Also attending from this area were Mr. Mrs. Les Loker, Carrie and Denae Magnani, and Dana, Mitchell, and Kyla Howard. The Ted Bethell family of McCook, and Mr. Mrs. David Johnson of Moundridge, Kan. also attended.
 Gilbert and Janice Antholz helped CJ Antholz celebrate his 16th birthday Saturday evening at Hal and Becky Antholz's home.
 Janice and Gilbert Antholz attended the Beardsley Equity

100th Anniversary Celebration Saturday at noon in Atwood.
 Last Friday Karlyne Atchison attended the Texas Ranger game with her son, James Atchison in Arlington, Tex. and the Rangers won!
 Karlyne Atchison called on her Aunt Marie Holzwarth in St. Francis Monday afternoon.
 Travis Knapp was a Friday through Sunday guest of his parents, Jerry and Betty Knapp.
 Saturday evening, Jerry and Betty Knapp and Travis celebrated Fathers Day, and the birthdays of Katie Jo and Stan Purvis in Goodland at the Purvis home.
 Eleanor Swihart returned home Friday from a two week visit with Julia and Steve Foster in Craig, Colo.

South of McDonald *By Sandy Binning*

Craig and Diane Cox attended the Dewey - Hahn wedding in Hays Saturday.
 Tom and Kelly Dewey and children attended the Dewey - Hahn wedding in Hays Saturday.
 Don Bruder's sister - in-law, Phyllis Bruder of Ordway, Colo. and her sister Ilene of Missouri were Thursday overnight and Friday guests of Bethel Golt and Don Bruder at the farm.

Father's Day Baptism
 Many friends, family, and church members gathered at the Binning Ranch Sunday noon for the baptismal dinner and baptism of Brooke Porubsky, Porsha Binning, Bianca Binning, and Jazzmin Binning by Pastor Mark Adams. Hamburgers and all the fixings were served for lunch. After the baptism a special cake was served.

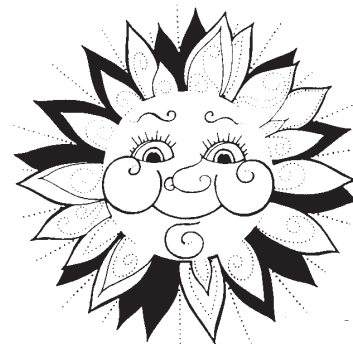
Moments with Mila *By Mila Bandel*

By: Mila Bandel, RN
 County Health Nurse
 Whooping cough which is known medically as pertussis is a highly contagious respiratory tract infection. Although it initially resembles an ordinary cold, whooping cough may eventually turn more serious, particularly in infants. The best way to prevent it is through vaccinations. The childhood vaccine is called DTaP. The whooping cough booster vaccine for adolescents and adults is called Tdap. Both DTaP and Tdap protect against whooping cough, tetanus, and diphtheria.
Tetanus (Lockjaw) causes painful muscle tightening and stiffness, usually all over the body. It can lead to tightening of muscles in the head and neck so you can't open your mouth, swallow, or sometimes even breathe. Tetanus kills about 1 out of 5 people who are infected.
Diphtheria can cause a thick coating to form in the back of the throat. It can lead to breathing problems, paralysis, heart fail-

ure, and death.
Pertussis (Whooping Cough) causes severe coughing spells, which can cause difficulty breathing, vomiting and disturbed sleep. It can also lead to weight loss, incontinence, and rib fractures. Up to 2 in 100 adolescents and 5 in 100 adults with pertussis are hospitalized or have complications, which could include pneumonia or death.
 These diseases are caused by bacteria. Diphtheria and pertussis are spread from person to person through coughing or sneezing. Tetanus enters the body through cuts, scratches, or wounds. Before vaccines, the United States saw as many as 200,000 cases a year of diphtheria and pertussis, and hundreds of cases of tetanus. Since vaccination began, tetanus and diphtheria have dropped by about 99% and pertussis by about 80%.
 Tdap vaccine can protect adolescents and adults from tetanus, diphtheria, and pertussis. One dose of Tdap is routinely given at age 11 or 12. People who did not

get Tdap at that age should get it as soon as possible. Tdap is especially important for healthcare professionals and anyone having close contact with a baby younger than 12 months. Pregnant women should get a dose of Tdap during every pregnancy, to protect the newborn from pertussis. Infants are most at risk for severe, life-threatening complications from pertussis.
 A similar vaccine, called Td, protects from tetanus and diphtheria, but not pertussis. A Td booster should be given every 10 years. Tdap may be given as one of these boosters if you have not already gotten a dose. Tdap may also be given after a severe cut or burn to prevent tetanus infection. For more information on the Tdap vaccine please call the Cheyenne County Health Department at 785-332-2381.

Honor Roll
 New and renewed Times subscriptions: Darlene Lauer, St. Francis; Elaine Johnson, Bird City; Kay McFee, Holcomb; Mrs. Kay Davis, Broomfield, Colo.; GNWKCF, Bird City.



Who is this raving beauty?

- She will be celebrating a major birthday in the month of June.
- She has been a life-long resident of Cheyenne County.
- She graduated from Bird City Rural High School.
- Her husband took her as a child bride.
- She brought four children into this world.
- She is a daughter, wife, mother, grandmother and great-grandmother.

If you think you know who she is, send her a birthday card at Box 65, Bird City, KS 67731. —KTSK

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June 13-15
 Starring: Angelina Jolie, Elle Fanning and Sharlto Copley
 3D showing Friday & Saturday evenings. Shown in 2D on Sunday, 2 & 8 p.m.

CHEYENNE THEATER St. Francis, KS 785-332-2747

Children 12 & Under: \$4 All Others: \$6
3D Movies: Children 12 & Under \$6 All Others: \$8

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

Join us for the
"Swing Fore Your Health" Golf Tournament
July 19, 2014.
Registration: 8:00 a.m. • Tee-Off: 9:00 a.m.
Riverside Recreation, St. Francis
 Fee: \$200 per team, which includes lunch
 Format: 4-person scramble
 Team prizes will be awarded to flight winners
 Special Event Prizes:
 Hole #3: Chance to win new set of irons.
 Hole #4: Chance to win 8 day trip to Hawaii for 2, in cludes airfare and hotel accommodations in Oahu.
 Hole #7: Chance to win \$500 Visa gift card
 Plus many other prizes and door prizes.

Dance - open to the public starting at 9 p.m.
"Full Throttle" will be the DJ, door prizes • non-golfer admission is \$5

Proceeds for Neo-natal CPAP equipment for Cardiopulmonary/Obstetrics departments

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OPEN TO THE PUBLIC **June 20 & 21** **FREE ADMISSION**
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The Bird City Times
 (USPS 056-720)
 Serving the communities of Bird City and McDonald

Karen Krien, Editor
 Norma Martinez, Co-Editor
 Karen Krien - Publisher
 Tim Burr - Advertising Manager
 Periodicals postage paid at Bird City, Kansas 67731-0220
 Phone (785) 734-7031
 Fax (785) 332-3001
 Or Phone (785) 332-3162
 E-Mail bc.times@nwkansan.com
 Published every Thursday \$33 per year in Cheyenne and surrounding counties; other in-state \$36 and all out-of-state subscriptions, \$40 (strictly in advance).

Postmaster: Send address correction to P.O. Box 220 Bird City, Kansas 67731-0220

Official City Newspaper
 Published Weekly By
 Nor'West Newspapers, Incorporated
 Bird City, KS 67731