Medical student working at clinic

is receiving hands-on clinical training in St. Francis from Mary School of Medicine's required Rural Preceptorship Program.

Mr. Swatek was born and an experience which he said he

"The people here are great," he said. "I haven't met one that was not nice.'

The rural preceptorship allows grate and apply the knowledge and skills learned in medical students to the stimulating challenges and opportunities of practicing primary care medicine in a rural community.

Established by the Kansas Legislature, the Rural Preceptorship Program began training stuto serve the state's substantial rural population. The program relies on volunteer faculty pre- goals.

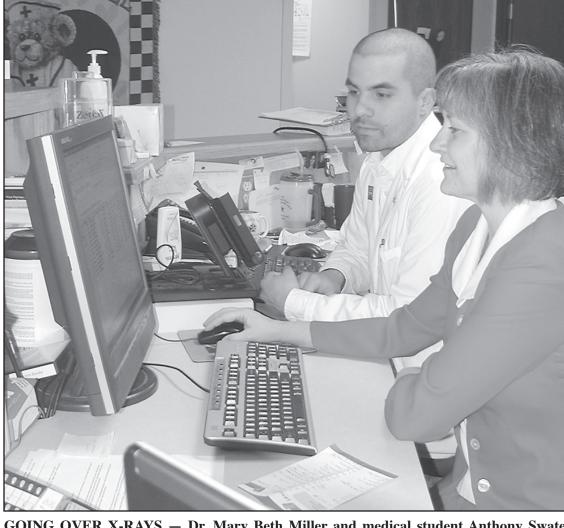
(Tony) Swatek, ceptors to host KU medical stufourth-year medical student at dents, who introduce students to the University of Kansas School both the clinical experience and of Medicine in Kansas City, fully-integrated life of a rural

While Tony enjoys the rural Beth Miller, M.D., at Cheyenne medical setting, he plans to live County clinic and hospital this and work in a larger area as he month. The training is part of the plans to be a surgeon. Being a surgeon, he said, allows me to work in the areas I like.

He said he likes people, he raised in St. Louis. Coming to likes science and he is good with rural Cheyenne County has been his hands. I will have the opportunity to be in the clinic, in the hospitals on the floors and work in the operating room.

"Regardless of their ultimate career choice, we hope our students gain an appreciation of senior medical students to inte- how a primary care physician practicing in a rural setting balances their professional and perschool. The setting introduces sonal responsibilities in a way that serves their community as a whole," said Michael Kennedy, MD, Associate Dean for Rural Health and director of the rural preceptorship.

Tony said his parents didn't dents in 1951 to ensure Kansas- college but encouraged their six trained physicians were prepared children to set their goals high. The children have succeeded or working toward achieving those



have the opportunity to go to GOING OVER X-RAYS — Dr. Mary Beth Miller and medical student Anthony Swatek check out an X-Rays on the computer. Herald staff photo by Karen Krien

preceptorships and rural educa- a volunteer faculty member, is tor) at (913) 588-8221. tion for medical students, in- available by contacting Debra

More information about rural cluding inquiries on becoming Lea (Preceptorship Administra-

Tatum Ronald Marshall

son of Ross and Carli Marshall,

St. George, Utah. Tatum was born

on Jan. 29, 2011, and was wel-

comed home by brothers, Nick

and Noah. He weighed 6 pounds,

14 ounces and is home and well.

J.G. Marshall, Elizabeth, Colo.

Great-grandparents are Betty and

in St. Francis at Sawhill Park in

Ron Louden, St. Francis.

Grandparents are Paulette and

Ross and Carli were married

Tatum Ronald Marshall is the

-Bowling News -

Monday Night Mixed 2/7

Team standing: Merklin Construction, ABC-Z, Western State

Bank, Earl's Mowing. High game (scratch): ABC-Z, Merklin Construction, Earl's Mowing; (handicap): ABC-Z, Western State Bank, Merklin Construction.

High game men (scratch): Brad Merklin, Eddie Zuege, Arrie Cox; (handicap): Merklin, Scott Wack-

er, Steve Morris. High series men (scratch): Zuege, Merklin, Cox; (handicap):

Wacker, Merklin, Morris. High game women (scratch): Connie Wilger, Amelia Zuege, Pat Rose; (handicap): Wilger, Rose,

High series women (scratch): Zuege, Wilger, Rose; (handicap): Zuege, Wilger, Rose.

Wednesday Night Men 2/9

Team standing: Idalia JV, Krien Steel, Haigler 1, 2001 Electronics, Wright and Wrong, Bonanza Ford, Cheyenne Bowl, Haigler 2.

High game (scratch): 2001 Electronics, 2001 Electronics, Haigler 2; (handicap): Idalia JV, 2001 Electronics, Haigler 1.

High game men (scratch): Wayne Mahon, Bill Carpenter, Ted Mosier; (handicap): Mahon, Carpenter, Chris LaBarge.

High series men (scratch): Carpenter, Mahon, LaBarge; (handicap): LaBarge, Mahon, Carpenter.

Introducing -

Across the County

Birds are in special need of food in winter months

for some people, but continuing to tional food during these times. restock feeders in the harsh winter weather may actually save the anything, most have a favorite lives of some birds.

"Severe winter weather is not only hard on people, but can be a life and death struggle for birds," said Ward Upham, extension aswinter storms. It is crucial to keep tive to birds.

Feeding birds may be a hobby feeders well supplied with nutri-

Though some birds will eat food according to a University of Maine Extension publication, "Bird Feeding Basics." Black oil sunflower is a common seed most

birds eat, and is the favorite of sociate with Kansas State Uni- at least 14 birds. Mealworms, or versity Research and Extension. larvae of small black beetles, are "Though birds require water and gaining popularity in retail bird shelter, food is often the resource seed and are attractive to birds as most lacking during cold weath- well. Niger seed is popular with er." Birds struggle to find natural American goldfinches. Fruit, jelly foods in prolonged cold periods or and baked goods are also attrac-

The type of seed used and the birds you want to attract will determine the type of feeder you should use. Tray feeders are good for ground-feeding birds and can be used for seed, baked goods, fruit and nuts. Hopper and tube feeders are intended mostly for seed and keep the feed drier than tray feeders do. Basket feeders are good for suet, fruit and other large food items.

Cardinals, evening grosbeak, red-breasted nuthatch, blue jays and most finches like all types of sunflower seeds. White and red proso millet is a favorite of rufous-sided towhee, dark-eye junco, sparrows, morning doves

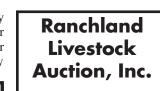


County Extension Agent

and fine cracked corn. Blue jays, Chickadee, tufted titmouse and red-breasted nuthatch like peanut kernels. Oil (black) and blackstriped sunflower seeds are liked by chickadees, tufted titmouse, brown thrasher and mourning

For more information, see the "Attracting Birds to Your Backyard" video at www.kansasgreenyards.org or the "Bird Feeding Basics" publication at www.extension.umaine.edu/publications.

Contact the Cheyenne County Extension office at 332-3171 or and red-winged black birds. Dark- cfear@ksu.edu with questions or eyed juncos also like canary seed comments. Till next week - Marty





Stocker-Feeders 12:30 Followed By Weigh Cows Dennis Walters • 970-332-3557

Dave Walters • 970-332-0628 Recap Of Tuesday, Feb. 15, 2011

Heifers: Steers: 300-400# — \$158.00 - \$166.00 300-400# — \$150.00 - \$161.00 400-500# — \$143.50 - \$153.00 400-500# — \$137.00 - \$150.00 500-600# — \$143.00 - \$155.00

600-700# — \$132.50 - \$135.00 600-700# — \$122.00 - \$131.25 700-800# — \$122.50- \$132.00

> Thursday 10th.

12:30 PM MST

Tuesday, Feb. 22: Regular Sale, selling all classes of cattle To consign phone 970-332-4873

Fifth Street Apartments in Bird City, Kansas, have 2-bedroom duplex apartments for rent. We are offering free cable television for one year to new tenants. Applicants must income qualify for this property. For more information and an application you may contact N.W. Kansas Housing, Inc. at

785-421-2151 or pick up an application at Century II in Bird City. Access



We make insurance simple with **ONE deductible.**

When you experience damage to your home, vehicles and other possessions, you pay **ONE deductible** – no matter how many items are damaged in a single occurrence. For certainty after the storm, you can rely on us.



David L. Browne III Agent & Commercial Specialist Farm Bureau Financial Services 550 N. Franklin, Colby, KS 67701 Phone: 785-462-3388 Cell 785-443-3449

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SF 3-07 indd 1

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Notice ••

GORDIE'S 23RD ANNUAL

CONSIGNMENT AUCTION Wednesday, March 23, 2011

Culbertson, Nebraska

Items for sale bill in by February 23rd

Tractors • Farm Machinery • Cattle Equipment

Irrigation Equipment • Vehicles • Boats • Tools • Trucks

To Consign Contact: **Vrbas Auction Service**

Gordon Gessleman (308) 340-5731 • Bryan Vrbasp (308) 285-3240



At our old location 521 S. Adams the Busy Bee Daycare will be opening soon! Owner-operator Mande Jensen



AMD (Age-related Macular Degeneration) is a chronic eye disease that causes loss of the straight-ahead vision crucial for activities like driving and reading. AMD is the leading cause of blindness in adults over 60 years of age. Our office provides comprehensive eye health examinations necessary to detect AMD

Vision Source! Danielle McAtee, O.D. Mark Wahlmeier, O.D. Mark Wahlmeier, O.D.

SATURDAY MORNING APPOINTMENTS AVAILABLE EACH MONTH



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Western Sprinklers Inc. Colby, Kan. 67701

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Burlington Livestock Exchange: 719-346-8900 Burlington, CO - NEW LOCATION 女女女女女 40 Spring Yearling Balancers 5 FALL YEARLING BALANCERS 1 PUREBRED YEARLING GELBVIEH PERFORMANCE TESTED WITH BALANCED TRAITS FOR CALVING EASE, GROWTH, MILK AND CARCASS TRAITS. ALL BULLS ARE IGENITY DNA TESTED FOR CARCASS TRAITS, COAT COLOR, BVD-PI NEGATIVE. BULLS WILL BE SEMEN AND TRICH CHECKED! 女女女女女 100% BLACK (50% HOMOZYGOUS BLACK. SOME HOMOZYGOUS POLLED) DELBERT RAILE: 785-332-2756 CODY RAILE: 785-332-2219 CELL 785-332-434 CELL 785-332-6089 WWW.RAILEGELBVIEH.COM E-MAIL: DMRAILE@RAILEGELBVIEH.COM