

Medical student working at clinic

Anthony (Tony) Swatek, fourth-year medical student at the University of Kansas School of Medicine in Kansas City, is receiving hands-on clinical training in St. Francis from Mary Beth Miller, M.D., at Cheyenne County clinic and hospital this month. The training is part of the School of Medicine's required Rural Preceptorship Program.

Mr. Swatek was born and raised in St. Louis. Coming to rural Cheyenne County has been an experience which he said he loves.

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

The rural preceptorship allows senior medical students to integrate and apply the knowledge and skills learned in medical school. The setting introduces 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 students in 1951 to ensure Kansas-trained physicians were prepared to serve the state's substantial rural population. The program relies on volunteer faculty pre-

ceptors to host KU medical students, who introduce students to both the clinical experience and fully-integrated life of a rural physician.

While Tony enjoys the rural medical setting, he plans to live and work in a larger area as he 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 likes science and he is good with 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 how a primary care physician practicing in a rural setting balances their professional and personal 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 have the opportunity to go to college but encouraged their six children to set their goals high. The children have succeeded or working toward achieving those goals.



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

More information about rural preceptorships and rural education for medical students, in-

cluding inquiries on becoming a volunteer faculty member, is available by contacting Debra

Lea (Preceptorship Administrator) at (913) 588-8221.

— 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 Wacker, 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, Zuege.

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.

Across the County

Birds are in special need of food in winter months

Feeding birds may be a hobby for some people, but continuing to restock feeders in the harsh winter weather may actually save the 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 associate with Kansas State University Research and Extension. "Though birds require water and shelter, food is often the resource most lacking during cold weather." Birds struggle to find natural foods in prolonged cold periods or winter storms. It is crucial to keep

feeders well supplied with nutritional food during these times.

Though some birds will eat anything, most have a favorite 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 at least 14 birds. Mealworms, or larvae of small black beetles, are gaining popularity in retail bird seed and are attractive to birds as well. Niger seed is popular with American goldfinches. Fruit, jelly and baked goods are also attractive to birds.

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 and red-winged black birds. Dark-eyed juncos also like canary seed

By **Marty Fear**
County Extension Agent

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

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 cfear@ksu.edu with questions or comments. Till next week - Marty

Introducing

Tatum Ronald Marshall

Tatum Ronald Marshall is the son of Ross and Carli Marshall, St. George, Utah. Tatum was born on Jan. 29, 2011, and was welcomed home by brothers, Nick and Noah. He weighed 6 pounds, 14 ounces and is home and well.

Grandparents are Paulette and J.G. Marshall, Elizabeth, Colo. Great-grandparents are Betty and Ron Loudon, St. Francis.

Ross and Carli were married in St. Francis at Sawhill Park in 2010.



Marshall



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Recap Of Tuesday, Feb. 15, 2011

Steers:	Heifers:
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	500-600# — \$131.00 - \$142.00
600-700# — \$132.50 - \$135.00	600-700# — \$122.00 - \$131.25
700-800# — \$122.50 - \$132.00	

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

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

•• Notice ••

The Nu-Look Salon has moved to 709 S. Benton street. You will find us located within Poling Chiropractic. Call Jennifer or Sherry for an appointment, as always walk-ins are welcome Wednesday through Friday. 785-332-2881.

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

ANNUAL BULL SALES!

RAILE BALANCER/GELBVIEH
St. Francis, KS

Thursday March 10th, 2011
12:30 PM MST
Burlington Livestock Exchange: 719-346-8900
Burlington, CO - NEW LOCATION

★★★★★
40 SPRING YEARLING BALANCERS
5 FALL YEARLING BALANCERS
1 PUREBRED YEARLING GELBVIEH
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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!

★★★★★
100% BLACK
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