



Bulletin Board

Casey's Comments

By Casey McCormick
mccormickcasey@rocketmail.com

We are on this planet for a very finite time.

The feeling that life is short becomes clearer as we get older. I speak from experience.

I recently heard someone say that we all should "Pass the important lessons on to the next generation." This rang a chord with me as a parent. Although our children will ultimately face life on life's terms, we give them advice to help them avoid bad situations. The more we can push them to making good decisions rather than bad seems normal to most moms and dads.

Our perspective comes from our own personal history. If we made

a wrong turn along the way we remember it and don't want our kids to follow that path.

It makes sense to expand this to a broader context. If our generation can help the next, wouldn't it be a good idea?

If we take our personal histories and look at it on a larger canvas, can't we see as a society what we did right or wrong?

This might sound like a monumental task. But it can be done in a very simple way.

All of us leave an impact with our lives, whether we choose to believe it or not. So by making our world a little better than it was before us, wouldn't that help the next generation?



Dorsch and Casner

Couple with local ties announce engagement

James Dorsch and Amy Casner, and William Ankenbrandt of Jacksonvill, Fla.

Amy attends Wichita State University. James is a graduate of Wichita State University, with a bachelor's degree in aerospace engineering. He is an aerospace engineer for Hawker Beechcraft and is in the master's of engineering program at Wichita State.

The wedding is scheduled at the Ascension Lutheran Church, Wichita. A reception will follow at Diver Studio in Wichita.

The groom is the grandson of Norman and Mary Dorsch of Bird City, Reita Summers of Manhattan

School schedule changed

In order to accommodate the Cheylin basketball teams in the Kansas State High School Activities Association basketball tournament at Palco, Cheylin schools will not have school on Friday but will have school on Friday, March 18.

Community Club

Bird City Community Club will meet at 10 a.m. on Monday, March 14, at the Bird City Senior Center.

Tri-State Engine and Thresher Show

The Tri-State Engine and Thresher show annual meeting will be at 10 a.m. Saturday at the Show Grounds Shop.

Strategic Plan Town Hall meetings

The first Strategic Plan Town Hall meeting will take place from 6 to 7:30 p.m. on Tuesday at the American Legion hall.

Prior to the meeting, a fundraising dinner for American Legion Post 352 for new tables and chairs will be held.

There will also be Strategic Plan Town Hall meetings on March 15 and March 22.

Jazz Ambassadors

The Jazz Ambassadors—America's Big Band is the official touring big band of the United States Army. This concert, sponsored by Western Plains Arts Association, will be taking place at 7:30 p.m. on Monday, March 14, in the Colby High School Auditorium. To obtain free tickets, please send a self-addressed, stamped envelope to Pat Ziegelmeier, CCC, 1255 S. Range, Colby, KS 67701. Please allow turnaround time for the post as well.

Block Fest

A Block Fest is happening on Tuesday. Everyone is welcome to attend this program for children age 12 months through first grade who are learning math and science through block play. Call Lori Rieger 9332-2418 or Head Start (332-3110) for additional information

Kansans for Life

The Cheyenne County Kansans for Life will meet Monday at St Francis Community Church, 204 North Quincy, St. Francis, beginning at 7:30 p.m.. All in the communities are welcome to join in prayer, learning and fellowship and work together to provide "Life for All"

Rooster hunt

The High Plains Roosters Pheasant Forever Youth Hunt will start at 8 a.m. mountain time, on Saturday at road 67 and 17, Sherman County. Kids, ages 10 to 15, can register to hunt by contacting

Melvin Crow 785-821-2607 or 899-2778; Steve Duell, 785-899-5888; or Jason Artzer, 785-821-2317. A parent or legal guardian must accompany their youth on the hunt. Lunch is provided.

Storm spotter class

Storm spotter class will be held in St. Francis on Wednesday, March 16. Class will start at 6:30 p.m. in the high school cafeteria. Everyone interested in identifying severe weather should plan to attend. The class is free.

Wildlife banquet

The Cheyenne County Wildlife banquet will be held April 1, at the Bird City Legion hall. Doors will open at 6:30. Dinner is from 6:30 to 8 p.m. with the auction at 8:15. Tickets are available from any board members or at Bumper to Bumper or Owens True Value.

Veterans Affairs

Jody Tubbs, of the Kansas Commission on Veterans' Affairs, will be in St. Francis at 10:30 to 11:30 a.m. today (Thursday) at the county clerk's office. People may also contact the Veteran's Affairs office in Colby any Monday, Wednesday or Friday at (785) 462-3572.

Hospice Services

Hospice Services, Inc. volunteer in services will be held at 11:30 a.m. Monday with a potluck lunch meeting at the Church of Christ, 502 W. Spencer, St. Francis. The March/April theme is Mandatory - "How and When do Hospice Volunteers Grieve?" What is heathy? Volunteer Memorial Service.

Fair board

The Cheyenne County Fair Board meets at 7 p.m. today (Thursday) at the Cheyenne County Courthouse.

Free tax help

Free tax help is available for middle- and low-income people at the St. Francis Library on Wednesdays, 2 to 5 p.m.; and at the St. Francis senior center on Thursdays from 2 to 5 p.m. For more information or make an appointment, call Rowland Roelfs at 785-332-3490.

Brett Family Show

The next presentation on the Western Plains Arts Association program is Brett Family Show on Saturday in Oakley.

Peace of Mind AA

Peace of Mind AA will met at

the St. Francis Public Library at 7 p.m. on Tuesdays. Contact Kris D. at (785) 332-4410 or (785) 772-5090.

Narcotics Anonymous

Narcotics Anonymous meetings are held at 104 W Webster/Methodist Education Building on Sunday nights at 8 p.m. and Thursday nights at 7:30 p.m. Contact (785) 342-0028.

Northwest Kansas Family Shelter

Northwest Kansas Family Shelter provides 24-hour-7day-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.

Correction

Contrary to what was printed in the Working Woman section which was inserted in the Feb. 24 issue, Heartland Child Care Center is open during the summer months as well as the months when school is in session.

Statewide program seeks walkers for a better life style

On March 13, the Walk Kansas program begins. It ends May 7.

This is the 10th year for the program. During this time, there have been nearly 150,000 participants.

Walk Kansas is a team-based program that will help people lead a healthier life by being more active, making better nutrition choices and learning positive ways to deal with stress.

How does Walk Kansas work?

Co-workers, family members, friends and neighbors form teams of six people who will track minutes of physical activity during the 8-week challenge.

The physical activity goal recommendation for each team member is 150 minutes of moderate and/or vigorous activity each week. It is best to spread it out over the week such as 30 minutes for five days a week.

For Walk Kansas, participants must meet the guidelines of:

- Activity should last for 10 minutes or more.
- The activity should be moderate or vigorous. The walker should be able to just barely talk or can only say a few words before stopping to catch his/her breath.
- It is recommended that muscle strengthening activities be done

twice a week.

The walker is to keep a log and report for Walk Kansas.

Increased activity and better nutrition can postpone or reverse type 2 diabetes, and reduce risk factors for cardiovascular disease, some cancers, and other diseases stemming from obesity. Other benefits

of a healthy lifestyle include more energy, better sleep, improved coordination, increased muscle strength and flexibility, a more positive attitude, and a boost in brain power.

For more information, contact the Cheyenne County Extension Office at 785-332-3171.

Book Review

Book review from the Library

Blue-Eyed Devil
By Robert B. Parker

The new chief is Amos Callico, a tall, fat man in a derby hat, wearing a star on his vest and a big pearl-handled Colt inside his coat. An ambitious man with his eye on the governorship-and perhaps the presidency-he wants Cole and Hitch on his side. But they can't be bought, which upsets him mightily.

When Callico begins shaking

down local merchants for protection money, those who don't want to play along seek the help of Cole and Hitch. When Cole is forced to ire on the trigger-happy son of politically connected landowner General Horatio Laird, Callico sees his dream begin to crumble. The guns for hire are thorns in the side of the power-hungry chief, and he'll use any excuse to take them out. There will be a showdown-but who'll be left standing?

School Menu


March 7-9 Monday

Breakfast: Waffle sticks
Lunch: third grade menu: Ham-burgers and French fries, bomb pops and kiwi

Tuesday

Breakfast: Yogurt
Lunch: junior class menu: Ham and cheese squares, cheesy green beans, strawberries and bananas, ice cream

Spring Break



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Tri-State Engine & Thresher Show ANNUAL MEETING

Saturday, March 5

10 a.m.

Show Grounds Shop

This Year's Show Dates:
July 28-30



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
Allen Edgington - Adv. Mgr.
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@nwkans.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



Mark Your Calendar

Strategic Plan Town Hall Meetings
American Legion Hall

3 consecutive weeks:

March 8
5:30 p.m. Fundraising Dinner
American Legion Post #352 - New Tables & Chairs
6 - 7:30 p.m. - Town Hall Meeting

March 15
6 - 7:30 p.m. -Town Hall Meeting

March 22
6 - 7:30 Town Hall Meeting

If you have any questions, please contact:
Troy Burr, Bird City Mayor
Hal Antholz, Cheylin School Board President
Cathy Domsch, Bird City Century II Development Foundation

SHOWTIME: 7:30 p.m. 1 hr. 24 min.

Gnomeo and Juliet 3D

Mar. 4, 5 & 6 Rated G

James McAvoy, Emily Blunt, Maggie Smith, Michael Caine, Jason Statham Action/Adventure, Comedy, Musical/Performing Arts and Animation

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

Children 12 & Under: \$4 All Others: \$6

•• Correction ••

Heartland Childcare IS open during the summer months



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

Mark Your Calendars NOW!

Cheyenne County health fair
April 11-15, 2011

April 11, 12, 13 – blood lab draws

April 13, 14, 15 – well women & men exams

Education exhibit booth fair – April 14th

for more information; contact
Mila Bandel, RN County health @ 785-332-2381
Stacy Kaup - Clinic Manager @ 785-332-2682

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Casey at 785-332-3162