

# Visitor tells about earlier trip through St. Francis

Bud Erskin, owner of Majestic Service, U.S. 36, St. Francis, recently received a copy of an article which featured the city, his business and several others.

In the August 2010 of CityBike.com, writer, Maynard Hershon, talks about riding his bike to his high school reunion in Indianapolis, 1,100 miles each way on "old road" U.S. 36.

He said he left Denver in the afternoon and rode 200 flat, desolate miles through eastern Colorado to St. Francis.

At my motel, he said, I learned that the only place to get dinner was a Pizza Hut down the road. And the only place for breakfast had recently been set up in a convenience store (Majestic Service) near the Pizza Hut.

At breakfast, I sat diagonally across from a friendly old guy, maybe 75 years old. I told him I'd come from Denver and was on my way to Indiana for my reunion. We talked about his daughter in Denver and how long it's been since he'd visited her. He told me about his wife, in a care home for six years, with Alzheimer's.

The first couple of years his wife had lived there, he's visited every day. He and she would talk just a little and she knew the kids. Soon though, she only sat in her wheelchair and stared across the room. Been like that for four years, he said. She doesn't worry, he told me, got no problems, so she's healthier than she ever was. Now, he visits once or twice a week.

He'd farmed all his life, he

said, and saved a little money. His last crop had been hailed out, was how he said it, ever stalk of wheat destroyed by hailstones. Discouraged, he divided up his farm and gave it to the kids.

Costs me \$4,000 a month for that care home, he said. My Social Security and her's and some more. As it is, he said, I won't have anything to leave anyone and she doesn't know me when I sit with her in that place.

Sad as that sounds, I wanted to say that the old dude and I had a good talk, made a bit of a connection right there at the breakfast table in the convenience store. When I began to feel I should get down the road, I shook his hand and told him I'd look for him at breakfast on the way back if the timing was right.

As I left, I asked the guy taking money if my friend seemed like he was doing OK. I think I'll buy his breakfast, I said, and paid the \$2 or \$3 and a tip.

On the way back to Denver, the writer said he reached St. Francis and stayed in the same motel and walked down to the convenience store for breakfast. Sure enough, he said, my friend was there, sitting with a couple of local ladies. He saw me and pointed, saying, "Hey, I know you."

He came to my table and we resumed our chat seamlessly a week and a day after we'd begun.

A guy rode up on a nice older Gold Wing. When he came in, I commented on the bike and we began chatting. My friend said he had to leave.

We shook hands again and wished one another well. I talked to the Gold Wing rider for a few minutes and walked to the counter to pay my bill.

Oh, Floyd paid for your breakfast, the cashier said.

*Editor's note: The above article was printed in part. Mr. Hershon lives in Denver. People can reach him in care of CityBike: info@citybike.com. The paper has been published monthly since 1984. It is the voice of Northern California's eclectic, active, and enthusiastic motorcycling community.*



Tucker Davis

## Introducing

**Tucker Jaymze Davis**

Tucker Jaymze Davis, son of Andrea Blair and Brad Davis, was born at Citizens Medical Center in Colby on Dec. 2, 2010. He weighed 6 pounds, 14 ounces, and was 20 1/2-inches long. He has a big brother, Kayden Arieh, to welcome him home.

Grandparents are Kristina and Dan Blair of St. Francis and Kim and Dale Davis of Goodland. Great-grandparents are Virginia Terry and Dorothy Savacool of Goodland, Patti and Don Williams of St. Francis. Great-great-grandmother is the late Ellen June Henderson.

## Book Review

Book review from the St. Francis Public Library

### Indulgence in Death

By J.D. Robb

When a murder disrupts the Irish vacation she is taking with her husband, Roarke, Eve realizes that no place is safe—not an Irish wood or the streets of the manic city she calls home. But nothing prepares her for what she discovers upon her return to the cop show in New York City...

A driver for a top-of-the-line limousine service is found dead—shot through the neck with a crossbow. The car was booked by an executive at a venerable security company whose identity had been stolen. Days later, a stunning, high-priced escort is found killed at Coney Island, a bayonet stuck in her heart. And again, the trail leads to a CEO whose information has been hijacked.

With a method established, but no motive to be found, Eve

begins to fear that she has come across that most dangerous of criminals, a thrill killer, but one with a taste for the finer things in life—and death. Eve does not know where or when the next kill will be, or that her investigation will take her to the rarefield circle that Roarke travels in—and into the perverted heart of madness...



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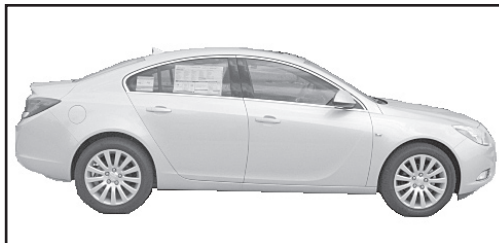
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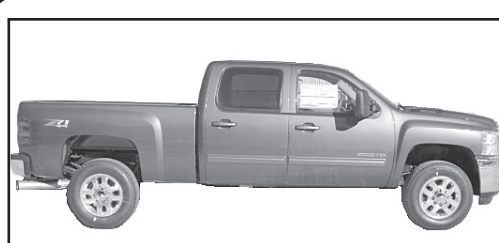
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*thought to ponder.....is it possible to scream at the bottom of your lungs?*

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**VILLAGE OPEN HOUSE** — Helen Burnham (center) and Dolores Wiley (right) were among Cheyenne County residents who stopped for a treat after their tour of the Good Samaritan Village on Sunday.  
*Herald staff photo by Karen Krien*

# Over 150,000 people have participated in yearly walk

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.

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