

## Veterans of Foreign War Auxiliary

The Ladies Auxiliary of the Veterans Foreign War Post 1528 met on March 21, at 1:30 p.m. at the City Hall in St. Francis. Connie Rooney, Marlys Poulignot, Ruth Moore, Carol Connett, Hattie Terry, Annette Erskin and Wanda Dowdy, as well as a new member, Kary Jo Myer.

Members had the initiation for Kary Jo today and she is now a full-fledged member.

The Auxiliary has received a lot of communications, for the last 2 or 3 months. One of the items was the District Convention on April 3, in Oakley. Connie Rooney and Wanda Dowdy will be attending this convention.

Wanda had copied many of the articles from the Veterans of Foreign War Auxiliary packet for each of the members to add to their notebooks. One of the articles was that February was National Cancer Prevention Month. =Most everyone focuses on diet, exercise and quitting smoking as the core ways to prevent cancer, they're forgetting another pillar of prevention, reducing exposure to carcinogens in everyday environments. Hundreds of carcinogenic chemicals have been identified and, unfortunately, they're quite common in our air, water, food and everyday products. Here are some easy ways you can reduce your exposure to them.

- Purge plastics. Reduce exposure to carcinogens in plastics used for storing and serving food. Avoid microwaving food in plastics or putting plastic in the dishwasher, because heat may cause chemicals to leak out. And opt for safer plastics, those marked (usually at the bottom of a container) 1, 2, 4 or 5. The plastics to avoid are those numbered 3, 6 and 7 (unless they are also marked 'BPA-free').

- Eat Healthy. Opt for more organic, whole foods. Ease up on animal fats. And, start reading labels. You are what you eat.

- Manage Pests safely. Instead of using toxic pesticides, prevent pests by keeping a clean home. Prevent weeds by using mulch and maintaining a healthy lawn. If you do have a problem, opt for non-toxic methods before reaching a chemical.

- Detoxify Your Beauty Routine. Personal care products contain a laundry list of suspect chemicals. Reduce how much you use.

- Clean without toxic chemicals.

Use gentle Castile soap and water...these have been shown to keep surfaces as free of bacteria as antibacterial soaps do. In fact, antibacterial soaps and disposable wipes have not proven any more effective than regular soap in preventing infections among average consumers, but raise significant concerns about developing resistant bacteria. Opt for simple kitchen ingredients for basic cleaning, like vinegar, lemon juice and baking soda...or use natural, non-toxic cleaners.

Another article of interest was the National Home Awareness Week, March 20 to March 26. There was an article in the paper about this last week, from Sam Miller, Post Commander 1528 and Connie Rooney, President of the Ladies Auxiliary Post 1528. Some examples were given of questions the organization's National Home for Children helped with to make a difference for military and veteran families nationwide.

- A mother and her six children came to the National Home to recover from a time of crisis and to work on goals so she could keep her family together and provide for the future.

- A mother of a 7-month old girl who was living at the National Home in the Military Family Program while her husband served in Iraq was featured in a Mother's Day story for the Lansing State Journal. It told how the mother talked about the father and showed picture to the girl.

- A Helpline caller was struggling with her son's behavior. She was calling to find out what she could do with her angry, mean and destructive teenager and was at her wits end. One of our Helpline staff talked with her at length - asking questions and listening. They found because of a grandfather's death which was not dealt with the boys was afraid the mother might die also.

The Veterans of Foreign War National Home is very important in dealing with not only these three cases, but many, many more as men and women face growing conflicts in the world today.

The next meeting will be on April 18 at 1:30 p.m. at the St. Francis City Hall. Anyone who is eligible may meet with the group as they plan the activities for Memorial Day, selling poppies and plan a Fund Raiser for the group.



**TASTE TEST — Kattie Wurm decides to check out her dish after the judging was finished at the Favorite Food Show held during county 4-H Day.**

*Herald staff photo by Karen Krien*

## Team places second at livestock contest

The St. Francis high school FFA team attended the Hays Livestock Judging contest on Saturday, March 19.

The team finished the day with a second place. Cattle, sheep and pigs were being judged during the day.

"We did all right for the first livestock contest of the year," Coach Lyn Wiley said.

Attending the contest were Laura Brunk, Allison Grice, Gavin Cooper and Thomas Douthit in the senior division and Gaten Cooper and Mariah Beikman in the intermediate division.

Douthit was fifth overall individual in the senior division and Beikman, seventh overall individual in the intermediate division.

# Club celebrates Awareness Week

The Veterans of Foreign Wars National Home For Children Awareness Week 2011 was celebrated from March 20 to March 26.

Helping military and veteran families find "Strength in Our Numbers," the Veterans of Foreign War Post and Ladies Auxiliary 1528 partners with the Veterans of Foreign War National Home for Children to help military and veteran families of St. Francis, Bird City and surrounding communities.

St. Francis: From March 20 to March 26, Veterans of Foreign Wars and Ladies Auxiliaries across the nation will celebrate the organization's National Home for Children Awareness Week, an event to highlight the organizations commitment to helping military and veteran families during challenging times through this unique program. In honor of this special week Post 1528 and it's Ladies invites its members and the community to learn more about the Veterans of Foreign Wars National Home for Children and how its services can benefit them or someone they love.

This home for children, is a non-profit organization that helps America's military and veteran families nationwide by providing a place to turn to in difficult times. Its campus is located in Southern Michigan, and its helpline serves families across the United States.

The National Home helpline (800-313-4200) is often a family's first contact with the National Home. Whether families come to reside on the National Home's campus or get the help they need closer to home, National Home helpline staff take the time to listen and understand callers' concerns so they can get to the root of the problem and help them find lasting solutions. The National Home helpline provides military and veteran families with connections and resources that many people are not aware of...even

in their back yard.

Northwest Veterans of Foreign War Post 1528 helps military and veteran families here in Cheyenne County by using the National Home Helpline to connect them with the resources they need. The organization's National Home for Children provides this service as a partnership with the veteran's organization and its Ladies Auxiliary, so Posts and Auxiliaries have another tool readily available to reach out to local military and veteran families.

In addition to the Helpline, the National Home boasts a 70-acre campus where military and veteran families and children find a safe and helpful place to live during a deployment or an opportunity to get back on their feet and help build a better life.

The National Homes On-Campus Programs serve children and families through their state-licensed Residential Children Program, their Military Family Program, and their Single-Parent Family Program. In addition to working with a dedicated case manager, residents benefit from a variety of support services, including child care, recreational services, education and tutoring programs and community service opportunities.

During National Home Awareness Week and throughout the year, Veterans of Foreign War Posts and Ladies Auxiliaries across the nation can help families find "Strength in Our Numbers" by helping them get in touch with the organization's National Home for Children through National Home Helpline (800-313-4200).

For more information, got to [www.vfnationalhome.org](http://www.vfnationalhome.org) or contact: Sam Miller, Post Commander 1528 at (785) 332-2320 or Connie Rooney, president of Ladies Auxiliary Veterans of Foreign War Post 1528 at (785) 734-7769.

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## UNRESERVED AUCTION

162 +/- Acres Cheyenne County, KS  
CRP & Dryland

**Tuesday, April 12th, 2011 - 10:30 AM**  
St. Francis Equity Meeting Room  
123 N. River St. Francis, KS

**Legal:** NW 1/4 of Section 6-1-41 Cheyenne County, KS containing 162 +/- Acres.

**Location:** Just Southwest of Haigler, NE immediately South of the Kansas Nebraska state line on the East side of Road 5.

### FSA Information:

- Farmland Acres – 162 Acres
- CRP Acres – 157.9 Acres

### CRP Information:

- 66.3 Acres contracted at \$32.05/acre with a total annual payment of \$2,125. Contract expires 9/30/2016
- 16.2 Acres contracted at \$30.00/acre with a total annual payment of \$486. Contract expires 9/30/2012
- 75.4 Acres contracted at \$34.10/acre with a total annual payment of \$2,563.60 Contract expires 9/30/2020

**Mineral Rights:** There is a 1/2 interest mineral reservation through May 7, 2017. The reservation will continue past May 7, 2017 for any production development during the reservation period. The other 1/2 will pass with the land at closing.

**2010 Taxes:** \$197.56

### Max Fisher Trust, Owners

For more information, contact listing agent:  
Molly Oliver 785-462-5203

*"Seller is a licensed agent"*



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ALL PROSPECTIVE BUYERS HAVE THE RESPONSIBILITY TO CHECK WITH THE CHEYENNE COUNTY FSA OFFICE (785 332-2183) IN REGARDS TO THE THREE CRP CONTRACTS AND PRACTICE PLANS PRIOR TO AUCTION, AND/OR CLOSING. CRP ANNUAL CONTRACT PAYMENTS TO BE PRO-RATED BY CHEYENNE COUNTY FSA TO DATE OF CLOSING, AND BUYER NEEDS TO BRING TO CHEYENNE COUNTY FSA OFFICE A COPY OF THEIR DEED AND PURCHASE CONTRACT.

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Each patient must be evaluated individually to determine whether wrist catheterization is appropriate for them. For more information call 888-625-4699 or ask your primary care physician.



**Dr. Richard Markiewicz**  
Interventional Cardiologist



**Dr. Christine Fisher**  
Interventional Cardiologist



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