

ARLENE WALZ (left) and Charlsie Rogers participated in Hat Day at the St. Francis Senior Center on Friday. Herald staff photo by Karen Krien

Spring Health Fair plans include blood draws/exams

By Karen Krien

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department is sponsoring the spring health fair the lab draws can take their morning prescription Monday to Friday. During these days, there will be medications with water prior to the draws. blood draws, male and female exams

like diabetes, thyroid, prostate and high blood pressure. Catching them early can reduce the risk for costly complications.

Lab work or chemistry panels are groups of tests that are routinely ordered to determine a person's general health status. They help evaluate the body's electrolyte balance and/or the status of several major body organs.

The lab draws will be offered for three mornings in St. Francis (April 11, 12 and 13) from 7 to 10 a.m. in the basement of the Cheyenne County Clinic in St. Francis and two mornings in Bird City (Tuesday fair with health and safety information in the near at the Bird City Clinic. No appointments are needed contact Mrs. Bandel, 332-2381.

Remember to not eat or drink except water after The Cheyenne County Hospital, clinic and health midnight the night before the lab draw. Those having

There will also be male and female exams available Screenings are offered to catch health problems for the health fair on April 13 (afternoon), 14 and 15 (all day), in the St. Francis Clinic. In the Bird City Clinic, exams will be made April 13, 14 and 15 from

Appointment for exams are a must and can be made by calling 785-332-2682. The female exams will offer breast and pelvic exams with pap smears; the male exam will include a prostate check. The fees for the labs and exams are at a reduced price and will not be charged to your insurance.

Exhibit booth fair

There will be an educational exhibit booth health and Wednesday, April 12 and 13) from 7 to 10 a.m. future. For more information regarding the fair,

Echoes Across the Plains

Kansas. About the same time, an and freezing temperatures. The Records. enterprising young man from the Denver area started on a journey by horseback across this so-called desert and continued across the western part of Chevenne County. There were very few trees, but to his astonishment, the plains were alive with prairie grasses.

As he crossed the Republican River, he envisioned the possibility of a great cattle ranch. A few years later, with the interest and support of his family, this became a reality, with the headquarters on the northwest side of the Republican

In the 1880s, it is not known exactly how two wealthy merchants (Mottle and Wheeler) from St. Joseph, Mo., became aware of the richness of these prairie grasses. However, they soon formed the Northwest Cattle Co., and sent Benjamin Bird (who lived with his family at that time in St. Joseph) as manager, to Cheyenne County, who established ranching headquarters on the northeast side of the Republican River.

By 1882, Benjamin soon had cattle grazing from the upper Republican River to the Smoky Hill River. This was

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a productive enterprise, even loss of men and cattle devastated The Bird City area was once with the encroachment of the the enterprise, and eventually onsidered a part of the great homesteaders, until the blizzard bankrupted the Northwest Cattle American desert, where only the of 1886. Benjamin Bird and Company. Indians could survive. In 1873, the his cowhands were completely Legislature created counties out unprepared for a blizzard on the Early Courthouse Records, Early of the western half of the state of plains with the driving winds Newspapers and the Bird Family

Sources - The Benkelman Post,

____ Club Clip ____

Cheyenne County Hospital Guild

Chevenne Hospital Guild, with 15 members Burnham and Dolores Wiley present, met April 6 at the Senior served coffee and cake from Center.

Dr. Mary Beth Miller gave a flowers, etc. very informative talk about new soon or are already being used. to the members of the Hospital of the hospital. business

Following the County meeting, hostesses Helen a table decorated with spring

The Cheyenne County Hospital medications that will be available Guild is having a bake-less sale to raise money for the hospital. Dr. Miller also said thank you Those wishing to contribute should send their donations to Guild for their continued support Dolores Kincheloe, Box 574, St. Francis, KS 67756.

Great Tips-

light bulb in any room to create least 3 hours prior to burning. a lovely light scent in each room when the light is turned on. Place pour some salt into a paper fabric softener sheets in dresser bag and add the flowers. Shake drawers and your clothes will smell freshly washed for weeks all the dust and dirt and leave to come. You can also do this your artificial flowers looking with towels and linen.

• Candles will last a lot longer

• Spray a bit of perfume on the if placed in the freezer for at

• To clean artificial flowers, vigorously as the salt will absorb like new! Works like a charm!

Wray Community Health Fair

Blood Draw Dates: Weekdays, April 11- April 28, 6-9:30 a.m. MT **Wray Hospital**

Idalia Visions April 7 & April 28, 7-9 a.m. MT

May take normal medications prior to test Fast for 12 hours (but **DRINK** plenty of water!)

\$25 - Chem Panel (glucose, blood count, electrolytes, thyroid & more)

\$15 - PSA (prostate blood test for men)

Fair Date: May 7, 8 a.m. - 12 p.m. at Wray Schools Kitzmiller Building

Call for a Blood draw appointment: 970-332-4811 (Appointments Highly Encouraged!)

Jennifer Kramer, RN; Karen Keller, RN; Denice Baucke-RN

Sponsored by: The Wray Community District Hospital, Wray Clinic, and the Wray Lions Club

Bids for final work on Scout Hut opened

By Karen Krien

karen.k@nwkansas.com Bids for the final work on the

Scout Hut were opened at the St. Francis City Council meeting and the low bid of \$4,975 was taken.

The bids included: Justin Gardner, Gardner Construction, \$4,975; Travis Jensen, \$5,941; and Jason Howard, Howard's Tri-State Construction, \$9,000. Councilman Roger Jensen excused himself from the bid process.

The bid is to paint all the trim that is exposed, furring out the log siding, putting on a protective wrap, then putting on the siding. There was a question on Mr. Gardner's bid as he had included 2- by 2-inch furring lumber and had omitted a small window. When contacted, he said he would still do it for the bid he had submitted.

The Scouts will take care of putting the stain and finish on the siding and other minor work. The job is to be completed by Memorial Day when the swimming pool opens.

Wage increases

Increasing employee wages was once again discussed. If the wages were increased 2 percent, that would cost \$13,631 over last year's wages. The employees had also received help with health insurance. If they were to get a cost of living increase plus the cost of the health insurance increase, they would be getting an approximate 6.4 percent increase. Later, it was reported that it was not 6.4 percent but a 2.34 average.

Since wages are paid with tax money as well as utilities, the council talked about how the school and hospital had not given raises. Also, that those on Social Security had not received a cost of living increase for two years.

Carla Lampe, councilwoman, pointed out that \$13,631 would pay for a block of curb and gutter. People are struggling, she said. Seniors are having a tough time making it and, now, gas and utilities are going up.

The matter was tabled.

Village long-term care group

Bruce Swihart, councilman and representative on the Long-Term Care group, reported that a meeting was held April 17 with Ron Ross, whose company manages the Hester Home in Benkelman. He had talked to the county commissioners and a small group of people about

Village nursing home.

On March 18, the committee had met with a consultant, John Grace, who some of the group wanted to hire. There are questions: is the property gift contingent on a lease the manager of the city swimming with the Good Samaritan Society? How did the Society spent the insurance money?

Some of the group, Mr. Swihart said, are satisfied with the answers, others have questions. People will need to determine if they want a long-term care facility. If they don't, then sacrifices will be made.

The ultimate question, he said, is how bad does the county want longterm care?

In other business

In other business:

• Mayor Scott Schultz was given permission to use Sawhill Park for the annual car show on May 16. He said not only will there be lots of cars but also a large number of motorcycles coming.

• Dale Weeks, councilman, reported on a Resource Conservation and Development meeting where agri-tourism workshops were discussed. There was concern about state budget cuts, he said. The next meeting will be held on May 19.

• Paula Keller, councilwoman and member of the Theater Committee, said the popcorn popper needed to be replaced. The committee wanted to know if the popper could come out of the money collected for the digital equipment, if there was any left over. Mrs. Keller was told that, when money is donated for a certain thing, it is used for that. The popper should be purchased out of the theater's budget.

• Shane Guggenmos, police chief, said gas prices are on the rise which seems to encourage gas

received the survey concerning the Street.

water wells on the Uplinger land. He will draw up an easement for \$2,500 for the right of ways to the

wells 10 and 11. · Mikaela Grace was hired as

pool. Bruce Swihart, councilman, said others applying were Corbin Sherlock, Andrea Holzwarth and Jennifer Fritz. He said the rest of the staff will be hired in the near future. · Mike Callicrate had requested

that water from a slaughter facility be put into the city's sewer system. The council agreed that they needed to find out what the Kansas Department of Health and Environment requirements were and a contract would be needed.

· Business incentives for \$100 were approved for Natasha Wilson, Just Like Home Daycare; and to Rose Mary Bierig, Classic Rose floral shop.

• Rodney Neitzel presented the plans for a July Fourth celebration. See related article.

• The council talked about how they could help the St. Francis Senior Center. It was noted that they pay for the pool, library and Scout Hut utilities but these are owned by the city. Some more information will be gathered.

• A condemnation order has been placed on the Sherry Smith property on Emerson Street. Ms. Smith is still working on cleaning up the property.

• The description of contractor has been an on-going discussion. It was decided that anyone needing a building permit will need a licensed contractor. If the neighbor is the contractor, he doesn't need to have the insurance liability insurance.

Next meeting

The next city council meeting has been set for 7:30 p.m. on • Attorney Mike Day said he had Monday at city hall on Main

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a student at Kansas State. Other operating the Good Samaritan activities included a lunch

Betty Jean Winston enjoyed with Leigh and Daneen Hilger a five-day trip to Overland Park in Lawrence, attending the beginning March 30. She was a Blue Valley Northwest Spring house guest of Shawn and Leigh Classic track meet where Miles Legere and Miles. Wednesday represented Blue Valley West in she made a stop in Manhattan to the 4x800 relay and the 800-meter have lunch with Chase Legere, run, and Blue Valley West preprom activities on Saturday night.





























circus wagon, stage coach, barre ing top, jack-in-box, stuffed toys
Pocket watches & buttons of all kinds Antique wrenches, glass insulators Oilers for steam engines, pressure

Iron Men magazine collection Glass chandelier, ice tongs, wood Washer

Sev. Collections: Thresher badges thimbles, XLarge pen & pencil collection, ball caps, 500+ cigarette lighters

Auxiliary plates, 1980,81,82,83,88

Centennial plates, 1885-95

Lamp, umbreila, 2-man saw Roth trumpet, 33 1/3 records Gas iron, 1920 crock, box camera, scales Thresher pictures, Waterloo boy pic ture & other old pics & frames HO train serving some & rechesses HO train engine, cars & caboose w/track 1937 Rexair vacuum

Shop Tools & Related

pressor Forney 225 AC welder 9 drawer tool box Dual-wheel grinder Jet Drill press Craftsman 16gal shop vac Comealong, shovels, hoes, rakes

etc.
Air bubble, grinder stones & wheels
B&D edger, fertilizer spreader
2- Fimco 12v sprayers
Skil circular saw, Craftsman grinder,
B/D ½" drill, ½" drill, CP air
wrenches/sockets
40 pc tap & die set
40 pc 14" & 3/8" drive socket set
Hand tools of all kinds: wrenches of
all kinds, screwdrivers, drill bits.

all kinds, screwdrivers, drill bits, easy-outs, hammers, crescents, nuts, bolts, parts cabinets, Trouble light, staple gun & staples, flaring tool, bushing driver, pop rivet tool, snap ring tools, gear pullers, files, socket sets, ratchest alectrical public electrical supplies, terminals, sol dering gun, punches, chisels,



RAMBAT 785-426-2049 • Bird City, KS Royce Rambat, KS State Champion Auctioneer

Jace Rambat, Auctioneer Kiley Roundtree, Auctioneer

Darren Dale, Ernie Ketzner, Ringmen If you're planning a sale, give us a call. We'd be glad to work for you. http://midwestauction.com

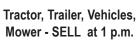


Bird City, Kansas









NOTE:

weavings

homemade

blankets, etc.

assortment of items.

Lunch will be served

1980 JD 950 tractor, FWA, 3pt. 2400 hrs w/JD 75 loader Poulan Pro riding mower 300 EX, Rhino 3pt blade 18ft car trailer, steel floor 2001 F150 Ford XLT pickup, auto, 4x4, 56,705 actual mi. 1981 Buick Park Avenue car (Slick)

Miscellaneous

Picnic table, coolers, water jugs, etc Nerf guns, horseshoe Small bike, like new Keyboard Wa Watkins jet sprayer for livestock

Household

Dresser w/mirror, twin bec Kitchen table w/6 chairs Glider rocker Vinyl chair & sofa Magazine rack Metal cabinet Desk & office chairs, lamps 2-drawer & 4 drawer file cabinets Folding chairs, folding table nity silver plate set, silver cup Souvenir plates
Salt/Pepper shaker collection

Silverware Kitchen utensi Lots of bakeware, pots & pans, casseroles Num fancy bowls & glassware pcs, vases, Tablecloths and bedspreads





Appliances Eureka vacuum

TERMS: Cash or Approved dents or articles after sold. All announcements day of sale shall take precedence

Ice cream maker

Dehydrato

4/5/11 9:09:25 PM

